

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Joe-Capital Blue Cross Bingo 11:00	2 Card Games 10:00- 12:00
5 Closed	6 Stronger Seniors DVD led exercise 10:00	7 Early Lunch 11:30 Center closes at 1:00	8 Salt Dough Ornament Painting 10:30 Center closes at 3:00	9 Movie and Popcorn 10:00 "Split Infinity"
12 Closed	13 Book Discussion 11:00 Stronger Seniors DVD led exercise 10:00	14 Keystone Health "Medication Safety" 11:00	15 Trivia 11:00	16 Ladies Afternoon Tea 12:30
19 Closed	20 Early Lunch 11:30 Paint Day immediately following lunch Stronger Seniors DVD led exercise 10:00	21 Card Games 10:00-12:00	22 Special Music Day 10:45-11:45	23 Bingo 11:00

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26 Memorial Day-All centers closed	27 Stronger Seniors DVD led exercise 10:00	28 Spring Decoupage Craft 10:00	29 Board Games 11:00	30 May Birthday Celebration with lunch & Older Americans' Month Off-site Event
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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