



5000 Commons Drive

Harrisburg, PA 17112

717-657-1547

friendshipseniorcenter@gmail.com



Health Precautions:



STAY HOME!! PLEASE!!

SAFETY: Please continue to use caution when entering the senior center. The entry doors do not always work correctly!!

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. 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: Rita Merwine and husband and family need our thoughts and prayers, as she continues in rehab. Sally Richards needs our thoughts and prayers, as well as she continues in rehab after a fall.

BOOK CLUB: Meets 2nd Wednesdays, @ 11:15. All are welcome and new perspectives are on the following books are appreciated.

March 12th: The Year of the French by Thomas Flanagan

April 9th: West with the Giraffes by Laura Rutledge

June 10th: The Nickle Boys by Colson Whitehead

FEBRUARY GENERAL MEETING: February 19th @ 10:30, The manor at Oakridge gave a presentation and prepared our lunch.

SPECIAL EVENT: FRIDAY, MARDH 7TH: Due to event, there will be no senior room activities after 10 AM, to allow set-up time for the event.



Event by [Rep. Justin Fleming](#) and [PA Banking and Securities](#) [Friendship Community Center](#)

Duration: 2 hr

Public · Anyone on or off Facebook

Rep. Justin Flemming wants to help you avoid scams and frauds.

This is a free, non-commercial event hosted in partnership with the PA Dept. of Banking and Securities, the Dauphin County District Attorney's Office, Lower Paxton Police Department, the PA Office of Attorney General, and AARP Pennsylvania.

\$CAM JAM will be held at the Friendship Y Senior Center. The event will include snacks and drinks, prizes, and fraud bingo. Attendance is limited, please register by emailing repfleming@pahouse.net or calling 717-230-1172..

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

MARCH 19TH GENERAL MEETING: will be hosted by our Healthy Eating Committee, providing an Irish menu. Corporal Cook of the Lower Paxton Township Police will present a program on Fraud/Scam.

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

Our Knitters and Crocheters made and donated 795 items to worthy agencies in 2024, giving warmth and comfort to men, women and babies. Thank You to everyone who purchased items at our Craft Sales which allowed us to purchase materials needed to make these items. Thank You, too, to all those who have donated materials, reducing our need to purchase.

FRIENDSHIP YMCA SPONSORED CLASSES

YMCA or Dept. of Aging funded classes that include **Enhance, Healthy Steps in Motion ,Silver Sneakers ,and Zumba Gold**, DO NOT follow senior center closings. If these classes are cancelled it will be on the YMCA website or Facebook page. You can also call the front desk at the YMCA (171-935-9622) to check if those classes mentioned or ANY Y classes are cancelled.

-- 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

(W) www.ymcaharrisburg.org

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

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

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Ash Wednesday Lent	6	7 \$CAM JAM 12-2	8
9 Day Light Savings Time	10	11	12 Book Club 11:15	13	14	15
16	17 St Patrick's Day	18	19 Gen Mtg Pro- gram 10:30	20 1st Day of Spring	21	22
23	24	25	26	27	28	29
30	31	Do you play Bridge? Join us on Mondays 10-12. We play American Standard and supply the cards. Just bring your best game!				

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
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
2-3:30 Line Dancing

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



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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	