

St. Thomas Senior Activity Center (717) 369-2520
February 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Closed	4 Exercise Class led by DVD 10:00 Valentine Craft 11:00-please sign up	5 Tina-PA Health and Wellness Games/presentation 11:00	6 Brenda-Albright Life Center 11:00 Craft Center Closes at 1:30 for meeting	7 Super Bowl Party at lunchtime-wear your favorite teams gear Football Movie "Remember The Titans" begins at 10:30
10 Closed	11 Exercise Class led by DVD 10:00 Book Discussion 11:00	12 Keystone Health "Heart Health" 11:00	13 Valentine's BINGO 11:00	14 Pizza Party and Valentine's Party 11:00 Please sign up if you would like pizza
17 Closed	18 Exercise Class led by DVD 10:00 Early Lunch 11:30 Painting with Elaine immediately after lunch- registration required due to limited seating	19 Movie and Popcorn "The Parent Trap" Begins at 10:30 and will continue after lunch	20 Special Music 10:45- 11:45	21 Card Games 10-12
24 Closed	25 Exercise Class led by DVD 10:00	26 John-1 st Ed Credit Union Discussion 11:00	27 Bookmobile 10-10:50 Pottery Class 10:30 Please pre-register Cost is \$5	28 Mardi Gras Party and February Birthday Celebration with lunch

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- **Activities are subject to change**
- **Paint class, pottery class, craft making, and card making require pre-registration and classes are limited to 15 people**