

**Greencastle SAC (717) 597-2020
September 2025**

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

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

**Greencastle SAC (717) 597-2020
September 2025**

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

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

Exercise Schedule:

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

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