

Upper Strasburg (717) 530-1186
April 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This Month is: Medicaid Awareness Parkinson's Awareness Stress Awareness National Humor Month	1 12:30 Brain Game 1:00 Card Making for Orrstown Personal Care	2 11:00 Positive Poetry Activity 1:00 Show and Share: Jokes (tell us your best joke!)	3 10:30 News and Views Coffee Social 11:30 Nutrition Education: Food Connects Us Closing at 1:30 for training/team meeting	4 11:00 Fitness Fun
7 11:00 Fitness Fun 1:00 Craft: Paper Hyacinth Flowers	8 1:00 Lip Balm Making	9 9:00-11:00 Book Mobile Close at 3:30 for Home Delivered Meals	10 10:30 News and Views Coffee Social 1:00 Keystone-Emergency and Medical Planning	11 11:00 Fitness Fun 1:00 Bingo: Mug/Teacups
14 11:00 Fitness Fun	15 11:00 Junk Journal 1:00 Game Day: Fishbowl Taboo	16 11:00 Kitchen Creations: Ice Cream Bread 1:00 Easter Celebration	17 All centers closed for Volunteer Banquet	18 All centers closed for holiday
21 11:00 Fitness Fun 1:00 Paint Class with Elaine Foreman	22 11:00 Senior Planet-Decluttering Video	23 10:30 Group Study Close at 3:30 for Home Delivered Meals	24 11:00 Coloring Corner 1:00 Movie: Little Rascals	25 11:00 Fitness Bingo

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28 11:00 Fitness Fun	29 1:00 Teatime	30 1:00 Birthday Bash		
		National Hairstylist Appreciation Day		