

Upper Strasburg (717) 530-1186
May 2025

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| This Month is: Arthritis Awareness Mental Health Awareness National Asthma National High Blood Pressure Education | National Stroke Awareness Melanoma Awareness Older Americans Month | | 1 11:00 News & Views 1:00 Show & Share: Hat (Kentucky Derby) 1:30 Mint Juleps | 2 11:00 Fitness Fun 1:00 Lessons from a Schooled Life |
| 5 11:00 Fitness Fun 1:00 Card Making for Orrstown Personal Care | 6 11:00 Craft: Neurographic Art | 7 1:00 Craft: Poppy Wreath Closing at 3:30 for Home Delivered Meals | 8 11:00 News & Views 1:00 Keystone-Medication Safety | 9 9:30 Mother's Day Breakfast 11:00 Fitness Fun |
| 12 11:00 Fitness Fun 1:00 Matt Frampton-Road Safety | 13 12:30 Name that Tune | 14 9:00-11:00 Book Mobile | 15 11:00 News & Views 1:00 Melanoma Facts | 16 11:00 Fitness Fun |
| 19 11:00 Fitness Fun 1:00 Paint Class with Elaine | 20 11:00 Kitchen Creations: Truffles | 21 Birthday Bash Closing at 3:30 for Home Delivered Meals | 22 11:00 News & Views 12:30 Brain Game | 23 11:00 Fitness Fun 1:00 Older Americans' Month Picnic, Tina for Bingo 3:00 The Igloo |
| 26 All centers closed for Memorial Day | 27 11:00 Craft: Mugs 1:00 Tea Time | 28 10:30 Group Study 1:00 Outdoor Games National Senior Health & Fitness Day | 29 11:00 News & Views 1:00 Movie: Seabiscuit | 30 11:00 Fitness Bingo |