

Tuscarora Senior Activity Center (717)328-4744
April 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>12:30PM HEALTH TOPICS WITH MARTHA SWOPE: INCREASING IMMUNITY</p> <p>1PM ALLIGATOR WRESTLING</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>2</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>12:45PM HAND AND FOOT CARD CLUB</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>3</p> <p>10-11AM BOOKMOBILE</p> <p>10:30AM GROUP STUDY: PURPOSE DRIVEN LIFE</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>4</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>5</p> <p>10:30AM WAYNESBORO CERAMIC CENTER WORKSHOP (SIGN-UP REQUIRED BY 3/28/24, LIMITED SEATING)</p> <p>1PM CIRCLE TIME W/RACHEL: THE SILENCE OF THE NORTH</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>
<p>8</p> <p>10:30AM SPECIAL MUSIC:GOSPEL, COUNTRY, BLUEGRASS</p> <p>WEATHER PERMITTING: ECLIPSE VIEWING PARTY (2PM START, PEAK 3:15-3:30PM BRING A LAWN CHAIR!)</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>9</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>12:45PM HAND AND FOOT CARD CLUB</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>10</p> <p>10:30 CARD MAKING FOR THE HOMEBOUND W/RUTH</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>18</p> <p>10AM BREAKFAST (SIGN-UP ON BOARD OUTSIDE COORDINATORS OFFICE)</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>12</p> <p>1PM CIRCLE TIME W/RACHEL: THE SILENCE OF THE NORTH</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>
<p>15</p> <p>1PM BINGO</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>16</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>12:45PM HAND AND FOOT CARD CLUB</p> <p>ALL DAY:CRAFT MAKING FOR SPRING FEST</p>	<p>17</p> <p>10-11AM BOOKMOBILE</p> <p>10:30AM GROUP STUDY: PURPOSE DRIVEN LIFE</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>18</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>19</p> <p>1PM CIRCLE TIME W/RACHEL: THE SILENCE OF THE NORTH</p> <p>JOIN US 6-8PM FOR OUR SPRING FLING DANCE W/ JUMPIN' JOHN DJ!!!</p> <p>ALL DAY: CRAFT MAKING</p>

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				FOR SPRING FEST
<p>22</p> <p>INTERNATIONAL MOTHER EARTH DAY TRIVIA & FACTS</p> <p>1PM CRAFT: SEED BOMBS</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>23</p> <p>TUSCARORA SENIOR CENTER CLOSED FOR VOTING</p>	<p>24</p> <p>10-11AM BOOKMOBILE</p> <p>1PM PAINT WORKSHOP WITH ELAINE FOREMAN (SIGN-UP REQUIRED, LIMITED SEATING)</p>	<p>25</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>12:30PM BIRTHDAY CELEBRATION</p> <p>1PM KEYSTONE HEALTH MONTHLY PRESENTATION: FOOT CARE (FOOT SCRUB ACTIVITY)</p>	<p>26</p> <p>ALL FRANKLIN COUNTY SENIOR CENTERS CLOSED FOR VOLUNTEER BANQUET</p>
<p>29</p> <p>1PM MOVIE MONDAY: SINGIN' IN THE RAIN</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>30</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>12:45PM HAND AND FOOT CARD CLUB</p> <p>ALL DAY: CRAFT MAKING FOR SPRING FEST</p>	<p>“April is a reminder that something better is always around the corner.”—Unknown</p>	<p>ALWAYS AVAILABLE: COMPUTERS W/ACCESS TO PRINTER, GYM, POOL TABLES, LENDING LIBRARY, MAGNIFIER MACHINE</p>	<p>SENIOR CENTER WEATHER CLOSING HOTLINE: 717-660-2678</p> <p>*ACTIVITIES SUBJECT TO CHANGE*</p>