

Upper Strasburg (717) 530-1186  
 July 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 1:00 Bingocize  1:00 Cooking Corner: Red, White & Blue Truffles with Majessa	2 Special 250th Anniversary of America Potluck Picnic-please sign up	3 <b>Center closed for            Independence Day</b>
6 11:00 Fitness Fun: Video Exercise  1:00 Jason Activity	7 1:00 Bingocize	8 1:00 Jar band wind chime craft with Majessa  <b>Center closes at 3:00            for Home-delivered            Meals</b>	9 1:00 Bingocize	10 11:00 Fitness Fun: Video Exercise  <b>Center closes at 1:30            for Team Meeting</b>
13 11:00 Fitness Fun: Video Exercise  1:00 Bingocize	14 <b>11:00 Early Lunch</b>  <b>Center closes at 12:00            for staff training</b>	15 1:00 Air hockey game with Majessa	16 1:00 Bingocize	17 <b>Offsite lunch at            Bonanza</b>  <b>Center Closed</b>
20 11:30 Video-History of PA  1:00 Pleasant Hall: First Aid  Local treats for National PA Day	21 1:00 Card Making with Muriel- Please sign up	22 10:30 Group Study  1:00 Tie Dye Coaster craft with Majessa  <b>Center closes at 3:00            for Home-delivered            Meals</b>	23 1:00 Show & Share- Photo of grandkids/loved one in your life  Special Photo Booth and Teatime for Gorgeous Grandma Day	24 11:00 Fitness Fun: Video Exercise  1:00 Coloring Activity

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<p>27 11:00 Fitness Fun: Video Exercise</p> <p>1:00 Painting with Elaine-Please sign up</p>	<p>28 1:00 Bird Feeder Craft with Krystle</p>	<p>29 1:00 Blind Bingo with Majessa</p>	<p>30 1:00 Birthday Bash and Free Paint</p>	<p>31 11:00 Fitness Fun: Video Exercise</p>
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