



**REGULARLY SCHEDULED PROGRAMS**  
**NO MEMBERSHIP DUES!**

**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

**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  
 Everything tastes better when socializing!

**Social/Volunteer Opportunities**

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



**Game Opportunities**

Pinochle now twice a month!  
 Bunco, dice game  
 Penny Bingo  
 Quarter Bingo  
 Game Day  
 Shuffleboard daily, 1—3pm

**Planning Meeting**

Make Your Voice Heard!  
 Help plan programs for YOUR center!  
 2nd Friday @ 12:30pm  
 Library Room  
 Sign-up for lunch on the sign-in table

<b>APRIL 2024</b>	<h1>MAPLE STREET</h1> <p>LEBANON COUNTY          SENIOR COMMUNITY CENTER PROGRAM</p>	
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**SOUP & SALAD BARS NOW**  
**EVERY THURSDAY!**  
 RSVP FOR AT LEAST  
**ONE WEEK IN ADVANCE.**




The Missing Apron Lunch Group is scheduled to  
 have lunch at  
**Calabria**  
 The sign up sheet in on the wall of the auditorium &  
 dining hall.

**Friday, April 26, 2024—1pm**  
**Book Shuffle Library**  
**Sort books**  
  
**DATE CHANGE**  
 for the  
**Birthday Social!**  
**Now April 10th—1:30pm**



CELEBRATE  
**NATIONAL WALKING DAY**  
**WEDNESDAY, APRIL 10, 2024**  
**SOUTH HILLS PARK**  
**LINCOLN AVE**  
**12PM**  
**PICNIC LUNCH AFTER THE WALK**  
**Sign-up today!**

Keeping you social, active,  
 healthy & independent!  
  
 Eat Healthy, Stay Active,  
**Be Positive, YOU GOT THIS!**

<b>Annvile</b> 717.867.1796 <b>Douglas Stump</b> 200 S. White Oak St. Annville, PA 17003 Christ Church UCC	<b>Maple Street</b> 717.273.1048 <b>Julia Organtini</b> 710 Maple St Lebanon, PA 17046 Area Agency on Aging	<b>Myerstown</b> 717.866.6786 <b>Anne Kim</b> 59 N. Ramona Rd. Myerstown, PA 17067 Myr. Baptist Church	<b>Northern Lebanon</b> 717.865.0944 <b>Helene Heisey</b> 335 N. Lancaster St. Jonestown, PA 17038 American Legion	<b>Palmyra</b> 717.838.8237 <b>Matthew Cipri</b> 101 S. Railroad St. Palmyra, PA 17078 Interfaith Manor
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