

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Closed	4 Old Wives Tales 11:00 *Election Day	5 Ice Cream Sundaes with lunch Card Games 10:30	6 Jason-Chbg Sk.Nursing and Rehab Games 11:00	7 Stronger Seniors Chair Exercise Class led by DVD 10:00
10 Closed	11 Center Closed Happy Veteran's Day	12 Air Dry Clay Craft 10:30 *this will be a multi- day activity	13 Mindmatters presentation: Pennsylvania State Parks and Forests Getting Involved! 11:00	14 Stronger Seniors Chair Exercise Class led by DVD 10:00
17 Closed	18 Early Lunch 11:30 Book Discussion 10:30 Paint Class Immediately following lunch (about 12:15)	19 Stronger Seniors Chair Exercise Class led by DVD 10:00	20 Special Music 10:45- 11:45 Thanksgiving Meal	21 Tina-PA Health and Wellness BINGO 11:00
24 Closed	25 Stronger Seniors Chair Exercise Class led by DVD 10:00	26 November Birthday Celebration with lunch	27 Center Closed Happy Thanksgiving!	28 Center Closed

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