

LEWISTOWN SENIOR CENTER

Center Manager: Teresa Dubler

BRING A FRIEND

Hours: 8:30 AM—3:00 PM







MIFFLIN-JUNIATA AREA AGENCY ON AGING, INC

Center Phone: 242-1036

CARS Phone Number: 717-242-2277

All Activities are Optional

NOVEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Every Tuesday and Thursday @ 12:30 p.m., we have Healthy Steps in Motion. It is a low impact exercise for seniors. New members are welcome to attend.	1 10:30 Home Blessed Care - Let's learn what they have to offer with Edith	2 10:30 Medi/Home With Gail Word Game	3 10:30 Mifflin County Home Makers With Jamie	4 10:00 BINGO Activities of Choice
7 10:00 BINGO Activities of Choice	8 Election Day 10:30 Adult Coloring & Relaxation	9 10:00 to 10:30 BINGO 10:30 Locust Grove Bingo and Prizes	10 10:00 Special BINGO \$1.00 each to Play Center Fundraiser	11 CENTER CLOSED for Veteran's Day
14 10:00  Activities of Choice	15 10:30 Lewistown Home Health Living with COPD With Scott	16 10:30 Home Nursing Agency Blood Pressure screening & short medical topic With Vanessa	17 Bring Money for Lunch @YETTERS Restaurant	18 10:00 BINGO Activities of Choice
21 10:00 BINGO Activities of Choice	22 10:00 BINGO Activities of Choice	23 10:30 - "What are you THANKFUL for?" Bring covered dish to share For lunch today.	24 CENTER CLOSED for Thanksgiving Day 	25 10:00  Activities of Choice
28 10:00 BINGO Activities of Choice	29 Geriatric Interest Network (G.I.N.) Lunch & Bingo @ 4 Seasons Senior Center 11:00 a.m. - 2:00 p.m.	30 10:30 Center Meeting 	 HAPPY THANKSGIVING!	
 Happy Birthday to Everyone Celebrating this month.				