

**Path Valley Senior Center (717) 349-7227**  
**August 2025**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10-Minute Morning Yoga Video 10:20 Bingo 11:00am
4 Healthy Steps for Older Adults Workshop 10am-12pm	5 Group Study with Pastor John 11:00am Center Closes at 3:00pm Home Deliveries	6 Closed	7 Mind Matter Honeybees Video 11:00 With Bee Trivia	8 10-Minute Morning Yoga Video 10:20 Movie & Popcorn 10:30
11 Healthy Steps for Older Adults Workshop 10am-12pm	12 Group Study with Pastor Darwin 11:00am	13 Closed	14 Keystone Health 11:00am RSV Vaccine information	15 10-Minute Morning Yoga Video 10:20 My plate Literature 11:00am
18 10-Minute Morning Yoga Video 10:20 Highway Safety With Matt 10:30am	19 Group Study with Pastor John 11:00am Center Closes at 3:00pm Home Deliveries	20 Closed	21 Self- Blood Pressure Checks  Art Day 10:30	22 10-Minute Morning Yoga Video 10:20 <b>Aviation Week</b> Where is Amelia Earhart Video 11:00
25 Question and Answers with Capital Blue Cross & Bingo 10:30	26 Group Study with Pastor John 11:00am	27 Closed	28 Closed	29 10-Minute Morning Yoga Video 10:20 Ashley Franklin Hospice 11:00am

