

# Greencastle SAC (717) 597-2020

## August 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<b>4</b> 11a-Bookmobile at center <b><u>1-4p Center Open House</u></b> See attached flyer	<b>5</b> 9:30-3p: Pinochle 12:30-4p: Card Club 500	<b>6</b> 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30-3p Knitting Crew	<b>7</b> 10:30-11:30a-Group Study (Herm F) 1:30-2:30p-Ladies Tea & Talk <b><u>Old Home Week Parade- Sign up if interested</u></b>	<b>8</b> <b>1:00p Center Close Early</b>
<b>11</b> 1-2:30p Basic to Advanced Art Class <b>2:30p Center Close Early</b>	<b>12</b> 9:30-3p: Pinochle 12:30-4p: Card Club 500 <b>2:30p Center Close Early</b>	<b>13</b> 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) <b><u>No Movie &amp; Popcorn Today</u></b> 2:30p <b>Center Close Early</b>	<b>14</b> 10:30-11:30a-Group Study (Dave M) 1:30-2:30p-Ladies Tea & Talk	<b>15</b> <b>11a Town Hall Meeting (Picnic planning)</b> <b>12:45p- Card Craft for Homebound Seniors</b>
<b>18</b> 1-3p Basic to Advanced Art Class	<b>19</b> 9:30-3p: Pinochle 12:30-4p: Card Club 500	<b>20</b> 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30-3p Knitting Crew.	<b>21</b> 10:30-11:30a-Group Study (Alan R) 1:30-2:30p-Ladies Tea & Talk	<b>22</b> <b>10a-Inspiration Station – “Get to know Herbs” Presentation</b>

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25	26	27	28	29
1-3p Basic to Advanced Art Class	9:30-3p: Pinochle 12:30-4p: Card Club 500	10:30-11:30a-BINGO (\$1.25 donation for 2 cards)  12:45p Movie & Popcorn Grumpy Old Men (1993)	10:30-11:30a-Group Study (Jan & Steve)  1:30-2:30p-Ladies Tea & Talk	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

### 2<sup>nd</sup> Saturday – Aug 9, 2025, 10am-2pm

10:00am-2:00pm Center Open House

10:00am- Coffee & Caregivers Support Group

10:30am- Greencastle Senior Center Bingo

Bring a prize or pay \$1.25 to play. Everyone gets 2 cards and everyone wins at GSAC

12:00pm 2 slices of pizza, chips, dessert, drink

RSVP for lunch by 8/8/25- Donation greatly appreciated

12:45pm- Movie & Popcorn “The Apple Dumpling Gang” (1975)