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

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

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

 **Monday Tuesday Wednesday Thursday Friday**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **3.**8:00 Coffee/Tea & News (Breakfast Snacks)9:00 Healthy eating habits that have worked over the years – Group Discussion **10:00 Randy H./Lancaster History Presentation** | 4. 8:00 Coffee/Tea & News (Breakfast Snacks)8:30 WII Game9:30 Exercise Video**10:00 CAP Nutrition Presentation** | 5.8:00 Coffee/Tea & News (Breakfast Snacks)8:30 Healthy Tips9:30 Speed Trivia - Group Activity**10:00 Jacqui w/ GH for with a St’s Patty Trivia** | **6.**8:00 Coffee/Tea & News (Breakfast Snacks)8:30 WII Game9:00 Speed Trivia - Group Activity**9:30 Bingo/Fundraiser** | 7. 8:00 Coffee/Tea & News (Breakfast Snacks)9:00 Math Crushers – Group Activity**10:00 Sara Ferguson/w Group Craft about St. Patrick’s Day** |
| 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 Game9:30 Exercise Video**10:00 Jessica/COTA-Trivia Game** | 12.8:00 Coffee/Tea & News (Breakfast Snacks)8:30 Healthy Tips9:30 Speed Trivia - Group Activity**10:00 Jeopardy/Wheel of Fortune** | 13.8:00 Coffee/Tea & News (Breakfast Snacks)8:30 WII Game9:00 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 Kiara/IB/Karaoke**  |
| 17.8:00 Coffee/Tea & News (Breakfast Snacks)9:00 Healthy eating habits that have worked over the years – Group Discussion **10:00 Jamey/w Group Game11:00 Soup Angels w/ Special Lunch** | 18.8:00 Coffee/Tea & News (Breakfast Snacks)8:30 WII Game9:30 Exercise Video**10:00 Karaoke – Group Activity** | 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 Game9:00 Conversation Starters-Group Activity**9:30 Bingo/Fundraiser**  | 21.8:00 Coffee/Tea & News (Breakfast Snacks)8:30 WII Game9:30 Math Crushers with group**10:00 Sue/Comfort Keepers/St’s Patrick Day Celebration** |
| 24. 8:00 Coffee/Tea & News (Breakfast Snacks)9:00 Math Crushers – Group Activity**10:00 Trivia – Group Activity**  | 25.8:00 Coffee/Tea & News (Breakfast Snacks)8:30 WII Game9:30 Exercise Video**10:00 Tina/PA Health & Wellness - Karaoke** | 26.8:00 Coffee/Tea & News (Breakfast Snacks)8:30 Healthy Tips9:30 Speed Trivia - Group Activity**10:00 Matt C./ The Missing Link Group Game** | 27.8:00 Coffee/Tea & News (Breakfast Snacks)8:30 WII Game9:00 Speed Trivia - Group Activity**9:30 Bingo/Fundraiser**  | 28. 8:00 Coffee/Tea & News (Breakfast Snacks)8:30 WII Game9:30 Team Trivia**10:00 Taneya with Capitol BC/Games** |
| 8:00 Coffee/Tea & News (Breakfast Snacks)8:30 WII Game9:30 Exercise Video**10:00 Karaoke – Group Activity** | A flower with a tulip  Description automatically generated |  |  | **For Inclement Weather Closures, check WGAL TV8.  It will be listed as “Lancaster County Office of Aging Senior Centers.”** |