

St. Thomas Senior Activity Center (717) 369-2520
March 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	5 National Namesake Day-origin of your name 11:00	6 St. Patrick's Day Trivia and brain games 11:00	7 Martha Swope 11:15 <i>Thyroid Health</i>
10 Closed	11 Exercise Class-led by DVD 10:00 Book Discussion 11:00 Puzzle Swap Day 9am-11am	12 Keystone Health "Home Safety" 11:00	13 Joe-Capital Blue Cross 11:00	14 St. Patrick's Day Party and Root Beer Floats with lunch
17 Closed	18 Exercise Class-led by DVD 10:00 Early lunch 11:30 Paint Class immediately following lunch	19 Brenda-Albright Life Center 10:30 Craft making (rescheduled from inclement weather in February)	20 Special Music 10:45-11:45	21 Spring Cleaning Bingo 11:00 Bring a small/inexpensive cleaning product for prizes

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24 Closed	25 Exercise Class-led by DVD 10:00	26 Kim-AmeriHealth 10:30 Topic TBD	27 National Nutrition Month Presentation "Food Connects Us" 11:00	28 March birthday celebration at lunch
31 Closed				

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