

**TUSCARORA SENIOR ACTIVITY CENTER (717) 328-4744**  
**OCTOBER 2025**

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>ALWAYS AVAILABLE: COMPUTERS W/ACCESS TO PRINTER, GYM, POOL TABLES, LENDING LIBRARY, MAGNIFIER MACHINE</p> <p>ACTIVITIES SUBJECT TO CHANGE</p>	<p>SENIOR CENTER WEATHER CLOSING HOTLINE: 717-660-2678</p> <p>OCTOBER IS NATIONAL CHILI MONTH. SIGN UP TO MAKE YOUR FAVORITE CHILI RECIPE FOR OUR FIRST ANNUAL COOKOFF ON OCTOBER 23RD</p>	<p>1</p> <p>10-11AM BOOKMOBILE</p> <p>INTERNATIONAL COFFEE DAY</p>	<p>2</p> <p>11AM STRONG SENIORS</p> <p>1PM THURSDAYS W/JASON: DOWNSIZING YOUR HOUSEHOLD</p>	<p>3</p> <p>ALL SENIOR CENTERS CLOSED FOR FALL FEST</p>
<p>6</p> <p>11AM CHAIR YOGA W/GARY</p> <p>1PM FIRE PREVENTION WEEK PRESENTATION W/MMP&amp;W</p>	<p>7</p> <p>11AM STRONG SENIORS</p> <p>1PM HAND &amp; FOOT CARD CLUB</p>	<p>8</p> <p>11AM CHAIR YOGA W/GARY</p> <p>12:30PM PA MEDI: MEDICARE 101</p>	<p>9</p> <p>11AM STRONG SENIORS</p> <p>1PM BINGO</p>	<p>10</p> <p>NATIONAL ANGEL FOOD CAKE DAY</p> <p>LUNCH AT 11:30AM</p> <p>CLOSING AT 2PM</p>
<p>13</p> <p>11AM CHAIR YOGA W/GARY</p> <p>1PM BRAIN TEASERS</p> <p>NATIONAL TRAIN YOUR BRAIN DAY</p>	<p>14</p> <p>11AM STRONG SENIORS</p> <p>1PM HAND &amp; FOOT CARD CLUB</p>	<p>15</p> <p>10-11AM BOOKMOBILE</p> <p>11AM CHAIR YOGA W/GARY</p> <p>12:30PM KEYSTONE VACCINE CLINIC: PLEASE SIGN-UP BY OCT 6TH</p>	<p>16</p> <p>11AM STRONG SENIORS</p> <p>1PM BREAST CANCER PRESENTATION</p>	<p>17</p> <p>DANCE PREP</p> <p>AUTUMN DANCE 5PM-7PM</p> <p>LOUD SHIRT DAY: WEAR YOUR BRIGHTEST, BOLDEST SHIRT</p>

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<p><b>20</b></p> <p><b>11AM CHAIR YOGA W/GARY</b></p> <p><b>1PM AMERICAN HEART ASSOC: LIFE ESSENTIALS PRESENTATION W/TAMARA</b></p>	<p><b>21</b></p> <p><b>11AM STRONG SENIORS</b></p> <p><b>1PM HAND &amp; FOOT CARD CLUB</b></p>	<p><b>22</b></p> <p><b>11AM CHAIR YOGA W/GARY</b></p> <p><b>1PM BINGO</b></p>	<p><b>23</b></p> <p><b>11AM STRONG SENIORS</b></p> <p><b>11AM-1PM TSAC CHILI COOKOFF (TASTE TEST AND VOTE ON YOUR FAVORITE CHILI)</b></p>	<p><b>24</b></p> <p><b>LUNCH AT 11:30AM</b></p> <p><b>CLOSING 2PM FOR STAFF MEETING</b></p>
<p><b>27</b></p> <p><b>11AM CHAIR YOGA W/GARY</b></p> <p><b>1PM SPAGHETTI FUNDRAISER VOLUNTEER MEETING</b></p>	<p><b>28</b></p> <p><b>11AM STRONG SENIORS</b></p> <p><b>1PM HAND &amp; FOOT CARD CLUB</b></p>	<p><b>29</b></p> <p><b>1PM PAINT WORKSHOP W/ELAINE F COST: \$3 SIGN-UP REQUIRED</b></p>	<p><b>30</b></p> <p><b>11AM STRONG SENIORS</b></p> <p><b>10AM BRUNCH SIGN-UP ON BOARD</b></p> <p><b>CENTER CLOSING AT 2PM</b></p>	<p><b>31</b></p> <p><b>BIRTHDAY CELEBRATION AFTER LUNCH</b></p> <p><b>1PM HOLIDAY DECORATING MEETING (ALL WELCOME)</b></p>