

Monday

Tuesday

Wednesday

Thursday

Friday

# September 2023

## LCOA Virtual Connections

				<p>8:00am Pilates  <b>9:00am Technology Class, "Using Chat GPT Effectively"</b>                  11:00am Move Your Body Exercise Class with Wendy</p>	
<p><b>Free Online Senior Center Manager: Debbie Groff</b>                  dgroff@lanastercountypa.gov</p> 	<p><b>4</b>  <b>9:00am Yoga w/ Deb</b>                  10:00am Creative Factory Art, Acrylic, "White Swan"                  1:30pm Words of Fortune Game                  4:00pm Boxing &amp; Balance Exercise Class</p>	<p><b>5</b>                  9:00am Parkinson's Fitness Class                  10:00am Hand Drumming                  1:00pm Creative Factory Art, "Marker Drawing Inspired by Michael Holland"</p>	<p><b>6</b>                  9:00am Parkinson's Fitness Class                  10:00am Hand Drumming                  1:00pm Creative Factory Art, "Marker Drawing Inspired by Michael Holland"</p>	<p><b>7</b>                  9:00am Drumbeats and Movement w/ Wendy                  9:15am Exercise w/ Kathy                  10:00am Ukulele Play Along                  1:30pm Bingo w/ Matt                  4:00pm Chair Yoga w/ AIM to Empower</p>	<p><b>8</b>                  8:00am Pilates  <b>9:00am Technology Class, "Virtual Tours &amp; Online Learning"</b>                  11:00am Move Your Body Exercise Class with Wendy</p>
<p>9:15am Exercise w/ Kathy  <b>10:00am Bingocize</b>                  11:30am Tai Chi w/Suzanne                  6:00pm Creative Factory Art, Acrylic Painting, "Hobbes, Joanna's Cat"</p>	<p><b>11</b>  <b>9:00am Yoga w/ Deb</b>                  10:00am Creative Factory Art, Acrylic Paint, "Night Scene with Street Lamp"                  1:30pm Bingo w/ Matt                  4:00pm Boxing &amp; Balance Exercise Class</p>	<p><b>12</b>                  9:00am Parkinson's Fitness  <b>11:00am In-Person Drumming Jam – preregister by Aug 23 at dgroff@lanastercountypa.gov</b>                  1:00pm Creative Factory Art, Fluid Drawing &amp; Watercolor Paint, "Coneflowers and Bees"</p>	<p><b>13</b>                  9:00am Parkinson's Fitness  <b>11:00am In-Person Drumming Jam – preregister by Aug 23 at dgroff@lanastercountypa.gov</b>                  1:00pm Creative Factory Art, Fluid Drawing &amp; Watercolor Paint, "Coneflowers and Bees"</p>	<p><b>14</b>                  9:00am Drumbeats and Movement w/ Wendy                  9:15am Exercise w/ Kathy  <b>10:00am Bingocize</b>                  10:00am Ukulele Play Along                  1:30pm Bingo w/ Matt                  4:00pm Chair Yoga w/ AIM to Empower</p>	<p><b>15</b>                  8:00am Pilates  <b>9:00am Technology Class, "Online Craft &amp; DIY Resources"</b>                  11:00am Move Your Body Exercise Class with Wendy  <b>1:30pm Healthy Homes Program w/ Penn Medicine LGH</b></p>
<p>9:15am Exercise w/ Kathy  <b>10:00am Bingocize</b>                  11:30am Tai Chi w/Suzanne  <b>3:00pm Work Wellness w/MHA</b>                  6:00pm Creative Factory Art, Acrylic Painting, "Primary Colors in Shapes"</p>	<p><b>18</b>  <b>9:00am Yoga w/ Deb</b>                  10:00am Creative Factory Art, Acrylic, "Spotted Fawn"                  1:30pm Call Out Game                  4:00pm Boxing &amp; Balance Exercise Class</p>	<p><b>19</b>                  9:00am Parkinson's Fitness Class                  10:00am Hand Drumming  <b>11:00am Healthy Living for Brain &amp; Body Nutrition Class</b>                  1:00pm Creative Factory Art, Watercolor Paint, "Neurographic Art: Jellyfish, Easy &amp; Fun"</p>	<p><b>20</b>                  9:00am Parkinson's Fitness Class                  10:00am Hand Drumming  <b>11:00am Healthy Living for Brain &amp; Body Nutrition Class</b>                  1:00pm Creative Factory Art, Watercolor Paint, "Neurographic Art: Jellyfish, Easy &amp; Fun"</p>	<p><b>21</b>                  9:00am Drumbeats and Movement w/ Wendy                  9:15am Exercise w/ Kathy  <b>10:00am Bingocize</b>                  10:00am Ukulele Play Along                  1:30pm Bingo w/ Matt                  4:00pm Chair Yoga w/ AIM to Empower</p>	<p><b>22</b>                  8:00am Pilates  <b>9:00am Technology Class, "Podcast and Online Radio"</b>                  11:00am Move Your Body Exercise Class with Wendy</p>
<p>9:15am Exercise w/ Kathy  <b>10:00am Bingocize</b>                  11:30am Tai Chi w/Suzanne                  6:00pm Creative Factory Art, Acrylic Painting, "Secondary Colors in Shapes"</p>	<p><b>25</b>  <b>9:00am Yoga w/ Deb</b>                  10:00am Creative Factory Art, Acrylic, "Stack of Dishes"                  1:30pm Bingo w/ Matt                  4:00pm Boxing &amp; Balance Exercise Class</p>	<p><b>26</b>                  9:00am Parkinson's Fitness Class                  10:00am Hand Drumming                  1:00pm Creative Factory Art, Watercolor Paint, "Neurographic Art: Sun and Ocean, Easy &amp; Fun"</p>	<p><b>27</b>                  9:00am Parkinson's Fitness Class                  10:00am Hand Drumming                  1:00pm Creative Factory Art, Watercolor Paint, "Neurographic Art: Sun and Ocean, Easy &amp; Fun"</p>	<p><b>28</b>                  9:00am Drumbeats and Movement w/ Wendy                  9:15am Exercise w/ Kathy  <b>10:00am Bingocize</b>                  10:00am Ukulele Play Along                  1:30pm Bingo w/ Matt                  4:00pm Chair Yoga w/ AIM to Empower</p>	<p><b>29</b>                  8:00am Pilates  <b>9:00am Technology Class, "Memory Games and Brain Training Apps"</b></p> 