

Upper Strasburg (717)530-1186
June 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:00-12:00 Fitness Fun 1:00 Bingo with PA Health and Wellness	4 Closing at 2:00	5 Self-Blood Pressure Checks Closing at 3:00	6 11:00 Brain Games Closing at 1:00	7 Donut's for National Donut Day! 1:00 Afternoon Table Games
10 11:00-12:00 Fitness Fun	11 1:00-Keystone-Brain Awareness 1:00 Afternoon Table Games	12 1:00 Reading Nutrition Labels 1:00 Afternoon Table Games	13 1:00 Bingo Share and Tell: Bring in a sewn piece Nation Sewing Machine Day	14 Father's Day Treat: Root Beer Floats 1:00 World Elder Abuse Bingo/Information
17 11:00-12:00 Fitness Fun Closing at 1:00	18 1:00 Outdoor Games Closing at 3:00	19 Center Closed	20 Bring in a Friend to enter raffle!	21 1:00 June Birthdays 1:30 Tote Bag Craft
24 11:00-12:00 Fitness Fun Closing at 1:00	25 1:00 Tea Time	26 10:30 Group Study 1:00-2:00 Fruit and Veggie Vouchers	27 1:00 Afternoon Table Games	28 Movie Day: Dark Waters
Alzheimer's & Brain Awareness Month Cataract Awareness Month				

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