

Path Valley Senior Center 717)349-7227

March 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Easter Egg Bingo Donate plastic eggs filled with candy prizes 11:00am
4 Senior 15 minute gentle chair yoga 10:30am video	5 Group Study 11:00am Pastor John	6 Closed	7 Pa. Health & Wellness Presentation 11:00 with Tina	8 IRS tax rebate program Here to help file your application. 10am – 2pm
11 Arm Chair Travel Country of the Month Ireland Senior 15 minute gentle chair yoga 10:30am video	12 Group Study 11:00am Pastor Darwin	13 Closed	14 Keystone Health Nutrition with Dietician Heidi 11:00am	15 Franklin County Aging services Information & Questions with Carrie 11:00am
18 Shamrock Shakes Senior 15 minute gentle chair yoga 10:30am video	19 Group Study 11:00am Pastor John	20 Closed	21 Paint Day with Elaine 10:30	22 AmeriHealth COPD talk with Kim At 11:00
25 Easter Craft 11:00am Senior 15 minute gentle chair yoga 10:30am video	26 Group Study 11:00am Pastor John	27 Closed	28 Self-Monitored Blood Pressure Checks 11:00am National Nutrition Month Word Games	29 Good Friday All Centered Closed