

Greencastle SAC (717) 597-2020

September 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Center is Closed Enjoy your long weekend	2 10:30a-Meet and Greet with Jason from Chambersburg Skilled Nursing 9:30-3p: Pinochle 12:30-4p: Card Club 500 12:30p Keystone Health Presentation – Vaccines	3 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30-3p Knitting Crew	4 9:00a Ceramics (\$5) Must sign up 10:30-11:30a-Group Study 1:30-2:30p-Ladies Tea & Talk	5 11a Town Hall Meeting (picnic update) 12:30pm Franklin County Hospice Presentation Last day to Sign up for Fall Fest
8 10a-Inspiration Station – “Get to know Herbs” Presentation 11a-Bookmobile at center 12:30pm Flu Vaccine Clinic Must Sign up 12:45-3p Basic to Advanced Art Class- Must sign up. See Flyer	9 9:30-3p: Pinochle 10:30a Blood Pressure Checks (Monthly) 12:30-4p: Card Club 500	10 Waynesboro and Mont Alto Centers will be joining us for a day of fun 10:00-11:30a-BINGO (\$1.25 donation or bring a prize for 2 cards) 12:45-3p Karaoke	11 10:30-11:30a-Group Study 1:00p Study to be Inspired See Flyer-Must sign up 1:30-2:30p-Ladies Tea & Talk	12 2:30p Center Close Early
15 12:45-3p Basic to Advanced Art Class- Must sign up. See Flyer	16 9:30-3p: Pinochle 11a- SCAM ALERT Presentation with Doug Harmon 12:30-4p: Card Club 500	17 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30-3p Knitting Crew	18 10:30-11:30a-Group Study 1:30-2:30p-Ladies Tea & Talk	19 10:30a Stop the Bleed Presentation- Must sign up. See the flyer

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22 12:45-3p Basic to Advanced Art Class- Must sign up. See Flyer	23 9:30-3p: Pinochle 12:30-4p: Card Club 500	24 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:45-3p Movie and Popcorn <u>Evan Almighty (2007)</u> with Steve Carell & Morgan Freeman	25 10:30-11:30a-Group Study 1:30-2:30p-Ladies Tea & Talk	26 No Inspiration Station today Center closed for Picnic Sign up by 9/5/25 See flyer
29 10a- "Life's Essential 8" Presentation with American Heart Association 12:45-3p Basic to Advanced Art Class- Must sign up. See Flyer	30 9:30-3p: Pinochle 12:30-4p: Card Club 500			

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 – Sept 13, 2025, 10am-2pm

10:00am- Coffee & Caregivers Support Group

10:30am- Fun and Interesting Facts of Greencastle PA with Mayor Ben Thomas

12:00pm Homemade Chili, dessert, drink. RSVP for lunch by 9/11/25- Donation of \$4.00 greatly appreciated

12:45pm- Fall Prevention Presentation