

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
Calendar is Subject to Change			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 Snowman Button Craft 10:45
19 Closed Martin Luther King Jr. Day	20 10-Minute Exercise Video 10:20 Group Study with Pastor John 11:00am	21 Closed	22 Keystone Mental Health Presentation 11am	23 10-Minute Exercise Video 10:20 Kim Lucas Breathe Easier 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 Nutrition Education Sodium in Your Diet 11:00am