

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Bingo beginning promptly at 11:00	2 Kim-Amerihealth: COPD 11:00	3 Center Closed-Picnic at Mercersburg Lions Park Pavilion with Tuscarora Senior Center
6 CLOSED	7 Chair Exercise Class 10:00-led by video	8 Keystone Health 11:00 Sleep Health/Emergency Information National Coconut Cream Pie Day	9 I&R 10:30-11:30 to answer Aging questions Citibank-Education on financial security 1:00	10 Card Making Class (preregistration required) 10:00
13 CLOSED	14 Chair Exercise Class 10:00-led by video Book Discussion 11:00 Close at 1:00 for training <i>Dance Like A Chicken Day</i>	15 Painting Class after lunch (preregistration required) 12:30 Early lunch at 11:30	16 Special Music 10:45-11:45 (Please try to arrive prior to music starting)	17 CLOSE AT 2:30 Calendar Craft 11:00 National Cherry Cobbler Day

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20 CLOSED	21 Chair Exercise Class 10:00-led by video	22 CDSMP Class 1:00-4:00 Registration required	23 Bookmobile 10:00-10:50 <u>EARLY LUNCH 11:30</u> Tina-PA Health and Wellness 10:30 (bingo) Open House 2:00-4:00	24 Early lunch at 11:30-CLOSE AT 1:30 FOR DELIVERIES TO SHUT-INS Trivia 11:00-Wild & Wacky Animals
27 CLOSED	28 Chair Exercise 10:00-led by video Center closes at 3:00	29 CDSMP Class 1:00-4:00 Registration required	30 Pottery Class 10:00 <u>Early Lunch 11:30-close at 2:00</u>	31 May Birthday Celebration Card Games after lunch

- Activities are subject to change
- Paint class, pottery class, craft making, and card making require pre-registration and classes are limited to 15 people
- Please make every attempt to arrive prior to lunch if you would like to hear important announcements