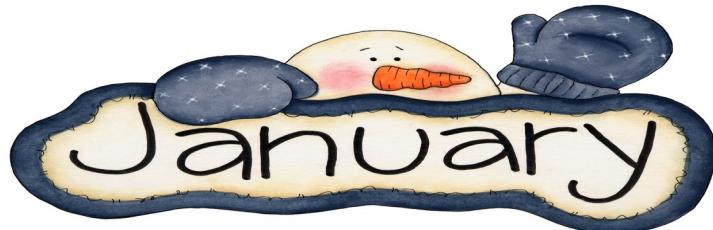




5000 Commons Drive  
Harrisburg, PA 17112  
717-657-1547  
friendshipseniorcenter@gmail.com



Health Precautions:



**STAY HOME!! PLEASE!!**

**SAFETY NOTICE-UPDATE:** The handicap switch to the senior room has been reactivated. The entry door "sometimes" works properly. Please, continue to use caution when entering the annex!

**MEMBERSHIPS:** Memberships are on-going. Membership donation is \$20 for the year and gives members access to all activities of the Friendship Senior Center. There may be an additional charge for special events.

**YMCA MEMBERSHIPS:** Consider joining the "Y". If your health insurance provides a benefit for "fitness center" memberships, such as Silver Sneakers, Renew, etc., your "Y" membership is at no cost to you. By scanning your "y" card, the "Y" receives a payment **for** a certain number of visits. This will help reduce our financial obligations. You would scan both the My Senior Center and "Y" scan cards at each visit.

**MY SENIOR CENTER SCAN CARD:** Please remember to use your scan card with each visit, this provides statistics for the State and County Departments of Aging. If you do not have a scan card or your card is not working, please tell someone at the desk.

**SUNSHINE:** Our condolences to the family and friends of our recently deceased members: Barb Koller and Betsy Squires and former member Mary Lynn Waltz.

**BOOK CLUB:** Meets 2nd **Wednesday, January 8th @ 11:15** to discuss the book, **Grey Wolf** by Louise Penny. Also, Vicki Walls is going to give a talk on her European trip last year. It should be a good and enjoyable session. All are invited.

**DECEMBER GENERAL MEETING and HOLIDAY PARTY:** Our annual Christmas Party was another success and attended by approximately 80 people. The Skyline Diner provided an excellent meal. Jason Turri of Ecumenical Communities provided desserts of various pies. The Vintage Brass provided our Christmas entertainment with impromptu dancing by several members. Drawings were held for table centerpieces of Poinsettias and there were 2 winners from the 50/50. Manager, Joanne made several announcements:

\*LINE DANCING will begin in February, if enough interest. There will be a sign-up sheet at the desk when the center opens January 6th. Classes will be held Thursdays, 2-3:30 with Cheryl Peoples, Instructor.

\*CONGREGATE MEALS (provided by the Dept of Aging): this would require a "Kitchen Committee" dedicated to receiving the prepared food, serving and cleaning-up Mondays thru Fridays. Unanimous "NO" vote by the members. Joanne will advise the Department of Aging.

\*BLOOD PRESSURE CHECKS: by James White of the Visiting Nurse Association, will resume, by appointment, when we have confirmed days and time.

**THANK YOU!!** To the anonymous member who donated \$1,000 toward the 2025 Christmas Party, so subsidize members' cost.

## Board of Directors

Manager: Joanne Grant

1st Assistant Manager: Kim Frank

2nd Assistant Manager: Denise Kochert

Administrative Secretary: Mary Lytle

Recording Secretary: Beverly Kelley

Treasurer: Laureen Martin

Assistant Treasurer: Barb Mihalic

Ex-Officio: Mary Jiggetts

Advisor: Phil Grant

# 2025

### **FRIENDSHIP SENIOR CENTER KNITTERS AND CROCHETERS**

Meet on Thursdays and Fridays from 10 AM till 2 PM to socialize, learn new skills and make items for charity. New members of all skill levels are welcome to join our group and we will teach, if these are skills you would like to learn. Donations of yarn and craft supplies are always welcome. We are available in the senior center on Thursdays and Fridays, 10 AM until 2 PM for information or to purchase our items (for a suggested donation). All proceeds from donations are used to purchase more supplies to make more items for charity. Items include: Afghans/various sizes, Baby Items, Kitchen Items, Scrubbies, Aprons, Hats/Scarves and more. December of each year we donate our creations to worthy organizations.

Cindy Robinson, Coordinator      717-657-1547

### **FRIENDSHIP YMCA SPONSORED CLASSES**

#### **-- Reclaim Your Health :**

LIVESTRONG® at the YMCA is an evidence-based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. We offer this program to the survivor at no cost; it includes a free YMCA membership for the participant and their family. Participating YMCAs create a welcoming area in which survivors can improve their strength and physical fitness, lessen the harshness of therapy side effects, develop supportive relationships, and improve their quality of life.

#### **Description & Goals :**

Small supportive environment1

12-week program with two 90-minute sessions per week

Includes cardiovascular conditioning, strength training, balance, and flexibility exercises

Held in YMCA Wellness Centers

Evaluation includes Functional and Quality of Life assessments before and after participation

Facilitated by YMCA-certified Instructors

includes 12-week Family Membership

#### **Who Qualifies?**

Any adult 18 years old or older who is living with or beyond cancer treatment. Participation requires pre-registration through the YMCA. Please contact the YMCA Center for Healthy Living for more information about current and upcoming sessions.

Please call 717-232-2027 to register for the Friendship YMCA classes.

**Linda Kerstetter  
Wellness/Healthy Living Director  
Friendship Branch**

HARRISBURG AREA YMCA

FRIENDSHIP BRANCH

5000 Commons Dr., Harrisburg, Pa. 17112

(P)717-935-9622 ext 60113

(E)[linda.kerstetter@ymcaharrisburg.org](mailto:linda.kerstetter@ymcaharrisburg.org)

(W) [www.ymcaharrisburg.org](http://www.ymcaharrisburg.org)

(O) [Facebook](#) | [Twitter](#)

**The Y: We're for youth development, healthy living and social responsibility**

# January 2025

**Sun**      **Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**

			1 New Year's Day	2	3	4
5	6 Center re-open	7	8 Book Club 11:15	9 Exec Mtg 9:30	10	11
12	13	14	15 Gen Mtg/ Program/Lunch 10:30	16	17	18
19	20 Martin Luther King Jr. Day	21	22	23	24	25
26	27	28	29 Chinese New Year	30	31	

Monday

8:30-Noon Office Open  
9:00-10:00 Light Aerobics  
10:30-11:30 & 11:45-12:45 Enhance  
10:00-12 Adv Bridge-conf room  
Beg Bridge-Art Room  
10:15-11:15  
12:45-1:45 Zumba Gold

Tuesday

8:30-Noon Office Open  
8:00-Noon Cards/Board games  
9:30-11:30 Art  
11:15-12:15 Tai Chi  
12:30-2:00 Cash Bingo

Wednesday

8:30-Noon Office Open  
9:00-10:00 Silver Sneakers  
10:15-11:15 Advanced Spanish  
10:30-11:30 & 11:45-12:45 Enhance  
(12:30) 1:00 Bingo Club

Thursday

8:30-12 Noon Office Open  
9:00-12:00 Cards / Board Games  
10:00-12:30 Scrabble / Mah Jongg  
11:15-12:15 Tai Chi  
10:00-2:00 Group Knit/Crochet

Friday

8:30—Noon Office Open  
9:00-10:00 light Aerobics  
10:00-2:00 Group Knit/Crochet  
10:30-11:30 & 11:45-12:45 Enhance  
12:00-2:00 Dominos & Pinochle  
2:15-3:15 Zumba Gold



Friendship Senior Center  
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[friendshipseniorcenter@gmail.com](mailto:friendshipseniorcenter@gmail.com)

The idea for a senior center began over 20 years ago with a dream of Frank Cousart and the formation of the Harrisburg East Senior Action Committee. With the cooperation of Dauphin County Department of Aging, Lower Paxton Township Supervisors and the citizens of the township, the dream became reality. Members of several senior groups formed the original members of the Friendship Senior Center.

The Friendship Senior Center is located in the East Annex (senior center) of the current Friendship YMCA. The senior center is compliant with the Pennsylvania Department of Aging guidelines and standards and as a 501 (c) 3 organization. We are a Dauphin County Senior Center but, our membership is not limited to residents of Dauphin County.

The purpose of the center is for the education and enlightenment of persons age 55 and over. The variety of our activities and programs are designed to assist seniors to improve socially, physically and mentally. We offer aerobics, Tai-Chi, Scrabble, Bingo, Art and language classes and various card playing groups. We have a group of knitters and crocheters that make and donate items to various charities. We have a congenial and cooperative relationship with the YMCA which has allowed enhancement of activities.

Our center is open Monday-Friday, 8:30 AM until 3:00 PM. We are an **all-volunteer** organization, with officers elected by the general membership to serve two-year terms. We welcome and encourage the help of volunteers in the running and maintaining the operations of the center. We are financially supported by yearly (currently \$20.00) memberships and donations.

You can find additional history of our center at the Senior Center desk in the 'White Book'

You can find our information on the Lower Paxton Township web site and issues of our newsletters.

We are a FRIENDLY and ACTIVE place that welcomes all seniors!

#### THANK YOU TO OUR DONORS AND SUPPORTERS

Friends and Memorials

Friendship YMCA

Go Comprehensive (Jay Bhagat)

Lower Paxton Township

Ecumenical Communities

Anonymous Donors

Senior Transitions

LHM Physical Therapy

VIVA Senior Living

BelTone

The Manor at Oakridge

