



# Friendship Senior Center

5000 Commons Drive

Harrisburg, PA 17112

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## 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

Assistant Treasurer: Barb Mihalic

# February 2022

REMINDER: our email has changed! [friendshipseniorcenter@gmail.com](mailto: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.

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 meetings are for all members to attend. These meetings inform members of board decisions and give members the opportunity to have input into the operation of the center.

New: **Mah Jongg: Thursdays @ 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 class focusing on aerobics, strength and balance has begun. The class is held in the "Y" spin room and taught by Linda Kerstetter. For information about this class and availability, speak with someone at the senior desk.

New: **TaiChi is being held Thursdays at 11:15 AM.** Classes are being taught by Hose 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:**

**Thursday, February 3 @ 9:30AM: Board Meeting**

**Friday, February 4th, 10:00AM-2:00PM; Friendship Friday @ the "Y" with the Knitters and Crocheters**

**Tuesday, February 15th, 10:30AM-11:30AM:** 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.

**Wednesday, February 16 @ 11:00AM: General Membership Meeting**

**Thursday, March 24 @ 9:30AM: Special Board Meeting**

**Friendship Fridays at the "Y": Friday, February 4th, 10:00 AM-2:00 PM. Friendship Senior Center Knitter and Crocheters will again display their creations. These creations are available for purchase.** 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!**



# 2022

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

		1	2 Groundhog Day	3 Board Mtg 9:30 AM	4 Craft display at the "Y"	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15 Art Presentation- by Joanne 10:30 AM	16 Gen Member Mtg 11:00 AM	17	18	19
20	21 President's Day	22	23	24	25	26
27	28					

<b>Monday</b> 8:30-Noon Office Open 9:00-10:00 Light Aerobics 10:30-11:30 Enhance (Jan 10) 11-12 noon Italian	<b>Tuesday</b> 8:30-Noon Office Open 8:00-Noon Cards/Board games 10:30-11:30 Art 12:30-2:00 Cash Bingo	<b>Wednesday</b> 8:30-Noon Office Open 9:00-10:00 Light Aerobics 10:00-11:00 Spanish 10:30-11:30 Enhance
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<b>Thursday</b> 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
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<b>Friday</b> 8:30-12 Noon Office Open 9:00-10:00 Light Aerobics 10:00-2:00 Group Knit/ Crochet 10:30-11:30 Enhance
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