

St. Thomas Senior Activity Center (717) 369-2520
July 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed	2 Chair Exercise 10:00 Led by DVD	3 July 4 th Celebration: Bring a treat to share	4 Centers Closed for Holiday	5 July 4 th Trivia 11:00
8 Closed	9 Chair Exercise 10:00 Led by DVD Book Discussion 11:00	10 Keystone Health 11:00 "Dehydration"	11 Early Lunch 11:30 Paint Class immediately following lunch	12 Card Games 10:00- 12:00
15 Closed	16 Chair Exercise 10:00 Led by DVD	17 Kim-Amerihealth "Heart Health" 11:00	18 Special Music 10:45-11:45	19 PVSAC visiting with STSAC-Emergency Preparedness Workshop 1:00
22 Closed	23 Chair Exercise 10:00 Led by DVD	24 PA DOT-Matt Driving safety and laws w/Q&A 11:00	25 Tina with PA Health and Wellness BINGO 11:00	26 Clean Comedy Show-Michael Joiner via YouTube 10:30
29 Closed	30 Chair Exercise 10:00 Led by DVD	31 Afternoon Tea-please sign up on counter to bring petite cakes, cookies, and small snack type foods 19		

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- **Activities are subject to change**
- **Paint class, pottery class, craft making, and card making require pre-registration and classes are limited to 15 people**