

**Tuscarora Senior Activity Center (717)328-4744**  
**JUNE 2024**

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p>3</p> <p>1PM MIND MATTERS VIDEO: IS IT NORMAL AGING OR SIGNS OF DEMENTIA?</p>	<p>4</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>12:45PM HAND AND FOOT CARD CLUB</p>	<p>5</p> <p>10-11AM BOOKMOBILE</p> <p>LUNCH @ 11:30AM</p> <p>CENTER CLOSING AT 12:30PM</p>	<p>6</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p>	<p>7</p> <p>10:30AM WAYNESBORO CERAMICS WORKSHOP:POTTERS WHEEL DEMONSTRATION (SIGN-UP REQUIRED)</p> <p>NATIONAL CHOCOLATE ICE CREAM DAY! COME JOIN US AFTER LUNCH FOR SOME DELICIOUS ICE CREAM</p>
<p>10</p> <p>1PM ADULT PROTECTIVE SERVICES PRESENTATION: ELDER ABUSE AWARENESS</p>	<p>11</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>12:30PM STRAWBERRY SHORTCAKE SOCIAL</p> <p>12:45PM HAND AND FOOT CARD CLUB</p>	<p>12</p> <p>10AM GROUP STUDY: PURPOSE DRIVEN LIFE</p> <p>LUNCH @ 11:30AM</p> <p>CENTER CLOSING AT 12:30PM</p>	<p>13</p> <p>10AM BRUNCH (SIGN-UP REQUIRED, COOKS NEEDED)</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p>	<p>14</p> <p>10:30AM LIVE MUSIC: BLUEGRASS &amp; GOSPEL</p>
<p>17</p> <p>1PM HEALTH TOPICS W/MARTHA SWOPE: DEHYDRATION</p>	<p>18</p> <p>10:30AM CARDBAKING FOR THE HOMEBOUND W/RUTH</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>12:45PM HAND AND FOOT CARD CLUB</p> <p>CENTER CLOSING AT 2PM</p>	<p>19</p> <p>10-11AM BOOKMOBILE</p> <p>LUNCH @ 11:30AM</p> <p>CENTER CLOSING AT 12:30PM</p>	<p>20</p> <p>11AM STRONG SENIORS (IN-PERSON EXERCISE INSTRUCTION)</p> <p>1PM KEYSTONE HEALTH MONTHLY PRESENTATION: BRAIN AWARENESS</p> <p>NATIONAL ICE CREAM SODA DAY!</p>	<p>21</p> <p>1PM NATIONAL WORLD DAY OF MUSIC: LET'S HAVE A SING ALONG!</p>

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24	25	26	27	28
<p><b>1PM PRESENTATION:            MOSQUITO AND TICK            BORNE DISEASE CONTROL            SPECIALIST JASON GOETZ</b></p>	<p><b>11AM STRONG SENIORS            (IN-PERSON EXERCISE            INSTRUCTION)</b></p> <p><b>12:45PM HAND AND FOOT            CARD CLUB</b></p>	<p><b>LUNCH @ 11:30AM</b></p> <p><b>CENTER CLOSING AT            12:30PM</b></p>	<p><b>11AM STRONG SENIORS            (IN-PERSON EXERCISE            INSTRUCTION)</b></p> <p><b>1PM CRAFT TIME: FELTING            (sign-up by the manager's            office)</b></p> <p><b>1-3PM FARMERS MARKET            VOUCHER DISTRIBUTION            (ID REQUIRED)</b></p>	<p><b>12:30PM BIRTHDAY            CELEBRATION</b></p>
<p><b>JUNE IS            ALZHEIMER'S AND BRAIN            AWARENESS MONTH</b></p>	<p><b>JUNE 15TH IS WORLD            ELDER ABUSE            AWARENESS DAY</b></p>	<p><b>REMINDER: MEAL            RESERVATIONS MUST BE            PLACED NO LATER THAN            1PM THE BUSINESS DAY            BEFORE.</b></p>	<p><b>ALWAYS AVAILABLE:            COMPUTERS W/ACCESS            TO PRINTER, GYM, POOL            TABLES, LENDING            LIBRARY, MAGNIFIER            MACHINE</b></p>	<p><b>SENIOR CENTER            WEATHER HOTLINE:            717-660-2678</b></p> <p><b>ACTIVITIES SUBJECT TO            CHANGE</b></p>