

Path Valley Senior Center 717)349-7227

April 2024

Activity Classes are **RED**

Exercise classes are **BLUE**

Health & Wellness are **PURPLE**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|------------------|---|--|
| 1 Butterfly Paint Craft 11:00am | 2 Group Study 11:00am Pastor John | 3 Closed | 4 Center Closed | 5 Nutrition Ed Beyond The Table Senior 15 minute gentle chair yoga 10:30am video |
| 8 National Zoo Lover's Day Watch Live Video Cams | 9 Group Study 11:00am Pastor Darwin | 10 Closed | 11 Keystone Health 11:00am Foot Awareness | 12 Bingo 11:00 Senior 15 minute gentle chair yoga 10:30am video |
| 15 Franklin County Veteran Affairs Representative 11:00 | 16 Group Study 11:00am Pastor John | 17 Closed | 18 Paint Day with Elaine 10:30 | 19 Comedy Hour Stand-Up TV Comedy 11:00am Senior 15 minute gentle chair yoga 10:30am video |
| 22 Martha 11:15 Fatty Liver Presentation | 23 Group Study 11:00am Pastor John | 24 Closed | 25 Self-Monitored Blood pressure checks Kindness Challenge Day Hold a Door for Someone Today | 26 All Centers Closed Volunteer Banquet |
| 29 Lottery & Sweepstakes Scams Mind Matters Video 11:00 | 30 Group Study 11:00am Pastor John | | | |