

Tuscarora Senior Activity Center (717) 328-4744
MARCH 2025

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

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
11AM CHAIR YOGA W/GARY 1PM READ ALONG W/RACHEL: TISHA BY ROBERT SPRECHT	11AM STRONG SENIORS 1PM HAND & FOOT CARD CLUB 1PM MARDI GRAS CELEBRATION!	10-11AM BOOKMOBILE 11AM CHAIR YOGA W/GARY 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	11AM STRONG SENIORS 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	10:30AM CERAMICS COST: \$5 SIGN-UP REQUIRED ** CENTER CLOSING @ 2PM**
10	11	12	13	14
11AM CHAIR YOGA W/GARY 1PM READ ALONG W/RACHEL: TISHA BY ROBERT SPRECHT	11AM STRONG SENIORS 1PM HAND & FOOT CARD CLUB 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	11AM CHAIR YOGA W/GARY 1PM KEYSTONE HEALTH PRESENTATION: HOME SAFETY	11AM STRONG SENIORS 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	1PM POPCORN AND A MOVIE: THE QUIET MAN JOHN WAYNE & MAUREEN O'HARA
17	18	19	20	21
11AM CHAIR YOGA W/GARY 1PM READ ALONG W/RACHEL: EDGE OF NOWHERE 12:30PM ST. PATRICK'S DAY SOCIAL	11AM STRONG SENIORS 1PM HAND & FOOT CARD CLUB 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	10-11AM BOOKMOBILE 11AM CHAIR YOGA W/GARY 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	HAPPY SPRING! 11AM STRONG SENIORS 1PM PA HEALTH & WELLNESS: NUTRITION BINGO (SIGN-UP REQUESTED)	1PM THE CONOCOCHIEAGUE INSTITUTE PRESENTATION: 18TH CENTURY MEDICINE

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24	25	26	27	28
11AM CHAIR YOGA W/GARY 1PM READ ALONG W/RACHEL: EDGE OF NOWHERE	11AM STRONG SENIORS 1PM HAND & FOOT CARD CLUB 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	11AM CHAIR YOGA W/GARY 1PM PAINT WORKSHOP W/ELAINE F COST: \$3 SIGN-UP REQUIRED	11AM STRONG SENIORS 1PM BINGOCIZE: FALL PREVENTION (SIGN-UP REQUIRED)	BIRTHDAY CELEBRATION (IMMEDIATELY FOLLOWING LUNCH)
31		ALWAYS AVAILABLE: COMPUTERS W/ACCESS TO PRINTER, GYM, POOL TABLES, LENDING LIBRARY, MAGNIFIER MACHINE ACTIVITIES SUBJECT TO CHANGE	SENIOR CENTER WEATHER CLOSING HOTLINE: 717-660-2678	March is nature's way of testing our ability to dress appropriately for any occasion. - Unknown
11AM CHAIR YOGA W/GARY 1PM READ ALONG W/RACHEL: EDGE OF NOWHERE **CLOSING 2PM**				