

Chambersburg SAC (717) 264-8191
July 2026

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

Please call 24 hours in advance for meals.
Activities Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9am Fit & Feisty Exercise 12:30pm Mah Jong 12:30pm Hand & Foot	2 Craft Day 12:30pm Pinochle 12:30pm 500 Card Club	3 Senior Center Closed for Independence Day
6 9am Fit & Feisty Exercise 9:30am Paint Class Must Sign Up 1:30 pm Chair Yoga	7 12:30pm Pinochle	8 9am Fit & Feisty Exercise 10:30am Ball Color Match Game 12:30pm Mah Jong 12:30pm Hand & Foot National Freeze Pop Day	9 10:30am Study Group 12:30pm Pinochle 12:30pm 500 Card Club	10 9am Fit & Feisty Exercise 10am BINGO Bring something WHITE as a prize donation Center Closing at 2pm for Staff Meeting
13 9am Fit & Feisty Exercise 1:30 pm Chair Yoga	14 11am BP checks by Judy 12:30pm Pinochle 2pm Offsite trip to Igloo \$2 Tuesday Walk or Drive on your own	15 9am Fit & Feisty Exercise 10am BINGO bring something RED as a prize donation 12:30pm Mah Jong 12:30pm Hand & Foot	16 Craft Day 12:30pm Pinochle 12:30pm 500 Card Club	17 9am Fit & Feisty Exercise Pizza party! \$3 per slice! Must sign up No regular lunch served today.

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<p>20</p> <p>9am Fit & Feisty Exercise</p> <p>9am Breakfast Potluck Bring a breakfast item to share</p> <p>1:30 pm Chair Yoga</p>	<p>21</p> <p>10:30am Study Group</p> <p>12:30pm Pinochle</p>	<p>22</p> <p>9am Fit & Feisty Exercise</p> <p>10:30am July Trivia</p> <p>12:30pm Mah Jong 12:30pm Hand & Foot</p>	<p>23</p> <p>12:30pm Pinochle 12:30pm 500 Card Club</p>	<p>24</p> <p>9am Fit & Feisty Exercise</p> <p>10am BINGO bring something BLUE as a prize donation</p>
<p>27</p> <p>9am Fit & Feisty Exercise</p> <p>2pm Dementia Friends Presentation with Elaine</p> <p>July Birthday Celebration</p>	<p>28</p> <p>9am Movie Day</p> <p>12:30pm Pinochle</p>	<p>29</p> <p>9am Fit & Feisty Exercise</p> <p>10:30am Corn Hole Tournament</p> <p>12:30pm Mah Jong 12:30pm Hand & Foot</p>	<p>30</p> <p>10:30am BINGO with Mackenzie</p> <p>12:30pm Pinochle 12:30pm 500 Card Club</p>	<p>31</p> <p>9am Fit & Feisty Exercise</p> <p>10:30am Karaoke & Sing a Long</p>