

**Path Valley Senior Center (717) 349-7227**  
**January 2026**

Activity Classes are **RED**

Exercise classes are **BLUE**

Health & Wellness are **PURPLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Calendar is Subject to Change</b>			1 Closed Happy New Year	2 Closed
5 Jason-Chambersburg Skilled Nursing 10:45 Senior Center Feud Game	6 10-Minute Exercise Video 10:20 Group Study with Pastor John 11:00	7 Closed	8 Holiday Clean up Day	9 10-Minute Exercise Video 10:20 Bingo 11am
12 Vinnie Beltone Hearing Questions & Answers 10:30	13 10-Minute Exercise Video 10:20 Group Study with Pastor Darwin 11:00	14 Closed	15 Paint Day with Elaine 10:15 am	16 10-Minute Exercise Video 10:20 <b>Snowman Button Craft</b> <b>10:45</b>
19 Closed  Martin Luther King Jr. Day	20 10-Minute Exercise Video 10:20 Group Study with Pastor John 11:00am	21 Closed	22 <b>Keystone</b> <b>Mental Health</b> <b>Presentation</b> 11am	23 10-Minute Exercise Video 10:20 <b>Kim Lucas</b> <b>Breathe Easier</b> 11:00am
26 Wii Bowling Day	27 10-Minute Exercise Video 10:20 Group Study with Pastor John 11:00am	28 Closed	29 Self-Care Blood Pressure Checks	30 10-Minute Exercise Video 10:20 <b>Nutrition Education</b> <b>Sodium in Your Diet</b> 11:00am