**Lancaster Neighborhood Senior Center Lydia Perez, Manager**

**33 E. Farnum Street September 2023 lperez@caplanc.org**

**Lancaster, PA 17602 Hours: 7:30 a.m. – 1:00 p.m.**

**Monday Tuesday Wednesday Thursday Friday**

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|  |  |  | |  | | 1.  8:30 Coffee & News  9:00 Trivia Questions  **9:30**  11:00 Word Search Puzzle | |
| 4. **Labor Day**  **Closed**  **Have a Happy and Safe Day!** | 5.  8:30 Coffee & News  9:30 Exercise Video  **10:00 Freddie/CAP/Nutrition Presentation**  11:00 Word Puzzle  11:00 Word Search | 6.  8:30 Coffee & News  9:00 Health Tips  9:00 Coloring/Puzzles  **10:00 Taneya/Capital Blue Cross – playing Trivia**  11:00 Word Search Puzzle | 7.  8:30 Coffee & News  9:00 Conversation Starters  **9:30 Bingo/Fundraiser**  11:00 Word Puzzle | | 8.  8:30 Coffee & News  9:00 History Trivia  **10:00 Michelle/Legends of Lancaster - Trivia**  11:00 Word Search Puzzle | |
| 11.  8:30 Coffee & News  9:00 Sport Trivia Challenge  10:00 **Rick & Allan Singing and Playing Instruments**  11:00 Word Search Puzzle | 12.  8:30 Coffee & News  9:00 Puzzles/coloring  9:30 Exercise Video  **10:00 Nate/Geisinger Health Plan - Craft**  11:00 Word Search Puzzle | 13.  8:30 Coffee & News  9:00 Coloring/Puzzles  **10:00 Erika Snitzer with MHA for a Mental Health Presentation**  11:00 Word Puzzle | 14.  8:30 Coffee & News  9:00 Trivia Questions  **10:00 Bingo/Fundraiser**  11:00 Word Puzzle/Coloring | | 15.  8:30 Coffee & News  9:00 Flowers coloring  9:30 History Trivia  **10:00 Trevor/Daris with AETNA Karaoke** 11:00 Healthy Tips | |
| 18.  8:30 Coffee & News  9:00 Trivia Questions  **10:00 Jessica/COTA-Trivia Game about the Risk of Osteoporosis**  11:00 Word Puzzle | 19.  8:30 Coffee & News  9:00 Conversation Starters  9:30 Exercise Video  **10:00 Tatiana w/Aging with Comfort (Trivia)**  11:00 Word Search Puzzle | 20.  8:30 Coffee & News  9:00 Coloring scenes  9:30 Town Hall Meeting  **10:00 Derek/Oak Street Health – US History Trivia**  11:00 Word Search Puzzle | 21.  8:30 Coffee & News  9:00 Trivia Questions  **9:30 Bingo/Fundraiser**  11:00 Word Search Puzzle | | 22.  8:30 Coffee & News  9:00 Coloring/Puzzles  **10:00 Lizaida/UPMC-Heart Health Trivia**  11:00 Coloring/Word Puzzle | |
| 25.  8:30 Coffee & News  9:00 Coloring Scenes  **9:30**  11:00 Word Puzzle | 26.  8:30 Coffee & News  9:00 Conversation Starters  9:30 Exercise Video  **10:00 Zarita w/ Trauma Presentation**  11:00 Word Search Puzzle | 27.  8:30 Coffee & News  9:00 Puzzles/coloring  9:30 Exercise Video  **10:00 Matt Cleveland/ Missing Link Game**  11:00 Word Search Puzzle | 28.  8:30 Coffee & News  9:00 Trivia Questions  **9:30 Bingo Fundraiser**  11:00 Word Search Puzzle | | 29.  8:30 Coffee & News  9:00 Puzzles/coloring  9:30 Exercise Video  **10:00 Games/Jeopardy**  11:00 Word Search Puzzle | |