

## REGULARLY SCHEDULED PROGRAMS

NO MEMBERSHIP DUES!

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

### Exercise Opportunities

Band Together, Strength Training  
**NEW: Cardio Drumming, Cardio**  
It's A Ball Exercise Class, Cardio  
Line Dancing, Cardio  
PickleBall, Cardio & Coordination  
Ping Pong, Coordination  
Tai Chi for Arthritis, Balance  
Toning w/ Weights, Strength Training

### Game Opportunities

Pinochle  
Bunco, dice game  
Penny Bingo  
Quarter Bingo  
Jigsaw Puzzles (table in Library or take home)

### Planning Meeting

Make Your Voice Heard!  
Help plan programs for YOUR center!  
2nd Friday @ 12:30pm  
Library Room  
Sign-up ahead for lunch on East bulletin board

### Lunch (12:30pm)

Menu located on back of program calendar.  
Orders are due by 11am on the previous business day.  
Suggested donation: \$4.50  
Dine-In & Take-Out is available  
Eating together is always better!

### Social/Volunteer Opportunities

Billiards Room  
Birthday Social w/ Entertainment  
Craft Club & Knit & Crochet Club  
Special Soup & Sandwich Lunch  
Library Room (no check-out system, return tote outside the room)  
Volunteers are needed everyday for various areas of interest



MARCH  
2023

# MAPLE STREET

LEBANON COUNTY  
SENIOR COMMUNITY CENTER PROGRAM



## HAPPY SAINT PATRICK'S DAY!

### FRIDAY MARCH 17TH



The Missing Apron Lunch Group is re-scheduled in March due to a conflict.

Please check your calendar carefully!

3/22: lunch @ Issacs's

3/29: Murder @ Mt. Hope (lunch & matinee show)

Soup & Sandwich  
All Center Special Meal  
**Thursday March 16th**  
Menu this month:  
Chicken Pot Pie &  
Beef Vegetable Soup  
Turkey Sandwich w/ provolone, lettuce, tomato, & onion  
Cole Slaw  
Chocolate Peanut Butter Pie  
**12:30pm in Library Room**  
Suggested donation: \$4.50  
**RSVP by 11am on 03/09**  
Sign-up on East bulletin board  
**Dine-In & Take-Out Available**

## JOIN US IN CELEBRATING 51 NATIONAL YEARS!

3/31  
9:30



Special  
Breakfast

Celebrate the  
Senior Nutrition Program  
2023 · COOKING UP COMMUNITY

Keeping you social, active,  
healthy & independent!



Eat Healthy, Stay Active,

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

Maple Street  
717.273.1048  
vacant position  
710 Maple St  
Lebanon, PA 17046  
Area Agency on Aging  
msscc@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  
103 S. Railroad St.  
Palmyra, PA 17078  
Interfaith Manor  
palscc@lebcnty.org