

Chambersburg Senior Activity Center (717) 264-8191
September 2025
Please call 24 hours in advance for meals

Activity Classes are **RED**

Exercise classes are **BLUE**
 Health & Wellness are **PURPLE**

Activities Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SENIOR CENTER CLOSED FOR LABOR DAY	2 10:30am Study Group 12:30pm Pinochle	3 9am Fit & Feisty Exercise 10am Ceramics Class MUST SIGN UP 12:30pm Mahjong 12:30pm Hand & Foot	4 12:30pm Pinochle 12:30pm 500 Card Club	5 9am Fit & Feisty Exercise 10:30am Jason Nunnelee Breakfast Treat Meet & Greet
8 9am Fit & Feisty Exercise 10:30am Fall Prevention Jeopardy 1:30pm Chair Yoga Bingo	9 Craft Day 11am Blood Pressure Checks by Judy 12:30pm Pinochle	10 9am Fit & Feisty Exercise 10:30am Mercy House Presentation 12:30pm Mahjong 12:30pm Hand & Foot	11 12:30pm Pinochle 12:30pm 500 Card Club	12 9am Fit & Feisty Exercise 10am Fall Color BINGO Bring a red, orange, gold or brown item as a prize donation
15 9am Fit & Feisty Exercise 10:30am Hospice 101 Presentation w/ Ashley Miller 1:30pm Chair Yoga Bingo	16 12:30pm Pinochle	17 9am Fit & Feisty Exercise 10am Treat BINGO Bring any treat as a prize donation 12:30pm Mahjong 12:30pm Hand & Foot	18 10:30am Stop the Scammers w/ Doug Harmon 12:30pm Pinochle 12:30pm 500 Card Club	19 9am Fit & Feisty Exercise 12:45pm Stop the Bleed Training w/ Sunny

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22 9am Fit & Feisty Exercise 10:30am Karaoke/Sing a Long 1:30pm Chair Yoga Bingo First Day of fall	23 10:30am Study Group 12:30pm Pinochle	24 9am Fit & Feisty Exercise 10:30am Mind Matters Video: Fall Prevention 12:30pm Mahjong 12:30pm Hand & Foot	25 10am BINGO w/ Tina from PA Health & Wellness 12:30pm Pinochle 12:30pm 500 Card Club	26 9am Fit & Feisty Exercise 11am Flu Vaccine w/ Garrett from Keystone Health PLEASE SIGN UP
29 9am Fit & Feisty Exercise Craft Day 1:30pm Chair Yoga Bingo September Birthday Celebration	30 9am Movie & Popcorn 12:30pm Pinochle	September is Fall Prevention Month		