

**Columbia Senior Center
Columbia United Methodist Church
510 Walnut Street
Columbia, Pa. 17512**

SEPTEMBER 2021

**Cindi Hammons, Manager
Hours: 7:30 a.m. – 1:30 p.m.
Phone: 717-684-4850
Email: chammons@caplanc.org**

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
		<p>1. Art w/ Donna Welsh 9:30 – 11:30 am September IQ Vegetables word search Cornhole challenge CD Music</p>	<p>2. M&M Candy Game 10:00- Amanda from Hospice Cornhole challenge Word Search puzzles Laddergolf challenge</p>	<p>3. 10:00 Crafts w/ Michelle- Providence Place Laddergolf challenge Cornhole challenge Games and Ipads CD Music</p>
<p>6.  HAPPY LABOR DAY</p>	<p>7. 10:00 Bandstand Bingo w/ Matt Cleveland Horseshoes challenge Cornhole challenge Sign language w/ Jessie B.</p>	<p>8. Top 5 Heart Healthy Foods Cornhole challenge Ipads and Games Crafts Sign language w/ Jessie B. 10:30 Geri-Fit Exercise</p>	<p>9. 10:00 Music w/ Rick Kilby Bingo Cornhole challenge Horseshoes challenge "Remembering 9/11" article</p>	<p>10. 9:30 Grandparent Day celebration w/ Trevor from Aetna "Where were you on 9/11?" Cornhole challenge Ipads and puzzles</p>
<p>13. ★★ ★★ 9:30 Lanc. Co. Emergency Management – "Emergency Preparedness" program Crafts Cornhole challenge 10:30 Geri-Fit Exercise</p>	<p>14. Columbia Senior Center Picnic for members only. Held downstairs. Food, fellowship, Bingo games, Cornhole, outside games, music by Dave Miceli.</p>	<p>15. 9:30- Health program w/ Jen from Masonic Village Cornhole challenge Ipads and Word Searches Walk to Columbia Market 10:30 Geri-Fit Exercise</p>	<p>16. 9:30 Skin Care w/ Cindy T. (hands and lips) Dot-to-dot picture Autumn Word Search puzzle Cornhole challenge Ipads and Games Sign language w/ Jessie B.</p>	<p>17. 9:00- Walk to Reuzit - \$5 bag day Cornhole challenge Ipads and Word Searches CD Music 10:00 Barb O.-Allwell-craft project</p>
<p>20. Bingo Cornhole challenge Laddergolf challenge Ipads and Word Searches 10:00 Music- Tony&Valerie 10:30 Geri-Fit Exercise</p>	<p>21. Sign language w/ Jessie B. Ipads and Word Searches Cornhole challenge 10:00 "Hope & Soap" w/ Trevor from Aetna</p>	<p>22. Cornhole challenge Sign language w/ Jessie B. Walk to Columbia Market Touchdown Word Search 10:30 Geri-Fit Exercise</p>	<p>23. Cornhole challenge Friday Night Lights Word Search Ipads and Games 10:00 "Kindness Rocks" w/ Natalie- Griswold Home Care</p>	<p>24. Cornhole challenge Ipads and Games "In the Pink" rhyme puzzle Laddergolf 10:00 Music w/ Sandy H.</p>
<p>27. "EZ Does It Trivia" challenge Cornhole challenge Ipads and Word Searches Laddergolf challenge 10:30 Geri-Fit Exercise</p>	<p>28. Cornhole challenge "2 Truths and a Lie" Game Sign language w/ Jessie B. Ipads and Word Searches 10:00- Trivia w/ Bob Reigh</p>	<p>29. Town Hall Meeting "Support Your Memory" article Sign language w/ Jessie B. Bingo 10:30 Geri-Fit Exercise</p>	<p>30. Visit with Wally the Gator 9:30</p> 	

