

Tuscarora Senior Activity Center (717) 328-4744
May 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALWAYS AVAILABLE: COMPUTERS W/ACCESS TO PRINTER, GYM, POOL TABLES, LENDING LIBRARY, MAGNIFIER MACHINE AACTIVITIES SUBJECT TO CHANGE</p> <p>SENIOR CENTER WEATHER HOTLINE: 717-660-2678</p>		<p>MAY IS OLDER AMERICANS MONTH</p> <p>AGING IS AN EXTRAORDINARY PROCESS WHERE YOU BECOME THE PERSON YOU ALWAYS SHOULD HAVE BEEN – DAVID BOWIE</p>		<p>1 11AM CHAIR YOGA W/GARY</p> <p>12:30PM NATIONAL SKIN CANCER AWARENESS MONTH PRESENTATION W/ELAINE</p>
<p>4 11AM CHAIR YOGA W/GARY</p> <p>1:30-4PM CHRONIC DISEASE MANAGEMENT WORKSHOP. FINAL CLASS. YOU MADE IT!</p>	<p>5 HAND AND FOOT CARD CLUB FOLLOWING LUNCH</p>	<p>6 10-11AM BOOKMOBILE</p> <p>12PM MEDICARE LUNCH & LEARN WITH JOEY FROM CAPITAL BLUE CROSS (SIGN-UP BY 4/30 REQUIRED)</p>	<p>7 CLOSE AT 1PM FOR SUPPLY PICK-UP</p>	<p>8 SENIOR CENTER CLOSED FOR OLDER AMERICANS MONTH OFFSITE EVENT</p>
<p>11 11AM CHAIR YOGA W/GARY</p> <p>12:30PM MENTAL HEALTH AWARENESS PRESENTATION W/ELAINE</p>	<p>12 HAND AND FOOT CARD CLUB FOLLOWING LUNCH</p>	<p>13 11AM CHAIR YOGA W/GARY</p>	<p>14 12:45PM SPRING CLEANING BINGO: BRING A SPRING- CLEANING ITEM FOR THE PRIZE TABLE</p>	<p>15 11AM CHAIR YOGA W/GARY</p> <p>CLOSING AT 2PM</p>

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<p>18 11AM CHAIR YOGA W/GARY CLOSING AT 2PM</p>	<p>19 PRIMARY ELECTION DAY TUSCARORA SENIOR CENTER CLOSED: POLLING LOCATION</p>	<p>20 10-11AM BOOKMOBILE 11AM CHAIR YOGA W/GARY</p>	<p>21 10AM MUDGE PODGE CRAFT 11:30AM-12PM MMP&W AMBULANCE CLUB BLOOD PRESSURE CHECKS</p>	<p>22 11AM CHAIR YOGA W/GARY 6-8PM SENIOR CITIZEN PROM SPONSORED BY CLAYTON MEMORIAL CHURCH</p>
<p>25 CENTER CLOSED FOR MEMORIAL DAY</p>	<p>26 HAND AND FOOT CARD CLUB FOLLOWING LUNCH</p>	<p>27 11AM CHAIR YOGA W/GARY 1PM PAINT WORKSHOP W/ELAINE F. (SIGN-UP BY 5/20 REQUIRED)</p>	<p>28 12:45PM SUMMERTIME BINGO: BRING SOMETHING SUMMERY FOR THE PRIZE TABLE</p>	<p>29 11AM CHAIR YOGA W/GARY BIRTHDAY CELEBRATION IMMEDIATELY FOLLOWING LUNCH</p>