

Upper Strasburg (717) 530-1186
November 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:00 Fitness Fun 1:00 Jason Nunlee	4 12:30 Brain Game 1:00 Packing Party for the Shoebox Ministries	5 11:00 Kitchen Creations: Pumpkin Bread Close at 3:00 for Home Delivered Meals	6 11:00 Morning Coffee- The French Chef: To roast a turkey	7 11:00 Fitness Fun 1:00 Thankful Tree with Majessa
10 11:00 Fitness Fun Close at 1:00 for donation counting	11 All centers closed for holiday	12 10:00-11:30 Book Mobile 1:00 Teatime	13 11:00 Morning Coffee 1:00 DIY Gift Craft World Kindness Day	14 11:00 Fitness Fun 1:00 Special Craft-must sign up!
17 11:00 Fitness Fun 1:00 Card Making with Muriel-must sign up	18 Restaurant Trip to Hickory Ridge	19 1:00 Drawing Video: Turkey Close at 3:00 for Home Delivered Meals	20 11:00 Morning Coffee 1:00 Reminiscing- Kitchens in the Past	21 11:00 Fitness Fun 1:00 Thanksgiving Trivia with Majessa
24 10:00 Center Christmas Decorating 11:00 Fitness Fun 1:00 Painting with Elaine	25 1:00 Keystone- Men's and Women's Health	26 10:30 Group Study 1:00 Birthdays Close at 3:00 for Home Delivered Meals	27 All centers closed for holiday	28 All centers closed for holiday