

Upper Strasburg (717) 530-1186
August 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This Month is: National Immunization Awareness				1 11:00 Fitness Fun 1:00 Card Making for Birthdays
4 11:00 Fitness Fun 1:00 Brenda from Albright LIFE	5 11:00 Mind Matters: Honeybee's Life 1:00 Decorate Frames with Majessa	6 1:00 Root Beer Floats for National Root Beer Float Day Game Day: Throwbacks	7 11:00 News & Views Coffee 12:30 Brain Game: Tongue Twisters	8 11:00 Fitness Fun 1:00 Show & Share: Mini Car Show
11 11:00 Fitness Fun 1:00 Bingo	12 Carnival Day: Games Prizes Snacks	13 1:00 Fitness Bingo Center closes at 3:30 for Home Delivered Meals	14 11:00 News & Views Coffee 1:00 Painting	15 11:00 Fitness Fun Restaurant Trip to Italian Village Restaurant and Pizza
18 11:00 Fitness Fun Family Day! Sign up prior.	19 1:00 Taste Test: Frozen Drinks with Majessa	20 10:00 Kitchen Creations: Granola	21 11:00 News & Views Coffee 1:00 Movie Day: Walk the Line	22 11:00 Fitness Fun 1:00 Junk Journals
25 11:00 Fitness Fun Center closing at 1:00	26 1:00 Reminiscing: Career Day with Majessa	27 10:30 Group Study 1:00 Drawing Video: Moth Center closes at 3:30 for Home Delivered Meals	28 11:00 News & Views Coffee	29 CLOSED

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