

**TUSCARORA SENIOR ACTIVITY CENTER (717) 328-4744**  
**AUGUST 2025**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 1PM 30DAY HYDRATION CHALLENGE KICK- OFF
4 11AM CHAIR YOGA W/GARY  12:30PM MINDFULNES MONDAY: MANDALA COLORING	5 11AM STRONG SENIORS  1PM HAND & FOOT CARD CLUB	6 10-11AM BOOKMOBILE  12:30PM FRANKLIN HOSPICE PRESENTATION	7 11AM STRONG SENIORS  ICE CREAM FLOATS (PLEASE SIGN-UP)	8 1PM POPCORN AND A MOVIE: FIELD OF DREAMS
11 11AM CHAIR YOGA W/GARY  12:30PM MINDFULNESS MONDAY: MANDALA COLORING	12 11AM STRONG SENIORS  1PM HAND & FOOT CARD CLUB	13 11AM CHAIR YOGA W/GARY  LEFT HANDERS DAY: LEFT- HANDED TRIVIA	14 11AM STRONG SENIORS  NATIONAL CREAMSICLE DAY!	15 1PM MIND MATTERS: A HONEYBEE'S LIFE

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<p>18</p> <p>11AM CHAIR YOGA W/GARY</p> <p>12:30PM MINDFULNESS MONDAY: MANDALA COLORING</p>	<p>19</p> <p>11AM STRONG SENIORS</p> <p>1PM HAND &amp; FOOT CARD CLUB</p>	<p>20</p> <p>10-11AM BOOKMOBILE</p> <p>11AM CHAIR YOGA W/GARY</p>	<p>21</p> <p>11AM STRONG SENIORS</p> <p>1PM NATIONAL SENIOR CITIZEN DAY SOCIAL: BRING A DESSERT TO SHARE</p>	<p>22</p> <p>6-8PM SUNSET SUMMER DANCE</p> <p>\$3 DONATION AT DOOR</p>
<p>25</p> <p>11AM CHAIR YOGA W/GARY</p> <p>12:30PM MEDICARE PRESENTATION AND BINGO WITH JOE FROM BLUE CROSS/BLUE SHIELD</p>	<p>26</p> <p>11AM STRONG SENIORS</p> <p>1PM HAND &amp; FOOT CARD CLUB</p> <p>12:30PM HAND &amp; FOOT CARD CLUB</p>	<p>27</p> <p>11AM CHAIR YOGA W/GARY</p> <p>1PM SIP AND PAINT: SPEND THE AFTERNOON PAINTING AND SIPPING AN ICED TEA OR LEMONADE</p>	<p>28</p> <p>10AM BRUNCH: SEE SIGN-UP BOARD FOR FURTHER DETAILS</p> <p>11AM STRONG SENIORS</p>	<p>29</p> <p>LABOR DAY PICNIC AND AUGUST BRITHDAY PARTY LOCATION: TSAC</p> <p>SEE SIGN-UP BOARD FOR ADDITIONAL DETAILS</p>

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### **Things to remember via Sheena for publication:**

- Use the assigned colors for activities—everything else should be in black
- No clipart
- The font needs to be Arial
- Spellcheck prior to submission
- If you are a part-time center, please indicate that you are closed on those days (people unfamiliar with your center wouldn't know why if there is nothing in there).