

**St. Thomas SAC (717) 369-2520**  
**March 2026**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed	3 <b>Early lunch 11:30</b> <b>Center closes at 1:30</b>  Exercise class led by DVD 10:00 *World Hearing Day	4 Wellspan EMS-Johnathan Will discuss ALS/BLS memberships and answer questions 11:00	5 Jason-Chambersburg Skilled Nursing and Rehab 11:00	6 Bring your favorite flavor of Oreo cookies to share  *National Oreo Cookie Day
9 Closed	10 Exercise class led by DVD 10:00  Book Discussion 11:00	11 Food Safety Discussion 11:00	12 <b>Tina-PA Health and Wellness 11:00</b>	13 <b>Early Lunch 11:30</b> <b>Center closes at 1:15</b>  Show and Share 11:00 Bring a family heirloom and share the story behind it  *National Good Samaritan Day
16 Closed	17 <b>Early Lunch 11:30</b>  <b>Paint Class immediately after lunch</b>  *St. Patrick's Day-Wear Green!	18 Mindmatters video: A History of the Susquehanna and Delaware River Basin Through the Perspective of the American Shad 11:00	19 <b>Keystone Health "Healthy Aging" 11:00</b>  *National Let's Laugh Day	20 Joe-Capital Blue Cross 11:00  *International Day of Happiness
23 Closed	24 Exercise class led by DVD 10:00	25 Movie and Popcorn "Singing In The Rain" 10:30	26 Special Music 10:45-11:45  *Bookmobile 10-10:50	27 March Birthday Celebration with lunch
30 Closed	31 Exercise class led by DVD 10:00			