

Tuscarora Senior Activity Center (717) 328-4744
OCTOBER 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 11AM CHAIR YOGA W/GARY 1PM GAMES W/JASON OF CHAMBERSBURG REHAB & LONG-TERM CARE	2 11AM CHAIR YOGA W/GARY FALL FEST DECORATING: COME HELP. MANY HANDS MAKE LIGHT WORK!
5 11AM CHAIR YOGA W/GARY FALL FEST DECORATING	6 HAND AND FOOT CLUB FOLLOWING LUNCH	7 10-11AM BOOKMOBILE 12:30PM CRAFTY CORNER TAKE YOUR TEDDY BEAR TO WORK DAY	8 11AM CHAIR YOGA W/GARY 1PM AUTUMN BINGO: BRING AN AUTUMN- RELATED PRIZE FOR THE TABLE	9 11AM CHAIR YOGA W/GARY POTATO BAR FUNDRAISER 5-7PM
12 11AM CHAIR YOGA W/GARY 1PM DECEMBER OPEN HOUSE PLANNING: RAFFLE PRIZES & DONATION DISCUSSION	13 HAND AND FOOT CLUB FOLLOWING LUNCH NATIONAL M&M DAY	14 11AM CHAIR YOGA W/GARY 12:30PM CRAFTY CORNER	15 FALL FEST PUMPKIN DECORATING (PUMPKIN WILL GO UP AGAINST GSAC AND PVSAC FOR A VOTE)	16 11AM CHAIR YOGA W/GARY MOONLIGHT MOVES DANCE 5-7PM

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19 11AM CHAIR YOGA W/GARY	20 11AM CHAIR YOGA W/GARY HAND AND FOOT CLUB FOLLOWING LUNCH LUNCH AT 11:30AM CLOSING AT 1PM	21 10-11AM BOOKMOBILE 11AM VACCINE CLINIC WITH KEYSTONE PHARMACY 12:30PM CRAFTY CORNER	22 11:30AM BLOOD PRESSURE CHECKS W/MMP&W AMBULANCE CLUB (IF AVAILABLE)	23 11AM CHAIR YOGA W/GARY BIRTHDAY CELEBRATION IMMEDIATELY AFTER LUNCH
26 1AM CHAIR YOGA W/GARY	27 10AM BRUNCH POTLUCK (SIGN-UP ON BOARD) HAND AND FOOT CLUB FOLLOWING LUNCH NATIONAL CIVICS DAY	28 11AM CHAIR YOGA W/GARY 1PM PAINT WORKSHOP W/ELAINE F. (SIGN-UP BY 10/21)	29 11AM CHAIR YOGA W/GARY 12:30PM KEYSTONE HEALTH: HEALTH TOPIC PRESENTATION FALL FEST SET-UP	30 FALL FEST @ TSAC WITH GSAC AND PVSAC