

September 2026



CENTER INFORMATION

56 Jam House Road, Mifflin, PA 17058

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
LUNCH IS SERVED MONDAY-FRIDAY 11:30 a.m.	1 9:00am-11:00am Chair Volleyball 12pm Wii Bowling	2 10am Exercise 11am Wheel of Fortune Wii game	3 9am Dominos 10am-1pm Card Game Day	4 10am Exercise 11am CPRS
7 Center Closed	8 9:00am-11:00am Chair Volleyball 12pm Wii Bowling	9 10am Exercise 11am Senior Day at Juniata Co Fair	10 9am Dominos 10am-1pm Card Game Day	11 10am Exercise 11am B/P Check Bingo in the park McAlisterville
14 10am Exercise 11am Phoenix Rehab	15 9:00am-11:00am Chair Volleyball 12pm Wii Bowling	16 Center Closed	17 9am Dominos 10am-1pm Card Game Day	18 10am Exercise 11am Encompass
21 10am Exercise 11am Dietician Presentation	22 9:00am-11:00am Chair Volleyball 12pm Wii Bowling	23 10am Exercise 11am Wii Games	24 9am Dominos 10am-1pm Card Game Day	25 10am Exercise 11am Free Lunch
28 10am Exercise 11am Puzzles	29 9:00am-11:00am Chair Volleyball 12pm Wii Bowling	30 10am Exercise 9:30am Center Meeting		