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

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18	19	20	21	22
11AM CHAIR YOGA	11AM STRONG	10-11AM	11AM STRONG	
W/GARY	SENIORS	BOOKMOBILE	SENIORS	6-8PM SUNSET
WGART	SENIORS	BOOKWOBILE	SENIORS	
40.00014	4504114015 0 5007	4444401141514004	4 DA A NA TIONAL	SUMMER DANCE
12:30PM	1PM HAND & FOOT	11AM CHAIR YOGA	1PM NATIONAL	
MINDFULNESS	CARD CLUB	W/GARY	SENIOR CITIZEN	\$3 DONATION AT
MONDAY:			DAY SOCIAL:	DOOR
MANDALA			BRING A DESSERT	
COLORING			TO SHARE	
25	26	27	28	29
11AM CHAIR YOGA	11AM STRONG	11AM CHAIR YOGA	20	
W/CARV	SENIORS	W/CARY	10AM BRUNCH:	I AROR DAY DICNIC
W/GARY	SENIORS	W/GARY	10AM BRUNCH:	LABOR DAY PICNIC
			SEE SIGN-UP	AND AUGUST
12:30PM MEDICARE	1PM HAND & FOOT	1PM SIP AND	SEE SIGN-UP BOARD FOR	AND AUGUST BRITHDAY PARTY
12:30PM MEDICARE PRESENTATION		1PM SIP AND PAINT: SPEND THE	SEE SIGN-UP	AND AUGUST
12:30PM MEDICARE PRESENTATION AND BINGO WITH	1PM HAND & FOOT CARD CLUB	1PM SIP AND PAINT: SPEND THE AFTERNOON	SEE SIGN-UP BOARD FOR FURTHER DETAILS	AND AUGUST BRITHDAY PARTY LOCATION: TSAC
12:30PM MEDICARE PRESENTATION	1PM HAND & FOOT	1PM SIP AND PAINT: SPEND THE	SEE SIGN-UP BOARD FOR	AND AUGUST BRITHDAY PARTY
12:30PM MEDICARE PRESENTATION AND BINGO WITH	1PM HAND & FOOT CARD CLUB	1PM SIP AND PAINT: SPEND THE AFTERNOON	SEE SIGN-UP BOARD FOR FURTHER DETAILS	AND AUGUST BRITHDAY PARTY LOCATION: TSAC
12:30PM MEDICARE PRESENTATION AND BINGO WITH JOE FROM BLUE	1PM HAND & FOOT CARD CLUB 12:30PM HAND &	1PM SIP AND PAINT: SPEND THE AFTERNOON PAINTING AND	SEE SIGN-UP BOARD FOR FURTHER DETAILS 11AM STRONG	AND AUGUST BRITHDAY PARTY LOCATION: TSAC SEE SIGN-UP
12:30PM MEDICARE PRESENTATION AND BINGO WITH JOE FROM BLUE CROSS/BLUE	1PM HAND & FOOT CARD CLUB 12:30PM HAND &	1PM SIP AND PAINT: SPEND THE AFTERNOON PAINTING AND SIPPING AN ICED	SEE SIGN-UP BOARD FOR FURTHER DETAILS 11AM STRONG	AND AUGUST BRITHDAY PARTY LOCATION: TSAC SEE SIGN-UP BOARD FOR

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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).