

**St. Thomas Senior Activity Center (717) 369-2520**  
**August 2025**

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

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
|  |   |   |  | 1<br>Center closed  |
| 4<br>Closed<br><br>National Chocolate<br>Chip Cookie Day | 5<br>Master Gardeners<br>Herb presentation<br>and planting 11:00                                  | 6<br>Chambers<br>Apothecary 11:00<br><i>"Bone Health and<br/>Medical Equipment"</i>   | 7<br>Pizza Party Day for<br>lunch-meal on menu<br>will not be served | 8<br>Stronger Senior Chair<br>Exercise-led by DVD<br>10:00                          |
| 11<br>Closed   | 12<br>Stronger Senior<br>Chair Exercise-led by<br>DVD 10:00<br>Book Discussion<br>11:00           | 13<br>Senior "Guess Who"<br>Bring a photo of you as a<br>child (do not show to<br>anyone and give to<br>Mandy on 8/12)<br>11:00 | 14<br>Joe-Capital Blue<br>Cross<br>Bingo 11:00                       | 15<br>Popcorn and Movie<br>Day<br>"Gidget"<br>10:00                                 |
|  | 19<br>Early lunch 11:30<br>Paint Class<br>immediately following<br>lunch<br>National Aviation Day | 20<br>Amelia Earhart<br>YouTube Video<br>11:00  | 21<br>Keystone<br><i>"RSV/Vaccines"</i><br>11:00                     | 22<br>Center Closed-<br>please register at<br>another center if<br>needed for lunch |

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| 25<br>Closed | 26<br>Stronger Senior<br>Chair Exercise-led by<br>DVD 10:00 | 27<br>Ashley-Franklin<br>Hospice<br>11:00 | 28<br>Center closes at 2:00<br>for staff training<br><br>Special Music<br>10:45-11:45 | 29<br>August Birthday<br>Celebration with<br>lunch |
|--------------|---|---|---|--|

- Activities are subject to change
- Paint class, pottery class, craft making, and card making require pre-registration and classes are limited to 15 people