

Upper Strasburg (717) 530-1186
July 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	2 1:00 Afternoon Table Games	3 1:00 Craft: Mason Jar Painting Closing at 3:00	4 CLOSED	5 1:00 Craft: Floral Arrangement
8 11:00-12:00 Fitness Fun National Freezer Pop Day	9 10:30 Keystone: Dehydration Lunch at 11:30 due to closure at 12:30	10 1:00 Afternoon Table Games Chronic Disease Day	11 1:00 Afternoon Table Games	12 CLOSED
15 11:00-12:00 Fitness Fun	16 1:00 Bill: Hearing Loss	17 9:30-11:00 Book Mobile Closing at 3:00	18 1:00 Bingo	19 Homemade Ice Cream Movie Day: Noah
22 11:00-12:00 Fitness Fun 1:00 Martha: Dehydration and hydrating foods	23 1:00 Special Tea Time Gorgeous Grandma Day	24 10:30 Group Study	25 1:00 Paint Day with Elaine	26 1:00 Information and Referral National Disability Independence Day

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29 11:00-12:00 Fitness Fun	30 10:00 Emergency Preparedness at CSAC Center Closed	31 Birthday Bash Closing at 3:00	July is: Healthy Vision Month UV Safety Month July 20 th - Pennsylvania Day	
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