

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

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>2</p> <p><b>Center Closed</b></p>	<p>3</p> <p>12:30 Brain Game: Finish the old-fashioned saying</p>	<p>4</p> <p><b>Center closes at 3:00 for Home Delivered Meals</b></p>	<p>5</p> <p>10:30 Coffee + Talk: Coloring</p>	<p>6 11:00 Fitness Fun: Seated exercise</p> <p>1:00 Oreo Blind Taste Test for National Oreo Cookie Day</p>
<p>9</p> <p>11:00 Fitness Fun: Seated exercise</p> <p>1:00 Conversation Uno</p>	<p>10</p> <p>1:00 Healthy Eating on a Budget Presentation</p>	<p>11</p> <p>10:00-11:00 Book Mobile</p> <p>12:00 Lunch at Hickory Ridge Restaurant (Offsite Event)</p>	<p>12 10:30 Coffee + Talk: Shoe Boxes</p> <p>1:00 Craft: Seed Bombs</p> <p>National Plant a Flower Day</p>	<p>13 11:00 Fitness Fun: Seated exercise</p> <p>1:00 History Trivia w/ Majessa</p> <p>Show &amp; Share: Bring your signature recipe and dish</p>
<p>16</p> <p>11:00 Fitness Fun: Seated exercise</p> <p>1:00 Kitchen Corner: St Patrick's Oreo Balls</p>	<p>17</p> <p>1:00 St Patrick's Day Party</p>	<p>18 12:00 Pizza Party w/ Jason</p> <p>1:00 Free Paint Class</p> <p><b>Center closes at 3:00 for Home Delivered Meals</b></p>	<p>19</p> <p>10:30 Coffee + Talk: Tech Talk</p> <p>1:00 Meta Hobson: Caption Call Devices</p>	<p>20</p> <p>11:00 Fitness Fun: Seated exercise</p> <p>1:00 Is it real or is it cake?</p>
<p>23</p> <p>11:00 Fitness Fun: Seated exercise</p> <p>1:00 American Heart Association: Spot a stroke F.A.S.T</p> <p>Bring a friend for lunch!</p>	<p>24</p> <p>1:00 Jeopardy-Women's History</p>	<p>25</p> <p>10:30 Group Study</p> <p>1:00 Birthday Bash</p>	<p>26</p> <p>10:30 Coffee + Talk: Mind Matters Utility Scams</p> <p>1:00 Nicole Scott w/ Remax</p> <p>2:00 Card Making Class with Muriel</p>	<p>27</p> <p>11:00 Fitness Fun: Seated exercise</p> <p>1:00 Neurodivergent Art w/ Majessa</p>

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<p>30 11:00 Fitness Fun: Seated exercise  1:00 Paint Class with Elaine</p>	<p>31 1:00 Movie + Root beer floats</p>			
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