

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Center Closed-Fall Fest at Mont Alto Carnival Grounds	2 Mind Matters documentary: "Milton Hershey and his Enduring Legacy" 11:00	3 Jeopardy 11:00 *If participating, please be here prior to the start of the game	4 Early Lunch 11:30 National Taco Day Center closes at 1:00pm for Martin's Potato Rolls Museum Tour 2:00 Pre-registration required
7 Closed	8 Exercise Class-led by DVD 10:00 Book Discussion 11:00	9 Keystone Health: Dental Hygiene/Medications 11:00	10 Early Lunch 11:30 Movie and Popcorn "Chitty Chitty Bang Bang" starring Dick Van Dyke and Sally Ann Howes begins after lunch	11 Pottery Class 10:45 Pre-registration required
14 Closed	15 Exercise Class-led by DVD 10:00	16 Fall Painting Craft 10:30 Bring an empty mason jar, pickle jar, or spaghetti jar (cleaned with no label)	17 Special Music Day 10:45-11:45 Center Closes early at 2:45 for staff meeting	18 "DO YOU REMEMBER?" Reminisce Activity 11:00

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<p>21 Closed</p>	<p>22 Exercise Class-led by DVD 10:00</p>	<p>23 Tressia-FC Ombudsman Presentation 11:00</p>	<p>24 Card Games 10:00- 12:00 Bookmobile Day 10:00-10:50</p>	<p>25 October Birthday Celebration with lunch "Show and Share Day" Bring something your family has passed down for generations or an item you have had since earlier in life</p>
<p>28 Closed</p>	<p>29 Exercise Class-led by DVD 10:00 National Cat Day Bring a picture of your cat to show</p>	<p>30 Healthy Steps for Older Adults (HSOA) Fall prevention 1:00-3:30</p>	<p>31 Halloween-come in costume (be creative) and get a trick or treat!</p>	

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