

**JUNE
2023**

LEBANON COUNTY SENIOR COMMUNITY CENTER PROGRAM



**Keeping you social, active,
healthy & independent!**



**Eat Healthy, Stay Active,
Be Positive, YOU GOT THIS!**



No Membership Fees

Lunch is available every day the centers are open. Orders need to be placed by 11am on the previous business day.

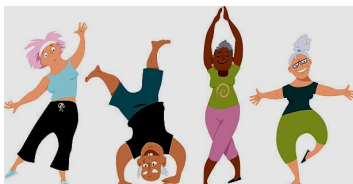
Soup & Sandwich Days are on the 3rd Thursday of each month. This meal requires a week's notice.



All meals are available as Dine-in or Take-out

All meals have a suggested donation of \$4.50.

Orders can be placed w/ your center manager, or by calling the AAA office.



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The Senior Community Center Program is sponsored wholly through the Lebanon County Area Agency on Aging.

Carol Davies, administrator

Shannon McMinn, senior center services dir

Michelle Kauffman, volunteer coordinator



**MON-FRI
8am-4:30pm
717-273-9262**

LCSCCP: One Program - Five Locations

Annville
717.867.1796
Douglas Stump
200 S. White Oak St.
Annville, PA 17003
Christ Church UCC
anvsc@lebcnty.org

Maple Street
717.273.1048
Julia Organtini
710 Maple St
Lebanon, PA 17046
Area Agency on Aging
mssc@lebcnty.org

Myerstown
717.866.6786
Anne Kim
59 N. Ramona Rd.
Myerstown, PA 17067
Myr. Baptist Church
myscc@lebcnty.org

Northern Lebanon
717.865.0944
Helene Heisey
335 N. Lancaster St.
Jonestown, PA 17038
American Legion
nlebscc@lebcnty.org

Palmyra
717.838.8237
vacant position
101 S. Railroad St.
Palmyra, PA 17078
Interfaith Manor
palscc@lebcnty.org

Regularly Scheduled Programs @ all Locations Health & Wellness

Band Together

MS –Tuesday & Thursday @ 9am

ZOOM –various times (call center for details), via Penn State Health

Dance

MS - **Line Dancing** Tuesday @ 10:00am*

MYR - **Line Dancing** Monday @ 10:30am*

Exercise Class

ANN –**Stretching** Tuesdays @ 10:00am

ANN –**Working w/ Weights** Thursday @ 10:00am

MS –**BEATS: Drumming** E/O Monday @ 1:15pm & opposite E/O Wednesday @ 10:30am*

MS –**It's A Ball Exercise Class** Tuesday @ 11:15am*

MS –**Toning w/ Weights** Monday @ 1:15pm & Thursday @ 11:15am*

MYR –**Chair Exercise** Thursday @ 10:30am

MYR –**Stretch & Resistance** Wednesday @ 10:30am

PickleBall

MS –Monday 11:00am to 1:00pm

Tuesday 12:30pm to 2:30pm

Wednesday 8:30am to 10:30am

Friday 10:00am - 12:00pm

Tai Chi *(6-week sessions w/ break in-between)*

ANN –Tuesday & Thursday @ 9:00am

MS –Monday @ 10:00am & Thursday @ 1:00pm

MYR –Monday @ 1:00pm

Walking Groups

ANN –**Trail Walkers** as scheduled and weather permits

MYR –**Golden Sneakers Walking Group** select Tuesdays @ 8:00am

Regularly Scheduled Programs @ all Locations

Games

Bingo

ANN –Wednesday & Friday @ 10:00am*

MS –**Penny Bingo** Fridays @ 10:30am*

MS –**Quarter Bingo** 4th Wednesday @ 1:00pm

MYR –Friday @ 10:30am

NL –Monday & Thursday @ 12:30pm*

Cards & Dice

ANN –**Help Your Neighbor** various days and times

NL –**Help Your Neighbor** select Thursday @ 10:30am

ANN –**Pinochle** ODD Tuesdays @ 12:30pm*

MS –**Pinochle** 1st and 3rd Tuesdays @ 12:15pm

MYR–**Pinochle** 2nd Friday @ 10:00am

MS – **Bunco & Games** Wednesdays @ 11:15am *

NL –**Acey-Deucey** -Thursday @ 10:00am

NL –**Pinochle** Coming Soon:

Attend the planning meeting to assist with scheduling!

Crafts

MS –**Knitting for the Troops** Monday @ 11:00am

MS –**Craft Club** 2nd & 4th Thursdays @ 10:00am

MYR –**Games/Stitch & Knit** Tuesday @ 10:30am

MYR –**Craft Class w/ Ruth** select Wednesday @ 10:45am

NL –select Tuesdays @ 10:30am

Painting/Art

NL –**Adult Coloring** select Fridays @ 1:00pm

Wii Games

NL –**Wii Games** Friday @ 10:30am

Senior Center Key

ANN –Annville

MS –Maple Street

MYR –Myerstown

NL –Northern Lebanon

PAL -Palmyra

Regular scheduled programs are subject to change. Please contact the hosting center to verify.

**A small fee may be required for full participation.*

Regularly Scheduled Programs @ all Locations Social & Volunteering

Advisory/Planning Meetings *(everyone is welcome, this is NEVER a set committee)*

ANN –as scheduled on program calendar

MS –2nd Friday @ 12:30pm

MYR –1st Thursday @ 1:00pm

NL -2nd Monday @ 10:15am

PAL -1st Wednesday @ 10:15am

Bible Study

MYR –1st & 3rd Tuesdays @ 1:00pm

Billiards

MS –Monday - Friday 9:00am to 3:00pm

Coupon Clipping for the Troops

MYR – Monday @ 10:15am

NL –Monday @ 10:00am

PAL Monday @ 10:00am

Eating Out Together

ANN -select days & times

MS –**The Missing Apron** LAST Wednesday, various times

MYR –**Breakfast Club** Wednesday @ 8:00am

MYR –select Thursdays @ 4:00pm

NL –Friday @ 11:30am

NL –**Breakfast Club** 3rd Thursday @ 9:00am

PAL –Friday @ 11:30am

Library (books, puzzles & quiet time)

MS – Monday - Friday 9:00am to 3:00pm

Trivia

NL –**How Does Your Garden Grow** select Fridays @ 12:30pm

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Regular scheduled programs are subject to change. Please contact the hosting center to verify.

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SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunches are available Monday -Friday. Suggested donation: \$4.50 Contact your center manager to order! Orders needed by 11am on the previous business day.			1 MYERSTOWN AAA Presentation	2 NL/PAL Lunch Bunch
5	6	7 ANNVILLE Bandstand Bingo MYERSTOWN Luncheon @ Issac's MAPLE STREET Movie Day: ELVIS	8 NORTHERN LEBANON Pizza Lunch	9 NL/PAL Lunch Bunch
12	13 NORTHERN LEBANON Ice Cream Treats @ Frostbitez	14	15 ALL CENTERS Soup & Sandwich Meal MAPLE STREET Closet Clean-Out MYERSTOWN Kauffman's: Golf & Dinner	16 NL/PAL Lunch Bunch
19 NORTHERN LEBANON Father's Day Hot Dogs MAPLE STREET Father's Day Potluck	20	21 ANNVILLE Lunch w/ Al Shade: A Star on WLBR	22 NORTHERN LEBANON Breakfast @ Heisey's MYERSTOWN The Hearth & Game Time Fun Center	23 NL/PAL Lunch Bunch
26 ANNVILLE Summer Picnic	27 MYERSTOWN Boom Again Trivia & Pizza Social	28 MAPLE STREET Lunch @ DoGoods	29 MYERSTOWN Big Bertha: Dinner & Mini Golf	30 NORTHERN LEBANON FMNP Check Distribution PALMYRA Lunch Bunch



The Area Agency on Aging and all of it's programs are funded mostly through the PA Lottery! Rules and regulations usually come through the PA Dept. of Aging or Lebanon County.

Please contact the center of interest for more information on the offered programs.

Masks are NOT required but are OPTIONAL.

The Senior Community Center Program is a PREVENTATIVE program to keep you social, healthy and independent for as long as possible! It's also quite a lot of FUN!




June Central Cuisine



Lebanon County

Senior Center Dine-In or Take-Out Meals

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Warm Roast Beef Sandwich w/Mozz. 1/2c. Roasted Parmesan Redskins 1/2c. Carrots 1 Sandwich Roll Fresh Banana</p>	<p>to order lunch, please contact your center manager or the LCAAA Office at 717-273-9262 Orders need to be placed by 11:00am on the previous business day All meals have a suggested donation of \$4.50 <small>*menu subject to change based on availability</small></p>		<p>Baked Chicken Cutlet 1/2c Whipped Sweet Potatoes 1/2c Peas & Carrots 1 Dinner Roll 1 Cookie</p>	<p>Tuna Salad Sandwich w/lettuce & tomato 1/2c Coleslaw 2 White Bread Fresh Orange</p>
<p>5</p> <p>Warm Roast Beef Sandwich w/Mozz. 1/2c. Roasted Parmesan Redskins 1/2c. Carrots 1 Sandwich Roll Fresh Banana</p>	<p>6</p> <p>Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Potato Salad 1 Dinner Roll 1/2c Gelatin</p>	<p>7</p> <p>Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit</p>	<p>8</p> <p>LAST DAY to order 6/15 SPECIAL! Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie</p>
<p>12</p> <p>Baked Chicken w/ Gravy 1/2c Rice Pilaf 1/2c Green Beans 1 Wheat Bread 1/2c Peaches</p>	<p>13</p> <p>Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears</p>	<p>14</p> <p>Hawaiian Chicken Breast 1/2c Buttered Noodles 1/2c Island Blend Vegetables Seasonal Fresh Fruit Cookie</p>	<p>15</p> <p>SPECIAL Soup & Sandwich Italian Wedding Soup Minestrone Soup Italian Sandwich provolone, lettuce, tomato, & onion Cucumber Salad Pineapple Upside Down Cake</p>	<p>Baked Crab Cake Over 1c. Mixed Greens w/ Tomato & Hardboiled Egg 1/2c Fresh Broccoli Salad 1 Dinner Roll 1/2c. Pineapple</p>
<p>19</p> <p>Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange</p>	<p>20</p> <p>Roast Beef w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Pudding</p>	<p>21</p> <p>Cheese Omelet 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>22</p> <p>Baked Pollock 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit</p> <p>NEW ITEM</p>	<p>Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad</p>
<p>26</p> <p>Creamy Parmesan Pork Chop 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits Cookie</p>	<p>27</p> <p>Chicken Cacciatore (2oz Tomato Sauce, Peppers, Onions) 1/2c. Blended Rice 1/2c Mixed Vegetables 1 Breadstick 1/2c Applesauce</p> <p>NEW ITEM</p>	<p>28</p> <p>Pot Roast w/ Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp</p>	<p>29</p> <p>Pizza Burger 1/2c Cheesy Potatoes 1/2c. French Style Green Beans 1 Hamburger Bun 1/2c Pineapple & Mandarin Oranges</p>	<p>Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 Wheat Bread 1/2c Gelatin</p>