

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:30a Garden Club 1:00PM Stronger Seniors	2 Keystone health 10:30am "Sleep Health" 1pm Pottery	3 11am Oasis Senior Advisors 1:00PM Chair Yoga
6 Games w/Mary 11:15am	7 GROUP STUDY 10:30AM drink bingo 1PM	8 1:00PM Stronger Seniors	9 11a Donna Willard "Pet care in your absence" Anything goes BINGO 1PM	10 1:30p Mother's Day Tea
13 Games w/Mary 11:15am	14 GROUP STUDY 10:30AM cleaning BINGO 1PM	15 10:30a Garden Club 1:00PM Stronger Seniors	16 Blood pressures 10-12 10a-2p Aging Information and Referral at the center to answer your questions Anything goes BINGO 1PM	17 HOOKS AND NEEDLES – crochet 10:30am JAM 6p 1:00PM Chair Yoga
20 Games w/Mary 11:15am Walk with Ease Tune up 1pm	21 GROUP STUDY 10:30AM Patriotic bingo 1PM	22 11:30a Martha Swope "Stress management" 1:00PM Stronger Seniors	23 JUNK JOURNAL CLASS 10:30am Anything goes BINGO 1PM	24 CLOSED Older Americans month event at Mont Alto 10a-2p
27 CLOSED Memorial Day	28 GROUP STUDY 10:30AM Closing at 2pm	29 10:30a Garden Club 1:00PM Stronger Seniors Closing at 2pm	30 Closing at 2pm	31 BIRTHDAYS 1:00PM Chair Yoga Closing at 2pm