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

**33 E. Farnum Street January 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  **Happy New Year!**    **CLOSED** | 2  8:30 Coffee & News  9:30 Exercise Video  **10:00 Freddie/CAP/Nutrition Presentation**  11:00 Word Puzzle | 3  8:30 Coffee & News  9:00 History Trivia  **10:00 Diana Escalante w/Highmark Christmas Cooking Decorating**  11:00 Word Search Puzzle | | 4  8:30 Coffee & News  9:00 Coloring Scenes/Snow  **9:30 Bingo/Fundraiser**  11:00 Word Puzzle | | 5  8:30 Coffee & News  9:00 Conversation Starters  **10:00 Lisa w/M&T Bank – Identity Theft Workshop**  11:00 Word Puzzle | |
| 8  8:30 Coffee & News  9:00 History Trivia  **10:00 Rick & Allan Singing and Playing Instruments**  11:00 Word Search Puzzle | 9  8:30 Coffee & News  9:00 Conversation Starters  9:30 Exercise Video  **10:00 Jessica/COTA-Trivia Game**  11:00 Word Search Puzzle | 10  8:30 Coffee & News  9:00 History Trivia  **10:00 Mental Health Presentation**  11:00 Word Search Puzzle | 11  8:30 Coffee & News  9:00 Conversation Starters  **9:30 Bingo/Fundraiser**  11:00 Word Puzzle | | 12  8:30 Coffee & News  9:00 History Trivia  **10:00 Joan with Oak Street Clinic/Karaoke**  11:00 Word Search Puzzle | |
| 15  **Closed**  **Martin Luther King, Jr. Day** | 16  8:30 Coffee & News  9:00 Puzzles/coloring  **10:00 Jocelyn w/Eleanor Home Care/Trivia Game**  11:00 Word Search Puzzle | 17  8:30 Coffee & News  9:00 Health Tips  9:00 Coloring/Puzzles  **10:00 Hangman/Jeopardy Game**  11:00 Word Search Puzzle | 18  8:30 Coffee & News  9:00 Trivia Questions  **10:00 Bingo/Fundraiser**  11:00 Word Puzzle/Coloring | | 19  8:30 Coffee & News  9:00 Flowers coloring  9:30 History Trivia  **10:00 Trevor/AETNA/ Karaoke**  11:00 Healthy Tips | |
| 22  8:30 Coffee & News  9:00 Trivia Questions  **10:00 Paola Rodriguez w/Lancaster Downtowners Helping Seniors update contacts**  11:00 Word Puzzle | 23  8:30 Coffee & News  9:00 Conversation Starters  9:30 Exercise Video  **10:00 Lizaida w/UPMC Trivia Game**  11:00 Word Search Puzzle | 24  8:30 Coffee & News  9:00 Coloring scenes  9:30 Town Hall Meeting  **10:00 Matt Cleveland/ Missing Link**  11:00 Word Search Puzzle | 25  8:30 Coffee & News  9:00 Conversation Starters  **9:30 Bingo/Fundraiser**  11:00 Word Puzzle | | 26  8:30 Coffee & News  9:00 Health Tips  9:00 Coloring/Puzzles  **10:00 Jeopardy/Hangman Game**  11:00 Word Search Puzzle | |
| 29  8:30 Coffee & News  9:00 Trivia Questions  9:30 **Joanna w/Creative Art/Painting**  11:00 Word Puzzle/Coloring | 30  8:30 Coffee & News  9:00 Conversation Starters  9:30 Exercise Video  **10:00 Tina w/PA H&W/Karaoke**  11:00 Word Search Puzzle | 31  8:30 Coffee & News  9:00 Trivia Questions  **10:00 Jeopardy/Hangman Game**  11:00 Word Search Puzzle | [This Photo](https://joesretirementblog.blogspot.com/2016/02/snow-scenes-manomet-plymouth.html) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/) | |  | |