

TRIPS

Trips are for all ages. Trips may be cancelled due to insufficient registration, with refunds to those registered. All buses leave from the parking lot at **Weis Market on Linglestown Road**. Our trip fees do not include gratuity for the bus driver. A \$1.50 gratuity per person is suggested and collected on each trip. Seating is on a first-come, first-served basis, with seats retained throughout the trip. **NO DISCOUNTS!**

**(Register Monday-Friday
between 8 a.m.-5 p.m.)**

Mt. Cuba Center and Nemors Estate

Trip includes transportation to Hockessin, Delaware, admissions, and lunch. Leave 6:30 a.m.

Date: Saturday, June 19, 2010

Fee: \$115 per person (#11779)

Washington, D.C. "A Day On Your Own"

Trip includes transportation and map.

Date: Saturday, July 17, 2010

Fee: \$55 per person
(#11778)

Ocean City, Maryland Escape

Trip includes bus, lodging at The Grand Hotel, luggage handling, tags, and taxes.

Dates: Sunday-Thursday, August 15-19, 2010

Fee: \$769 single, \$449 double, \$399 quad per person
(#11767)

NYC Tall Sail & On Your Own

Trip includes transportation, cruises (1.5 hour) and shopping on your own.

Date: Saturday, September 11, 2010

Fee: \$90 per person (#11775)



Senior Van Service:

Call 657-5650

CAT Share A Ride: 232-6100

Lower Paxton Township Senior Citizens (60 & older) may utilize the Van Service for medical appointments, shopping and other necessary transportation. Service available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.

FRIENDSHIP SENIOR CENTER

A. Senior Center/East Annex (657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, leisure activities and congregate meals for residents of Dauphin County.

B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at no charge. Seniors do not need to be members of the Friendship Center or township residents to participate.

C. Congregate Meals

Meals are provided Mon.-Thurs. by the Dauphin County Area Agency on Aging. Seniors **must sign-up** 48 hours in advance at the senior center. Donation requested for meals. Residents of Dauphin County only.

D. Weekly Program Schedule

MONDAY	8:30 a.m. - Aerobics (light)
	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	9:30 & 10:15 a.m. - Tai Chi
	8 a.m. & 2 p.m. - Cards
	1:00 p.m. - Beginning Line Dancing
TUESDAY	2:00 p.m. - Intermediate Line Dancing
	8 a.m. - Peppi
	8 a.m. - Blood Pressure (1st Tues.)
	8:40 a.m. - Aquacise (\$2.00 cl.)
	7-10 a.m. - Walking (indoor)
WEDNESDAY	8 a.m.-2 p.m. - Cards
	9-11 a.m. - Group Crocheting & Crafts
	12:30 p.m. - Cash Bingo
	1-2 p.m. - Lap Swim (\$1.50)
	8 a.m. - Aerobics (light)
THURSDAY	8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.)
	8 a.m.-2 p.m. - Cards
	12:30 p.m. - Bridge Club
	12:30 p.m. - Mah Jongg
	2 p.m. - Tai Chi
FRIDAY	8 a.m. - Peppi
	8:40 a.m. - Aquacise (\$2.00 cl.)
	7-10 a.m. - Walking
	1-2 p.m. - Lap Swim (\$1.50)
	1 p.m. - Coin Club (1st Thurs.)
	1:30 p.m. - Line Dancing
	8:30 a.m. - Lite Aerobics
	8 a.m. & 2 p.m. - Cards
	11:45 a.m. - Aquacise (\$2.00 cl.)
	12:30 p.m. - Bridge
	12:30 p.m. - Knitting and Crocheting

**The Friendship Center
WILL BE CLOSED
FOR MAINTENANCE
August 29-September 4!**