GOLDEN VISIONS COMMUNITY SENIOR CENTER
FEBRUARY 2012

Golden Visions Community Senior Center 250 Fame Avenue, Suite 125, Hanover, PA 17331 Phone (717) 633-5072 Fax (717) 633-5064 Monday – Friday 8-4pm	**DAILY ACTIVITIES** **9:00-10:00 Coffee and Chat** **10:00-10:30 Exercise w/ Shirley** **10:30-11:30 Program # 1** **11:30-12:30 Announcements- and Lunch** **12:30-2:00 Program #2**	1 9:00-10:00 Cards and Games 10:00-10:30 Exercise 10:30-11:30 Inspiration with Robert Thomas 11:30-12:30 Announcements / Lunch 12:30-2:00 10¢ Bingo 20 Games for $2.00	2 9:00-10:00 Cards and Games 10:00-10:30 Healthy Steps 10:30-11:30 Coffee Chat 11:30-12:30 Announcements/Lunch 12:30- 2:00 Mystery Bingo	3 9:00-10:00 Cards and Games 10:00-10:30 Exercises 10:30-11:30 Visiting Angels Speaker 11:30-12:30 Announcement / Lunch 12:30-2:00 10¢ Bingo 20 Games for $2.00
6 9:00-10:00 Cards and Games 10:00-11:30 Line Dancing Class 11:30-12:30 Announcements/Lunch 12:30-2:00 10¢ Bingo 20 Games for $2.00	7 9:00-10:00 Cards and Games 10:00-10:30 Healthy Steps 10:30-11:30 Washer Toss 11:30-12:30 Announcements/Lunch 12:30-2:00 Snack Bingo *February Birthday Celebration*	8 9:00-10:00 Cards and Games 10:00-10:30 Exercise 10:30-11:30 Inspiration with Robert Thomas 11:30-12:30 Announcements / Lunch 12:30-2:00 10¢ Bingo 20 Games for $2.00	9 9:00-10:00 Cards and Games 10:00-10:30 Healthy Steps 10:30-11:30 Music and Dance with The Silvertones 11:30-12:30 Announcements/Lunch 12:30-2:00 Good Neighbor Bingo *Sub Sale- orders Due Jan 31*	10 9:00-10:00 Cards and Games 10:00-10:30 Faith and Fitness 10:30-11:30 Staying Active and Healthy with Blood Thinners- Lutheran Home Care 11:30-12:30 Announcement / Lunch 12:30-2:00 Popcorn and a Movie
13 9:00-10:00 Cards and Games 10:00-10:30 Exercise 10:00-11:00 Senior Council Meeting 10:30-11:30 State Game 11:30-12:30 Announcements/ Lunch 12:30 Pet Therapy 12:30-2:00 10¢ Bingo 20 games for $2.00	14 9:00-10:00 Cards and Games 10:00-10:30 Healthy Steps 10:00-12:00 APPRISE Sign up Required 10:30-11:30 February Trivia 11:30-12:30 Announcements/Lunch 12:30-2:00 Music with Danny Sullivan *Ice Cream Social*	15 9:00-10:00 Cards / Games 10:00-10:30 Exercise 10:30-11:30 Inspiration with Robert Thomas 11:30-12:30 Announcements / Lunch 12:30-2:00 10 ¢ Bingo 20 Games for $2.00	16 9:00-10:00 Cards and Games 10:00 – 10:30 Healthy Steps 10:30 Music and Dance with Jim Thomsom 11:30-12:30 Announcements/Lunch 12:00-12:30- RL Game 12:30-2:00 Letter Bingo	17 9:00-10:00 Cards and Games 10:00 VNA Blood Pressure Screening 10:30-11:30 Speaker from Hanover Hospital 11:30-12:30 Announcements / Lunch 12:30-2:00 Safety Bingo
20 CENTER CLOSED Presidents' Day Washington's Birthday	21 9:00-10:00 Cards and Games 10:00-10:30 Healthy Steps 10:30-11:30 Nutrition with Shirley 11:00 Trip to Starlight Diner SIGN UP REQUIRED 11:30-12:30 Announcements / Lunch 12:30-2:00 Popcorn and Bingo *Caregiver Support Group Safety in the Home 3:00 PM*	22 9:00-10:00 Cards / Games 10:00-10:30 Exercise 10:30-11:30 Inspiration with Robert Thomas 11:30-12:30 Announcements / Lunch 12:30-2:00 10 ¢ Bingo 20 Games for $2.00	23 9:00-10:00 Cards and Games 10:00-10:30 Healthy Steps 10:30-11:30 Fast Pass Challenge 11:30-12:30 Announcements/Lunch 12:00-12:30 Game of Choice 12:30-2:00 – Snack Bingo	24 9:00-10:00 Cards and Games 10:00-10:30 Exercise with Shirley 10:30-11:30 Building a Good Heart 11:30-12:30 Announcements/Lunch 12:30-2:00 Music and Dance with Tall in the Saddle
27 9:00-10:00 Cards and Games 10:00-10:30 Exercise 10:30-11:30 Basket Ball 11:30-12:30 Announcements/ Lunch 12:30-2:00 10¢ Bingo 20 games for $2.00	28 9:00-10:00 Cards and Games 10:00-10:30 Healthy Steps 10:30-11:30 Fast Pass 11:30-12:30 Announcements/ Lunch 12:30-2:00 Bingo of Choice	29 9:00-10:00 Cards / Games 10:00-10:30 Exercise 10:30-11:30 Inspiration with Robert Thomas 11:30-12:30 Announcements / Lunch 12:30-2:00 10 ¢ Bingo 20 Games for $2.00	**Caregiver Support Group** **February 21st** **3:00 PM** Senior Center Side	