

TUSCARORA SENIOR ACTIVITY CENTER (717) 328-4744
 11300 FT LOUDON RD MERCERSBURG PA 17236
 MARCH 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 HAND AND FOOT CARD CLUB AFTER LUNCH	4 10-11AM BOOKMOBILE	5 10:30 GOSPEL & COUNTRY MUSIC 1PM VISIT W/JASON FROM CHAMBERSBURG REHAB AND SKILLED NURSING	6 10:30AM WAYNESBORO CERAMIC WORKSHOP 11AM CHAIR YOGA W/GARY
9 11AM CHAIR YOGA W/GARY	10 HAND AND FOOT CARD CLUB AFTER LUNCH	11 11AM CHAIR YOGA W/GARY	12 1PM ACTIVITY COMMITTEE MEETING NATIONAL POPCORN LOVERS DAY	13 11AM CHAIR YOGA W/GARY
16 11AM CHAIR YOGA W/GARY SPIRIT DAY: WEAR FLOWERS	17 ST PATRICK'S DAY BRING A DESSERT 1PM AMERICAN HEART ASSOCIATION PRESENTATION SPIRIT DAY: WEAR GREEN	18 10-11AM BOOKMOBILE 11AM CHAIR YOGA W/GARY SPIRIT DAY: 70'S DAY	19 12:30PM NATIONAL NUTRITION MONTH PRESENTATION SPIRIT DAY: WEAR A HAT DAY	20 11AM CHAIR YOGA W/GARY SPIRIT DAY: WEAR YOUR SCHOOL COLORS
23 11AM CHAIR YOGA W/GARY	24 1PM CAPTION CALL PRESENTATION	25 11AM CHAIR YOGA W/GARY 1PM PAINT WORKSHOP WITH ELAINE F. SIGN-UP ON BOARD	26 11:30AM-12PM BLOOD PRESSURE CHECKS WITH MMP&W AMBULANCE CREW	27 11AM CHAIR YOGA W/GARY BIRTHDAY CELEBRATION (FOLLOWING LUNCH)
30 11AM CHAIR YOGA W/GARY	31 HAND AND FOOT CARD CLUB AFTER LUNCH			