

SEPTEMBER 2024



CENTER INFORMATION

47 CJEMS Lane, Mifflintown, PA 17059

Hours: 8:00 a.m. – 1:30 p.m.

717-436-6847

4seasonsctr@mymjrsc.com

Center Manager: Jody Ehrisman

FOUR SEASONS SENIOR COMMUNITY CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER CLOSED HOLIDAY	3 9:00am-11:00am Chair Volleyball 12pm National Bowling Day	4 11am Center Outing: Senior Day at Juniata County Fair Music: Conrad Fisher	5 9am Dominos 10am-1pm Card Game Day	6 10am Exercise 11am Laughing Bucket 12pm Puzzles
9 9am Refreshments & Socializing 10am Exercise 12pm Puzzles	10 9:00am-11:00am Chair Volleyball 10-11am Skills Party followed by lunch	11 10am Exercise 11am Birthday Social	12 9am Dominos 10am-1pm Card Game Day	13 10am Exercise 11am-1pm CIM Event Chicken BBQ Tomorrow
16 9am Refreshments & Socializing 10am Exercise 11am Bingo with Rachel ASERA	17 9:00am-11:00am Chair Volleyball 12pm Chair stretching	18 10am Exercise 11am Megan W/Villa 12pm Corn Hole	19 9am Dominos 10am-1pm Card Game Day	20 10am Exercise 11am-1pm Salad bar @ Presbyterian Church
23 10am Exercise 11am Blood Pressure Checks with Amanda UPMC	24 9:00am-11:00am Chair Volleyball 12pm Chair Stretching	25 9:30am Center Meeting 10am Exercise 12pm Corn Hole	26 9am Dominos 10am-1pm Card Game Day	27 No exercise 12pm-1pm Baptist Church Luncheon Senior Expo Newport 10:30am-1pm
30 10am Exercise 11am Movie & Popcorn				LUNCH IS SERVED MONDAY-FRIDAY 11:30 a.m.