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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 Lewis  April 2024  *All new members are welcome!*  **Lititz Senior Center**  **A DIVISON OF EARS Inc.**  Lititz United Methodist Church  201 East Market Street  Lititz, PA 17543 | | | | | | | |
|  | | **Monday** |  | **Wednesday** | **Thursday** |  | **Special Notes** |
| **1**  9:15- Exercise w/Kathy  9:30 – Clothing Bank/ BP Warwick Amb.  10:00 – Water Painting class with Amy/Creative Art  10:00 – Intrumental Peace, Lauren Knatz  \***National Joke Day, bring a joke to share** | | |  | **3**  9 :00 – Chair Yoga with Marcy  9:001:00(new class) – Tai Chi Kathy  10:00 – Trivia with Bob  11:00 – Town Hall Meeting  \*Food bank box delivered  **\*Celebrate April Birthdays** | **4**  9:15 – Exercise w/Kathy  10:15 – 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/Kathy  10:00 – Tina PA Health & Wellness  \*Congregate Breakfast | | | **10**  9 :00– Chair Yoga with Marcy  9:00/1:00(new class) – Tai Chi w/Kathy  10:00 – Bible Study w/Pastor Vernon  10:30 – Bingo  \*\*Fresh Vegetables Delivered | **11**  9:15 – Exercise w/Kathy  10:15 - 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/Kathy  9:15 – Mental Health America  9:30 – Clothing Bank/ BP Warwick Amb.  10 :00 – Hummingbird Migration a program with Lancaster County Parks | | **17**  9 :00 – Chair Yoga with Marcy  9:00/1:00(new class) – Tai Chi w/Kathy  10:30 – Bingo  \*Congregate Breakfast | **18**  9:15 – Exercise w/Kathy  10:15 – 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/Kathy  10:00- Care for Wounds by RxAmnion | | **24**  9 :00 – Chair Yoga with Marcy  9:00/1:00(new class) – Tai Chi w/Kathy  10:30 – Bingo  **10:00 - Haircuts with Kathleen (No blow-dries)** | **25**  9:15 – Exercise w/Kathy  10:15 – 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/Kathy  10:00 **–** Nutrition Program with PSU | |  |  | |  |