

October 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
	1 9:00am-11:00am Chair Volleyball 12pm Bowling	2 10am Exercise 10:45am Fall prevention W/Alice	3 9am Dominos 10am-1pm Card Game Day	4 10am Exercise 10:45am BB& Visual Services 12pm Puzzles
7 9am Refreshments & Social Time 10am Exercise 12pm Puzzles	8 9:00am-11:00am Chair Volleyball 12pm Chair stretching	9 10am Exercise 10:45am Des w/MJAAA Medicare/Open enrollment	10 9am Dominos 10am-1pm Card Game Day CIM Outing Hairspray	11 10am Exercise 11am Bingo W/LHM
14 9am refreshments & Social Time 10am Exercise 11am Bingo W/Rachel ASERA	15 9:00am-11:00am Chair Volleyball 12pm Bowling	16 10am Exercise 11am Megan W/Villa 12pm Corn Hole	17 9am Dominos 10am-1pm Card Game Day	18 10am Exercise 10:45am Medicare answers W/ Alice
21 10am Exercise 11am B/P checks W/Brenda	22 9:00am-11:00am Chair Volleyball 12pm Chair stretching	23 9:30am Center Meeting 10am Exercise 12pm Corn Hole	24 9am Dominos 10am-1pm Card Game Day	25 No Exercise 10 am Jack O Lantern Jamboree
28 10am Exercise 11am Movie & Popcorn	29 9:00am-11:00am Chair Volleyball 12pm Bowling	30 10am Exercise 11am Wii Games	31 9am Dominos 10am-1pm Card Game Day	LUNCH IS SERVED MONDAY-FRIDAY 11:30 a.m.