


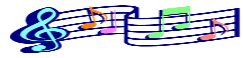



















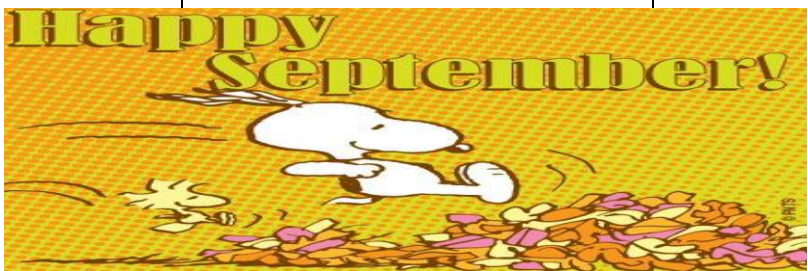



Month: September 2019		Site: Prime Time for Seniors Senior Center Lancaster		
Monday	Tuesday	Wednesday	Thursday	Friday
2  10:30-11:30 Bible Study 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30 Mike Oliver: Crime Prevention 11:30-12:15 Lunch  12:15-1:00 Bingo	3 9:00-10:00 Puzzles 10:00-10:30 Chair Exercise 10:30-11:30 Heart Smart Menu Quiz  11:30-1:00 Lunch & Bingo	4 9:00-10:00 Checkers/Chess 10:00-10:30 Arthritis Exercise 10:30-11:30 Name that Tune-Lynn   BP Checks- Akiya 11:30-1:00 Lunch & Bingo	5 9:00-10:00 Coffee/Conversation 10:00-10:30 Chair Exercise 10:30-11:30 CRAFT DAY: "Table centerpiece"  11:30-12:15 Lunch 12:15-1:00 Bingo	6 9:00-10:00 Checkers/Chess 10:00-11:30 CELEBRATION of GRANDPARENTS!!  11:30-1:00 Lunch & Bingo
9 10:30-11:30 Bible Study 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30 Mike Oliver: Crime Prevention 11:30-12:15 Lunch  12:15-1:00 Bingo	10 9:00-10:00 Puzzles 10:00-10:30 Chair Exercise 10:30-11:30  11:30-1:00 Lunch & Bingo	11 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30  11:30-1:00 Lunch & Bingo	12 9:00-10:00 Coffee/Conversation 10:00-10:30 Chair Exercise 10:30-11:30 KARAOKE w/Vince & Mary  11:30-12:15 Lunch 12:15-1:00 Bingo	13 9:00-10:00 Checkers/Chess 10:00-11:30  Bring an Object Share Its Story 11:30-1:00 Lunch & Bingo
16 10:30-11:30 Bible Study 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30 NUTRITION: "Healthy snacking"  11:30-12:15 Lunch 12:15-1:00 Bingo	17 9:00-10:00 Puzzles 10:00-10:30 Chair Exercise 10:30-11:30  11:30-1:00 Lunch & Bingo	18 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30  11:30-1:00 Lunch & Bingo	19 9:00-10:00 Coffee/Conversation 10:00-10:30 Chair Exercise 10:30-11:30 CRAFT DAY: "Leaf candle holder"  11:30-12:15 Lunch 12:15-1:00 Bingo	20 9:00-10:00 Coffee/Conversation 10:00-11:30 FALL  AWARENESS 11:30-1:00 Lunch & Bingo
23 10:30-11:30 Bible Study 9:00-10:00 Puzzles 10:00-10:30 Chair Exercise 10:30-11:30 "MOTOWN" TRIVIA  11:30-1:00 Lunch & Bingo	24 9:00-10:00 Puzzles 10:00-10:30 Chair Exercise 10:30-11:30  11:30-1:00 Lunch & Bingo	25 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30 Angela Forbes- "Nutrition News"  11:30-1:00 Lunch & Bingo	26 9:00-10:00 Coffee/Conversation 10:00-10:30 Chair Exercise 10:30-11:30 REMINISCE: Aprons & Home Cooking  11:30-1:00 Lunch & Bingo	27 9:00-10:00 Coffee/Conversation 10:00-11:30 JUST IN TIME BAND  11:30-1:00 Lunch & Bingo
30 10:30-11:30 Bible Study 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30 Know your neighbor!  11:30-1:00 Lunch & Bingo				 <p>Ongoing Activities: Billiards Cards Dominoes Exercise Room</p>