



Friendship Senior Center

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Harrisburg, PA 17112

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friendshipseniorcenter@gmail.com

Board of Directors

Manager: Joanne Grant

1st Assistant Manager: Kim Fank

2nd Assistant Manager:

Administrative Secretary: Pat Seedor

Recording Secretary: Mary Lytle

Treasurer: Laureen Martin



2022

REMINDER: our email has changed! friendshipseniorcenter@gmail.com

COVID-19 Precautions: Restrictions have mitigated and most of us are vaccinated. However, please use the standard precautions and in addition; if you have an underlying condition such as allergies, COPD, Emphysema and have an active chronic cough due to these conditions, please consider wearing a mask during these episodes, as we are not aware of everyone's medical history. Thank You in advance for the consideration and respect of other members.

NEW BOARD MEMBER Welcome, Kim Frank, our new 1st Assistant Manager. She volunteered and was appointed by the Board to fill the position, following the death of Nancy Gilbert. She was introduced at the December Membership Meeting, Wednesday the 17th. The Friendship Senior Center is an all volunteer organization and we are very grateful to all our volunteers for their help in any capacity.

CHANGE: Book Club will meet on **Wednesday, January 12th** (instead of the 5th) to discuss "ER Nurses"

New Dates: Book Club will meet

Wednesday, February 9th : Tale of Two Cities

Wednesday, March 9th: Invention of Wings

Wednesday, April 13th: Lincoln Highway

CHANGE: General Membership Meetings, held the 3rd Wednesday of each month, **will start at 11:00 AM** instead of 10:00 AM. These meeting are for the general membership to attend and have input into the operation of the center.

New: **Mah Jongg** Classes will be starting on **Thursday, January 20th at 11:00 AM**. Lindy Mendelsohn will start "from the beginning" to teach and explain the game of Mah Jongg. **We respectfully request that you wear a mask because you will be facing another player across a table.**

New: **"Enhance"**, a PEPPI style classs focusing on aerobics, strength and balance, begins **Monday, January 10th at 10:30 AM**. The class will be held in the "Y" spin room and taught by Linda Kerstetter. Final day for sign-up will be Wednesday, December 22nd (because the senior center will be closed December 23rd thru January 3rd)

New: **TaiChi** will begin on **Thursday, January 13th at 11:15 AM**. Classes will be taught by Hosea Johnson and held in the "Y" spin room. Sign in at the senior center and proceed to the "Y" spin room.

MEMBERSHIP:

Members in good standing as of March 2020 (you will have a yellow membership card) you will not be required to contribute to the Membership Fund (\$15) until September 2022. All memberships will be valid until September 2022.

MY SENIOR CENTER scan is working properly. Please scan in each time you visit the senior center. If you do not have a scan card or your card is not working, please tell someone at the desk and sign in on the "Daily Sign In Sheet".

UPCOMING:

December 23, 24, thru January 2 & 3, Closed for Christmas/New Year. Return Tuesday, January 4th.

Thursday, January 6, 2022: Board Meeting

Wednesday, January 19th: General Membership Meeting @ 10:00

February 15th, Tuesday, 10:30-11:30: Presentation by : Art Teacher, "Joanne". Joanne would be interested in doing "Art" with our members, if there is interest. She is versed in many forms of art, has taught various ages for many years and would be willing to work with our members in their area of interest.

Friendship Fridays at the "Y". The Friendship Senior Center Knitters and Crocheters extend a BIG THANKYOU to the "Y" for the help and support that made "Friendship Fridays" a huge success! Another Thank YOU goes to those who purchased some of our handmade items. These purchases allow us to buy more supplies to make more items for donation to various charities. At the present time, the Knitters and Crocheters are not having monthly sales in the senior center but, they are available on Thursdays and Fridays from 10:00—2:00 in the senior room. They will be able to help you with a purchase at that time. Items: Afghans / various sizes, Baby items, Kitchen Items, Scrubbies, Aprons, and much more.

INCLEMENT WEATHER: It's time for the weather reminder! The Senior Center will be **CLOSED** if Central Dauphin School District is closed or has a two (2) hour delay **due to inclement weather**. You will also find the information on your TV on channels 21, 27, 8 and Fox, showing on the "ticker tape" running at the bottom of the screen. We will post that information as early as possible. However, please stay home if you are not comfortable with the weather conditions.

TEMPORARY GUIDELINES:

Office opens at 8:30 AM

Activities start at 9:00 AM

No beverages or snacks will be available (please bring your own beverages or snacks as needed)

SENIOR CENTER COVID-19 GUIDELINES:

Masks: not required but, encouraged, especially if unable to maintain social distance

Social Distance: required

Hand Washing/Sanitizing: required

If you are not feeling well, coughing, sneezing, fever: **STAY HOME!**

If you have been exposed to someone with COVID or contact COVID yourself, please be caring of other members and advise staff, immediately!

Happy
New Year



January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Closed
2 Closed	3 Closed	4	5	6 Board Mtg 9:30	7	8
9	10	11	12	13	14	15
16	17	18	19 Gen Mtg 11:00	20	21	22
23	24	25	26	27	28	29
30	31					

Monday

8:30-Noon Office Open
9:00-10:00 Light Aerobics
10:30-11:30 Enhance (Jan 10)
11-12 noon Italian

Tuesday

8:30-Noon Office Open
8:00-Noon Cards/Board games
12:30-2:00 Cash Bingo

Wednesday

8:30-Noon Office Open
9:00-10:00 Light Aerobics
10:00-11:00 Spanish
10:30-11:30 Enhance

Thursday

8:00-12 Noon Office Open
9:00-12:00 Cards/Board Games
10:00-Noon Scrabble
11:00-12:00 Mah Jongg (Jan 20)
11:15-12:15 Tai Chi (Jan 13)
10:00-2:00 Group Knit/Crochet

Friday

8:30-12 Noon Office Open
9:00-10:00 light Aerobics
10:00-2:00 Group Knit/Crochet
10:30-11:30 Enhance