**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 & News9:00 Trivia Questions **9:30** 11:00 Word Search Puzzle |
| 4. **Labor Day****Closed****Have a Happy and Safe Day!**  | 5.8:30 Coffee & News9:30 Exercise Video**10:00 Freddie/CAP/Nutrition Presentation**11:00 Word Puzzle11:00 Word Search | 6.8:30 Coffee & News9:00 Health Tips9:00 Coloring/Puzzles**10:00 Taneya/Capital Blue Cross – playing Trivia**11:00 Word Search Puzzle  | 7.8:30 Coffee & News9:00 Conversation Starters**9:30 Bingo/Fundraiser** 11:00 Word Puzzle    | 8. 8:30 Coffee & News9:00 History Trivia **10:00 Michelle/Legends of Lancaster - Trivia**11:00 Word Search Puzzle  |
| 11.8:30 Coffee & News9:00 Sport Trivia Challenge10:00 **Rick & Allan Singing and Playing Instruments**11:00 Word Search Puzzle  | 12.8:30 Coffee & News9:00 Puzzles/coloring 9:30 Exercise Video**10:00 Nate/Geisinger Health Plan - Craft**11:00 Word Search Puzzle | 13.8:30 Coffee & News9:00 Coloring/Puzzles**10:00 Erika Snitzer with MHA for a Mental Health Presentation**11:00 Word Puzzle | 14.8:30 Coffee & News9:00 Trivia Questions**10:00 Bingo/Fundraiser**11:00 Word Puzzle/Coloring | 15.8:30 Coffee & News9:00 Flowers coloring9:30 History Trivia**10:00 Trevor/Daris with AETNA Karaoke** 11:00 Healthy Tips   |
| 18.8:30 Coffee & News9:00 Trivia Questions**10:00 Jessica/COTA-Trivia Game about the Risk of Osteoporosis**11:00 Word Puzzle | 19.8:30 Coffee & News9:00 Conversation Starters 9:30 Exercise Video**10:00 Tatiana w/Aging with Comfort (Trivia)**11:00 Word Search Puzzle | 20.8:30 Coffee & News9:00 Coloring scenes9:30 Town Hall Meeting **10:00 Derek/Oak Street Health – US History Trivia**11:00 Word Search Puzzle | 21. 8:30 Coffee & News9:00 Trivia Questions**9:30 Bingo/Fundraiser**11:00 Word Search Puzzle | 22. 8:30 Coffee & News9:00 Coloring/Puzzles**10:00 Lizaida/UPMC-Heart Health Trivia**11:00 Coloring/Word Puzzle  |
| 25.8:30 Coffee & News9:00 Coloring Scenes**9:30** 11:00 Word Puzzle | 26.8:30 Coffee & News9:00 Conversation Starters 9:30 Exercise Video**10:00 Zarita w/ Trauma Presentation**11:00 Word Search Puzzle | 27.8:30 Coffee & News9:00 Puzzles/coloring 9:30 Exercise Video**10:00 Matt Cleveland/ Missing Link Game**11:00 Word Search Puzzle | 28.8:30 Coffee & News9:00 Trivia Questions **9:30 Bingo Fundraiser**11:00 Word Search Puzzle | 29.8:30 Coffee & News9:00 Puzzles/coloring 9:30 Exercise Video**10:00 Games/Jeopardy**11:00 Word Search Puzzle |