

LAKE LUZERNE SENIOR CENTER NEWSLETTER

539 LAKE AVE, LAKE LUZERNE NY 12846

BOX 370

518-696-6451

liseniorcenter@yahoo.com

Monday, Tuesday and Wednesday 9:00-3:30

Thursday closed for trips and shopping

Friday 11:00-1:00

Nashville Christmas Music Event

Monday, December 5th 1:00



Come and hear some of your favorite Christmas songs country style with Nashville Christmas. With some great traditional country music sprinkled in and a few special guest appearances by some folks you might know (whose names might be Elvis, Roy O. or S. Claus), this ultra entertaining show never fails to please.

This event is free and will be at 1:00. Please call 518-696-6451

No meal will be served. Doors open at 12:30

Vinyasa Flow Yoga

Mondays, at 5:30 for 75 minute vinyasa flow. Mats will be placed a minimum of 6 feet apart. For now, no props, food or beverage will be provided. Please bring mat, straps, blocks and any other yoga props you wish to practice with you. All personal belongings will be placed next to your mat while practicing.

Paint Class with Patrice

Tuesday, January 17th 1:00

There will not be any class in December. This class is a great way to let your creativity grow and relax with new friends. Call Barb at 518-696-6451 to reserve your spot. The cost to participate in this class is \$15.00 per person.

The cost of this class has increased by 5.00 per person.

Movie and a Meal

New In Town

Tuesday, December 13th 11:00

Lucy Hill, a high-powered executive in love with her upscale Miami lifestyle. Seeking to snag a big promotion, Lucy agrees to move to a remote Minnesota town to oversee the restructuring of a blue-collar manufacturing plant. After enduring icy roads, freezing weather and a chilly reception from the locals, she soon warms up to the small town and its people especially the town's handsome union representative.

This heartwarming comedy that proves that the warmest people are often in the coldest places.

Office for the Aging Meal Site

For those of you who would regularly dine in with us, you can still take home a frozen meal for Tuesday and Thursday. We are looking forward to seeing you all on Monday, Wednesday and Friday. Call Lisa at 518-696-2200 to let us know you are coming.

Grab and Go Meal

Office for the Aging is providing a “Grab and Go” program to those who are under 60! This new program is available for pick-up Monday, Wednesday and Friday. The cost for this meal is \$5.00 per person.

You must reserve a meal, please call the meal site 518-696-2200 by 9:00

Pick up your meal at the Lake Luzerne Senior Center at 11:30

Please share this information with friends and family! Where can you go for a \$5.00 meal! For anyone over 60 the cost is \$3.00 per person.

Family Christmas Meal

Friday, December 9th 12:00

Join us for a traditional Christmas Meal.

This event is sold out!



Mondays Osteo Busters 9:30-10:30

Coffee 10:30-11:30

Po-ke-no 12:30-2:30 (looking for those interested in playing)

Yoga 5:30-6:45

Tuesdays Movie/Meal 11:00

Wednesdays Osteo Busters 9:30-10:30

Coffee 10:30-11:30

Chicken Feet 12:30

Chess 12:30-3:30

Monday, December 5th

There will be no Osteo Busters, Coffee Hour, Lunch or Po-ke-no on Monday, December 5th.

Doors will open at 12:30 for the Music Event.

DECEMBER

539 Lake Ave
Lake Luzerne NY 12846

Full Speed Ahead



Christmas Sales At
WAL*MART



Winter Weather Advisory

If Hadley Luzerne School District is closed because of weather, the Center and Meal Site will be closed. There will be no Home Delivered meals on this day.

If there is a school delay both Meal site and Center will be open.