

Chambersburg Senior Activity Center (717) 264-8191

August 2025

Please call 24 hours in advance for meals

Activity Classes are **RED**

Exercise classes are **BLUE**
Health & Wellness are **PURPLE**

Activities Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August is National Wellness Month				1 9am Fit & Feisty Exercise
4 9am Fit & Feisty Exercise 10:30am Tongue Twister Game 1:30pm Chair Yoga Bingo	5 10:30am Ball Toss Game 12:30pm Pinochle	6 9am Fit & Feisty Exercise 12:30pm Hand & Foot 12:30pm Mah Jong	7 10:30am Study Group 12:30pm Pinochle 12:30pm 500 Card Club	8 9am Fit & Feisty Exercise 10am BINGO
11 9am Fit & Feisty Exercise 9:30am Follow Along Paint Class: Bring Your Own Canvas 1:30pm Chair Yoga Bingo	12 Craft Day 11am Blood Pressure Checks by Judy 12:30pm Pinochle	13 9am Fit & Feisty Exercise 10am BINGO 12:30pm Hand & Foot 12:30pm Mah Jong	14 12:30pm Pinochle 12:30pm 500 Card Club	15 9am Fit & Feisty Exercise 10:30am Karaoke/Sing a Long

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18 9am Fit & Feisty Exercise 10:30am Study Group 1:30pm Chair Yoga Bingo	19 10am BINGO 12:30pm Pinochle	20 9am Fit & Feisty Exercise 12:30pm Hand & Foot 12:30pm Mah Jong	21 9am Movie Day 12:30pm Pinochle 12:30pm 500 Card Club	22 9am Fit & Feisty Exercise 10:30am Wellness Jeopardy
25 9am Fit & Feisty Exercise 10:30am AmeriHealth Senior Law and Housing Rights Virtual Presentation 1:30pm Chair Yoga Bingo	26 12:30pm Pinochle	27 9am Fit & Feisty Exercise Craft Day 12:30pm Hand & Foot 12:30pm Mah Jong	28 10:30am Keystone Health "RSV & Vaccine Information" 12:30pm Pinochle 12:30pm 500 Card Club	29 9am Fit & Feisty Exercise 10am BINGO