

Upper Strasburg Senior Center (717) 540-1186
January 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Center Closed for Holiday	2 11:00 Fitness Fun
5 11:00 Fitness Fun 1:00 Senior Center Family Feud with Jason	6 12:30 Brain Game: Would You Rather	7 1:00 Cooking Corner: Chex Mix Close at 3:00 for home delivered meals	8 10:30 Coffee and Talk: Coloring Corner	9 11:00 Fitness Fun 1:00 Bird Seed Ornament with Majessa
12 11:00 Fitness Fun 1:00 Vinnie- Q+A session	13 1:00 Drawing Video: Winter Mouse	14 1:00 Show and Share: Hobbies for National Hobby Month	15 10:30 Coffee and Talk 1:00 Craft Corner: Mug Coasters	16 11:00 Fitness Fun Center closes at 2:00 for meeting
19 Center Closed for Holiday	20	21 1:00 Jeopardy Close at 3:00 for home delivered meals	22 10:30 Coffee and Talk 1:00 Bingo- Keeping it warm	23 11:00 Fitness Fun 1:00 Pie for National Pie Day Aromatherapy Snowman with Majessa

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26 11:00 Fitness Fun 1:00 Paint Class with Elaine	27 1:00 Teatime	28 10:30 Group Study 1:00 Birthday Bash	29 10:30 Coffee and Talk: 5-minute Meditation	30 11:00 Fitness Fun 1:00 Movie Day-The Little Rascals
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