



Friendship Senior Center

5000 Commons Drive

Harrisburg, PA 17112

717-657-1547

friendshipseniorcenter@gmail.com

Board of Directors

Manager: Joanne Grant

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2nd Assistant Manager: Denise Kochert

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Recording Secretary: Beverly Kelley

Treasurer: Laureen Martin

Assistant Treasurer: Barb Mihalic

Ex-Officio: Mary Jiggetts

Advisor: Phil Grant



2025

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:

BOOK CLUB: The Club will meet on the 3rd Wednesdays of the month, **May 21st at 9:45.** Members will give a 10 minute talk on the book they are currently reading or have recently read. All are welcome to attend.

APRIL GENERAL MEETING: Jay Bhagat of Go Comprehensive gave his annual financial presentation. Following a short business meeting, lunch was served, provided by viva Senior Living.

MAY GENERAL MEETING: **May 21st @10:30.** Hosted by our Healthy Eating Committee. Emily from Weis will explain food labels and explain the mystery of Expiration Dates.

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!!

BACKGAMMON: A new activity! James Fuss likes to play Backgammon. (that game on the back side of a Checker Board) He would like players and interested players to join him **Mondays at 10 Am.** He will teach if you would like to learn.

CLOSING: The center will be closed on **Monday, May 26th** in observance of Memorial Day.

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

May 2 Friendship Y 10 AM-2 PM
Our Shows and Sales will return again in the Fall

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 (717-935-9622) 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 environment

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

May 2025

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4	5	6	7	8	9	10
11 Mother's Day	12	13	14	15	16 Brd Mtg 10:30	17 Armed Forces Day
18	19	20	B Book Club 9:45 Gen Mtg 10:30	22	23	24
25	26 CENTER CLOSED Memorial Day Observance	27	28	29	30 Memorial Day	31

Monday

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