

Upper Strasburg (717) 530-1186
March 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:00 Fitness Fun 12:30 "We go together" Brain Game	4 1:00 Card Making for Orrstown Personal Care Fasnachts and History for Fasnacht Day	5 11:00 Namesake Day: Researching names 1:30 Bingocize	6 11:00 Kitchen Creations: Corn Flake Candy 1:00 Show and share: Something Crafted	7 11:30 Mind Matters- How well do we know the rules of the road 1:30 Bingocize
10 11:00 Fitness Fun	11 1:00 Keystone-Home Safety 2:00 Game Day: Qwirkle	12 1:30 Bingocize 3:30 Center closes for Home Delivered Meals	13 1:00 Craft: Mosaic Garden Stones	14 1:30 Bingocize
17 11:00 Fitness Fun 1:00 Paint Day with Elaine Foreman Wear Green	18 11:00 Junk Journal: Spring Forward 1:00 Auction with Bingocize Bucks	19 1:00 Birthday Bash	20 1:00 Movie Day: The Lorax	21 1:00 Doug Harmon-Senior Smart Financial Fitness
24 11:00 Fitness Fun 2:00 Center Closed	25 10:30 Senior Planet-Traditional Plants and Skills 1:00 Tea Time	26 10:30 Group Study 3:30 Center closed for Home Delivered Meals	27 11:00 Coloring Corner	28 1:00 Bingo with Tina

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31 11:00 Fitness Fun 10:30 News and Views Coffee Social 2:00 Center Closed	*National Nutrition *Month National Kidney Month *National Crafting Month			
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