

Upper Strasburg (717) 530-1186

August 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:00 Fitness Fun: Video Exercise	4 1:00 Cookies and Trivia for National Chocolate Chip Cookie Day	5 1:00 DIY gel air freshener craft with Majessa-sign up Center closes at 3:00 for Home-delivered Meals	6 1:00 Bingo with Gina	7 11:00 Fitness Fun: Video Exercise 1:00 Jason-Senior Centers Contest
10 Center Closed	11 Center Closed	12 Center Closed	13 Center Closed	14 Center Closed
17 11:00 Fitness Fun: Video Exercise 1:00 Keystone Presentation	18 1:00 Card Making with Muriel-must sign up	19 1:00 Birthday Bash Center closes at 3:00 for Home-delivered Meals	20 1:00 Around the world with food with Majessa	21 Center Closed
24 11:00 Fitness Fun: Video Exercise 1:00 Paint Class with Elaine-must sign up	25 1:00 Bookmark Making with Krystle	26 10:30 Group Study 1:00 Plinko with Majessa Popsicles for National Popsicle Day	27 11:00 Armchair Travel: West England	28 11:00 Fitness Fun: Video Exercise
31 11:00 Fitness Fun: Video Exercise 1:00 Jeopardy				