

**Upper Strasburg (717) 530-1186  
December 2024**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:00 Fitness Fun 1:00 Card Making for Orrstown Personal Care	3  Hours: 9:00-2:00	4  Hours: 9:00-2:00	5  Hours: 9:00-2:00	6  Center Closed
9 11:00 Fitness Fun 1:00 Junk Journaling	10 1:00 Keystone: Diabetic Education and Diabetic Nutrition	11 9:30-11:00 Book Mobile 1:00 Crafting Corner: Snowman Jar Painting	12  Center closing at 1:30 for team meeting	13 1:00 Movie Day: It's a Wonderful Life
16 11:00 Fitness Fun 1:00 Show and Share- Ornaments	17 1:00 Hot Chocolate Bar	18 1:00 Reminiscing- Christmas/New Years  Cookie Decorating	19 <u>Christmas Party</u>  Wear your ugly sweater	20 Lunch at Country Café- must sign up
23 11:00 Fitness Fun 1:00 Paint Day	24  Center Closed for Christmas Eve	25  Center Closed for Christmas	26  Center Closed for Christmas Break	27  Center Closed for Christmas Break
30 11:00 Fitness Fun	31  Center Closed for Christmas Break			