

**Upper Strasburg (717) 530-1186  
November 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>
*American Diabetes Month *Bladder Health Month *COPD Awareness Month				1 11:00 Card Making for Orrstown Personal Care
4 11:00 Fitness Fun  1:00 Mercy House	5 12:30 What's the Match Trivia 1:00 Christmas Ornaments  <b>National Donut Day</b>	6 1:00 Crafting Corner: Ceramics  <b>Center Closes at 3:00 for HDMS</b>	7 1:00 Show and Share: Handmade  Self BP checks	8 11:00 Junk Journal: Fall & Thanksgiving
11  <b>All centers closed for Veteran's Day</b>	12 1:00 Keystone-Diabetic Education/Diabetic Diets	13 9:30-11:00 Book Mobile 1:00 Reminiscing: Thanksgiving <b>World Kindness Day</b>	14 1:00 Bingo	15 1:00 Turkey Shoot Game
18 11:00 Fitness Fun  1:00 Martha Swope-Kidney Health	19 1:00 Paint Day with Elaine Foreman	20 11:00 Mind Matters: Diabetes Self-Management  <b>Center Closes at 3:00 for HDMS</b>	21 Center Thanksgiving Meal	22 Movie Day: Friday Night Lights

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25 <b>11:00 Fitness Fun</b> 10:30 Christmas Decorating	26 1:00 Tea Time  Birthday Bash  <b>National Cake Day</b>	27 10:30 Group Study  <b>Center Closes at 2:00</b>	28  <b>All Centers Closed for Thanksgiving</b>	29  <b>All Centers Closed for Holidays</b>
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