

Upper Strasburg (717) 530-1186
January 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Center closed due to holiday	2 11:00 Card Making for Orrstown Personal Care	3 1:00 Movie-Holiday Inn
6 11:00 Fitness Fun	7 12:30 Trivia 1:00 Show and Share: Pictures of friends	8 1:00 Bingocize	9 Center closed for plumbing repairs	10 Center closed for plumbing repairs
13 11:00 Fitness Fun 1:00 Martha Swope-Thyroid	14 1:00 Keystone-Vision	15 Center opens at 9:00 1:00 Bingocize	16 Center closes at 2:30	17 1:00 Bingocize
20 Tenatively closed for MLK day	21 1:00 Tea Time	22 10:30 Group Study 1:00 Bingocize	23 1:00 Pie for National Pie Day	24 1:00 Bingocize
27 11:00 Fitness Fun 1:00 Birthday Bash	28 11:00 Nutrition Education: Bone Health 1:00 Paint Class	29 Center opens at 9:00 1:00 Bingocize National Puzzle Day	30 1:00 Crafting Corner: Snowmen Jars	31 1:00 Bingocize