

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.)**

New York "Day On Your Own"

Shop, see a show or just take in the sites of New York City. Depart Harrisburg at 7 a.m. Depart New York City at 7 p.m.

Date: Saturday, December 5, 2009

Fee: \$55 per person (#10612/#10613)

Lion King

Seats located in the Front Mezzanine. Show time is 2 p.m. at Minskoff Theatre.

Date: Wednesday, February 3, 2010

Fee: \$125 per person (#11078)

Philadelphia Flyers vs. New Jersey Devils

Seats located in Sections 210/217.

Date: Sunday, March 28, 2010

Fee: \$75 per person (#11084)

New York "Day On Your Own"

Shop, see a show or just take in the sites of New York City. Depart Harrisburg at 7 a.m. Depart New York City at 7 p.m.

Date: Saturday, April 17, 2010

Fee: \$55 per person (#11079/
#11080)



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 9-11:30 a.m. - Cards 1:00 p.m. - Beginning Line Dancing 2:00 p.m. - Intermediate Line Dancing
TUESDAY	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) 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)
WEDNESDAY	8 a.m. - Aerobics (light) 8:30 a.m. & 11:45 a.m. - Aquacise (\$2.00 cl.) 10-11:30 a.m. - Cards (manipulation) 12:30 p.m. - Bridge Club 12:30 p.m. - Mah Jongg 2 p.m. - Tai Chi
THURSDAY	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
FRIDAY	8:30 a.m. - Lite Aerobics 11:45 a.m. - Aquacise (\$2.00 cl.) 12:30 p.m. - Bridge 12:30 p.m. - Knitting and Crocheting

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OMCA



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.