

Upper Strasburg (717)530-1186
April 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:00-12:00 Fitness Fun 1:00 Afternoon Table Games	2 9:30 Breakfast-sign up 1:00 Nutrition Education-Eating Right	3 1:00 Afternoon Table Games	4 1:00 Bingo Let's walk the track for National Walking Day	5 Open 8:30-2:00
8 11:00-12:00 Fitness Fun 1:00 Afternoon Table Games National Library Day	9 1:00 Keystone- Foot Care Awareness	10 9:30-11:00 Book Mobile 1:00 Afternoon Table Games Closing at 3:00	11 1:00 Self Care Presentation	12 Closing at 1:00
15 11:00-12:00 Fitness Fun 1:00 Jason Goetz-Mosquito and Ticks	16 1:00 Music with Dwight	17 April Birthdays 1:00 Afternoon Table Games	18 1:00 AmeriHealth-Diabetes	19 1:00 Paint Class
22 11:00-12:00 Fitness Fun 1:00 Craft: Reusable Tote Bag Earth Day	23 1:00 Tea Time 1:00 Afternoon Table Games National Picnic Day	24 10:30 Group Study Closing at 2:00	25 Movie Day- <i>Mrs. Harris Goes to Paris</i> 1:00 Afternoon Table Games	26 Closed for Volunteer Banquet

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29 11:00-12:00 Fitness Fun 1:00 Afternoon Table Games	30 1:00 Afternoon Table Games	This month: IBS Awareness Parkinson's Awareness Stress Awareness Medicaid Awareness		
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