

# Lancaster Rec Senior Center

525 Fairview Avenue  
Lancaster PA 17603  
Hours: 8:30am-3pm  
Pwww.LancasterRec.org  
Phone: 717-399-7671

Center Manager: Elaine Campbell  
Email: ecampbell@lancasterrec.org  
Assistant Manager: JoAnn Mentzer  
Assistant Manager: Laurie Truluck



September  
2023

Monday	Tuesday	Wednesday	Thursday	Friday	Special Notes
			Picnic at Flory Park Sign-up by Friday September 1st	9:15 Geri-Fit 10:30 Tim from Wanderlust Coffees/Talk about coffee history and process-sample coffees!	<p><b>1</b></p> <p>Feel free to call ahead to schedule a tour of our Senior Center and learn about our programs. 717-399-7671</p> <p><b>Sr. Orchestra Rehearsal 9:15-11:15a.m. Wednesdays Upper Level in Terrace Room</b></p>
<b>Labor Day Lancaster Rec Senior Center Closed Today</b>	9:30 Erika SnitzerTalk-Occupational Wellness <b>5</b> 10:00 Art Club 10:15 Geri-Fit Exercise	9:30 Fundraiser Bingo <b>6</b> 10:45 Indoor Bocce and Cornhole Game	9:15 Chair Yoga with Jen <b>7</b> 10:00 Ukulele Jamming 10:45 Drumbeats and Movement	9:15 Geri-Fit <b>8</b> 10:30 AmeriHealth Mobile Unit-Learn about Diabetes Management	
<b>Patriot Day 11</b> 9:30 Fundraiser Bingo 10:45 Indoor Bocce And Cornhole Game	<b>12</b> 9:15 Fair Day-Display Your Homemade Items Today! 9:30 Wii Bowling 10:00 Art Club 10:15 Geri-Fit Exercise	<b>13</b> 9:30 Two Dimensional Art With Lanc Creative Art Factory 10:35 Derek from Oak Street Health-Karaoke fun! 10:45 Walk in the Gym	<b>14</b> 9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy	<b>15</b> 9:15 Geri-Fit 10:15 Team Trivia with Bob	<p><b>To arrange for a meal or transportation please call the center several days in advance!</b></p> <p>This program is funded, in part, under an Agreement with money allocated by the Pa Dept. of Aging and the Lanc County Commissioners, through the Lanc County Office</p>
<b>Center Closed Today Lancaster Rec Senior Center Picnic at Flory Park Sign-up by Sept. 1st</b>	<b>Bookmobile 19</b> 9:30 Lancaster County Bookmobile 9:30 Wii Bowling 10:00 Art Club 10:15 Geri-Fit Exercise	<b>20</b> 9:15 Ceramic Class by the Pottery Works 10:30 Monthly Celebration and a Treat!	<b>21</b> 9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body	<b>22</b> 9:15 Geri-Fit 10:15 Sing A-Long with Wayne on the Piano	
<b>Bingo 25</b> 9:30 Fundraiser Bingo 10:45 Indoor Bocce and Cornhole Game	<b>26</b> 9:00 Nancy Landis Presentation-Transitioning From Your Home With Care 9:30 Wii Bowling 10:00 Art Club 10:15 Geri-Fit Exercise	<b>27</b> 9:15 Service Project-Help to Build a Children's Dollhouse for a local Organization 10:00 Walk in the Gym 11:00 Town Meeting	<b>28</b> 9:15 Chair Yoga with Jen 10:00 Ukulele Jamming 10:45 Move Your Body with Wendy	<b>No Geri-Fit Today 29</b> 9:15 Walk in the Gym 10:30 Five Minute Murder Mysteries-Help us figure out "Who Dun it?"	