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| **Phone**: 717-**626-2800****Hours**: 8:30 AM – 1:00 PM**Mon., Wed., & Thurs.****Email:**Lititzseniorcenter@gmail.com**Center Manager** – Lucy Weaver**Assistant Manager** – Kathy Ross**Office Assistant –** Carolyn LewisApril 2024*All new members are welcome!***Lititz Senior Center****A DIVISON OF EARS Inc.**Lititz United Methodist Church201 East Market StreetLititz, PA 17543 |
|  | **Monday** |  | **Wednesday** | **Thursday** |  | **Special Notes** |
| **1**9:15- Exercise w/Kathy9:30 – Clothing Bank/ BP Warwick Amb.10:00 – Water Painting class with Amy/Creative Art10:00 – Intrumental Peace, Lauren Knatz\***National Joke Day, bring a joke to share** |  | **3**9 :00 – Chair Yoga with Marcy9:001:00(new class) – Tai Chi Kathy10:00 – Trivia with Bob11:00 – Town Hall Meeting\*Food bank box delivered**\*Celebrate April Birthdays** | **4**9:15 – Exercise w/Kathy10:15 – Music with Clyde Spangler\*Congregate Breakfast |  | **Tables Games are played every day!****Lunch and Continental Breakfast is served each time the center is opened** |
|  | **8**9:15- Exercise w/Kathy10:00 – Tina PA Health & Wellness\*Congregate Breakfast | **10**9 :00– Chair Yoga with Marcy9:00/1:00(new class) – Tai Chi w/Kathy10:00 – Bible Study w/Pastor Vernon 10:30 – Bingo \*\*Fresh Vegetables Delivered | **11**9:15 – Exercise w/Kathy10:15 - Music with Rick Kirby | **Bingo cost $1.50 to play****To Register for Virtual Center please call Deb on 717.299.7979** |
|  | **15**9:15- Exercise w/Kathy9:15 – Mental Health America9:30 – Clothing Bank/ BP Warwick Amb.10 :00 – Hummingbird Migration a program with Lancaster County Parks | **17**9 :00 – Chair Yoga with Marcy9:00/1:00(new class) – Tai Chi w/Kathy10:30 – Bingo\*Congregate Breakfast | **18**9:15 – Exercise w/Kathy10:15 – Jazz Group | **Donations toward the cost of the meal are accepted. You can find the brown box at the snack table. Thank you!** |
|  | **22**9:15- Exercise w/Kathy10:00- Care for Wounds by RxAmnion | **24**9 :00 – Chair Yoga with Marcy9:00/1:00(new class) – Tai Chi w/Kathy10:30 – Bingo**10:00 - Haircuts with Kathleen (No blow-dries)** |  **25**9:15 – Exercise w/Kathy10:15 – Music with Patrick Smith\*Congregate Breakfast | **Check us out on facebook@lititzseniorcenter** [**www.ephratarehab.org/seniors**](http://www.ephratarehab.org/seniors)**Happy Birthday to all those born in April😊!** |
|  | **29**9:15- Exercise w/Kathy10:00 **–** Nutrition Program with PSU |  |  |  |