Upper Strasburg (717) 530-1186
November 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:00 Seated Exercise 1:00 Games with Jason	3	4 1:00 Craft Corner- Christmas Ornament	5 1:00 Bingo- bring something locally made	6 11:00 Seated Exercise
9 11:00 Seated Exercise	10 1:00 Ice Cream Sundays **Center closes at 3:30 for home-delivered meals**	11 **Closed for Veterans Day**	12 1:00 Cupcake Decorating	13 **Center Closed for staff training**
16 11:00 Seated Exercise	17 1:00 Card Making with Muriel	18 10:00-11:00 Book Mobile 1:00 Birthdays and Thankful Tree	19 1:00 Thanksgiving Celebration	20 11:00 Seated Exercise 1:00 Free Paint
23 11:00 Seated Exercise 1:00 Painting with Elaine	24 1:00 Jeopardy	25 **Center closes at 3:30 for home-delivered meals**	26 **Closed for Holiday**	27 **Closed for Holiday**
30 **Center closed**				

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