

Tuscarora Senior Center (717) 328-4744
July 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Always Available: Computer with access to printer, gym, pool tables, lending library, magnifier machine. Activities subject to change.	Senior Center Weather Hotline: 717-660-2678	1 10-11am Bookmobile International Joke Day	2 11am Chair Yoga with Gary Stars, Stripes, and Summer Bites Potluck Picnic: Bring a dish. Sign-up requested	3 All Franklin County Offices and Senior Centers Closed in Observance of the Independence Day holiday.
6 11am Chair Yoga with Gary	7 Hand and Foot Card Club Following Lunch	8 11am Chair Yoga with Gary 1pm Planning meeting: Fall Spaghetti Dinner Fundraiser	9 1pm Bingo	10 11am Chair Yoga with Gary Lunch at 11:30am Close at 1:30pm for staff meeting
13 11am Chair Yoga with Gary	14 Eat at 11:30am Close at 1pm	15 10-11am Bookmobile 11am Chair Yoga with Gary Eat at 11:30am Close at 1pm	16 Eat at 11:30am Close at 1pm	17 11am Chair Yoga with Gary 6-8pm Sizzle and Groove Dance
20 11am Chair Yoga with Gary National Fortune Cookie Day	21 Hand and Foot Card Club Following Lunch	22 11am Chair Yoga with Gary 12:45pm Popcorn and a Movie: The Sandlot	23 Tuscarora Senior Center Closed	24 11am Chair Yoga with Gary Lunch at 11:30am Close at 1:00pm

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<p>27 11AM Chair Yoga with Gary</p> <p>Lunch at 11:30am Close at 1pm for Dementia Friends presentation at CSAC</p>	<p>28 Hand and Foot Card Club Following Lunch</p> <p>National Milk Chocolate Day</p>	<p>29 11AM Chair Yoga with Gary</p>	<p>30 1pm Bingo</p>	<p>31 11AM Chair Yoga with Gary</p> <p>Birthday celebration following lunch</p> <p>1pm Paint workshop with Elaine F. Registration required by 7/22 \$3 donation</p>
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Things to remember via Sheena for publication:

- Use the assigned colors for activities—everything else should be in black
- No clipart
- The font needs to be Arial
- Spellcheck prior to submission
- If you are a part-time center, please indicate that you are closed on those days (people unfamiliar with your center wouldn't know why if there is nothing in there).