**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 & News9:00 History Trivia **10:00 Rick & Allan Singing and Playing Instruments**11:00 Word Search Puzzle  | 3.8:30 Coffee & News9:30 Exercise Video**10:00 Freddie/CAP/Nutrition Presentation**11:00 Word Puzzle | 4.8:30 Coffee & News9:00 History Trivia **10:00 Diana Escalante w/Highmark Health Talk about Fall Sugary Drinks**11:00 Word Search Puzzle  | **5.**8:30 Coffee & News9:00 Conversation Starters**9:30 Bingo/Fundraiser** 11:00 Word Puzzle | 6.8:30 Coffee & News9:00 Trivia Questions **9:30 Randy Harris-Historian- Underground Railroad Presentation**11:00 Word Search Puzzle |
| 9.8:30 Coffee & News9:00 Sport Trivia Challenge**10:00 Daris/Trevor w/AETNA for Karaoke**11:00 Word Search Puzzle  | 10.8:30 Coffee & News9:30 Exercise Video**10:00 Sue/Comfort Keepers/Fall Wreath making**11:00 Word Puzzle11:00 Word Search | 11.8:30 Coffee & News9:00 Health Tips9:00 Coloring/Puzzles**10:00 Erika Snitzer with MHA for a Mental Health Presentation**11:00 Word Search Puzzle  | 12.8:30 Coffee & News9:00 Conversation Starters**9:30 Bingo/Fundraiser** 11:00 Word Puzzle    | 13. 8:30 Coffee & News9:00 History Trivia **10:00 Derek with Oak Street Clinic/Karaoke** 11:00 Word Search Puzzle  |
| 16.8:30 Coffee & News9:00 Sport Trivia Challenge**10:00 Dept. of Health****Presentation on How to Use Narcan**11:00 Word Search Puzzle  | 17.8:30 Coffee & News9:00 Puzzles/coloring **10:00 Jessica/COTA-Trivia Game** 11:00 Word Search Puzzle | 18.8:30 Coffee & News9:00 Coloring/Puzzles**10:00 Game-Memory/Wheel of Fortune**11:00 Word Puzzle | 19.8:30 Coffee & News9:00 Trivia Questions**10:00 Bingo/Fundraiser**11:00 Word Puzzle/Coloring | 20.8:30 Coffee & News9:00 Flowers coloring9:30 History Trivia**10:00 Game/Memory/Wheel of Fortune**11:00 Healthy Tips   |
| 23.8:30 Coffee & News9:00 Trivia Questions**10:00 Lina w/ Amerihealth for a COPD Conversation**11:00 Word Puzzle | 24.8:30 Coffee & News9:00 Conversation Starters 9:30 Exercise Video**10:00 Tatiana w/Aging with Comfort (Trivia)**11:00 Word Search Puzzle | 25.8:30 Coffee & News9:00 Coloring scenes9:30 Town Hall Meeting **10:00 Matt Cleveland/ Musical Bingo**11:00 Word Search Puzzle | 26. 8:30 Coffee & News9:00 Trivia Questions**9:30 Bingo/Fundraiser**11:00 Word Search Puzzle | 27. 8:30 Coffee & News9:00 Coloring/Puzzles**10:00 Memory Game**11:00 Coloring/Word Puzzle  |
| 30.8:30 Coffee & News9:00 Coloring Scenes**10:00 Valerie and Tony/Singing and playing instruments** 11:00 Word Puzzle | 31.8:30 Coffee & News9:00 Conversation Starters 9:30 Exercise Video**10:00 Games/Jeopardy**11:00 Halloween Party |  |  |  |