PROGRAM CALENDAR

MYERSTOWN

LEBANON COUNTY SENIOR COMMUNITY CENTER PROGRAM

NOVEMBER 2026

Manager: Anne Kim 101 S. Railroad St, Myerstown, PA 17067 (717) 675-9546 myerstown.seniorcenter@lebanoncountypa.gov

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Activity Calendar distribution 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch **1:00-1:30 Chair Yoga (DVD)**	**3** 8:00 Walking Club & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch **1:00-2:00 Bible Study**	**4** 10:00 Nutrition Ed Flyer Distribution 10:30-11:00 Stretch Resistance Exercise **12:00 Happy November Luncheon at Knight & Day***	**5** 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise 12:00-12:30 Lunch **1:00-2:00 Planning Meeting**	**6** 10:30-11:30 Collect for Events & Trips **10:30-11:45 Bingo*** 12:00-12:30 Lunch
9 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch **1:00-1:30 Chair Yoga (DVD)**	**10** 8:00 Walking Club & Breakfast 10:30-12:30 Pickleball **12:00-2:00 Thanksgiving Banquet at Heisey's*** (sign up by 11/3)	**11** **Center Closed** 	**12** 10:30-2:00 Pickleball 10:30-11:00 Chair Exercise 12:00-12:30 Lunch	**13** 10:30-11:30 Collect for Events & Trips **10:00-2:00 Pinochle*** 10:30-11:45 Bingo* 12:00-12:30 Lunch
16 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch **1:00-1:30 Chair Yoga (DVD)**	**17** 8:00 Walking Club & Breakfast 10:30-12:30 Pickleball 10:30-12:00 Games 12:00-12:30 Lunch **1:00-2:00 Bible Study**	**18** 10:30-12:30 Pickleball 10:30-11:00 Stretch Resistance Exercise **11:00-12:00 Hand Bell Choir** 12:00 Lunch 1:00–1:30 Chair Tai-Chi (DVD)	**19** 10:30-2:00 Pickleball 10:30-11:30 Chair Exercise **12:00-12:30 Soup & Sandwich Special Meal*** (Order by 11/12)	**20** 10:30-11:30 Collect for Events & Trips **10:30-11:45 Bingo*** 12:00-12:30 Lunch
23 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch **1:00-1:30 Chair Yoga (DVD)**	**24** 8:00 Walking Club & Breakfast 10:30-12:30 Pickleball **10:30 Lunch & Learn at Myerstown Nursing Home*** (Sign up by 11/17)	**25** 10:30-12:30 Pickleball 10:30-11:00 Stretch Resistance Exercise 10:30-12:00 Own Craft Club **11:00-12:00 Hand Bell Choir** 12:00 Lunch 1:00–1:30 Chair Tai-Chi (DVD)	**26** **Center Closed** 	**27** **Center Closed**
30 10:15-11:15 Coupon Clipping for Troops 10:30-11:30 Line Dancing 12:00-12:30 Lunch **1:00-1:30 Chair Yoga (DVD)**		Lunch is available Mon-Fri Orders need to be placed by 10:30 AM on the previous business day. Suggested donation per meal is $4.50	**Upcoming Events** 12/2 – Christmas Luncheon @ Country Fare* 12/9 – Christmas Party & Catered Meal* 12/15 – Christmas Concert 12/23- Carol & Bell Choir	**11/19 Special Meal Menu** Stuffed Pepper Broccoli Cheddar Turkey Sandwich Coleslaw Cherry Crumble Milk

*Program w/ cost & reservation required