

**Upper Strasburg (717) 530-1186**  
**February 2026**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>11:00 Fitness Fun</b> 1:00 Jason w/ Chambersburg Skilled Nursing-50's and 60's Trivia	3 12:30 Brain Game: Candy Slogan Trivia	4 <b>1:00 Kitchen      Creations: Chocolate      covered Pretzels</b> Close at 3:00 for HDM deliveries	5 11:00 Coffee + Talk: Coloring Corner 1:00 Tina w/ PA H&W-Bingo	6 <b>11:00 Fitness Fun</b> Bubble Blowing Contest for National Bubble Gum Day Wear Red! <b>1:00 Chex Mix w/      Majessa</b>
9 Center Closed	10 1:00 Fraud/Scams Presentation  Safer Internet Day	11 10:00-11:00 Book Mobile <b>1:00 Craft: Puzzle      Key Chains</b>	12 11:00 Coffee + Talk: Art Journaling Video (AARP)	13 <b>11:00 Fitness Fun</b> 1:00 Valentine's Party Wear Pink!
16 <b>11:00 Fitness Fun</b>	17 Fasnacht's for Fasnacht Day-Must sign up	18 1:00 Birthday Bash  Close at 3:00 for HDM deliveries	19 11:00 Coffee + Talk: Planning Ahead- Passwords, Wills and Digital Life (AARP)	20 <b>11:00 Fitness Fun</b> 1:00 Teatime with Muffins for National Muffin Day <b>Crystal Heart Ornament      w/ Majessa</b>
23 <b>11:00 Fitness Fun</b> 1:00 Paint Day with Elaine-Must Sign Up	24 <b>1:00 Keystone-      Mental Health</b>	25 10:30 Group Study	26 11:00 Coffee + Talk: Tech Questions Answered 1:00 Movie Day- Grease	27 <b>11:00 Fitness Fun</b>

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This Month Is: American Heart Month National Cancer Prevention Month				
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