

St Thomas SAC (717)369-2520
June 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>CLOSED ON MONDAYS</u>	4 Chair Exercise 10:00-led by video	5 Paint Day 9:30-11:30 CDSMP CLASS 1:00-4:00	6 Early lunch 11:30 Movie and Popcorn: "Brigadoon" 12:15	7 <i>World Elder Abuse Awareness Bingo</i> 10:30
10 <u>CLOSED ON MONDAYS</u>	11 Chair Exercise 10:00-led by video Book Discussion 11:00	12 Keystone Health- Brain Awareness 11:00 CDSMP CLASS 1:00-4:00	13 Aging office I&R here- Produce Voucher Day 10:00-12:00 Brenda-LIFE program and craft 11:00	14 Card Games 10:00- 12:00
17 <u>CLOSED ON MONDAYS</u>	18 Chair Exercise 10:00-led by video	19 <i>Kim-Amerihealth</i> <i>11:00 "Outdoor Safety"</i> CDSMP CLASS 1:00-4:00	20 Special Music 10:45-11:45	21 Martha Swope 11:15 Discussion about kidneys
24 <u>CLOSED ON MONDAYS</u>	25 Chair Exercise 10:00-led by video	26 Vinnie with Belltone Hearing Aids- Presentation 11:00 CDSMP CLASS 1:00-4:00	27 Bookmobile 10- 10:50 <i>Franklin/Fulton</i> <i>Mental Health</i> <i>Presentation 11:00</i>	28 June Birthday Party with lunch- Signup sheet on counter to bring cake/ice cream, cookies, chips, etc.

*Activities can be subject to change based upon participation