

Tuscarora Senior Activity Center (717) 328-4744
DECEMBER 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>1PM READ ALONG W/RACHEL: TISHA BY ROBERT SPRECHT</p> <p>Deck the Halls! Help us get the center decorated for the Super Senior open house.</p>	<p>3</p> <p>9AM COOKIE DOUGH PREP TEAM</p> <p>12:45PM HAND & FOOT CARD CLUB</p> <p>Deck the Halls! Help us get the center decorated for the Super Senior open house.</p>	<p>4</p> <p>10-11AM BOOKMOBILE</p> <p>9AM COOKIE DOUGH PREP TEAM</p> <p>Deck the Halls! Help us get the center decorated for the Super Senior open house.</p>	<p>5</p> <p>CLOSED FOR OFF-SITE EVENT</p>	<p>6</p> <p>12:45PM HEALTH TOPICS WITH MARTHA: SLEEP AND INSOMNIA</p> <p>Deck the Halls! Help us get the center decorated for the Super Senior open house.</p>
<p>9</p> <p>12:30PM HOLIDAY CHEER SOCIAL & CRAFT W/VERY SPECIAL GUESTS!</p> <p>Deck the Halls! Help us get the center decorated for the Super Senior open house.</p>	<p>10</p> <p>9AM COOKIE DOUGH BAKING TEAM 11AM STRONG SENIORS:INSTRUCTOR LED</p> <p>12:45PM HAND & FOOT CARD CLUB</p> <p>Deck the Halls! Help us get the center decorated for the Super Senior open house.</p>	<p>11</p> <p>9AM COOKIE DOUGH BAKING TEAM</p> <p>10:30AM CARDBAKING FOR THE HOMEBOUND WITH RUTH</p> <p>1PM KEYSTONE HEALTH</p> <p>Deck the Halls! Help us get the center decorated for the Super Senior open house.</p>	<p>12</p> <p>11AM STRONG SENIORS: INSTRUCTOR LED</p> <p>11:30AM LUNCH</p> <p>CENTER CLOSING AT 1:30PM FOR STAFF MEETING</p>	<p>13</p> <p>FINAL OPEN HOUSE PREP</p> <p>5-8PM TSAC SUPER SENIOR ANNUAL CHRISTMAS OPEN HOUSE!</p> <p>5:30-7PM-SANTA & MRS. CLAUS</p> <p>6-8PM JUMPIN' JOHN DJ SHOW</p>
<p>16</p> <p>1PM READ ALONG W/RACHEL: TISHA BY ROBERT SPRECHT</p>	<p>17</p> <p>11AM STRONG SENIORS:INSTRUCTOR LED</p> <p>12:45PM HAND & FOOT CARD CLUB</p> <p>CENTER CLOSING AT 2PM DUE TO STAFF TRAINING</p>	<p>18</p> <p>CENTER CLOSING AT 2PM</p>	<p>19</p> <p>11AM STRONG SENIORS:INSTRUCTOR LED</p> <p>CENTER CLOSING AT 2PM</p>	<p>20</p> <p>1PM AMERIHEALTH PRESENTATION: SMOKING CESSATION/COPD</p>

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<p>23</p> <p>1PM READ ALONG W/RACHEL: TISHA BY ROBERT SPRECHT</p>	<p>24</p> <p>Closed for Christmas Eve</p>	<p>25</p> <p>Closed for Christmas</p>	<p>26</p> <p>11AM STRONG SENIORS:INSTRUCTOR LED</p> <p>1PM BINGO</p>	<p>27</p> <p>12:30PM BIRTHDAY CELEBRATION 1PM PAINT WORKSHOP W/ELAINE F (SIGN-UP REQUIRED)</p>
<p>30</p> <p>1PM READ ALONG W/RACHEL: TISHA BY ROBERT SPRECHT</p> <p>CENTER CLOSING @ 2PM</p>	<p>31</p> <p>11AM STRONG SENIORS:INSTRUCTOR LED</p> <p>12:45PM HAND & FOOT CARD CLUB</p>		<p>ACTIVITIES SUBJECT TO CHANGE</p>	<p>WRITE IT ON YOUR HEART THAT EVERY DAY IS THE BEST DAY OF THE YEAR ~ RALPH WALDO EMERSON</p>