

Upper Strasburg (717) 530-1186
June 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:00 Fitness Fun 1:00 Can you spot the hazards game	3 11:00 Card Making for Birthdays 1:00 Kitchen Creations: Mug Cake Mixes with Majessa	4 11:00 Mind Matters: Home Safety and Falls Prevention 3:30 Center closes for home-delivered meals	5 11:00 News and Views Coffee 12:00 Picnic Lunch in pavilion	6 11:00 Fitness Fun 1:00 Kitchen Creations: Mini Donuts National Donut Day
9 11:00 Fitness Fun 1:00 Kitchen Creations: Making butter by hand	10 1:00 Craft Corner: Rock painting with Majessa Sun tea for National Iced Tea Day	11 10:00-11:30 Book Mobile 1:00 Game Day: Roll a Garden	12 11:00 News and Views Coffee 2:00 Center closes for staff training	13 11:00 Fitness Fun 1:00 Pizza Party for Father's Day
16 11:00 Fitness Fun 1:00 Craft Corner: I Spy Jars	17 11:00 My Senior Planet: Estate Planning video 1:00 Blind Bingo with Majessa	18 1:00 YouTube Drawing Video: Potted Tulip 3:30 Center closes for home delivered meals	19 1:00 Show and Share: Bring a picture of a younger you 1:00 Farmer's Market Vouchers	20 11:00 Fitness Bingo 1:00 Paint Day with Elaine: \$3 copay
23 11:00 Fitness Fun 1:00 Forgetfulness: When to ask for help publication	24 1:00 Tea Time 1:00 Crafting Corner: Lid Sun catcher with Majessa	25 10:30 Group Study Birthday Bash	26 11:00 News and Views Coffee 1:00 Movie: Yours, Mine and Ours (the original)	27 11:00 Fitness Fun Center hours 8:30-2:00
30 11:00 Fitness Fun 1:00 Junk Journals	This month is: Alzheimer's & Brain Awareness Cataract Awareness National Safety Month Men's Health Month			