

**Tuscarora Senior Activity Center (717) 328-4744**  
**APRIL 2025**

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

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| ALWAYS AVAILABLE:<br>COMPUTERS W/ACCESS<br>TO PRINTER, GYM, POOL<br>TABLES, LENDING<br>LIBRARY, MAGNIFIER<br>MACHINE<br>**ACTIVITIES SUBJECT<br>TO CHANGE** | 1<br><b>11AM STRONG SENIORS</b><br><br>HAND & FOOT CARD<br>CLUB (IMMEDIATELY<br>FOLLOWING LUNCH)<br><br><b>CLOSING AT 2PM</b>  | 2<br>10-11AM BOOKMOBILE<br><br><b>11AM CHAIR YOGA<br/>           W/GARY</b><br><br><b>CLOSING AT 2PM</b>   | 3<br><b>11AM STRONG SENIORS</b><br><br>LUNCH AT 11:30AM<br><br><b>CLOSING AT 12:45PM<br/>           DUE TO STAFF<br/>           TRAINING</b> | 4<br><br>1PM EGG STUFFING FOR<br>THE KIDDOES! HELP US<br>STUFF EGGS FOR THE<br>LIONS CLUB EGG HUNT! |
| 7<br><b>11AM CHAIR YOGA<br/>           W/GARY</b><br><br>12:30PM READ ALONG<br>W/RACHEL: TISHA BY<br>ROBERT SPRECHT<br><br><b>CLOSING AT 2PM</b>            | 8<br><b>11AM STRONG SENIORS</b><br><b>1PM BINGOCIZE: FALL<br/>           PREVENTION (SIGN-UP<br/>           REQUIRED)</b><br>HAND & FOOT CARD<br>CLUB (IMMEDIATELY<br>FOLLOWING BINGOCIZE)   | 9<br><b>11AM CHAIR YOGA<br/>           W/GARY</b><br><br>1PM KEYSTONE HEALTH<br>PRESENTATION:<br>EMERGENCY AND<br>MEDICAL PLANNING   | 10<br><b>11AM STRONG SENIORS</b><br><br><b>1PM BINGOCIZE: FALL<br/>           PREVENTION (SIGN-UP<br/>           REQUIRED)</b>               | 11<br><br>NATIONAL PET DAY:<br>GUESS THE OWNER<br>BRING IN A PICTURE OF<br>YOUR PET BY APRIL 9TH    |
| 14<br><b>11AM CHAIR YOGA<br/>           W/GARY</b><br><br>1PM READ ALONG<br>W/RACHEL: EDGE OF<br>NOWHERE  | 15<br><b>11AM STRONG SENIORS</b><br><br><b>1PM BINGOCIZE: FALL<br/>           PREVENTION (SIGN-UP<br/>           REQUIRED)</b><br><br>HAND & FOOT CARD<br>CLUB (IMMEDIATELY<br>FOLLOWING BINGOCIZE)<br><br>1PM-4PM PROPERTY<br>TAX/RENT REBATE PREP<br>(LIMITED APPOINTMENT<br>SLOTS, PLEASE<br>RESERVE) | 16<br>10-11AM BOOKMOBILE<br><br><b>11AM CHAIR YOGA<br/>           W/GARY</b><br><br><b>1PM BINGOCIZE: FALL<br/>           PREVENTION (SIGN-UP<br/>           REQUIRED)</b> | 17<br><br><b>ALL FRANKLIN COUNTY<br/>           SENIOR CENTERS<br/>           CLOSED FOR<br/>           VOLUNTEER BANQUET</b>                | 18<br><br>ALL COUNTY OFFICES<br>AND SENIOR CENTERS<br>CLOSED IN<br>OBSERVANCE OF GOOD<br>FRIDAY     |

**Tuscarora Senior Activity Center (717) 328-4744**  
**APRIL 2025**

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

|   |  |  |   |   |
|---|--|--|---|---|
| <p>21<br/> <b>11AM CHAIR YOGA</b><br/> <b>W/GARY</b></p> <p>1PM NATIONAL TEA DAY:<br/>       JOIN US FOR A SPOT OF<br/>       TEA</p> | <p>22<br/> <b>11AM STRONG SENIORS</b><br/> <b>1PM BINGOCIZE: FALL</b><br/> <b>PREVENTION (SIGN-UP</b><br/> <b>REQUIRED)</b><br/>       HAND &amp; FOOT CARD<br/>       CLUB (IMMEDIATELY<br/>       FOLLOWING BINGOCIZE)</p> | <p>23<br/> <b>11AM CHAIR YOGA</b><br/> <b>W/GARY</b></p> <p><b>1PM BINGOCIZE: FALL</b><br/> <b>PREVENTION (SIGN-UP</b><br/> <b>REQUIRED)</b></p> | <p>24<br/> <b>11AM STRONG SENIORS</b></p>   | <p>28<br/>       BIRTHDAY<br/>       CELEBRATION<br/>       (IMMEDIATELY<br/>       FOLLOWING LUNCH)</p>  |
| <p>28<br/> <b>11AM CHAIR YOGA</b><br/> <b>W/GARY</b></p> <p>1PM READ ALONG<br/>       W/RACHEL: EDGE OF<br/>       NOWHERE</p>        | <p>29<br/> <b>11AM STRONG SENIORS</b><br/> <b>1PM BINGOCIZE: FALL</b><br/> <b>PREVENTION (SIGN-UP</b><br/> <b>REQUIRED)</b><br/>       HAND &amp; FOOT CARD<br/>       CLUB (IMMEDIATELY<br/>       FOLLOWING BINGOCIZE)</p> | <p>30<br/> <b>1PM PAINT WORKSHOP</b><br/> <b>W/ELAINE F</b><br/> <b>COST: \$3</b><br/> <b>SIGN-UP REQUIRED</b></p>                               | <p><b>SENIOR CENTER</b><br/> <b>WEATHER CLOSING</b><br/> <b>HOTLINE:</b><br/> <b>717-660-2678</b></p> | <p>APRIL IS NATIONAL<br/>       HUMOR MONTH</p> <p>TROUBLE KNOCKED AT<br/>       THE DOOR, BUT,<br/>       HEARING LAUGHTER,<br/>       HURRIED AWAY.<br/>       ~BENJAMIN FRANKLIN</p> |