

**Upper Strasburg (717) 530-1186**  
**October 2024**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>This month is:</b> <b>National Bullying Prevention</b> <b>National Dental Hygiene</b> <b>Sudden Cardiac Awareness</b>	1  <b>Fall Fest</b> <b>All Centers Closed</b>	2 <b>1:00 Craft-Mugs</b>	3 1:00 Show and Share: Wear your favorite sweater	4 1:00 Cinnamon Buns- must sign up  <b>National Cinnamon Bun Day</b>
7 <b>11:00 Fitness Fun</b>  <b>Closing at 2:00</b>	8 <b>1:00 Keystone- Dental Hygiene and Medications</b>	9 9:30-11:00 Book Mobile 1:00 Reminiscing: Autumn <b>Opens at 9:30 to deliver meals to Homebound Seniors</b>	10 <b>11:00 Self Blood Pressure Checks</b>	11 <b>Wear Pink for National Breast Cancer Awareness Month</b>
14 <b>11:00 Fitness Fun</b>	15 11:00 Watch an Episode of "I love Lucy"  <b>National I Love Lucy Day</b>	16 11:00 Mind Matters: "Milton Hershey and his Enduring Legacy"  1:00 Birthday Bash	17 <b>1:00 Pumpkin Decoration</b>	18 9:30 Breakfast  <b>National Chocolate Cupcake Day</b>
21 <b>11:00 Fitness Fun</b>  <b>1:00 Bingo with Tina from Health &amp; Wellness</b>	22 1:00 Tea Time	23 <b>10:30 Group Study</b>  <b>Opens at 9:30 to deliver meals to homebound seniors</b>	24 <b>1:00 Paint Day</b>	25 Movie Day: Frankenstein  <b>National Frankenstein Day</b>

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28 11:00 Fitness Fun  <b>First Responders Day</b>	29 1:00 Kim-Bullying	30 1:00 Packing Party with the Shoe Box Ministries	31 Halloween Party	
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