

**Waynesboro Senior Center (717) 762-2758**  
**JULY 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>
1 Games w/Mary 11:00am	2 GROUP STUDY 10:30AM Patriotic bingo 1PM	3 Craft 10:30am  1:00PM Stronger Seniors	4  CLOSED FOR JULY 4 <sup>TH</sup> HOLIDAY	5 1:00PM Chair Yoga
8 Games w/Mary 11:00am Walk with Ease Tune up 1pm	9 GROUP STUDY 10:30AM cookie bingo 1PM	10 10:30a Garden Club  1:00PM Stronger Seniors	11  1pm Pottery	12 KEYSTONE HEALTH "DEHYDRATION" 10:30AM 1:00PM Chair Yoga
15 Games w/Mary 11:00am Painting with Elaine 12:30pm	16 GROUP STUDY 10:30AM paper BINGO 1PM	17  1:00PM Stronger Seniors	18 Blood pressures 10-12 10a-12p AGING I &R Anything goes BINGO 1PM	19  1:00PM Chair Yoga  JAM 6p
22 Games w/Mary 11:00am	23 GROUP STUDY 10:30AM Anything goes bingo 1PM	24 10:30a Garden Club MARTHA SWOPE "DEHYDRATION" 11:30AM 1:00PM Stronger Seniors	25 Wear red/green  JUNK JOURNAL CLASS 10:30am Christmas in July BINGO 1PM	26 HOOKS AND NEEDLES – crochet 10:30am BIRTHDAYS 1:00PM Chair Yoga
29 Games w/Mary 11:00am	30 GROUP STUDY 10:30AM snacks bingo 1PM	31  1:00PM Stronger Seniors		