

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

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This Month Is: American Heart Month National Cancer Prevention Month				
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