

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed	2 Stronger Senior Chair Exercise-led by DVD 10:00	3 CBC Medicare 101 10:30 Bingo will follow until lunch	4 Jason-"Meet and Greet" Chbg Sk.Nursing & Rehab Center 11:00	5 Picnic at St.Thomas Legion Pavilion 10:00-2:00 (center will be closed)
8 Closed	9 Book Discussion 11:00	10 Slushies with lunch Trivia 11:00	11 Movie and Popcorn "Gunsmoke" 10:30	12 Stronger Senior Chair Exercise-led by DVD 10:00
15 Closed	16 Early lunch 11:30 Paint Class immediately following lunch	17 Doug-First Ed Credit Union 11:00	18 Trevor-PA Game Commission "What We Do" 11:00	19 Stronger Senior Chair Exercise-led by DVD 10:00
22 Closed	23 Stronger Senior Chair Exercise-led by DVD 10:00	24 Citi Financial Presentation on scams 11:00	25 Special Music 10:45-11:45	26 September Birthday Celebration with lunch

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

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

29 Closed	30 Stronger Senior Chair Exercise-led by DVD 10:00			

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