

Upper Strasburg (717) 530-1189
June 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 11:00 Fitness Fun: Seated Exercise</p> <p>1:00 Jason Activity</p>	<p>2 1:00 Bingocize</p>	<p>3 1:00 Bingocize</p>	<p>4 1:00 Bingo with Gina</p>	<p>5 11:00 Fitness Fun: Seated Exercise</p> <p>Donuts for National Donut Day</p> <p>Center closes at 1:00</p>
<p>8 11:00 Fitness Fun: Seated Exercise</p> <p>12:30 Slang Trivia</p> <p>1:00 Free Paint</p>	<p>9 1:00 Bingocize</p>	<p>10 1:00 Hand and Foot</p> <p>Close at 3:00 for Home Delivered Meals</p>	<p>11 11:00 Mind Matters-The "Keystone Markers"</p> <p>1:00 Bingocize</p>	<p>12 11:00 Fitness Fun: Seated Exercise</p> <p>1:00 Orange Chex Mix- must sign up!</p>
<p>15 11:00 Fitness Fun: Seated Exercise</p> <p>1:00 Show + Share-Photo of a younger you</p>	<p>16 11:00 Classic Mickey Mouse Episode for Donald Duck Day</p> <p>1:00 Bingocize</p>	<p>17 1:00 Birthday Bash</p> <p>Hand and Foot</p>	<p>18 1:00 Bingocize</p>	<p>19 11:00 Fitness Fun: Seated Exercise</p> <p>1:00 Sunday Bar for Father's Day and Name that Tune</p>
<p>22 11:00 Fitness Fun: Seated Exercise</p> <p>1:00 Paint Class with Elaine</p>	<p>23 1:00 Keystone: Arthritis</p> <p>2:00 Card Making with Muriel</p>	<p>24 1:00 Bingocize</p> <p>Close at 3:00 for Home Delivered Meals</p>	<p>25 1:00 Bingocize</p>	<p>26 11:00 Fitness Fun: Seated Exercise</p> <p>1:00 DIY Air Freshener- must sign up!</p>

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29 11:00 Fitness Fun: Seated Exercise 1:00 Jeopardy	30 1:00 Bingocize			
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