

# Greencastle SAC (717) 597-2020

## July 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  9:30-3p: Pinochle  12:30-4p: Card Club 500	<b>2</b>  10:30-11:30a-BINGO (\$1.25 donation for 2 cards)  12:30-3p Knitting Crew	<b>3</b> <b>9a Ceramics – (Must sign up)</b>  10:30-11:30a-Group Study (Herm F)  1:30-2:30p-Ladies Tea & Talk	<b>4</b>  <b>Center Closed</b>  <b>Happy July 4th</b>
<b>7</b>  11a-Bookmobile at center  1-3p Basic to Advanced Art Class	<b>8</b>  <b>12:30p-Keystone health presents-Sun Safety</b>  9:30-3p: Pinochle  12:30-4p: Card Club 500	<b>9</b> 10:30-11:30a-BINGO (\$1.25 donation for 2 cards)  <b>12:45-3p: Movie &amp; Popcorn</b>  <u>Grumpy Old Men</u> 2 friends fight over a new resident in their town. Jack Lemmon, Walter Matthau	<b>10</b>  10:30-11:30a-Group Study (Dave M)  1:30-2:30p-Ladies Tea & Talk	<b>11</b>  <b>12:45p- Paint in the Afternoon with Elaine (Must sign up -\$)</b>
<b>14</b>  No Art Class today  <b>Center Closes at 1pm</b>	<b>15</b>  9:30-2p: Pinochle  12:30-4p: Card Club 500	<b>16</b>  10:30-11:30a-BINGO (\$1.25 donation for 2 cards)  12:30-3p Knitting Crew.	<b>17</b> 10:30-11:30a-Group Study (Alan R)  1:30-2:30p-Ladies Tea & Talk  <b>Center Closes at 2pm for staff meeting</b>	<b>18</b>  <b>12:45p- Paint in the Afternoon with Elaine (Must sign up -\$)</b>
<b>21</b>  1-3p Basic to Advanced Art Class	<b>22</b>  9:30-2p: Pinochle  12:30-4p: Card Club 500	<b>23</b> 10:30-11:30a-BINGO (\$1.25 donation for 2 cards)  <b>12:45-3p: Movie &amp; Popcorn</b>  <u>Freaky Friday (1977)</u> Mom & daughter switch places in a funny turn of event.	<b>24</b>  10:30-11:30a-Group Study (Jan & Steve)  1:30-2:30p-Ladies Tea & Talk	<b>25</b>  <b>10a-Inspiration Station – Diamond Art (Donation \$)</b>  Celebrate birthdays at lunch

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28  <b>10a- Jody Brechbill Stampin' Queen- Card craft</b>  1-3p Basic to Advanced Art Class	29  9:30-2p: Pinochle  12:30-4p: Card Club 500	30  10:30-11:30a-BINGO (\$1.25 donation for 2 cards)  12:30-3p Knitting Crew.	31  10:30-11:30a-Group Study (Jeff E)  1:30-2:30p-Ladies Tea & Talk	
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### 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

### 2<sup>nd</sup> Saturday – July 12, 2025, 10am-2pm

10:30am

Dana Givens from Heritage Hills will talk about the Heritage Hills Retirement Community

12:00pm Lunch

Walking Tacos, Fresh Fruit, Dessert, Drink

RSVP for lunch by 7/10/25- Donation greatly appreciated.

12:45pm

Paint with Elaine - Patriotic picture. Must sign up. \$15 per person. Pay at the session. Limited space.