

May 2023

Mon	Tue	Wed	Thu	Fri
<p align="center">1.</p> <p>9:30-11:30- Billiards 9:30-12pm- Maj Jongg 10am-11am- YOGA 10am-2pm Crafts 11:15am-12pm- Facial Yoga 11:15am-1pm Ping Pong 12:45-3pm-Hand & Foot 1-2pm- Tai Chi Class</p>	<p align="center">2.</p> <p>9am-10am-Ball Class 9am-4pm-Piano Lessons 10:00am-11:00am- Zumba 12:30pm-3:00pm Pinochle 12:30pm-1:30pm-Beginner Line Dancing 1:45-2:45- Improver line Dance</p>	<p align="center">3.</p> <p>9am-10:00am- Mind, Move & Muscle 10am-10:30am- Meditation 9:30-11:30 Billiards 10:30am-11:15am Erie Cty Fitness Class 10:30am-Pickleball Lessons 11am-1pm- Ping Pong 11am- Aging Mastery- Exercise & You 12:45pm-3pm-Game Day</p>	<p align="center">4.</p> <p>9am-10am- Arthritis Exercise Class 9am-4pm Piano Lessons 9am-11am- Ceramics 9:30am- Senior Board Meeting 12:30pm-2:30pm -Bingo 6:30pm- 8pm- Ice Cream Social (Given by the Lancaster Youth Bureau)</p>	<p align="center">5.</p> <p>9am-10am- Exercise Ball Class 9:30-11:30- Billiards 10am-2pm Crafts 11am-1pm Ping Pong 10-11am-Zumba 12:45 pm-3:00pm Euchre 1:00pm-3pm- Maj Jongg 5pm-8pm- Fun Friday (Members Only)</p>
<p align="center">8.</p> <p>9:30-11:30- Billiards 9:30-12pm- Maj Jongg 10am-11am- YOGA 10am-2pm Crafts 11:15am-1pm Ping Pong 12:45-3pm-Hand & Foot 1-2pm- Tai Chi Class</p>	<p align="center">9.</p> <p>9am-10am-Ball Class 9am-4pm-Piano Lessons 10:00am-11:00am- Zumba 12:30pm-3:00pm Pinochle 12:30pm-1:30pm-Beginner Line Dancing 1:45-2:45- Improver line Dance</p>	<p align="center">10.</p> <p>9am-10:00am- Mind, Move & Muscle 9:30-11:30 Billiards 10:30am-11:15am Erie Cty Fitness Class 10:30am- Pickleball Lessons 11am-1pm- Ping Pong 11am- Aging Mastery- Financial Fitness 12:45pm-3pm-Game Day</p>	<p align="center">11.</p> <p>9am-10am- Arthritis Exercise Class 9am-4pm Piano Lessons 9am-11am- Ceramics 12:30pm-2:30pm -Bingo & Birthday Celebration (Special thanks to our friends at Elderwood for providing the monthly birthday cake for our members)</p>	<p align="center">12.</p> <p>9am-10am- Exercise Ball Class 9:30-11:30- Billiards 10am-2pm Crafts 11am-1pm Ping Pong 10-11am-Zumba 11:30am- University Express (Hands on CPR) 12:45 pm-3:00pm Euchre 1:00pm-3pm- Maj Jongg</p>
<p align="center">15.</p> <p>9:30-11:30- Billiards 9:30-12pm- Maj Jongg 10am-11am- YOGA 10am-2pm Crafts 11:15am-1pm Ping Pong 12:30-3:30pm- Safe Driving Course 12:45-3pm-Hand & Foot 1-2pm- Tai Chi Class</p>	<p align="center">16.</p> <p>9am-10am-Ball Class 9am-4pm-Piano Lessons 10:00am-11:00am- Zumba 12:30pm-3:00pm Pinochle 12:30pm-1:30pm-Beginner Line Dancing 1:45-2:45- Improver line Dance 3pm- University Express- Line Dancing 101 with optional Dinner to follow at 4:30pm. (Please make reservations in the office)</p>	<p align="center">17.</p> <p>9am-10:00am- Mind, Move & Muscle 9:30-11:30 Billiards 10:30am-11:15am Erie Cty Fitness Class 10:30am- Pickleball Lessons 11am-1pm-Ping Pong 11am- Aging Mastery-Falls Prevention 12:30-3:30pm- Safe Driving Course 12:45pm-3pm-Game Day</p>	<p align="center">18.</p> <p>9am- 10am- Arthritis Exercise Class 9am-4pm Piano Lessons 9am-11am- Ceramics 12:30pm-2:30pm -Bingo</p>	<p align="center">19.</p> <p>9am-10am- Exercise Ball Class 9:30-11:30- Billiards 10am-2pm Crafts 11am-1pm Ping Pong 10-11am-Zumba 12:45 pm-3:00pm Euchre 1pm-3pm – Maj Jongg</p>
<p align="center">22.</p> <p>9:30-11:30- Billiards 9:30-12pm- Maj Jongg 10am-11am- YOGA 10am-2pm Crafts 11:15am-1pm Ping Pong 12:45-3pm-Hand & Foot 1-2pm- Tai Chi Class</p>	<p align="center">23.</p> <p>9am-10am-Ball class 9:00am-4pm Piano Lessons 10:00am-11:00am- Zumba 12:30pm-1:30 Beginner Line Dancing 1:45-2:45- Improver Line Dance 12:30pm--3:00pm Pinochle</p>	<p align="center">24.</p> <p>9am-10:00am- Mind, Move & Muscle 9:30am-11:30am Billiards 10:30am-11:15am Erie Cty Fitness Class 10:30am-Pickleball Lessons 11am-1pm- Ping Pong 11am- Aging Mastery- Medication Management 12:45pm-3pm-Game Day</p>	<p align="center">25.</p> <p>9am-10am- Arthritis Exercise Class 9am-4pm Piano Lessons 9am-11am- Ceramics 12:30pm—2:30pm Bingo</p>	<p align="center">26.</p> <p>8:30am- BPO- Patriotic Pops 9am-10am- Exercise Ball Class 9:30-11:30- Billiards 10am-2pm Crafts 11am-1pm Ping Pong 10-11am-Zumba 12:45 pm-3:00pm Euchre 1:00pm-3pm- Maj Jongg</p>
<p align="center">Closed</p> <p align="center">29.</p> 	<p align="center">30.</p> <p>9am-10am-Ball class 9:00am-4pm Piano Lessons 10:00am-11:00am- Zumba 12:30pm-1:30 Beginner Line Dancing 1:45-2:45- Improver Line Dance 12:30pm--3:00pm Pinochle</p>	<p align="center">31.</p> <p>8am- Adventures in Pennsylvania Trip 9am-10:00am- Mind, Move & Muscle 9:30am-11:30am Billiards 10:30am- Pickleball Lessons 10:30am-11:15am Erie Cty Fitness Class 11am-Aging Mastery-Community Engagement 11am-1pm- Ping Pong 11am & 6pm- University Express- Pickleball 101 12:45pm-3pm-Game Day</p>	<p align="center">Classes are 3.00 per class. Music Lessons are 5.00 per class.</p> <p>Proper footwear must be worn for exercise classes and the fitness room (sneakers). Do NOT enter the building if you have a fever, cough, or sore throat. You WILL be asked to leave if you are SYMPTOMATIC. Proof of vaccination is highly recommended.</p>	<p align="center">Frozen Meal Program Available- Please see the office or kitchen for more details</p> <p>Please bring your Senior Center membership card with you, they will be required for entry from now on. If you do not have a membership card, they are \$5.00 for life or \$10.00 every 5 years for non- residents. Please see the office to sign up or if you have lost your card, we can issue you a new one.</p>

