

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Center Closed-New Year's Day	2 New Year's Trivia 11:00	3 Bingocize 10:00 Martha Swope 12:45 Kidney Health
6 Closed	7 Bingocize 10:00 Book Discussion 11:00	8 Keystone Health "Vision" 11:00	9 Reminisce Activity 11:00	10 Bingocize 10:00
13 Closed	14 Bingocize 10:00	15 Nutrition Education 11:00 "What is Vitamin D"	16 Special Music 10:45-11:45	17 Bingocize 10:00
20 Closed	21 Early Lunch 11:30 Bingocize 10:00 Paint Day beginning immediately after lunch- pre registration required	22 Mindmatters video: "Child Survivors and Writers of the Holocaust: The Aim of Memory" Begins at 11:00	23 Patricia-Comfort Keepers In-Home Care Presentation w/ Dunkin Donuts 11:00	24 Bingocize 10:00
27 Closed	28 Bingocize 10:30	29 Armchair Travel: Lake Tahoe and Oregon Coast 11:00	30 Kim-Amerihealth 11:00 Poison Prevention	31 Bingocize 10:30 January Birthday Celebration with Lunch

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- **Activities are subject to change**
- **Paint class, pottery class, and craft making require pre-registration and classes have limited seating**