

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Kim Lucas-Amerihealth "Dental Health" 11:00
4 Closed	5 Exercise class-led by DVD 10:00	6 Early Lunch 11:30 Paint Day with Elaine immediately after lunch	7 Jared Childers-Murphy Law office 11:00 Discussion on estate planning	8 Early Lunch 11:30 Martha Swope 10:30 Insomnia and Sleep Center closes at 2:00 for meal delivery to shut-ins
11 Closed	12 Exercise class-led by DVD 10:00 Book Discussion 11:00	13 Keystone Health "Diabetic Education/Nutrition" 11:00 Healthy Steps for Older Adults (HSOA) Fall prevention 1:00-3:30	14 Christmas Tree Pottery Class with Jenny 11:00 Pre-registration required due to limited seating	15 Early Lunch 11:30 Center closes at 2:00 "All Aboard" Trivia Day on World Travel 11:00

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18 Closed	19 Exercise class-led by DVD 10:00	20 Tina-PA Health and Wellness Bingo 11:00	21 Special Music 10:45- 11:45 PCN Thanksgiving Meal	22 Harvest Party and November Birthday Celebration 11:00
25 Closed	26 Exercise class-led by DVD 10:00	27 Christmas Ornament Making 11:00	28 Thanksgiving-all county offices closed	29 All centers closed for Thanksgiving Break

- Activities are subject to change
- Some activities require pre-registration and have limited seating