

**Chambersburg Senior Activity Center (717) 264-8191**  
**July 2024**

**Please call 24 hours in advance for meal reservations**

Activity Classes are **RED**

Exercise classes are **BLUE**  
 Health & Wellness are **PURPLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9am Fit &amp; Feisty Exercise                      9:30am Paint w/ Elaine                      Must Pre Register</p> <p>National Postal Worker and Postage Stamp Day</p>	<p><b>2</b></p> <p>10:30am Erin w/ Keystone Health                      "Dehydration"</p> <p>12:30pm Pinochle</p>	<p><b>3</b></p> <p>9am Fit &amp; Feisty Exercise                      10am Pottery "Butterfly Plant Stake" Must Pre Register</p> <p>12:30pm Hand &amp; Foot                      12:30pm Mah Jong</p> <p>Quail Egg Incubation: Start the Incubator</p>	<p><b>4</b></p> <p>Happy 4<sup>th</sup> of July!</p> <p>Senior Centers Closed</p>	<p><b>5</b></p> <p>9am Fit &amp; Feisty Exercise</p> <p>10:30am Firework art</p> <p>Quail Egg Incubation Day 1: Egg placement</p>
<p><b>8</b></p> <p>9am Fit &amp; Feisty Exercise                      9:30am Paint w/ Elaine                      Must Pre Register</p> <p>National Freeze Pop Day</p>	<p><b>9</b></p> <p>10:30am Study Group w/ Barbara Saufley</p> <p>11am BP checks by Judy</p> <p>12:30pm Pinochle</p>	<p><b>10</b></p> <p>9am Fit &amp; Feisty Exercise                      10:30am Alphabet Scavenger Hunt</p> <p>12:30pm Hand &amp; Foot                      12:30pm Mah Jong</p>	<p><b>11</b></p> <p>10am BINGO Bring a <b>BBQ</b> Prize Donation</p> <p>12:30pm Pinochle                      12:30pm 500 Card Club</p>	<p><b>12</b></p> <p>9am Fit &amp; Feisty Exercise                      10:30am Chris Anderson                      "Taking Charge of Your Health"</p> <p>Quail Egg Incubation Day 7: Let them grow</p>
<p><b>15</b></p> <p>9am Fit &amp; Feisty Exercise</p>	<p><b>16</b></p> <p>11am Martha Swope                      "Hydrating Foods"</p> <p>12:30pm Pinochle</p>	<p><b>17</b></p> <p>9am Fit &amp; Feisty Exercise                      10am BINGO Bring a Prize Donation</p> <p>12:30pm Hand &amp; Foot                      12:30pm Mah Jong</p>	<p><b>18</b></p> <p>10:30am Rock Painting                      12:30pm Vision Resources Meeting                      12:30pm Pinochle                      12:30pm 500 Card Club</p>	<p><b>19</b></p> <p>9am Fit &amp; Feisty Exercise                      10:30am Kim Lucas                      "Outdoor Safety"</p> <p>Quail Egg Incubation Day 14: Candling and Lockdown</p>

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<p>22</p> <p>9am Fit &amp; Feisty Exercise              10am Walk With Ease W/ Chris</p> <p>2pm Pool Tournament</p> <p>Quail Egg Incubation:              Prepare the Brooder</p>	<p>23</p> <p>9am Movie Day "The Burning of Chambersburg"              12:30pm Pinochle</p> <p><b>National Gorgeous Grandma Day</b></p> <p>Quail Egg Incubation:              Day 18: HATCH DAY!</p>	<p>24</p> <p>9am Fit &amp; Feisty Exercise              10am Walk With Ease W/ Chris</p> <p>12:30pm Hand &amp; Foot              12:30pm Mah Jong</p>	<p>25</p> <p>10am BINGO Christmas in July! Bring a Christmas prize donation</p> <p>12:30pm Pinochle              12:30pm 500 Card Club</p>	<p>26</p> <p>9am Fit &amp; Feisty Exercise              10am Walk With Ease W/ Chris</p>
<p>29</p> <p>9am Fit &amp; Feisty Exercise              10am Walk With Ease W/ Chris</p> <p>10:30am Study Group w/ Barbara Saufley</p> <p>July birthday celebration</p>	<p>30</p> <p>10am Mind Matters walk thru: "Emergency Preparedness" Must Sign Up</p> <p>12:30pm Pinochle</p>	<p>31</p> <p>9am Fit &amp; Feisty Exercise              10am Walk With Ease W/ Chris</p> <p>12:30pm Hand &amp; Foot              12:30pm Mah Jong</p>	<p>Healthy Vision Month</p>	