

TSAC Location (717) 328-4744
August 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11AM Chair Yoga with Gary	4 Hand and Foot Card Club Following Lunch Chocolate Chip Cookie Day: See staff if you would like to contribute to our snack table	5 10-11AM Bookmobile 1pm Wacky Wednesday Bingo: Bring a Wacky Prize For the Prize Table	6 11AM Chair Yoga with Gary National Root Beer Float Day: Join us for a Root Beer Float	7 11AM Chair Yoga with Gary 12:30PM Activity Planning Team: Come Join the Team, Help Plan Events and Activities
10 11AM Chair Yoga with Gary	11 Hand and Foot Card Club Following Lunch	12 11AM Chair Yoga with Gary 1PM Armchair Travel: 15 Great Places in PA You Never Knew Existed	13 1PM Celebrity Bingo	14 11AM Chair Yoga with Gary
17 11AM Chair Yoga with Gary	18 Hand and Foot Card Club Following Lunch	19 11AM Chair Yoga with Gary 10-11AM Bookmobile 1pm Games with Jason Of Chambersburg Rehab and LTC	20 1PM Kim Lucas with Amerihealth Caritas: COPD presentation	21 11AM Chair Yoga with Gary Senior Citizens Day! Lace up your Saddle Shoes, Slick Back Your Hair and Dance the Afternoon Away.
24 11AM Chair Yoga with Gary 12:30PM Keystone Health Presentation	25 Hand and Foot Card Club Following Lunch	26 11AM Chair Yoga with Gary 1PM Paint Workshop with Elaine F. (Sign-up by 8/19)	27 Just Because Day 1PM Team Game: Hot Seat	28 11AM Chair Yoga with Gary Birthday Celebration Following Lunch

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31 11AM Chair Yoga with Gary 12PM Baked Potato Bar Potluck: Sign-up Required: See Board for Details				
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