

Upper Strasburg (717) 530-1186
April 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This Month is: Stress Awareness Month Move More Month Parkinson's Awareness Month National Garden Month		1 1:00 Easter Celebration Center closes at 3:00 for home-delivered meals	2 11:00 Coloring Corner 1:00 Bingo with Tina	3 Closed for Good Friday
6 11:00 Fitness Fun: Seated exercise	7 12:00 Brain Game: Finish the old-fashioned saying 1:00 Bingocize	8 10:00-11:00 Book Mobile 1:00 Bingocize	9 11:00 Mind Matters: Gardening in small spaces 1:00 Craft: Planter pot painting	10 11:00 Fitness Fun: Seated exercise 1:00 Fruit Pizzas with Majessa
13 11:00 Fitness Fun: Seated exercise 1:00 Conversation Uno	14 1:00 Bingocize	15 1:00 Bingocize Center closes at 3:00 for home-delivered meals	16 11:00 Aging Rewired: Aging and Tech Trends 1:00 Managing Stress Presentation by Krystle	17 11:00 Fitness Fun: Seated exercise 1:00 Gardening Jeopardy
20 11:00 Fitness Fun: Seated exercise 1:00 Tea Time and Free Paint	21 1:00 Bingocize	22 1:00 Bingocize	23 11:00 Shoe Boxes Center closes at 1:30 for Volunteer Celebration	24 11:00 Fitness Fun: Seated exercise 1:00 Hungry Hungry Seniors with Majessa

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<p>27 11:00 Fitness Fun: Seated exercise</p> <p>1:00 Paint Class with Elaine-please sign up</p>	<p>28 1:00 Card Class with Muriel-please sign up</p> <p>Blueberry Pie for National Blueberry Pie Day</p>	<p>29 1:00 Bingocize</p> <p>Center closes at 3:00 for home-delivered meals</p>	<p>30 11:00 Loney Tunes Episode for National Bug Bunny Day</p> <p>1:00 Bingocize</p>	
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