

Tuscarora Senior Activity Center (717) 328-4744
MAY 2025

Exercise classes are **BLUE**

Activity Classes are **RED**

Health & Wellness are **PURPLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALWAYS AVAILABLE: COMPUTERS W/ACCESS TO PRINTER, GYM, POOL TABLES, LENDING LIBRARY, MAGNIFIER MACHINE ACTIVITIES SUBJECT TO CHANGE	SENIOR CENTER WEATHER CLOSING HOTLINE: 717-660-2678	START WHERE YOU ARE. USE WHAT YOU HAVE. DO WHAT YOU CAN - ARTHUR ASHE	1 11AM STRONG SENIORS 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	2 10:30AM CERAMICS COST: \$5 SIGN-UP REQUIRED 12:30PM DRUG & ALCOHOL SURVEY VISIT
5 11AM CHAIR YOGA W/GARY 1:00PM READ ALONG WITH RACHEL: EDGE OF NOWHERE BY ROBERT SPRECHT	6 11AM STRONG SENIORS 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED) HAND & FOOT CARD CLUB (IMMEDIATELY FOLLOWING BINGOCIZE)	7 GREAT AMERICAN GRUMPOUT DAY 10-11AM BOOKMOBILE 1PM POPCORN & A MOVIE: GRUMPY OLD MEN (PG-13)	8 11AM STRONG SENIORS 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	9 12:30PM ADVICE FROM MOM: GRAB A SLIP OF PAPER AND WRITE DOWN SOME OF THE BEST ADVICE FROM YOUR MOTHER OR MOTHER FIGURE
12 11AM CHAIR YOGA W/GARY 1PM READ ALONG WITH RACHEL: EDGE OF NOWHERE BY ROBERT SPRECHT	13 11AM STRONG SENIORS 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED) HAND & FOOT CARD CLUB (IMMEDIATELY FOLLOWING BINGOCIZE)	14 10-11AM BOOKMOBILE 11AM CHAIR YOGA W/GARY 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	15 11AM STRONG SENIORS 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	16 PROM PREP (ALL DAY) 6-8PM STARRY NIGHT PROM

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<p>19</p> <p>11AM CHAIR YOGA W/GARY</p> <p>1PM READ ALONG WITH RACHEL: EDGE OF NOWHERE BY ROBERT SPRECHT</p>	<p>20</p> <p>CLOSED FOR ELECTION</p>	<p>21</p> <p>11AM CHAIR YOGA W/GARY</p> <p>1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)</p>	<p>22</p> <p>11AM STRONG SENIORS</p> <p>1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)</p>	<p>23</p> <p>BIRTHDAY CELEBRATION (IMMEDIATELY FOLLOWING LUNCH)</p>
<p>26</p> <p>ALL COUNTY OFFICE AND SENIOR CENTERS CLOSED IN OBSERVANCE OF MEMORIAL DAY</p>	<p>27</p> <p>11AM STRONG SENIORS</p> <p>1PM HAND AND FOOT CARD CLUB</p>	<p>28</p> <p>1PM PAINT WORKSHOP W/ ELAINE F COST: \$3 SIGN-UP REQUIRED</p>	<p>29</p> <p>11AM STRONG SENIORS</p>	<p>30</p> <p>CLOSED FOR OFF-SITE EVENT</p> <p>OLDER AMERICANS' MONTH PICNIC (SIGN-UP REQUIRED)</p>