

**Upper Strasburg (717) 530-1186**  
**October 2026**

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

| MONDAY                                                                           | TUESDAY                                                               | WEDNESDAY                                                                                                                                   | THURSDAY                                                              | FRIDAY                                                                                                  |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
|                                                                                  |                                                                       |                                                                                                                                             | 1<br>1:00 Bingo with Gina                                             | 2<br>3:00 Seated Exercise<br>Video: Stretching<br><br>Wear Pink for Breast<br>Cancer Awareness<br>Month |
| 5<br>1:00 Games with Jason<br><br>3:00 Seated Exercise<br>Video                  | 6<br>1:00 Root beer floats for<br>Oktoberfest                         | 7<br>1:00 Chocolate Covered<br>Pretzels for Oktoberfest                                                                                     | 8<br>1:00 Tabletop Kegeln<br>(bowling) for Oktoberfest                | 9<br>1:00 Alpine Hat Craft for<br>Oktoberfest<br><br>3:00 Tai Chi Exercise                              |
| 12<br>1:00 Bingo- Bring<br>something orange<br><br>3:00 Seated Exercise<br>Video | 13<br>1:00 Puzzle Competition<br><br>National Train Your<br>Brain Day | 14<br>10:00 Book Mobile<br><br>1:00 Bring in a dessert<br>for National Dessert Day<br><br>Center closes at 3:30 for<br>home-delivered meals | 15<br>8:00 I Love Lucy<br>Marathon<br><br>National I Love Lucy<br>Day | 16<br><br><b>Fall Fest-Offsite</b><br><br><b>Senior Center Closed</b>                                   |
| 19<br>1:00 Keystone-Health<br>Topics<br><br>3:00 Exercise- Chair<br>Yoga         | 20<br>10:00 Breakfast<br><br>1:00 Card Making Class                   | 21<br>1:00 Painting Pumpkins<br>with Majessa                                                                                                | 22<br><br><b>Center Closed</b>                                        | 23<br><br><b>Center Closed</b>                                                                          |

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| 26<br>1:00 Painting with Elaine<br><br>3:00 Seated Exercise<br>Video | 27<br>1:00 Jeopardy | 28<br>Cookbook Entries Due<br><br>10:30 Group Study<br><br>1:00 Q-tip Painting with<br>Majessa<br><br><b>Center Closes at 3:30<br/>for home-delivered<br/>meals</b> | 29<br>12:00 DIY Pizza Lunch<br>for National Pizza Month | 30<br>1:00 Boo Bash-games<br>and snacks<br><br>3:00 Exercise-Stretching |
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