

Health & Wellness Workshops

Offered at Franklin County, Pa Senior Activity Centers
 For more information- Center phone numbers are at the bottom of the calendar

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 <u>Bingocize</u> Path Valley SAC 10:45am
6 <u>Bingocize</u> Path Valley SAC 10:45am Greencastle SAC 1:00pm	7 <u>Bingocize</u> St Thomas SAC 10:30am	8 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	9	10 <u>Bingocize</u> St Thomas SAC 10:30am Path Valley SAC 10:45am Greencastle SAC 1:00pm Upper Strasburg SAC 1:30pm
13 <u>Bingocize</u> Path Valley SAC 10:45am Greencastle SAC 1:00pm	14 <u>Bingocize</u> St Thomas SAC 10:30am	15 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	16	17 <u>Bingocize</u> St Thomas SAC 10:30am Path Valley SAC 10:45am Greencastle SAC 1:00pm Upper Strasburg SAC 1:30pm
20 <u>All Centers Closed</u> <u>Martin Luther King Day</u>	21 <u>Bingocize</u> St Thomas SAC 10:30am	22 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	23	24 <u>Bingocize</u> Chambersburg SAC 10:00am St Thomas SAC 10:30am Path Valley SAC 10:45am Greencastle SAC 1:00pm Upper Strasburg SAC 1:30pm
27 <u>Bingocize</u> Chambersburg SAC 10:00am Path Valley SAC 10:45am Greencastle SAC 1:00pm	28 <u>Bingocize</u> St Thomas SAC 10:30am	29 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	30	31 <u>Bingocize</u> Chambersburg SAC 10:00am St Thomas SAC 10:30am Path Valley SAC 10:45am Greencastle SAC 1:00pm Upper Strasburg SAC 1:30pm

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February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Bingocize</u> Chambersburg SAC 10:00am Path Valley SAC 10:45am Greencastle SAC 1:00pm	4 <u>Bingocize</u> St Thomas SAC 10:30am Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	5 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	6 <u>Bingocize</u> Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	7 <u>Bingocize</u> Chambersburg SAC 10:00am St Thomas SAC 10:30am Path Valley SAC 10:45am Greencastle SAC 1:00pm Upper Strasburg SAC 1:30pm
10 <u>Bingocize</u> Chambersburg SAC 10:00am Path Valley SAC 10:45am Greencastle SAC 1:00pm	11 <u>Bingocize</u> St Thomas SAC 10:30am Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	12 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	13 <u>Bingocize</u> Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	14 <u>Bingocize</u> Chambersburg SAC 10:00am St Thomas SAC 10:30am Path Valley SAC 10:45am Greencastle SAC 1:00pm Upper Strasburg SAC 1:30pm
17 <u>Bingocize</u> Chambersburg SAC 10:00am Path Valley SAC 10:45am Greencastle SAC 1:00pm	18 <u>Bingocize</u> St Thomas SAC 10:30am Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	19 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	20 <u>Bingocize</u> Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	21 <u>Bingocize</u> Chambersburg SAC 10:00am St Thomas SAC 10:30am Path Valley SAC 10:45am Greencastle SAC 1:00pm Upper Strasburg SAC 1:30pm
24 <u>Bingocize</u> Chambersburg SAC 10:00am Path Valley SAC 10:45am Greencastle SAC 1:00pm	25 <u>Bingocize</u> St Thomas SAC 10:30am Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	26 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	27 <u>Bingocize</u> Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	28 <u>Bingocize</u> Chambersburg SAC 10:00am St Thomas SAC 10:30am Path Valley SAC 10:45am Greencastle SAC 1:00pm Upper Strasburg SAC 1:30pm

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March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Bingocize</u> Chambersburg SAC 10:00am Path Valley SAC 10:45am Greencastle SAC 1:00pm	4 <u>Bingocize</u> St Thomas SAC 10:30am Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	5 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	6 <u>Bingocize</u> Mont Alto SAC 1:00pm Tuscarora SAC 1:00pm Waynesboro SAC 1:00pm	7 <u>Bingocize</u> Chambersburg SAC 10:00am St Thomas SAC 10:30am Path Valley SAC 10:45am Greencastle SAC 1:00pm Tuscarora SAC 1:00pm Upper Strasburg SAC 1:30pm
10 <u>Bingocize</u> Chambersburg SAC 10:00am Path Valley SAC 10:45am Greencastle SAC 1:00pm	11 <u>Bingocize</u> St Thomas SAC 10:30am Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	12 <u>Bingocize</u> Upper Strasburg SAC 1:30pm	13 <u>Bingocize</u> Mont Alto SAC 1:00pm Tuscarora SAC 1:00pm Waynesboro SAC 1:00pm	14 <u>Bingocize</u> Chambersburg SAC 10:00am St Thomas SAC 10:30am Path Valley SAC 10:45am Greencastle SAC 1:00pm Tuscarora SAC 1:00pm Upper Strasburg SAC 1:30pm
17 <u>Bingocize</u> Chambersburg SAC 10:00am Greencastle SAC 1:00pm	18 <u>Bingocize</u> Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	19	20 <u>Bingocize</u> Mont Alto SAC 1:00pm Tuscarora SAC 1:00pm Waynesboro SAC 1:00pm	21 <u>Bingocize</u> Chambersburg SAC 10:00am Tuscarora SAC 1:00pm
24 <u>Bingocize</u> Chambersburg SAC 10:00am	25 <u>Bingocize</u> Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	26	27 <u>Bingocize</u> Mont Alto SAC 1:00pm Tuscarora SAC 1:00pm Waynesboro SAC 1:00pm	28 <u>Bingocize</u> Chambersburg SAC 10:00am Tuscarora SAC 1:00pm

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April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>Bingocize</u> Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	2	3 <u>Bingocize</u> Mont Alto SAC 1:00pm Tuscarora SAC 1:00pm Waynesboro SAC 1:00pm	4 <u>Bingocize</u> Tuscarora SAC 1:00pm
7	8 <u>Bingocize</u> Mont Alto SAC 1:00pm Waynesboro SAC 1:00pm	9	10 <u>Bingocize</u> Mont Alto SAC 1:00pm Tuscarora SAC 1:00pm Waynesboro SAC 1:00pm	11 <u>Bingocize</u> Tuscarora SAC 1:00pm
14	15	16	17 <u>Bingocize</u> Tuscarora SAC 1:00pm	18 All Centers Closed Good Friday
21	22	23	24 <u>Bingocize</u> Tuscarora SAC 1:00pm	25 <u>Bingocize</u> Tuscarora SAC 1:00pm
28	29	30		

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May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>Bingocize</u> Tuscarora SAC 1:00pm	2 <u>Bingocize</u> Tuscarora SAC 1:00pm
5	6	7	8 <u>Bingocize</u> Tuscarora SAC 1:00pm	9 <u>Bingocize</u> Tuscarora SAC 1:00pm
12	13	14	15	16
19	20	21	22	23
26 All Centers Closed Memorial Day	27	28	29	30

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June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

Chambersburg SAC - Contact Miranda (717) 264-8191

Mont Alto SAC- Contact Danielle (717) 749-7294

St Thomas SAC - Contact Mandy (717) 369-2520

Upper Strasburg SAC - Contact Krystle (717) 530-1186

Greencastle SAC-Contact Beth (717) 597-2020

Path Valley SAC- Contact Tonya (717) 349-7227

Tuscarora SAC - Contact Elaine (717) 328-4744

Waynesboro SAC - Contact Chris (717) 762-2758