

**Tuscarora Senior Activity Center (717) 328-4744**  
**JULY 2025**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>11AM STRONG SENIORS</p> <p>1PM HAND &amp; FOOT CARD CLUB</p> <p>NATIONAL TELL A JOKE DAY: GRAB A NOTE CARD, WRITE YOUR BEST JOKE, AND TAPE IT TO THE BOARD</p>	<p>2</p> <p>10-11AM BOOKMOBILE</p> <p>MADE IN THE USA DAY: WEAR YOUR BEST RED, WHITE, AND BLUE</p>	<p>3</p> <p>11AM STRONG SENIORS</p> <p>1PM DOG DAYS OF SUMMER BINGO</p>	<p>4</p> <p><b>ALL COUNTY OFFICES AND SENIOR CENTER CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</b></p>
<p>7</p> <p>11AM CHAIR YOGA W/GARY</p> <p>NATIONAL CHOCOLATE DAY BRING A CHOCOLATEY TREAT TO SHARE WITH EVERYONE</p>	<p>8</p> <p>11AM STRONG SENIORS</p> <p>1PM HAND &amp; FOOT CARD CLUB</p>	<p>9</p> <p>11AM CHAIR YOGA W/GARY</p> <p>NATIONAL SUGAR COOKIE DAY! ENJOY A YUMMY SUGAR COOKIE</p>	<p>10</p> <p>11AM STRONG SENIORS</p>	<p>11</p> <p>10:30AM WAYNESBORO CERAMIC CENTER: CERAMIC WORKSHOP \$5 DONATION (LAST DAY TO SIGN-UP 7/3)</p> <p><b>LUNCH AT 11:30AM CENTER CLOSING AT 2PM</b></p>
<p>14</p> <p>11AM CHAIR YOGA W/GARY</p> <p>12:30PM QUARTERLY NUTRITION EDUCATION</p>	<p>15</p> <p>11AM STRONG SENIORS</p> <p>1PM HAND &amp; FOOT CARD CLUB</p>	<p>16</p> <p>10-11AM BOOKMOBILE</p> <p>11AM CHAIR YOGA W/GARY</p>	<p>17</p> <p>11AM STRONG SENIORS</p> <p><b>LUNCH AT 11:30AM CENTER CLOSING AT 2PM FOR STAFF MEETING</b></p>	<p>18</p> <p>1PM POPCORN AND A MOVIE: NATIONAL TREASURE</p>

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21 11AM CHAIR YOGA W/GARY	22 11AM STRONG SENIORS 1PM HAND & FOOT CARD CLUB	23 11AM CHAIR YOGA W/GARY  <b>LUNCH AT 11:30AM CENTER CLOSING AT 2PM</b>	24 11AM STRONG SENIORS  <b>LUNCH AT 11:30AM CENTER CLOSING AT 2PM</b>	25 BIRTHDAY CELEBRATION (IMMEDIATELY FOLLOWING LUNCH)  <b>LUNCH AT 11:30AM CENTER CLOSING AT 2PM</b>
28 11AM CHAIR YOGA W/GARY  JOIN US AFTER LUNCH FOR A SODA FLOAT	29 11AM STRONG SENIORS  1PM HAND AND FOOT CARD CLUB	30  1PM PAINT AND SIP: JOIN YOUR FRIENDS AND ENJOY A LEMONADE OR ICED TEA WHILE YOU PAINT	31 11AM STRONG SENIORS  10AM BRUNCH  SIGN UP TO HELP IN THE KITCHEN AND TO DONATE BREAKFAST FOODS	ALWAYS AVAILABLE: COMPUTERS W/ACCESS TO PRINTER, GYM, POOL TABLES, LENDING LIBRARY, MAGNIFIER MACHINE ACTIVITIES SUBJECT TO CHANGE