Exercise classes are **BLUE** Health & Wellness are **PURPLE**

Activities Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| | 1 Craft Day 12:30pm Pinochle | 2 9am Fit & Feisty Exercise 10am Ceramics Class 12:30pm Hand & Foot 12:30pm Mah Jong | 3 10am Red, White & Blue BINGO 12:30pm Pinochle 12:30pm 500 Card Club | 4 SENIOR CENTER CLOSED Happy Independence Day! |
| 7 9am Fit & Feisty Exercise 10am Basket BINGO | 8 11am Bp checks by Judy 12:30pm Pinochle National Freeze Pop Day | 9 9am Fit & Feisty Exercise 10:30am Would You Rather Game 12:30pm Hand & Foot 12:30pm Mah Jong | 10 10:30am Study Group 12:30pm Pinochle 12:30pm 500 Card Club | 11 9am Fit & Feisty Exercise Craft Day |
| 14 9am Fit & Feisty Exercise | 15 11am Leah w/ Mental Health Association: Services Offered 12:30pm Pinochle | 16 9am Fit & Feisty Exercise 10:30 am Jeopardy Game 12:30pm Hand & Foot 12:30pm Mah Jong | 17 10am BINGO with Tina from PA Health & Wellness 12:30pm Pinochle 12:30pm 500 Card Club SENIOR CENTER CLOSES AT 2PM FOR STAFF MEETING | 18 9am Fit & Feisty Exercise 10:30am Sponge Game |

Chambersburg Senior Activity Center (717) 264-8191 July 2025

Please call 24 hours in advance for meals

Exercise classes are **BLUE** Health & Wellness are PURPLE

| 21 | 22 | 23 | 24 | 25 |
|---------------------------------|-----------------------|--------------------------------|-----------------------|------------------|
| 9am Fit & Feisty | 10:30am Study Group | 9am Fit & Feisty | | 9am Fit & Feisty |
| Exercise | | Exercise | 9am Christmas in July | Exercise |
| | 12:30pm Pinochle | | Movie Day | |
| 10am Sunshine | | 10:30am Live Music w/ | | |
| BINGO bring a summer | | Bob Jones | 12:30pm Pinochle | |
| themed item as a prize donation | | 12:30pm Hand & Foot | 12:30pm 500 Card Club | |
| donation | | 12:30pm Mah Jong | | |
| | | | | |
| | | Gorgeous Grandma Day! | | |
| 28 | 29 | 30 | 31 | |
| 9am Fit & Feisty | 10:30am Card Stamping | 9am Fit & Feisty | Craft Day | |
| Exercise | with Jody | Exercise | | |
| | Must Sign Up | | 12:30pm Pinochle | |
| 10:30am Guess That Sound | 12:30pm Pinochle | 10am Mystery BINGO | 12:30pm 500 Card Club | |
| Sound | 12.30pm Findenie | Bring a prize donation in | | |
| | | a paper bag for a surprise! | | |
| | | | | |
| July Birthday Celebration | | 12:30pm Hand & Foot | | |
| | | 12:30pm Mah Jong | | |
| | | | | |
| | | | | |