

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breast Cancer Awareness Month-Wear pink day <i>Bring a pink food item to share</i>	2 Jason C'burg Sk Nursing and Rehab BINGO 11:00	3 Center Closed for offsite event: FallFest at Mont Alto Carnival Grounds
6 Closed	7 Tamara-American Heart Association 10:00	8 Nutrition Discussion 11:00	9 Oktoberfest Jeopardy 11:00	10 Stronger Seniors Exercise Class led by DVD 10:00
13 Closed	14 Book Discussion 11:00	15 Keystone Pharmacy Flu Vaccine Clinic 11:00	16 Keystone Health "Men's/Women's Health" 11:00	17 Stronger Seniors Exercise Class led by DVD 10:00
20 Closed	21 Early lunch 11:30 Paint class immediately following lunch	22 Bullying Bingo 11:00 (this is not traditional bingo and requires attention to details)	23 Special Music 10:45-11:45	24 Early Lunch 11:30 Stronger Seniors Exercise Class led by DVD 10:00 Center Closes at 1:30 for staff meeting
27 Closed	28 Fall Party at lunch time Please sign up for what you want to bring	29 Pottery Class 11:00 (Christmas Themed) Please sign-up	30 Vinnie-Beltone Hearing 11:00 October Birthday Celebration with lunch	31 Early Lunch 11:30 Center Closes at 1:00

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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