

Susquehanna Twp. Senior Center

Lower Level - Township Municipal Building
1900 Linglestown Road 9 AM – 4 PM weekdays
Information: 909-9228 (Susquehanna. Twp. Parks & Recreation)

Daily - **Computer Lab** - Internet accessibility.....9AM – 4 PM
(Please call for use)

Daily - **Book Swap** (Bring one/Take one) 9 AM – 4 PM

Daily -- **Mealson Wheels**.....Volunteer delivery...Volunteers needed... Morning delivery

Monday - **Card Club** (1st Monday of Month)10 AM – 1 PM

Wednesday - **Arthritis Exercise Class**..... 10 AM -11 AM

Wednesday - **Game Day: Scrabble**.....11 AM -2 PM

Wednesdays- **Blue Cross Bingo** (selected dates only)Call for dates & Times

Wednesday – **Card Club**.....10 AM - 2 PM

Thursday –**Yoga Class**.....11 AM - 12 PM

Thursday (only) – **AARP Free Tax Assistance**.....1 PM – 5 PM

Friday - **Pinochle Club**.....10 AM - 2 PM

AARP SAFE DRIVING Courses – Coming in May 2012

SENIOR TENNIS PICK-UP

SENIOR SOFTBALL PICK-UP

April through September
Tuesday & Thursday
10:00 AM to 12:00 PM
Pick-up tennis for senior men and women
Veterans Park Tennis Courts
Free program (bring racquet)

April through September
Monday & Wednesday 10:00
AM to 12:00 PM Edgemont
Park Softball Field Free
program (bring glove)

AARP TAX - AIDE

Free tax help for taxpayers with low- and middle – income, with special attention to those 60 years and older. Every Thursday beginning February 2, 2012 through April 12, 2012, from 1:00 PM to 5:00 PM in the Senior Center (Lower Level) of the Susquehanna Township Municipal Building. This is a walk-in only site. To locate other sites for AARP tax assistance call toll-free 1-888-227-7669

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COMPUTER LAB

A three computer lab with Internet accessibility available from 9:00 AM to 4:00 PM.

(See below for more program information)

“CHAIR YOGA” A therapeutic approach to Yoga

Chair Yoga is a gentle, non-traditional form of Yoga. This yoga practice is easier on the joints and limbs. Included in this Yoga practice are four types of exercises: range of motion, strengthening, endurance and balance. This class guides students in postures, breath work, and meditation to encourage self-awareness and exploration. This practice promotes physical strength, flexibility, mental clarity, inner calm and over all wellness. Thursdays at 11:00 AM.

Session 1:

Session 2:

Session 3:

Fee \$32 (Fee for October is \$36)

Instructor: Gail Ellen Riegler, Certified Chair Yoga Teacher

SENIOR FITNESS & WELLNESS

Every Wednesday, at 10 AM, certified Fitness Instructor Dorothy Bangert leads an hour long fitness session in the Susquehanna Room of the Township Building. This donation only program, stresses balance exercises, stretching, muscle building with a low impact safe level for the mature body. The program is adapted for all, especially those dealing with the effects of diabetes, arthritis, joint replacements, rheumatoid osteoarthritis and other ailments. Drop in any Wednesday, 10 AM Donation Requested.

AARP Safe Driving Certification Class

Susquehanna Township Recreation in conjunction with AARP is offering the Defensive Driver Safety course taught by certified instructor, Henry Dreher. The course is for anyone over the age of 55, township residency not required. Attendance in the class secures you three years of certification as a “Safe Driver” plus the percentage reduction on your insurance premium. Space is limited, and it is on a first come basis.

Monday & Tuesday 9 AM – 1 PM

Date & Time TBA Both Days Mandatory

Township Bldg, Susquehanna Room

Fee: \$12 AARP members (\$14 non AARP members) Veterans & spouse are free with proof

Four Hour Safe Driving Refresher Course

Mr. Dreher will also offer the four hour refresher class for those previously certified by AARP instructors. Must show proof (**i.e. certificate**) of completion of a previous course

Date & Time TBA

Fee: \$12 AARP members (\$14 non AARP members) Veterans & spouse are free with proof Advance registration is required for both driving classes in order to secure materials and provide adequate seating. Please call **909-9228** to secure your space for either class.

Space is limited, and it is on a first come basis.