

St. Thomas Senior Activity Center (717) 369-2520
January 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 New Years Day Center closed	2 Strong Seniors Chair Exercise led by DVD 10:00
5 CLOSED	6 Jason-Cbg Skilled Nursing and Rehab Games-Senior Center Feud 11:00	7 Nutrition Education: Sodium 11:00	8 Tamara-American Heart Association: STROKE awareness 11:00	9 Strong Seniors Chair Exercise led by DVD 10:00
12 CLOSED	13 Book Discussion 11:00	14 Mindmatters Presentation: Why Railroads Are Still Important Today Parts 1 & 2 10:30	15 Keystone Health Presentation "Mental Health" 11:00	16 Viewing of Martin Luther King, Jr. "I have a dream" speech and short biography 11:00
19 CLOSED	20 Early Lunch 11:30 Paint Class immediately following lunch	21 Movies and Popcorn John Wayne 10:30	22 Special Music 10:45-11:45	23 Strong Seniors Chair Exercise led by DVD 10:00

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26 CLOSED	27 Strong Seniors Chair Exercise led by DVD 10:00	28 Conversation Café 11:00 Have a coffee and reminisce	29 Jared Childers- Murphy and Childers Law office 11:00	30 January Birthday Celebration with lunch
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- Activities are subject to change
- Paint class, pottery class, craft making, and card making require pre-registration and classes are limited to 15 people