

TUSCARORA SENIOR CENTER (717) 328-4744
SEPTEMBER 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HAND AND FOOT CLUB FOLLOWING LUNCH	2 10-11AM BOOKMOBILE 12:30PM CRAFTY CORNER (LIKE WHAT YOU MADE? TAKE IT HOME FOR A SMALL DONATION)	3 11AM CHAIR YOGA W/GARY 1PM GAMES W/JASON OF CHAMBERSBURG REHAB & LONG-TERM CARE	4 11AM CHAIR YOGA W/GARY 12PM LABOR DAY PICNIC POTLUCK SIGN-UP ON THE BOARD
7 ALL COUNTY OFFICES AND SENIOR CENTERS CLOSED	8 11AM CHAIR YOGA W/GARY HAND AND FOOT CLUB FOLLOWING LUNCH	9 11AM CHAIR YOGA W/GARY 12:30PM CRAFTY CORNER (LIKE WHAT YOU MADE? TAKE IT HOME FOR A SMALL DONATION)	10 11AM CHAIR YOGA W/GARY 1PM BINGO: BRING A PRIZE FOR THE TABLE	11 10:30AM LIVE GOSPEL & BLUEGRASS
14 11AM CHAIR YOGA W/GARY	15 12:30PM TAMARA W/AMERICAN HEART ASSOCIATION: MOVE MORE, LIVE BETTER HAND AND FOOT CLUB FOLLOWING PRESENTATION	16 10-11AM BOOKMOBILE 11AM CHAIR YOGA W/GARY 12:30PM CRAFTY CORNER (LIKE WHAT YOU MADE? TAKE IT HOME FOR A SMALL DONATION)	17 11AM CHAIR YOGA W/GARY 12:30PM PDA NUTRITIONAL EDUCATION	18 SENIOR CENTER MONTH CELEBRATION (TSAC CLOSED) 9:30AM PCN KITCHEN TOUR SIGN-UP REQUIRED 10:30AM SENIOR CENTER MONTH PICNIC LIMITED SPACE SIGN-UP REQUIRED

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21 11AM CHAIR YOGA W/GARY 12:30PM WORLD ALZHEIMER'S DAY- DEMENTIA FRIENDS PRESENTATION W/ELAINE	22 LUNCH AT 11:30AM CLOSING AT 1PM	23 11AM CHAIR YOGA W/GARY 12:30PM CRAFTY CORNER (LIKE WHAT YOU MADE? TAKE IT HOME FOR A SMALL DONATION)	24 1PM DOUG FROM 1ST ED FINANCIAL: FINANCIAL FAMILY FEUD	25 11AM CHAIR YOGA W/GARY BIRTHDAY CELEBRATION IMMEDIATELY AFTER LUNCH 5PM-7PM BAKED POTATO BAR FUNDRAISER
28 11AM CHAIR YOGA W/GARY	29 HAND AND FOOT CLUB FOLLOWING LUNCH	30 11AM CHAIR YOGA W/GARY 1PM PAINT WORKSHOP W/ELAINE F. (SIGN-UP BY 9/23)	"FUN IS LIKE LIFE INSURANCE: THE OLDER YOU GET, THE MORE IT COSTS." — ELBERT HUBBARD	ALWAYS AVAILABLE: COMPUTERS W/ACCESS TO PRINTER, GYM, POOL TABLES, LENDING LIBRARY, MAGNIFIER MACHINE **ACTIVITIES SUBJECT TO CHANGE** SENIOR CENTER WEATHER HOTLINE: 717-660-2678