**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** | 28:30 Coffee & News9:30 Exercise Video**10:00 Freddie/CAP/Nutrition Presentation**11:00 Word Puzzle | 38:30 Coffee & News9:00 History Trivia **10:00 Diana Escalante w/Highmark Christmas Cooking Decorating** 11:00 Word Search Puzzle  | 48:30 Coffee & News9:00 Coloring Scenes/Snow**9:30 Bingo/Fundraiser** 11:00 Word Puzzle | 58:30 Coffee & News9:00 Conversation Starters**10:00 Lisa w/M&T Bank – Identity Theft Workshop**11:00 Word Puzzle |
| 88:30 Coffee & News9:00 History Trivia **10:00 Rick & Allan Singing and Playing Instruments**11:00 Word Search Puzzle   | 98:30 Coffee & News9:00 Conversation Starters 9:30 Exercise Video**10:00 Jessica/COTA-Trivia Game** 11:00 Word Search Puzzle  | 108:30 Coffee & News9:00 History Trivia **10:00 Mental Health Presentation** 11:00 Word Search Puzzle  | 118:30 Coffee & News9:00 Conversation Starters**9:30 Bingo/Fundraiser** 11:00 Word Puzzle    | 128:30 Coffee & News9:00 History Trivia **10:00 Joan with Oak Street Clinic/Karaoke** 11:00 Word Search Puzzle  |
| 15**Closed****Martin Luther King, Jr. Day**  | 168:30 Coffee & News9:00 Puzzles/coloring **10:00 Jocelyn w/Eleanor Home Care/Trivia Game**11:00 Word Search Puzzle | 178:30 Coffee & News9:00 Health Tips9:00 Coloring/Puzzles**10:00 Hangman/Jeopardy Game**11:00 Word Search Puzzle | 188:30 Coffee & News9:00 Trivia Questions**10:00 Bingo/Fundraiser**11:00 Word Puzzle/Coloring | 198:30 Coffee & News9:00 Flowers coloring9:30 History Trivia**10:00 Trevor/AETNA/ Karaoke**11:00 Healthy Tips   |
| 228:30 Coffee & News9:00 Trivia Questions**10:00 Paola Rodriguez w/Lancaster Downtowners Helping Seniors update contacts**11:00 Word Puzzle | 238:30 Coffee & News9:00 Conversation Starters 9:30 Exercise Video**10:00 Lizaida w/UPMC Trivia Game**11:00 Word Search Puzzle | 248:30 Coffee & News9:00 Coloring scenes9:30 Town Hall Meeting **10:00 Matt Cleveland/ Missing Link**11:00 Word Search Puzzle | 258:30 Coffee & News9:00 Conversation Starters**9:30 Bingo/Fundraiser** 11:00 Word Puzzle | 26 8:30 Coffee & News9:00 Health Tips9:00 Coloring/Puzzles**10:00 Jeopardy/Hangman Game**11:00 Word Search Puzzle |
| 298:30 Coffee & News9:00 Trivia Questions9:30 **Joanna w/Creative Art/Painting**11:00 Word Puzzle/Coloring | 308:30 Coffee & News9:00 Conversation Starters 9:30 Exercise Video**10:00 Tina w/PA H&W/Karaoke**11:00 Word Search Puzzle | 318:30 Coffee & News9:00 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/) |  |