







SENIOR COMMUNITY CENTER LOCATION

Manager: Anne Kim 59 N. Ramona Rd, Myerstown, PA 17067 (717) 866-6786 Myerstown.SeniorCenter@lebanoncountypa.gov www.lebcounty.org/AAA/Departments/

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals offered @ 12:00 PM 5 days a week. For meal reservation, please sign up or call 717-866-6786 by 11:00 AM the day before. Suggested Donation \$4.50	3/16 Special Meal Menu Chicken Pot Pie Beef Vegetable Soup Turkey Sandwich Cole Slaw Chocolate Peanut Butter Pie Milk	11:00 Activity Calendar Distribution 10:00-11:00 Tai Chi 10:30-11:00 Stretch Resistance Exercise 12:00 "Happy March" Luncheon @ 501 Grill* 	2 10:00 Zoom Band Together 10:30-11:30 Chair Exercise 12:00-12:30 Lunch 1:00-2:00 Advisory/ Planning Meeting	3 10:00-11:00 Collect for Events 10:30-11:30 Bingo* 12:00-12:30 Lunch
6 10:15-11:15 Coupon Clipping for the Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-2:00 Tai Chi	7 8:00 Golden Sneakers Indoor Walking & Breakfast 10:00 Zoom Band Together 10:30-11:30 Games 12:00-12:30 Lunch 1:00-2:00 Bible Study	8 Nutrition Education Flyer Distribution 10:00-11:00 Tai Chi 10:30-11:00 Stretch Resistance Exercise 12:00-12:30 Lunch	9 10:00 Zoom Band Together 10:30-11:00 Chair Exercise 11:15-12:00 Mindmatters Video Education "Video Games & Health Benefits for Seniors" 12:00--12:30 Lunch	10 10:00-2:00 Pinochle* 10:30-11:30 Bingo* 12:00-12:30 Lunch
13 Daylight saving time begins. 10:15-11:15 Coupon Clipping for the Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-2:00 Tai Chi	14 8:00 Golden Sneakers Indoor Walking & Breakfast 10:00 Zoom Band Together 10:30-11:30 Games 12:00-12:30 Lunch	15 10:00-11:00 Tai Chi 10:30-11:00 Stretch Resistance Exercise 12:00 Spring Banquet & Entertainment @ Heisey's* (Sign up by 3/8) 	16 10:00 Zoom Band Together 10:30-11:30 Chair Exercise 12:00-12:30 Soup & Sandwich Special Meal* (Sign up by 3/9)	17  10:30-11:30 Bingo* 12:00-12:30 Lunch
20  10:15-11:15 Coupon Clipping for the Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-2:00 Tai Chi	21 8:00 Golden Sneakers Indoor Walking & Breakfast 10:00 Zoom Band Together 10:30-11:30 Games 12:00-12:30 Lunch 1:00-2:00 Bible Study	22 10:00-11:00 Tai Chi 10:00-10:30 Stretch Resistance Exercise 10:30-12:00 Craft w/Ruth* 12:00-12:30 Lunch	23 10:00 Zoom Band Together 10:30-11:30 Chair Exercise 12:00-12:30 Lunch	24 10:30-11:30 Bingo* 12:00-12:30 Lunch
27 10:15-11:15 Coupon Clipping for the Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch 1:00-2:00 Tai Chi	28 8:00 Golden Sneakers Indoor Walking & Breakfast 10:00 Zoom Band Together 10:00-11:00 Games 11:15-1:00 "Family Feud" Game & Hot Dog Social* (Sign up by 3/21) 	29 10:00-11:00 Tai Chi 10:30-11:00 Stretch Resistance Exercise 12:00 Carpool Trip to Mt. Hope Mansion Dinner Theatre*(sign up by 2/21)	30 10:00 Zoom Band Together 10:30-11:30 Chair Exercise 12:00-12:30 Lunch	31 10:30-11:30 Bingo* 12:00-12:30 Lunch