

Waynesboro Senior Center (717) 762-2758
OCTOBER 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ALL CENTERS CLOSED FOR FALLFEST	2 Chronic disease management workshop 1:30 – 3pm	3 KEYSTONE HEALTH “DENTAL HYGIENE” 10:30AM 1pm Pottery	4 9:15AM Pinochle 1:00PM Chair Yoga
7 Games w/Mary 11:00am	8 GROUP STUDY 10:30AM Pink bingo for Breast Cancer Awareness 1PM	9 Chronic disease management workshop 1:30 – 3pm	10 JUNK JOURNAL CLASS 10:30am Anything goes BINGO 1PM	11 9:15AM Pinochle 1:00PM Chair Yoga
14 National dessert day recipe exchange 11am Games w/Mary 11:00am	15 GROUP STUDY 10:30AM Paper BINGO 1PM	16 F/F mental health- Senior Reach info 11am Chronic disease management workshop 1:30 – 3pm	17 Blood pressures 10-12 10a-12p AGING I &R Anything goes BINGO 1PM	18 9:15AM Pinochle 1:00PM Chair Yoga JAM 6p
21 Games w/Mary 11:00am CLOSING at 2pm	22 GROUP STUDY 10:30AM Snack bingo 1PM CLOSING at 2pm	23 CLOSING at 2pm	24 SpiritTrust Hospice volunteer program 11am Anything goes BINGO 1PM CLOSING at 2pm	25 9:15AM Pinochle HOOKS AND NEEDLES – crochet 10:00am BIRTHDAYS 1:00PM Chair Yoga CLOSING at 2pm

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28 Games w/Mary 11:00am	29 GROUP STUDY 10:30AM Halloween bingo 1PM	30 Movie day Hocus Pocus 1pm	31 Caramel apple making 10:30am Anything goes BINGO 1PM	
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