

LEGEND OF LANCASTER

COMMUNITY EVENTS



Yoga, Meditation & You JAN. 19, 2022 1:30PM

Join us as we learn more about the benefits of yoga and meditation, as well as how to incorporate it into our daily routines, from local instructor Monica Kirchner. We'll even learn a few techniques and poses together. Guest Speaker: MONICA KIRCHNER, Willow Yoga, Yoga Instructor for 13 Years



Yoga, Meditation & You JAN. 19, 2022 11:30AM

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Sweetheart Drive Thru Dinner FEB. 14, 2022 3:00-4:30PM

Nothing is sweeter than sharing a great meal with someone special! Drive thru Legend of Lancaster and take home your complimentary gourmet meal for two. Sweetheart Menu Prepared by the Chef: Chicken Cordon Bleu, Brussels Sprouts with Bacon Cream Sauce, Side Salad, Dinner Rolls, Chocolate Mousse and Sparkling Cider



Senior Self-Defense MAR. 10, 2022 10:00AM

Learn from a local instructor who has been teaching Martial Arts since 1985. This event will have both vocal discussion and hands on demonstration to give you the best methods to protect yourself. Guest Speaker: Ken Eberle, Martial Arts Instructor



Senior Self-Defense MAR. 12, 2022 10:00AM

Learn from a local instructor who has been teaching Martial Arts since 1985. This event will have both vocal discussion and hands on demonstration to give you the best methods to protect yourself. Guest Speaker: Ken Eberle, Martial Arts Instructor



Saint Patrick's Day Party MAR. 17, 2022 2:00PM

Wear your green and come celebrate St. Patrick's Day with your friends at Legend of Lancaster. Enjoy a variety of traditional Irish food. On the Menu Corned Beef & Cabbage Sliders, Spinach & Artichoke Cups, Pub Beer Cheese, Irish Soda Bread, Desserts



Healthy Hearing, Healthy Brain APR. 19, 2022 10:30AM

Hearing health is vital to your overall health. Join us as Dr. Schmitt covers how hearing health can affect your physical health as well as cognition. We'll discuss new technologies and get help with your hearing aids. Special Guest Speaker: Dr. Jason Schmitt AU.D., A&E Audiology



Ask The Experts: Senior Living Landscape MAY. 17, 2022 11:30AM

Senior Living is a multi-faceted industry and can be a bit confusing when beginning your search. However, it doesn't have to be overwhelming! Join us for a panel discussion on the different offerings and what questions you should be asking. Bring your questions for our expert panel!