

Waynesboro Senior Center (717)762-2758
JUNE, 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Games w/Mary 11:15am Walk with Ease Tune up 1pm	4 GROUP STUDY 10:30AM Games BINGO 1PM	5 1:00PM Stronger Seniors	6 Keystone health 10:30am "Brain awareness" 1pm Pottery CLOSING AT 2PM	7 Drayer Physical Therapy "Pelvic health" 11am 1:00PM Chair Yoga
10 Games w/ Mary 11:15am	11 BC/BS Pizza Day GROUP STUDY 10:30AM Purple BINGO 1PM	12 10:30a Garden Club 1:00PM Stronger Seniors	13 Practical Nursing Students 8a -2p	14 World Elder Abuse Awareness Day activity 11a (wear purple) 1:00PM Chair Yoga
17 Father's Day Breakfast 8:30a Games w/Mary 11:15am 1:45p Healthy Steps for Older Adults	18 GROUP STUDY 10:30AM Picnic BINGO 1PM	19 JUNK JOURNAL CLASS 10:30am 1:00PM Stronger Seniors	20 Blood pressures 10-12 10a-12p Produce Vouchers Anything goes BINGO 1PM	21 1:00PM Chair Yoga JAM 6p
24 Games w/ Mary 11:15am 1:45p Healthy Steps for Older Adults	25 GROUP STUDY 10:30AM Breakfast BINGO 1PM	26 10:30a Garden Club 1:00PM Stronger Seniors	27 National Bingo Day! Anything goes BINGO 1PM	28 HOOKS AND NEEDLES – crochet 10:30am BIRTHDAYS 1:00PM Chair Yoga