

Upper Strasburg (717) 530-1186  
 May 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1  <b>Center Closed</b>
4 11:00 Fitness Fun: Seated Exercise  1:00 Jason Activity	5 1:00 Bingocize	6 1:00 Hand and Foot  <b>Center Closes at 3:00 for Home Delivered Meals</b>	7 11:00 Coloring Corner  1:00 Bingocize	8 11:00 Fitness Fun: Seated Exercise  12:00 Older Americans Month Picnic
11 10:00 Mother's Day Breakfast  11:00 Fitness Fun: Seated Exercise  1:00 Meta Hobsen- Caption Call	12 11:00 Pleasant Hall- Basic First Aid  1:00 Bingocize	13 1:00 Hand and Foot	14 11:00 Mind Matters: Connecting to the outdoors as we age  1:00 Bingocize	15 11:00 Fitness Fun: Seated Exercise  1:00 Mandela Art with Majessa  Pizza Party-sign up
18 11:00 Fitness Fun: Seated Exercise  1:00 Paint with Elaine	19 1:00 Bingocize	20 1:00 Hand and Foot  <b>Center Closes at 3:00 for Home Delivered Meals</b>	21 11:00 Craft: Stained Glass Picture  1:00 Bingocize	22 11:00 Fitness Fun: Seated Exercise  1:00 Free Paint

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<p>25</p> <p><b>Closed for Memorial Day</b></p>	<p>26</p> <p>11:30 Paper Airplane Contest for National Paper Airplane Day</p> <p>1:00 Card Making with Muriel</p>	<p>27</p> <p>10:30 Group Study</p> <p>1:00 Hand and Foot</p> <p>Birthday Bash</p> <p>National Senior Health + Fitness Day</p>	<p>28</p> <p>11:00 Shoe Boxes</p> <p>1:00 Keystone- Arthritis</p> <p>2:00 Bingocize</p>	<p>29</p> <p>11:00 Fitness Fun: Seated Exercise</p> <p>1:00 Caption This Activity with Majessa</p>
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