

St. Thomas Senior Activity Center (717) 369-2520
April 2025

Activity Classes are **RED**
Exercise classes are **BLUE**
Health & Wellness are **PURPLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*April is stress awareness month	1 Stronger Seniors DVD-led exercise class 10:00	2 Movie and Popcorn 10:00 "Brigadoon"	3 Spring Brunch 10:30 (this is when lunch will be served) Center Closes early at 1:00 for staff training	4 Videos on using smart phone features AARP videos 11:00
7 Closed	8 Stronger Seniors DVD-led exercise class 10:00	9 Keystone Health 11:00	10 Book Discussion 11:00 Easter Meal-Bring a dessert to share	11 Ice Cream Sundaes with Lunch
14 Closed	15 Stronger Seniors DVD-led exercise class 10:00 Early Lunch 11:30 Paint Class immediately after	16 Rock Painting Craft 10:30	17 All Centers Closed for Volunteer Banquet	18 Good Friday All Centers Closed
21 Closed	22 Stronger Seniors DVD-led exercise class 10:00	23 Early lunch 11:30	24 Special Music Day 10:45-11:45	25 April Birthday Celebration with lunch

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28 Closed	29 Stronger Seniors DVD led exercise class 10:00	30 Stress Awareness Craft-making 11:00		
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- Activities are subject to change
- Paint class, pottery class, craft making, and card making require pre-registration and classes are limited to 15 people