

Chambersburg Senior Activity Center (717)264-8191

April 2024

Please call 24 hours in advance for meals

Activity Classes are **RED**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9am Fit & Feisty Exercise</p> <p>10:30am Origami Rocks</p>	<p>2</p> <p>10:30am Lynn & Erin w/ Keystone "Foot Awareness"</p> <p>12:30pm Pinochle</p>	<p>3</p> <p>9am Fit & Feisty Exercise</p> <p>10am Pottery Class "Flower Dish" 20 spots only</p> <p>12:30pm Hand & Foot</p> <p>12:30pm Mah Jong</p>	<p>4</p> <p>10am BINGO</p> <p>12:30pm Pinochle</p> <p>12:30pm 500 Card Club</p>	<p>5</p> <p>9am Fit & Feisty Exercise</p> <p>2pm-4pm OPEN HOUSE Information, light refreshments, & door prizes!</p>
<p>8</p> <p>9am Fit & Feisty Exercise</p> <p>10:30am Solar Eclipse Model</p> <p>11am Group Singing Total Solar Eclipse Approx. 3:20pm</p>	<p>9</p> <p>10:30am Rolling Paint Picture</p> <p>11am BP checks by Judy</p> <p>12:30pm Pinochle</p>	<p>10</p> <p>9am Fit & Feisty Exercise</p> <p>10:30am Study group w/ Barbara Saufley</p> <p>12:30pm Hand & Foot</p> <p>12:30pm Mah Jong</p>	<p>11</p> <p>9am Popcorn & a Movie "Max"</p> <p>12:30pm Pinochle</p> <p>12:30pm 500 Card Club</p>	<p>12</p> <p>9am Fit & Feisty Exercise</p> <p>Center Closing at 2pm for staff meeting</p>
<p>15</p> <p>9am Fit & Feisty Exercise</p> <p>10:30am Mind Matters Video "Gardening & Planting"</p>	<p>16</p> <p>10:30am Seed Planting for National Garden Month</p> <p>12:30pm Pinochle</p>	<p>17</p> <p>9am Fit & Feisty Exercise</p> <p>10am BINGO w/ Tina</p> <p>12:30pm Hand & Foot</p> <p>12:30pm Mah Jong</p>	<p>18</p> <p>12:30pm Pinochle</p> <p>12:30pm 500 Card Club</p> <p>12:30pm Blind Association Meeting</p> <p>Wear Workout Clothes National Exercise Day</p>	<p>19</p> <p>9am Fit & Feisty Exercise</p> <p>10:30am Kim Lucas "Bullying"</p>
<p>22</p> <p>9am Fit & Feisty Exercise</p> <p>10:30am Study Group w/ Barbara Saufley</p>	<p>23</p> <p>10:30am VA Assistance Presentation</p> <p>12:30pm Pinochle</p>	<p>24</p> <p>9am Fit & Feisty Exercise</p> <p>10:30am Folk Music Sing Along w/ Brian Sanders</p> <p>12:30pm Hand & Foot</p>	<p>25</p> <p>10:30am Woven Bowl</p> <p>12:30pm Pinochle</p> <p>12:30pm 500 Card Club</p> <p>Center Closing at 2pm</p>	<p>26</p> <p>Center Closed for Volunteer Banquet</p>

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29 9am Fit & Feisty Exercise 10am BINGO April Birthday Celebration	30 11:15am Martha Swope "Fatty Liver" 12:30pm Pinochle	Activities subject to change	National Stress Awareness Month	
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