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

**33 E. Farnum Street February 2025 lperez@caplanc.org**

**Lancaster, PA 17602 Hours: 7:30 a.m. – 1:00 p.m.**

**Monday Tuesday Wednesday Thursday Friday**

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| **3.**  8:00 Coffee/Tea & News (Breakfast Snacks)  9:00 Healthy eating habits that have worked over the years – Group Discussion **10:00 Jeopardy/Wheel of Fortune** | 4.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 WII Game  9:30 Exercise Video  **10:00 CAP Nutrition Presentation** | 5.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 Healthy Tips  9:30 Speed Trivia - Group Activity  **10:00 Spencer/Medicare 101 Chat** | **6.**  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 WII Game  9:00 Speed Trivia - Group Activity  **9:30 Bingo/Fundraiser** | 7.  8:00 Coffee/Tea & News (Breakfast Snacks)  9:00 Math Crushers – Group Activity  **10:00 Sue/ Comfort Keepers with a Valentine Craft** |
| 10.  8:00 Coffee/Tea & News (Breakfast Snacks)  9:00 Math Crushers – Group Activity  **10:00 Rick & Allan Music Program** | 11.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 WII Game  9:30 Exercise Video  **10:00 Jessica/COTA-Trivia Game** | 12. 8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 Healthy Tips  9:30 Speed Trivia - Group Activity  **10:00 Jacqui/Guiding Hands/ Valentine’s Activity** | 13.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 WII Game  9:00 Conversation Starters - Group Activities  **9:30 Bingo/Fundraiser** | 14.  8:00 Coffee/Tea & News (Breakfast Snacks)  9:00 Facts about Abraham Lincoln, George Washington, and all the US Presidents – Group Discussion  **10:00 Leancy (OSC) w/ Karaoke** |
| 17.  Center Closed  Happy Presidents’ Day | 18.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 WII Game  9:30 Exercise Video  **10:00 Matt/Humana**  **/Technology/**  **Scam Prevention** | 19.  8:00 Coffee/Tea & News (Breakfast Snacks)  9:00 Travel tips from years of exploration-Group Discussion  **10:00 Mental Health America Chat – Abby** | 20.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 WII Game  9:00 Conversation Starters-Group Activity  **9:30 Bingo/Fundraiser** | 21.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 WII Game  9:30 Math Crushers with group **10:00 Michelle/Legends (Group Trivia)** |
| 24.  8:00 Coffee/Tea & News (Breakfast Snacks)  9:00 Math Crushers – Group Activity  **10:00 Joanna w/ Lancaster Creative Factory – group painting** | 25.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 WII Game  9:30 Exercise Video  **10:00 Tina/PA Health & Wellness - Karaoke** | 26.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 Healthy Tips  9:30 Speed Trivia - Group Activity  **10:00 Matt C./ Bands and Bingo** | 27.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 WII Game  9:00 Speed Trivia - Group Activity  **9:30 Bingo/Fundraiser** | 28.  8:00 Coffee/Tea & News (Breakfast Snacks)  8:30 WII Game  9:30 Team Trivia  **10:00 Taneya with Capitol BC/Games** |
| **For Inclement Weather Closures, check WGAL TV8.  It will be listed as “Lancaster County Office of Aging Senior Centers.”** |  |  | A rainbow colored heart on a black background  Description automatically generated |  |

