

## REGULARLY SCHEDULED PROGRAMS

NO MEMBERSHIP DUES!

**Celebrate Older American Month—Aging Unbound!**

### Exercise Opportunities

**Band Together**, Strength Training  
**Beats**: 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



MAY  
2023

# MAPLE STREET

LEBANON COUNTY  
SENIOR COMMUNITY CENTER PROGRAM



**MEMORIAL DAY**  
**AAA OFFICE & CENTERS ARE CLOSED MONDAY, MAY 29TH**



The Missing Apron Lunch Group is scheduled to have lunch at Mick's All American Pub  
Join in by signing up on the East Bulletin Board.

Center Programs are Cancelled on Wed. May 31st for the **Annual Volunteer Recognition Luncheon**

Thank you to all our AAA & Center Volunteers!



DURING MAY WE WILL BE CELEBRATING **OLDER AMERICANS MONTH!**

2023 Theme – Aging Unbound

**MAY 3RD**  
**MOVIE—LIBRARY**  
**JOIN EVERYONE TO ENJOY ELVIS**

May 15th  
Mother's Day Tea—Library

May 16th  
Election Day

May 24th  
Missing Apron Lunch

Keeping you social, active, healthy & independent!



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

**Anville**  
717.867.1796  
**Douglas Stump**  
200 S. White Oak St.  
Anville, PA 17003  
Christ Church UCC

**Maple Street**  
717.273.1048  
**Julia Organtini**  
710 Maple St  
Lebanon, PA 17046  
Area Agency on Aging

**Myerstown**  
717.866.6786  
**Anne Kim**  
59 N. Ramona Rd.  
Myerstown, PA 17067  
Myr. Baptist Church

**Northern Lebanon**  
717.865.0944  
**Helene Heisey**  
335 N. Lancaster St.  
Jonestown, PA 17038  
American Legion

**Palmyra**  
717.838.8237  
*vacant position*  
101 S. Railroad St.  
Palmyra, PA 17078  
Interfaith Manor