

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Stronger Senior Chair Exercise-led by DVD 10:00	2 HSOA: Healthy Steps For Older Adults 1:00-3:30	3 Jason-Franklin Co. Tick and Mosquito Presentation 11:00 <i>Bring a picnic side to share-lunch outside weather permitting</i>	4 Centers Closed for July 4 th Holiday
7 Closed	8 Bill-Franklin Co. Hearing Loss Presentation 11:00 (this is not Beltone)	9 HSOA: Healthy Steps For Older Adults 1:00-3:30	10 Matt Frampton- Traffic Safety/Real ID info 10:30	11 Mindmatters Video: A Honey Bee's Life 11:00
14 Closed	15 Early Lunch 11:30 Paint Class immediately after Stronger Senior Chair Exercise-led by DVD 10:00	16 Movie and Popcorn Disney's "UP" 10:00	17 Center closes early at 1:00 for staff meeting Joe-Capital Blue Cross Bingo 11:00	18 Tina-Pa Health and Wellness 11:00 Bingo

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21 Closed	22 Faux Stained Glass Craft 10:00 *limited seating-pre registration required	23 National Gorgeous Grandma Day Cori-Franklin/Fulton Mental Health presentation 11:00	24 Special Music 10:45-11:45 Bookmobile Day 10:00-10:50	25 July Birthday Celebration with lunch
28 Closed	29 Center closes at 1:30	30 Center closes at 1:30	31 Center closes at 1:30	8/1 CENTER CLOSED