

Upper Strasburg (717) 530-1187
October 2025

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| | | 1 1:00 Bullying Bingo | 2 11:00 News & Views- Mind Matters Utility Scams | 3 Center Closed for Aging Event |
| 6 11:00 Fitness Fun 1:00 Jason Nunlee | 7 | 8 1:00 Craft- Ghost Figurines Center closes at 3:00 for home-delivered meals | 9 11:00 News & Views- Getting to know your health records video 1:00 Bingo | 10 11:00 Fitness Fun 12:30 Pleasant Hall Fire Company 1:00-3:00 Open House |
| 13 10:00 Kitchen Creations: Apple Dumplings 11:00 Fitness Fun 12:30 Brain Game: Apple Trivia | 14 Bring a dessert for National Dessert Day | 15 11:00-4:00 I Love Lucy Marathon National I Love Lucy Day | 16 11:00 News & Views- Guided Meditation 1:00 Show and Share: Oldest objects | 17 11:00 Fitness Fun 1:00 Pumpkin Painting with Majessa |
| 20 11:00 Fitness Fun 1:00 Card Making Class with Muriel- MUST SIGN UP Wear Pink! | 21 1:00 Teatime | 22 10:30 Group Study 1:00 Birthday Bash Center closes at 3:00 for home-delivered meals | 23 11:00 News & Views- Local News 1:00 Movie Day: Frankenstein | 24 11:00 Fitness Fun Center Closes at 1:00 for staff meeting |

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|-------------------------|--|--|--|--|
| 27 Center Closed | 28 1:00 Painting Class with Elaine Forman-\$3 copay | 29 1:00 Drawing Video-Pumpkin Ghost | 30 11:00 News & Views-Reminisce Fall 1:00 Boo Bash-games and treats! | 31 11:00 Fitness Fun 1:00 Apple Pie Chex with Majessa Center closes at 2:00 |
|-------------------------|--|--|--|--|