

Upper Strasburg (717) 530-1186
July 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This Month Is: Healthy Vision Month	1 11:00 Mind Matters: Protecting Yourself from Mosquito Bites 1:00 Fact or Fiction: Early America w/ Majessa	2 1:00 Crafting Corner: Mason Jar Patriotic Center Pieces Center closes at 3:20p for home-delivered meals	3 11:00 New & Views Coffee 1:00 Tamara from the American Heart Association 3:00 Igloo	4 All centers closed for the holiday
7 11:00 Fitness Fun 1:00 Teatime	8 1:00 Bookmark making w/ Majessa	9 10:00-11:30 Book Mobile 1:00- Nutrition Education: Fiber	10 11:00 New & Views Coffee 1:00 Keystone-Sun Safety	11 11:00 Fitness Fun 1:00 Card Making for Birthdays
14 11:00 Fitness Fun 1:00 Game Day: Categories Race	15 1:00 DIY Coasters w/ Majessa (Please sign up)	16 10:30 Kitchen Creations: Banana Sushi Center closes at 3:20p for home-delivered meals	17 11:00 New & Views Coffee Center Closed at 1:00p for team meeting	18 11:00 Fitness Fun 1:00 Painting
21 11:00 Fitness Fun 1:00 Bingo	22 1:00 No Bake Cheesecake w/ Majessa (Please sign up)	23 10:30 Group Study 1:00 Fitness Bingo	24 11:00 New & Views Coffee 1:00 Show & Share- Sunglasses/sun hats	25 11:00 Fitness Fun 1:00 Bingo w/ Tina

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28 11:00 Fitness Fun 1:00 Junk Journals	29 1:00 Mad-libs w/ Majessa	30 Birthday Bash 1:00 Drawing video: Hummingbird Center closes at 3:20p for home-delivered meals	31 11:00 New & Views Coffee 1:00 Movie Day: Julie & Julia	
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