

TUSCARORA SENIOR ACTIVITY CENTER (717) 328-4744

JANUARY 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALWAYS AVAILABLE: COMPUTERS W/ACCESS TO PRINTER, GYM, POOL TABLES, LENDING LIBRARY, MAGNIFIER MACHINE ACTIVITIES SUBJECT TO CHANGE	IN THE EVENT OF INCLEMENT WEATHER, PLEASE CALL THE SENIOR CENTER HOTLINE TO CHECK FOR CLOSURES OR DELAYS. SENIOR CENTER HOTLINE 717-660-2678	Strong Seniors and Chair Yoga with Gary are temporarily canceled. Stay tuned for updates	1 CENTER CLOSED	2 LUNCH AT 11:30AM CENTER CLOSING AT 2PM
5 LUNCH AT 11:30AM CENTER CLOSING AT 2PM	6 LUNCH AT 11:30AM CENTER CLOSING AT 2PM	7 10-11AM BOOKMOBILE LUNCH AT 11:30AM CENTER CLOSING AT 2PM	8 LUNCH AT 11:30AM CENTER CLOSING AT 2PM	9 LUNCH AT 11:30AM CENTER CLOSING AT 2PM
12 LUNCH AT 11:30AM CENTER CLOSING AT 2PM	13 LUNCH AT 11:30AM CENTER CLOSING AT 2PM	14 1PM VISIT FROM JASON W/CHAMBERSBURG REHAB AND LONG- TERM CARE: SENIOR CENTER FEUD	15 12:30PM POPCORN AND A MOVIE: A NIGHT AT THE MUSEUM	16 12:30PM GLUACOMA AWARENESS MONTH PRESENTATION

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19 MARTIN LUTHER KING JR DAY CENTER CLOSED	20 1PM HAND & FOOT CARD CLUB	21 10-11AM BOOKMOBILE	22 11:30AM-12PM MMP&W EMS MONTHLY BLOOD PRESSURE CHECK 1PM HOUSEHOLD BINGO-BRING IN A HOUSEHOLD SUPPLY FOR THE BINGO TABLE	23 ANYTHING GOES DAY
26 1PM MENTAL HEALTH AWARENESS DAY	27 1PM HAND AND FOOT CARD CLUB	28 1PM COMFORT KEEPERS PRESENTATION W/DEBBIE KROCKER	29 NATIONAL PUZZLE DAY	30 12:30PM THYROID AWARENESS MONTH PRESENTATION BIRTHDAY CELEBRATION AFTER LUNCH