

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 1:00PM Chair Yoga
4 Games w/Mary 11:15am	5 GROUP STUDY 10:30AM Cleaning bingo 1PM	6 1:00PM Stronger Seniors	7 Keystone health 10:30am "Nutrition" 1pm Pottery	8 PA Health and Wellness Bingo 10:30am 1:00PM Chair Yoga
11 Games w/Mary 11:15am	12 GROUP STUDY 10:30AM St. Patricks BINGO 1PM	13 Amerihealth "Medication safety" 11am 1:00PM Stronger Seniors	14 Blood pressures 10-12 JUNK JOURNAL CLASS 10:30am Anything goes BINGO 1PM	15 Movie day "A League of their own" 1:30pm 1:00PM Chair Yoga
18 Games w/Mary 11:15am Walk with Ease Tune up 1pm	19 GROUP STUDY 10:30AM Snacks bingo 1PM	20 11:30am Martha Swope "Fatty liver" 1:00PM Stronger Seniors	21 Anything goes BINGO 1PM	22 HOOKS AND NEEDLES – crochet 10:30am BIRTHDAYS 1:00PM Chair Yoga
25 Games w/Mary 11:15am	26 GROUP STUDY 10:30AM Paper bingo 1PM	27 Triominoes tournament 10am 1:00PM Stronger Seniors	28 Anything goes BINGO 1PM	29 CLOSED