

Upper Strasburg (717)530-1186
 May 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 May Day Celebration Closing at 3:00	2 Bring in pictures of your siblings! National Brother's and Sister's Day	3 Self-Blood Pressure Checks 1:00 Afternoon Table Games
6 11:00-12:00 Fitness Fun National Nurse's Appreciation Week	7 1:00 Afternoon Table Games	8 9:30-11:00 Book Mobile Close at 2:00	9 1:00 Bingo	10 Mother's Day Breakfast 1:00 Afternoon Table Games
13 11:00-12:00 Fitness Fun	14 Closing at 1:00	15 1:00 Afternoon Table Games Close at 3:00	16 1:00 Afternoon Table Games	17 1:00 Mind Matters: Cooking for 1 or 2 *Bring a guest*
20 11:00-12:00 Fitness Fun 1:00 Martha Swope-Fatty Liver	21 1:00 Afternoon Table Games	22 10:30 Group Study 1:00 Afternoon Table Games Close at 3:00	23 1:00 Painting	24 Older American's Month Picnic
27 Closed	28 1:00 Tea Time 1:00 Afternoon Table Games	29 1:00 Cooking-Granola National Senior Health + Fitness Day	30 Movie Day-Unbroken 1:00 Afternoon Table Games	31 1:00-2:00 FCAA Information and Referral

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