

MYERSTOWN SENIOR COMMUNITY CENTER

JANUARY 2017 ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>CENTER CLOSED</u> HAPPY NEW YEAR	3 <u>GOLDEN SNEAKERS</u> <u>WALKING GROUP – 8:00 A.M</u> <u>BREAKFAST TO FOLLOW</u> <u>COUPON CUTTING – 10:15</u> <u>LINE DANCING – 10:30</u> <u>EXERCISE CLASS – 10:30</u> <u>EXERCISE AT ELCO H.S.- 10:45</u> <u>BIBILE STUDY WITH PASTOR</u> <u>BITNER – 1:00 P.M.</u>	4 <u>EXERCISE-ELCO H.S.-10:45</u> <u>OSTEO BONE</u> <u>STRENGTHENING EX. – 1:00</u>	5 <u>STITCH –N-CRAFT –</u> <u>10:15</u> <u>WII GAMES WITH DAVID &</u> <u>DARVIN – 10:15</u> <u>ELCO EXERCISE – 10:45</u> <u>PLANNING SESSION – 1:15</u>	6 <u>BINGO WITH JEANETTE</u> <u>STOUDT -10:30 A.M.</u> <u>COLLECT FOR BUS TRIPS &</u> <u>ACTIVITIES-10:15 TO 11:30</u> <u>EXERCISE ELCO H.S. -10:45</u> <u>BOWLING @ GOODWILL –</u> <u>1:00</u>
9 <u>COUPON CLIPPING WITH</u> <u>RON – 10:15 – 11:30</u> <u>COLLECT FOR BUS TRIPS &</u> <u>ACTIVITIES – 10:15 – 11:30</u> <u>LINE DANCING - 10:30 -11:30</u> <u>EXERCISE ELCO H.S.-10:45</u> <u>OSTEO BONE STR. EX. – 1:00</u>	10 <u>EXERCISE CLASS WITH</u> <u>CAROL HOOK – 10:30 A.M</u> <u>EXERCISE AT ELCO H.S. –</u> <u>10:45</u> <u>NUTRITION DIS. – 11:05</u> <u>“BOOSTING BONE</u> <u>STRENGTH”</u>	11 <u>BREAKFAST CLUB @ “NOLL’S</u> <u>KEYSTONE HOUSE” – 8:00 A.M.</u> <u>EXERCISE ELCO H.S.-10:45</u> <u>OSTEO BONE</u> <u>STRENGTHENING EX. -1:00</u>	12 <u>STITCH-N-CRAFT SESSION –</u> <u>10:15</u> <u>WII GAMES WITH DAVID &</u> <u>DARVIN – 10:15</u> <u>EXERCISE ELCO H.S.-10:45</u>	13 <u>BINGO – 10:30 A.M.</u> <u>COLLECT FOR BUS TRIPS</u> <u>& ACTIVITIES – 10:15</u> <u>EXERCISE – ELCO – 10:45</u> <u>PINOCHLE CARD PARTY –</u> <u>1:15</u>
16 <u>CENTER CLOSED</u> <u>MARTIN LUTHER KING JR.</u> <u>DAY</u>	17 <u>COUPON CUTTING – 10:15</u> <u>COLLECT FOR BUS TRIPS – 10:15</u> <u>LINE DANCING – 10:30</u> <u>EXERCISE WITH CAROL – 10:30</u> <u>EX. @ ELCO – 10:45</u>	18 <u>CENTER CLOSED</u> <u>SNOWMAN LUNCHEON @ -</u> <u>MT. AETNA BANQUET</u> <u>HALL – 12:00 NOON</u>	19 <u>STITCH-N-CRAFT SESSION</u> <u>10:15 A.M.</u> <u>WII GAMES WITH DAVID &</u> <u>DARVIN – 10:15 A.M.</u> <u>PAINTING WITH KAREN – 10:30</u> <u>EXERCISE ELCO H.S. – 10:45</u>	20 <u>BINGO WITH JEANETTE</u> <u>STOUDT- 10:30 A.M.</u> <u>COLLECT FOR BUS TRIPS &</u> <u>ACTIVITIES- 10:15 TO 11:30</u> <u>EXERCISE ELCO H.S.- 10:45</u>
23 <u>COUPON CLIPPING FOR</u> <u>MILITARY – 10:15</u> <u>COLLECT FOR BUS TRIPS &</u> <u>ACTIVITIES 10:15 TO 11:30</u> <u>LINE DANCING WITH ALICE</u> <u>KEPPLEY – 10:30- 11:30</u> <u>EXERCISE ELCO H.S. 10:45</u> <u>OSTEO BONE STR. EX. -1:00</u>	24 <u>EXERCISE CLASS WITH</u> <u>CAROL HOOK – 10:30 A.M</u> <u>EXERCISE- ELCO H.S. – 10:45</u> <u>CONSUMER ED. – 11:05 –</u> <u>“WINTER SAFETY”</u>	25 <u>BREAKFAST CLUB @</u> <u>“SIMPLY DELISH” – 7:45</u> <u>MAY BEHNEY’S BIBLE</u> <u>STUDY – 10:30</u> <u>EX. @ ELCO – 10:45</u> <u>OSTEO – 1:00</u>	26 <u>STITCH-N-CRAFT SESSION – 10:15</u> <u>WII GAMES –WITH DAVID &</u> <u>DARVIN – 10:15 A.M.</u> <u>EXERCISE ELCO – 10:45</u>	27 <u>BINGO WITH JEANETTE</u> <u>STOUDT – 10:30 A.M.</u> <u>COLLECT FOR BUS TRIPS&</u> <u>ACTIVITIES- 10:15 TO 11:30</u> <u>EXERCISE ELCO H.S. -10:45</u>
30 <u>COUPON CUTTING – 10:15</u> <u>COLLECT FOR BUS TRIPS &</u> <u>ACT. – 10:15</u> <u>LINE DANCING – 10:30</u> <u>EX. @ ELCO – 10:45</u> <u>OSTEO BONE STR. – 1:00</u>	31 <u>EXERCISE CLASS WITH</u> <u>CAROL – 10:30 A.M.</u> <u>EXERCISE ELCO H.S. – 10:45</u>	<u>WATER EXERCISE CLASS-</u> <u>LEBANON YMCA – 12:00</u> <u>NOON TO 12:30 P.M.</u> <u>MONDAY & WEDNESDAY</u> <u>\$2.00 PER CLASS FOR ALL</u> <u>PARTICIPANTS 60 & OVER</u>	<u>LEBANON COUNTY</u> <u>WEBSITE:</u> <u>lebcounty.org click on</u> <u>“Departments” Area Agency</u> <u>on Aging” “ Senior Center</u> <u>Page”</u>	<u>BAND TOGETHER</u> <u>EXERCISE CLASS- MON.,</u> <u>WED. & FRI. 4:45 – 5:15</u> <u>MAPLE ST. BUILDING</u>

CENTER MANAGER: KIM KEENER
ADDRESS: 59 N. RAMONA ROAD
POST OFFICE BOX 611
MYERSTOWN, PA 17067

PHONE: 717- 866-6786
EMAIL:
MYSC@LEBANONAAA.ORG