

Health & Wellness Workshops

Offered at Franklin County, Pa Senior Activity Centers
For more information- Center phone numbers are at the bottom of the calendar

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 <u>Bingocize</u> Path Valley SAC 10:45am
6 <u>Bingocize</u> Path Valley SAC 10:45am	7 <u>Bingocize</u>	8 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	9	10 <u>Bingocize</u> Path Valley SAC 10:45am Upper Strasburg SAC 1:30pm
13 <u>Bingocize</u> Path Valley SAC 10:45am	14 <u>Bingocize</u>	15 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	16	17 <u>Bingocize</u> Path Valley SAC 10:45am Upper Strasburg SAC 1:30pm
20 <u>All Centers Closed</u> <u>Martin Luther King Day</u>	21 <u>Bingocize</u>	22 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	23	24 <u>Bingocize</u> Path Valley SAC 10:45am Upper Strasburg SAC 1:30pm Chambersburg SAC 1:30pm
27 <u>Bingocize</u> Path Valley SAC 10:45am Greencastle SAC 1:00pm Chambersburg SAC 1:30pm	28 <u>Bingocize</u> Greencastle SAC 1:00pm	29 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	30	31 <u>Bingocize</u> Path Valley SAC 10:45am Upper Strasburg SAC 1:30pm Chambersburg SAC 1:30pm

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February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>Path Valley SAC 10:45am</p> <p>Greencastle SAC 1:00pm</p>	<p>4</p> <p><u>Bingocize</u></p> <p>St Thomas SAC 10:30am</p> <p>Greencastle SAC 1:00pm</p> <p>Mont Alto SAC 1:00pm</p>	<p>5</p> <p><u>Bingocize</u></p> <p>Upper Strasburg SAC 1:30pm</p>	<p>6</p> <p><u>Bingocize</u></p> <p>Mont Alto SAC 1:00pm</p>	<p>7</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>St Thomas SAC 10:30am</p> <p>Path Valley SAC 10:45am</p> <p>Upper Strasburg SAC 1:30pm</p>
<p>10</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>Path Valley SAC 10:45am</p> <p>Greencastle SAC 1:00pm</p>	<p>11</p> <p><u>Bingocize</u></p> <p>St Thomas SAC 10:30am</p> <p>Greencastle SAC 1:00pm</p> <p>Mont Alto SAC 1:00pm</p>	<p>12</p> <p><u>Bingocize</u></p> <p>Upper Strasburg SAC 1:30pm</p>	<p>13</p> <p><u>Bingocize</u></p> <p>Mont Alto SAC 1:00pm</p>	<p>14</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>St Thomas SAC 10:30am</p> <p>Path Valley SAC 10:45am</p> <p>Upper Strasburg SAC 1:30pm</p>
<p>17</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>Path Valley SAC 10:45am</p> <p>Greencastle SAC 1:00pm</p>	<p>18</p> <p><u>Bingocize</u></p> <p>St Thomas SAC 10:30am</p> <p>Greencastle SAC 1:00pm</p> <p>Mont Alto SAC 1:00pm</p>	<p>19</p> <p><u>Bingocize</u></p> <p>Upper Strasburg SAC 1:30pm</p>	<p>20</p> <p><u>Bingocize</u></p> <p>Mont Alto SAC 1:00pm</p>	<p>21</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>St Thomas SAC 10:30am</p> <p>Path Valley SAC 10:45am</p> <p>Upper Strasburg SAC 1:30pm</p>
<p>24</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>Path Valley SAC 10:45am</p> <p>Greencastle SAC 1:00pm</p>	<p>25</p> <p><u>Bingocize</u></p> <p>St Thomas SAC 10:30am</p> <p>Greencastle SAC 1:00pm</p> <p>Mont Alto SAC 1:00pm</p>	<p>26</p> <p><u>Bingocize</u></p> <p>Upper Strasburg SAC 1:30pm</p>	<p>27</p> <p><u>Bingocize</u></p> <p>Mont Alto SAC 1:00pm</p>	<p>28</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>St Thomas SAC 10:30am</p> <p>Path Valley SAC 10:45am</p> <p>Upper Strasburg SAC 1:30pm</p>

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March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>Path Valley SAC 10:45am</p> <p>Greencastle SAC 1:00pm</p>	<p>4</p> <p><u>Bingocize</u></p> <p>St Thomas SAC 10:30am</p> <p>Greencastle SAC 1:00pm</p> <p>Mont Alto SAC 1:00pm</p>	<p>5</p> <p><u>Bingocize</u></p> <p>Upper Strasburg SAC 1:30pm</p>	<p>6</p> <p><u>Bingocize</u></p> <p>Mont Alto SAC 1:00pm</p> <p>Tuscarora SAC 1:00pm</p>	<p>7</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>St Thomas SAC 10:30am</p> <p>Path Valley SAC 10:45am</p> <p>Tuscarora SAC 1:00pm</p> <p>Upper Strasburg SAC 1:30pm</p>
<p>10</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>Path Valley SAC 10:45am</p> <p>Greencastle SAC 1:00pm</p>	<p>11</p> <p><u>Bingocize</u></p> <p>St Thomas SAC 10:30am</p> <p>Greencastle SAC 1:00pm</p> <p>Mont Alto SAC 1:00pm</p>	<p>12</p> <p><u>Bingocize</u></p> <p>Upper Strasburg SAC 1:30pm</p>	<p>13</p> <p><u>Bingocize</u></p> <p>Mont Alto SAC 1:00pm</p> <p>Tuscarora SAC 1:00pm</p>	<p>14</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>St Thomas SAC 10:30am</p> <p>Path Valley SAC 10:45am</p> <p>Tuscarora SAC 1:00pm</p> <p>Upper Strasburg SAC 1:30pm</p>
<p>17</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>Greencastle SAC 1:00pm</p>	<p>18</p> <p><u>Bingocize</u></p> <p>Mont Alto SAC 1:00pm</p> <p>Greencastle SAC 1:00pm</p>	<p>19</p>	<p>20</p> <p><u>Bingocize</u></p> <p>Mont Alto SAC 1:00pm</p> <p>Tuscarora SAC 1:00pm</p>	<p>21</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>Tuscarora SAC 1:00pm</p>
<p>24</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>Greencastle SAC 1:00pm</p>	<p>25</p> <p><u>Bingocize</u></p> <p>Mont Alto SAC 1:00pm</p> <p>Greencastle SAC 1:00pm</p>	<p>26</p>	<p>27</p> <p><u>Bingocize</u></p> <p>Mont Alto SAC 1:00pm</p> <p>Tuscarora SAC 1:00pm</p>	<p>28</p> <p><u>Bingocize</u></p> <p>Chambersburg SAC 10:00am</p> <p>Tuscarora SAC 1:00pm</p>

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April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Bingocize</u> Mont Alto SAC 1:00pm Greencastle SAC 1:00pm	2	3 <u>Bingocize</u> Mont Alto SAC 1:00pm Tuscarora SAC 1:00pm	4 <u>Bingocize</u> Tuscarora SAC 1:00pm
7 Greencastle SAC 1:00pm	8 <u>Bingocize</u> Mont Alto SAC 1:00pm Greencastle SAC 1:00pm	9	10 <u>Bingocize</u> Mont Alto SAC 1:00pm Tuscarora SAC 1:00pm	11 <u>Bingocize</u> Tuscarora SAC 1:00pm
14	15	16	17 All Centers Closed For Volunteer Banquet	18 All Centers Closed Good Friday
21	22	23	24 <u>Bingocize</u> Tuscarora SAC 1:00pm	25 <u>Bingocize</u> Tuscarora SAC 1:00pm
28	29	30		

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May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>Bingocize</u> Tuscarora SAC 1:00pm	2 <u>Bingocize</u> Tuscarora SAC 1:00pm
5	6	7	8 <u>Bingocize</u> Tuscarora SAC 1:00pm	9 <u>Bingocize</u> Tuscarora SAC 1:00pm
12	13	14	15	16
19	20	21	22	23
26 All Centers Closed Memorial Day	27	28	29	30

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June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

Chambersburg SAC - Contact Miranda (717) 264-8191

Mont Alto SAC- Contact Danielle (717) 749-7294

St Thomas SAC - Contact Mandy (717) 369-2520

Upper Strasburg SAC - Contact Krystle (717) 530-1186

Greencastle SAC-Contact Beth (717) 597-2020

Path Valley SAC- Contact Tonya (717) 349-7227

Tuscarora SAC - Contact Elaine (717) 328-4744

Waynesboro SAC - Contact (717) 762-2758