



PA Association of Senior Centers

Central Region Event

[ADAMS](#) [CENTRE](#) [CUMBERLAND](#) [DAUPHIN](#) [FRANKLIN](#) [JUNIATA](#) [LANCASTER](#) [LEBANON](#) [MIFFLIN](#)
[NORTHUMBERLAND](#) [PERRY](#) [SNYDER](#) [UNION](#) [YORK](#)

**HAVE YOU BEEN SITTING ON THE COUCH?
IT'S BEEN A YEAR, STOP WAITING FOR "NORMALCY"!**



Join the Central Region for an Informal Virtual Training on
"How to Engage Your Members Now and In the Future"

Date: Thursday, March 18, 2021

Time: 9:00 am -11:00 am

Location: Anywhere You Can Do Zoom!

Cost: Free/Donation to Advocacy Fund for PASC

9:00 am: *Welcome & Introduction* – **Linda Thompson**, Central Region Chair

"Virtual Activities, Outside Activities for Grab & Go Lunches That Can Be Adapted for the Future Return of Inside Programming" - Panel Ideas with Q&A from the Central Region Colleagues

- *Virtual Speakers
- *Virtual Exercise
- *Virtual Senior Center
- *Effective Newsletters
- *Grab & Go Lunches with Activities

*Please complete the information below and email Tammy Miller at millert@windyhillonthecampus.org if you plan to attend by Friday, March 12, 2021. (Tammy will send you the Zoom Meeting Information a few days prior to the training.)

Name: _____
 Address: _____
 Phone Number: _____
 Email: _____
 Agency: _____
 Region in PA: _____

If you have any questions, please feel free to contact:

PASC Central Region Committee:

- Linda Thompson, Chair (717.334.9296)
- Tammy Miller, (717.225.0733)
- Joyce Hardman (717.367.7984)
- Lisa Krout (717.843.9704)
- Lisa Paulson (717.299.7979)
- Melissa Weigle (717.579.5168)

Send Donation for Advocacy for PASC to:

Lifespan, Inc.
 314 E. 8th Ave.
 Homestead, PA 15120
 Attn: Michael Dunn, PASC Treasurer

Make check payable to "PASC".