

Chambersburg Senior Activity Center (717)264-8191

May 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
Mental Health Awareness Month	Older Americans Month Activities Subject to Change	1 9am Fit & Feisty Exercise 10am Pottery Class "Flower Dish" 20 spots 12:30pm Hand & Foot	2 12:30pm Pinochle 12:30pm 500 Card Club	3 9am Fit & Feisty Exercise 10:30am Cupcake Liner Flowers
6 9am Fit & Feisty Exercise 9:30am Paint Class w/ Elaine (1 st group of 15)	7 10:30am Erin & Lynn w/ Keystone "Sleep Health & Emergency Info" 12:30pm Pinochle	8 9am Fit & Feisty Exercise 10am BINGO 12:30pm Hand & Foot	9 10:30am Mental Health Assoc. "Senior Reach Program" 12:30pm Pinochle 12:30pm 500 Card Club	10 9am Fit & Feisty Exercise
13 9am Fit & Feisty Exercise 9:30am Paint Class w/ Elaine (2 nd group of 15)	14 10am Mind Matters "Self-Care" 11am BP checks by Judy Nat'l High Blood Pressure Education Month	15 9am Fit & Feisty Exercise 10:30am Rock Painting 12:30pm Hand & Foot	16 10:30am Study Group w/ Barbara Saufley 12:30pm Blind Assoc. Meeting 12:30pm Pinochle 12:30pm 500 Card Club	17 9am Fit & Feisty Exercise 10:30am Kim Lucas "25 Ways to Wellness"
20 9am Fit & Feisty Exercise 10am Peggy Ann Bradnick Story May Birthday Celebration	21 11am Group Singing 12:30pm Pinochle	22 9am Fit & Feisty Exercise 10:30am Hydrangea Bubble Art 12:30pm Hand & Foot	23 10am Jared Childers: Elder Law Presentation 12:30pm Pinochle 12:30pm 500 Card Club	24 LUAU BEACH PARTY For older Americans Month RSVP by May 10th Senior Center Closed

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27 Senior Center Closed Happy Memorial Day!	28 10am Stamping Spring Cards w/ Jody (12 spots) 12:30pm Pinochle	29 9am Fit & Feisty Exercise 10:30am Study Group w/ Barbara Saufley 12:30pm Hand & Foot	30 9am Popcorn & a Movie "Gettysburg" 12:30pm Pinochle 12:30pm 500 Card Club	31 9am Fit & Feisty Exercise 10am BINGO
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