



Monday	Tuesday	Wednesday	Thursday	Friday
				
		<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Paint, "Bumble Bee on Mexican Sunflower"</p>	<p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Bingocize 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>8:00am Pilates 9:00am Technology Class: "Internet Browsing and Searching" 11:00am Move Your Body Exercise Class</p>
<p>9:15am Exercise w/ Kathy 10:00am Bingocize 11:30am Tai Chi w/Suzanne 6:00pm Creative Factory Art, Acrylic Paint, "Red Leaf Amongst Yellow"</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Bacon & Eggs" 1:30pm Bingo w/ Matt 3:00pm Penn State Extension Nutrition Class on Dietary Supplements 4:00pm Boxing & Balance Exercise Class</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Paint, "Poppy from my Front Yard"</p>	<p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Bingocize 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>Veterans Day Office of Aging is Closed 8:00am Pilates 9:00am Technology Class: "Social Media" 11:00am Move Your Body Exercise Class</p>
<p>9:15am Exercise w/ Kathy 10:00am Bingocize 11:30am Tai Chi w/Suzanne 6:00pm Creative Factory Art, Acrylic Paint, "English Sheep"</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Puffin" 1:30pm Call Out Game 4:00pm Boxing & Balance Exercise Class</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory, Watercolor Neurographic Art, "Tree with Autumn Leaves"</p>	<p>9:00am Drumbeats and Movement w/ Wendy 9:15am Exercise w/ Kathy 10:00am Bingocize 10:00am Ukulele Play Along 1:30pm Bingo w/ Matt 4:00pm Chair Yoga w/ AIM to Empower</p>	<p>8:00am Pilates 9:00am Technology Class: "Smartphone Photography" 11:00am Move Your Body Exercise Class</p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 6:00pm Creative Factory Art, Acrylic Paint, "Thankful" with Pumpkins and Flowers</p>	<p>9:00am Yoga w/ Deb 10:00am PA Department of Health program on Diabetes 1:30pm Bingo w/ Matt 4:00pm Boxing & Balance Exercise Class</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 11:00am Medicare Fraud Prevention Presentation with PA Senior Medicare Patrol</p>	<p>Office of Aging is Closed </p>	<p>Office of Aging is Closed 8:00am Pilates 9:00am Technology Class: "Best Practices for Online Shopping"</p>
<p>9:15am Exercise w/ Kathy 11:30am Tai Chi w/Suzanne 3:00pm Spiritual Wellness with Mental Health America</p>	<p>9:00am Yoga w/ Deb 10:00am Creative Factory Art, Acrylic Paint, "Whimsical White Chicken" 1:30pm Family Face Off Game 4:00pm Boxing & Balance Exercise Class</p>	<p>9:00am Parkinson's Fitness Class 10:00am Hand Drumming 1:00pm Creative Factory Art, Watercolor Paint, One Point Perspective, "Pumpkin Patch"</p>	<p>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>To Register Contact Manager Debbie Groff at dgroff@lancastercountypa.gov Phone: 717-299-7991 Connect with others to create art, exercise, & learn new things!</p>