

**Path Valley Senior Center (717) 349-7227**  
**July 2025**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Group Study with John 11:00am Center Closes at 1:30pm Home Deliveries	<b>2</b> Closed	<b>3</b> American Heart Association Presentation 10:00am	<b>4</b> Closed Happy 4 <sup>th</sup> of July
<b>7</b> 10-Minute Morning Yoga Video 10:20 Pipe Cleaner Flowers 11:00am	<b>8</b> Group Study with Pastor Darwin 11:00am	<b>9</b> Closed	<b>10</b> Movie & Popcorn 10:30	<b>11</b> 10-Minute Morning Yoga Video 10:20 Bingo 11:00am
<b>14</b> 10-Minute Morning Yoga Video 10:20 Ways to Boost Fiber in Your Diet 11:00am	<b>15</b> Group Study with Pastor John 11:00am Center Closes at 3:00pm Home Deliveries	<b>16</b> Closed	<b>17</b> Art Day 10:30  Closing 1:00pm for staff meeting	<b>18</b> 10-Minute Morning Yoga Video 10:20 Cornhole Outside 11:00am
<b>21</b> Wii Games  10-Minute Morning Yoga Video 10:20	<b>22</b> Group Study with Pastor John 11:00am	<b>23</b> Closed	<b>24</b> Hearing Loss Assisted Devices Presentation 11:00am	<b>25</b> 10-Minute Morning Yoga Video 10:20 Tina Pa. Health & Wellness 11:00

28 10-Minute Morning Yoga Video 10:20 Mind Matter Honeybees Video 11:00	29 Group Study with Pastor John 11:00am <b>Center Closes at  3:00pm  Home Deliveries</b>	30  Closed	31 10-Minute Morning Yoga Video 10:20 Self-Care Blood Pressure Check	
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