

TUSCARORA SENIOR ACTIVITY CENTER (717) 328-4744

FEBRUARY 2026

Activity Classes are **RED**

Exercise classes are **BLUE**

Health & Wellness are **PURPLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11AM CHAIR YOGA W/GARY	3 1PM TSAC OLYMPIC GAME: OPENING CEREMONY/FIRST EVENT: SPEED SKATING	4 10-11AM BOOKMOBILE	5 1PM VISIT WITH JASON OF CHAMBERSBURG REHAB AND NURSING CENTER	6 11AM CHAIR YOGA W/GARY
9 11AM CHAIR YOGA W/GARY INTERNATIONAL PIZZA DAY (PIZZA SIGN-UP ON BOARD. LAST DAY TO SIGN-UP 2/6)	10 1PM TSAC OLYMPIC GAME: SNOWBALL TOSS	11 11AM CHAIR YOGA W/GARY	12 12:45PM POPCORN AND A MOVIE: SECONDHAND LIONS	13 11AM CHAIR YOGA W/GARY VALENTINES DAY SOCIAL (SNACK DONATIONS APPRECIATED. SIGN-UP ON BOARD)
16 11AM CHAIR YOGA W/GARY NATIONAL DO A GROUCH A FAVOR DAY	17 1PM TSAC OLYMPIC GAME: CURLING	18 10-11AM BOOKMOBILE 11AM CHAIR YOGA W/GARY	19 1PM PA HEALTH & WELLNESS VISIT W/TINA	20 11AM CHAIR YOGA W/GARY
23 11AM CHAIR YOGA W/GARY	24 1PM TSAC OLYMPIC GAME: OLYMPIC RING TOSS CLOSING CEREMONY IMMEDIATELY FOLLOWING GAMES	25 11AM CHAIR YOGA W/GARY 1PM PAINT WORKSHOP W/ELAINE F. (SIGN-UP REQUIRED BY 2/18)	26 11:30AM-12PM BLOOD PRESSURE CHECKS WITH MMP&W AMBULANCE CREW 1PM COMFORT KEEPERS PRESENTATION W/DEBBIE CROCKER	27 11AM CHAIR YOGA W/GARY BIRTHDAY CELEBRATION IMMEDIATELY AFTER LUNCH