

TUSCARORA SENIOR ACTIVITY CENTER (717) 328-4744
SEPTEMBER 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ALL COUNTY OFFICES AND SENIOR CENTERS CLOSED FOR LABOR DAY	2 11AM STRONG SENIORS 1PM HAND & FOOT CARD CLUB	3 10AM-11AM BOOKMOBILE 1PM CANDY DICE GAME	4 11AM STRONG SENIORS 1PM MEET AND GREET WITH JASON OF CHAMBERSBURG SKILLED NURSING AND REHABILITATION CENTER	5 1PM MILESTONES AND MEMORIES: TREE OF LIFE ACTIVITY REMINDER: LAST DAY TO SIGN UP FOR FALL FEST
8 11AM CHAIR YOGA WITH GARY 12:30 DEMENTIA FRIENDS WORKSHOP WITH ELAINE AND TAWNIA	9 11AM STRONG SENIORS 1PM HAND & FOOT CARD CLUB	10 11AM CHAIR YOGA WITH GARY 1PM PRESENTATION: DOUG WITH FIRST ED FINANCIAL: STOP THE SCAMMERS	11 11AM STRONG SENIORS NATIONAL PICTURE DAY! BRING IN A SCHOOL PICTURE.	12 12PM PIZZA PARTY SIGN-UP AND PAYMENT REQUIRED BY SEPTEMBER 5 TH (SEE SIGN-UP BOARD FOR MORE DETAIL)

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15 11AM CHAIR YOGA WITH GARY 1PM LYMPHOMA DAY PRESENTATION	16 11AM STRONG SENIORS 12:30PM KEYSTONE HEALTH PRESENTATION: RSV AND VACCINES 1PM HAND & FOOT CARD CLUB	17 10AM-11AM BOOKMOBILE 11AM CHAIR YOGA WITH GARY	18 11AM STRONG SENIORS 11:30AM LUNCH CLOSING AT 2PM DUE TO OUTREACH EVENT	19 11:30AM LUNCH CLOSING AT 2PM
22 11AM CHAIR YOGA WITH GARY 11:30AM LUNCH CLOSING AT 2PM	23 11AM STRONG SENIORS 1PM HAND & FOOT CARD CLUB	24 11AM CHAIR YOGA WITH GARY 1PM SIP AND PAINT: ENJOY A REFRESHING BEVERAGE AS YOU PAINT	25 11AM STRONG SENIORS 1PM BINGO WITH TINA FROM PA HEALTH AND WELLNESS	26 1PM FALL PREVENTION BINGO
29 11AM CHAIR YOGA WITH GARY 11:30AM LUNCH	30 11AM STRONG SENIORS 1PM HAND & FOOT CARD CLUB	I WOULD RATHER SIT ON A PUMPKIN, AND HAVE IT ALL TO MYSELF, THAN BE CROWDED ON A VELVET	ALWAYS AVAILABLE: COMPUTERS WITH ACCESS TO PRINTER, GYM, POOL TABLES, LENDING LIBRARY,	ACTIVITIES SUBJECT TO CHANGE

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CLOSING AT 2PM DUE TO STAFF TRAINING		CUSHION. - HENRY DAVID THOREAU	MAGNIFIER MACHINE	
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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).