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

**33 E. Farnum Street October 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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| --- | --- | --- | --- | --- | --- | --- | --- |
| 2.  8:30 Coffee & News  9:00 History Trivia  **10:00 Rick & Allan Singing and Playing Instruments**  11:00 Word Search Puzzle | 3.  8:30 Coffee & News  9:30 Exercise Video  **10:00 Freddie/CAP/Nutrition Presentation**  11:00 Word Puzzle | 4.  8:30 Coffee & News  9:00 History Trivia  **10:00 Diana Escalante w/Highmark Health Talk about Fall Sugary Drinks**  11:00 Word Search Puzzle | | **5.**  8:30 Coffee & News  9:00 Conversation Starters  **9:30 Bingo/Fundraiser**  11:00 Word Puzzle | | 6.  8:30 Coffee & News  9:00 Trivia Questions  **9:30 Randy Harris-Historian- Underground Railroad Presentation**  11:00 Word Search Puzzle | |
| 9.  8:30 Coffee & News  9:00 Sport Trivia Challenge  **10:00 Daris/Trevor w/AETNA for Karaoke**  11:00 Word Search Puzzle | 10.  8:30 Coffee & News  9:30 Exercise Video  **10:00 Sue/Comfort Keepers/Fall Wreath making**  11:00 Word Puzzle  11:00 Word Search | 11.  8:30 Coffee & News  9:00 Health Tips  9:00 Coloring/Puzzles  **10:00 Erika Snitzer with MHA for a Mental Health Presentation**  11:00 Word Search Puzzle | 12.  8:30 Coffee & News  9:00 Conversation Starters  **9:30 Bingo/Fundraiser**  11:00 Word Puzzle | | 13.  8:30 Coffee & News  9:00 History Trivia  **10:00 Derek with Oak Street Clinic/Karaoke**  11:00 Word Search Puzzle | |
| 16.  8:30 Coffee & News  9:00 Sport Trivia Challenge  **10:00 Dept. of Health**  **Presentation on How to Use Narcan**  11:00 Word Search Puzzle | 17.  8:30 Coffee & News  9:00 Puzzles/coloring  **10:00 Jessica/COTA-Trivia Game**  11:00 Word Search Puzzle | 18.  8:30 Coffee & News  9:00 Coloring/Puzzles  **10:00 Game-Memory/Wheel of Fortune**  11:00 Word Puzzle | 19.  8:30 Coffee & News  9:00 Trivia Questions  **10:00 Bingo/Fundraiser**  11:00 Word Puzzle/Coloring | | 20.  8:30 Coffee & News  9:00 Flowers coloring  9:30 History Trivia  **10:00 Game/Memory/Wheel of Fortune**  11:00 Healthy Tips | |
| 23.  8:30 Coffee & News  9:00 Trivia Questions  **10:00 Lina w/ Amerihealth for a COPD Conversation**  11:00 Word Puzzle | 24.  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 | 25.  8:30 Coffee & News  9:00 Coloring scenes  9:30 Town Hall Meeting  **10:00 Matt Cleveland/ Musical Bingo**  11:00 Word Search Puzzle | 26.  8:30 Coffee & News  9:00 Trivia Questions  **9:30 Bingo/Fundraiser**  11:00 Word Search Puzzle | | 27.  8:30 Coffee & News  9:00 Coloring/Puzzles  **10:00 Memory Game**  11:00 Coloring/Word Puzzle | |
| 30.  8:30 Coffee & News  9:00 Coloring Scenes  **10:00 Valerie and Tony/Singing and playing instruments** 11:00 Word Puzzle | 31.  8:30 Coffee & News  9:00 Conversation Starters  9:30 Exercise Video  **10:00 Games/Jeopardy**  11:00 Halloween Party |  |  | |  | |