



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 improvement at home.

**BOOK CLUB:** UPDATE: The Book Club is trying to remain active. To that end, there is a new format. The Club will meet on the 3rd Wednesdays of the month from 9:45 to 10:30 and then join the monthly meeting/lunch. The first date is April 16th. Members will give a 10 minute talk on the book they are currently reading or have recently read. All are welcome to attend.

**MARCH GENERAL MEETING:** Cpl. Cook of the Lower Paxton Police Dept. presented more information on Scams and Fraud complementing information presented at Rep. Fleming's "\$cam Jam". An Irish lunch was prepared by our Healthy Eating Committee. Thank you to all who prepared and helped to clean following lunch.

**APRIL GENERAL MEETING: April 16th @10:30.** Jay Bhagat will present his Spring seminar on Finance. Lunch to follow prepared by Viva Senior Living.

**BRIDGE:** Do you play Bridge? Join us on Mondays at 10 AM. We play American Standard and supply the cards. Just bring your best game!

**DATE CHANGE:** !! Annual Picnic at Ecumenical Communities: Mark your calendars: Date is Wednesday, June 25th!!

**SPECIAL EVENT:** Senior Resource Fair; April 23rd from 10 AM to 1 PM at the LCBC Church, 4150 Chambers Hill Road, Harrisburg. Hosted by Swatara Township. Over 70 Vendors! Our Senior Center and the "Y" will be present. See poster on the counter for additional information.

## 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

### **SPRING CRAFT SHOW DATES and TIMES**

|         |              |            |
|---------|--------------|------------|
| April 4 | Friendship Y | 10 AM-2 PM |
| May 2   | Friendship Y | 10 AM-2 PM |

### **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.

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#### **-- 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**

# April 2025

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

|                     |    |                       |                                       |                       |                             |                |
|---------------------|----|-----------------------|---------------------------------------|-----------------------|-----------------------------|----------------|
|                     |    | 1                     | 2                                     | 3<br>Exec Mtg<br>9:30 | 4                           | 5              |
| 6                   | 7  | 8                     | 9                                     | 10                    | 11                          | 12<br>Passover |
| 13                  | 14 | <sup>15</sup> Tax Day | 16<br>Book Club 9:45<br>Gen Mtg 10:30 | 17                    | 18<br>Good Friday<br>CENTER | 19             |
| 20<br>Easter Sunday | 21 | 22                    | 23 Senior Re-<br>source Fair          | 24                    | 25                          | 26             |
| 27                  | 28 | 29                    | 30                                    |                       |                             |                |

Monday

8:30-Noon Office Open  
9:00-10:00 Light Aerobics  
10:30-11:30 & 11:45-12:45 Enhance  
10:00 Bridge  
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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[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  |                               |