

**Tuscarora Senior Activity Center (717) 328-4744**  
**June 2026**

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1 11am Chair Yoga with Gary	2 Hand and Foot Card Club Immediately Following Lunch	3 10am-11am Bookmobile  <b>Eat at 11:30am</b> <b>Closing at 2pm</b>	4 1pm Games with Jason of Chambersburg Rehab and Skilled Nursing	5 11am Chair Yoga with Gary  1pm National Candy Month: Left Right Game
8 11am Chair Yoga with Gary	9 Hand and Foot Card Club Immediately Following Lunch	10 11am Chair Yoga with Gary	11 12:45pm Movie and Popcorn: Field of Dreams	12 11am Chair Yoga with Gary
15 11am Chair Yoga with Gary	16 1pm Keystone Health Presentation: Arthritis  Hand and Foot Card Club following Presentation	17 10am-11am Bookmobile  11am Chair Yoga with Gary	18  1pm PA Healy and Wellness: Bingo	19 11am Chair Yoga with Gary  <b>Eat at 11:30am</b> <b>Closing at 1pm</b>
22 11am Chair Yoga with Gary	23 Summer Fair Day: games, ice cream bar, popcorn 1pm Sun Safety Bingo	24 11am Chair Yoga with Gary  1pm Paint Workshop with Elaine F <b>(sign-up by 6/17 required)</b>	25 11:30am-12pm MMP&W Ambulance visit for blood pressure checks <b>(subject to change)</b>	26 11am Chair Yoga with Gary  Birthday celebration immediately following lunch

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<p>29 11am Chair Yoga with Gary</p> <p>National Camera Day: Bring in your best snapshot to show in our gallery</p>	<p>30</p> <p>Hand and Foot Card Club Immediately Following Lunch</p>			
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