



Coming this summer: In addition to the keypad entry system and shatterproof window film, we will also be installing surveillance cameras within the senior room. The majority of the cost will be covered by unused grant money, with minimal cost to the center.

AQUACISE!!

The Friendship Senior Center, in cooperation with the Friendship Center, offers a variety of water exercise programs for members of the Senior Center. There is a \$3 charge for Aquacise classes and lap swimming/walking and you must be a member of the Senior Center to participate. These programs are for Senior Center members only and are NOT available to other members of the Friendship Center. The \$3 fee goes to the Friendship Center for exclusive use of the pool areas during classes and toward the cost of the instructors.



Always scan your Senior Center scan card and pay your fee at the Senior Center Desk. Then, if you are also a member of the Friendship Center through your insurance (Silver Sneakers, Silver & Fit, Forever Fit, etc.), scan your Friendship Center membership card at the Friendship Center Desk when you get a locker key to enter the pool area. This way your insurance knows you are using the benefit and you also get full use of the Friendship Center before and/or after your class (e.g. hot tub, water exercise on your own, exercise machines, etc.).

Aquacise classes are held every week day in either the Therapy Pool (heated to about 90 degrees) or in the lap pool (about 82 degrees) — see the calendar for scheduled Aquacise classes and lap swimming/walking sessions.



- Medicare Questions
- Prescription Plans
- Income Guidance
- Estate Questions



Clear advice from people who care.

877-233-4212 • www.letsgocomp.com



Friendship Senior Center

5000 Commons Drive
Harrisburg, PA 17112
(717) 657-1547
fsc@lowerpaxton-pa.gov
www.lowerpaxton-pa.gov/
friendship-center/senior-center

MAY 2019 NEWSLETTER



According to the *National Council on Aging*, research shows that older adults who participate in senior center programs experience measurable improvements in their physical, social, spiritual, emotional, mental and economic well-being. In fact, senior centers are now becoming so popular that we have been receiving requests from people as young as age 55 wanting to join our ranks! Our bylaws were amended — by a **UNANIMOUS** vote at the April 17th General Membership Meeting — to **lower the minimum age for membership in the Friendship Senior Center from 60 to 55, effective immediately.** And, speaking of membership.... Membership Renewals will begin on June 3rd and remain \$10 per year.



....**THANKS** to all our **VOLUNTEERS** — we wanted to list ALL of you, but our newsletter just isn't big enough! And that is why we have a luncheon to honor all of our volunteers and present each volunteer with a gift. This year volunteers received a triangular pencil cup with a clock and room for two pictures. Very nice!

....**THANKS** to **everyone** who helped to make **Volunteer Recognition Day** a success, with around 60 people attending the General Meeting and luncheon. Thanks especially to the **volunteers** who helped with room set-up, food preparation, serving, and kitchen clean-up. We are a completely volunteer organization — **thanks to ALL who make our center such a great place!**

....**THANKS** to **Jason Turri** and **Ecumenical Communities** for the beautiful and delicious cakes to celebrate April Birthdays and to recognize our Volunteers!



Committee Updates:

Jean Porr is the new chair for Trips.
Sue Evans is the new Program/Party Chair, with assistance from **Connie Acri** and **Debra Simpson-Buchanan**.

Indoor/Outdoor Summer Picnic:

Save the date — Wednesday, June 19th, following the General Meeting, \$5 per person, picnic menu.



SUNSHINE CORNER

If you know of anyone needing a cheery word or prayers, please jot down as much information as you can (name, address, family, concern) and give it to someone at the desk.



Cards were sent to:

Julia Goodman, Mary Jane Murphy, Barb Weller, Jackie Love, and the family of Linda Klucker.



May 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Open 8AM – 3PM	2 Open 8AM – 3PM	3 Open 8AM – 3PM Program Committee Meeting 9:30AM	4 Closed
5 Closed	6 Open 8AM – 3PM	7 Open 8AM – 3PM Blood Pressure Check 8:30-9:30AM	8 Open 8AM – 3PM Blood Pressure Check 8:30-9:30AM	9 Open 8AM – 3PM	10 Open 8AM – 3PM Executive Board Meeting 9:00AM	11 Closed
12 Closed 	13 Open 8AM – 3PM	14 Open 8AM – 3PM	15 Open 8AM – 3PM General Membership Meeting 9:30AM	16 Open 8AM – 3PM	17 Open 8AM – 3PM	18 Closed
19 Closed	20 Open 8AM – 3PM	21 Open 8AM – 3PM Craft Sale 8-11AM (No Craft Sales in June, July or August)	22 Open 8AM – 3PM	23 Open 8AM – 3PM	24 Open 8AM – 3PM	25 Closed
26 Closed	27 CLOSED 	28 Open 8AM – 3PM	29 Open 8AM – 3PM	30 Open 8AM – 3PM	31 Open 8AM – 3PM	

Every Monday:

8.00—3:00 Card playing
 8.00—9:00 Light Aerobics
 8:30 & 11:45 Aquacise (\$3, Therapy Pool)
 10:00—11:00 Tai Chi
 1:00—2:00 Line Dancing

Every Tuesday:

8.00—3:00 Card playing
 8:00—9:00 PEPP/HSIM
 8:40 Aquacise (\$3, Lap Pool)
 9:00—11:30 Group Knitting and Crocheting
 10:30 —11:30 Beginner Italian Class (conf. room)
 12:30 Cash Bingo
 1:00 Lap Swimming/Walking (\$3)

Every Wednesday:

8.00—3:00 Card playing
 8:00—9:00 Light Aerobics
 8:30 & 11:45 Aquacise (\$3, Therapy Pool)
 9:00—12:00 Casual Art Class w/ Marty
 10:00—11:00 Spanish Class
 11:30—12:30 Tai Chi
 12:30 Bridge Group
 1:30-2:30 Tap Dancing will resume July 3rd (no tap dancing in May or June)

Every Thursday:

8.00—3:00 Card playing
 8:00—9:00 PEPP/HSIM
 8:40 Aquacise (\$3, Lap Pool)
 10:00 Scrabble
 10:30—11:30 Advanced Italian Class (conf. room)
 12:00—3:00 Casual Art Class w/ Marty
 12:00 Group Sewing/Crafting
 1:00 Lap Swimming/Walking (\$3)

Every Friday:

8.00—3:00 Card playing
 8:00—9:00 Light Aerobics
 8:30 & 11:45 Aquacise (\$3, Therapy Pool)
 9:30 Bridge Classes w/ Mr. Henning
 12:00 Group Knitting and Crocheting

