

St. Thomas Senior Activity Center (717) 369-2520
August 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Closed	4 Exercise Class led by DVD 10:00	5 Card Games	6 Jason-Chambersburg Skilled Nursing and Rehab 11:00	7 Closed
10 Closed	11 10:00 Book Club 1 PM Sonny & Magali's Music & Comedy	12 Card Games	13 SNACK BINGO 1 PM (bring a new sealed snack for prizes)	14 Closed
17 Closed	18 Exercise Class led by DVD 10:00	19 Gina PA Health & Wellness Bingo 11:00	20 BIRTHDAY Celebration After lunch	21 Closed
24 Closed	25 Paint Class with Elaine begins at 10:00 \$3.00 per person	26 Card Games	27 Special Music Day 10:45-11:45 Bookmobile 10:00-10:50	28 Closed
31 Think of something to be thankful for every day.	Encourage someone today.	Take a walk outside today.	Eat a healthy breakfast this morning.	Call a friend to say hello.