

Greencastle SAC (717) 597-2020
May 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9a Ceramics – (Must sign up- <u>No donation for May or June)</u> 10:30-11:30a-Group Study (Herm F) 1:30-2p-Ladies Tea & Talk	2 11a Town Hall Meeting Talk about Summer plans 12:45pm Paint with Elaine (Must sign up-\$3)- Spring Umbrella with flowers
5 11a- Community Needs Survey- Please come and help with the survey. It is important to our information and services. 11a-Bookmobile at center 1-3p Basic to Advanced Art Class	6 9:30-3p: Pinochle 12:30-4p: Card Club 500	7 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30-3p Knitting Crew	8 10:30-11:30a-Group Study (Dave M) 1:30-3p-Ladies Tea & Talk	9 10-11:3a: Movie <u>The Fabulous Fifties</u> This will help to remember and inspire you 12:45pm Paint with Elaine (Must sign up-\$3)- Spring Umbrella with flowers
12 1-3p Basic to Advanced Art Class	13 9:30-3p: Pinochle 12:30-4p: Card Club 500	14 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:45-3p: Movie & Popcorn <u>Girl Happy</u> 1965 American musical romantic comedy and beach party film starring Elvis Presley.	15 10:30-11:30a-Group Study (Alan R) 1:30-3p-Ladies Tea & Talk	16 12:30p-Games

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19 11a- Remembering our Friends 1-3p Basic to Advanced Art Class	20 9:30-3p: Pinochle 12:30-4p: Card Club 500	21 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30-3p Knitting Crew	22 10:30-11:30a-Group Study (Steve & Jan T) 1:30-3p-Ladies Tea & Talk	23 10a-Inspiration Station – Flowerpot Craft (Donation \$)
26 Center closed for Memorial Day	27 9:30-3p: Pinochle 12:30-4p: Card Club 500	28 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:45-3p: Movie & Popcorn <u>The Sandlot (1993)</u> In the summer 1962 a new kid on the block joins in with the neighborhood kids to play ball and they find some adventures.	29 10:30-11:30a-Group Study (Jeff E) 1:30-3p-Ladies Tea & Talk	30 Celebrate birthdays at lunch

Exercise Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
10a-Strong Seniors Exercise Group—Beginner Level 10:45a-Energize Exercise—Low Level	9:30a-Simply Seated Exercise—Moderate Level 10:15a-Walk Fit Exercise Group-Advanced Level	10a-Strong Seniors Exercise Group—Beginner Level	9:30a-Chair Yoga—Beginner Level 1p-Tai Chi—Low Impact	9:30a-Simply Seated Exercise—Moderate Level 10:15a-Walk Fit Exercise Group—Advanced Level

2nd Saturday – May 10, 2025, 10am-2pm

Cruise in and Sock Hop

RSVP for lunch by 5/9/25- Donation greatly appreciated.

See attached flyer