

St. Thomas SAC (717) 369-2520
April 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 The Price Is Right 10:30 *April Fools Day	2 Jason-Chbg Sk Nursing and Rehab 11:00	3 All centers closed Good Friday
6 Closed	7 Exercise class led by DVD 10:00 *World Health Day	8 Closed Caption Phone Presentation for decreased hearing 11:00	9 Tina-PA Health and Wellness 11:00	10 Movie and Popcorn "Singing In The Rain" 10:30
13 Closed	14 Book Discussion 11:00	15 Exercise class led by DVD 10:00	16 Nancy-FCMC Nurse Diabetes and BP checks 11:00 *National Pajama Day	17 Center Closed Pizza Party At Path Valley Eat at 12:00
20 Closed	21 Early Lunch 11:30 Paint Class immediately following lunch Pre-registration is required	22 Mindmatters Video: Tips to Help You Save on Your Energy Bills 11:00	23 Special Music 10:45-11:45 Sonny & Magali's Music and Comedy Bookmobile 10:00-10:50 Center Closes at 1:00pm for Volunteer Celebration	24 Exercise class led by DVD 10:00

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27 Closed	28 Exercise class led by DVD 10:00	29 Spring Craft 10:00	30 April Birthday Celebration with lunch	
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