

Upper Strasburg (717) 530-1186
September 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1:00 Meal planning and cooking presentation by Krystle	2 Center closes at 3:30 for home-delivered meals	3 1:00 Nutrition Education: Choosing Healthy Carbs	4 10:30 Bunch Potluck: Bring a breakfast item to share-no lunch served 3:00 Seated exercises
7 Center Closed for Holiday	8 1:00 Bingo-Warming up for Fall	9 1:00 Fall Leaf Trinket Bowl with Majessa	10 1:00 DIY Picture Frame Craft	11 1:00 Katie Ackerman from Meno Haven Adult Day Services 3:00 Seated Exercise-Stretching
14 Center Closed	15 Center opens at 8:30a	16 1:00 Jason with activity Center hours 8:30a-3:30p	17 1:00 Jeopardy	18 3:00 Exercise Bingo
21 1:00 Vaccinations with Keystone 3:00 Seated exercises	22 1:00 Card Making with Muriel 2:00 Offsite trip to Igloo for National Ice Cream Cone Day	23 10:30 Group Study with Pastor Darwin 1:00 Apple Nachos with Majessa 12:00 Falls Prevention Quiz	24 1:00 One Hit Wonders Quiz	25 1:00 Cake Tasting-Bring in a cake to share 3:00 Tai Chi exercises

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28 1:00 Painting with Elaine 3:00 Chair Yoga	29 World Heart Day	30 1:00 Birthday Bash Paper Football with Majessa Center closes at 3:30 for home-delivered meals		
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