

Greencastle SAC (717) 597-2020
January 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Center closed for New Year's	2 2p Center Close Early
5 9a Ceramics (Signup-\$5) 12:45-3p Basic to Advanced Art Class	6 9:30-3p: Pinochle 12:30-2p: Card Club 500	7 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30-3p Knitting Crew	8 Center closed for Annual Holiday Party	9 10:30a- "Senior Center Feud" with Jason from Chambersburg Skilled Nursing
12 12:45-3p Basic to Advanced Art Class 2p- Center closes early	13 9:30-3p: Pinochle 12:30-2p: Card Club 500	14 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:45p-3p No Movie & Popcorn Today	15 10:30-11:30a-Group Study 1:30-2p-Ladies Tea & Talk 2p- Center closes early	16 11a- Town Hall Planning 2026 Activities 12:45p- Paint in Afternoon with Elaine (Must signup \$3)
19 Center is closed for Martin Luther King Day	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 1:30-2:30p-Ladies Tea & Talk	23 10a-Inspiration Station-TBD

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26 12:45-3p Basic to Advanced Art Class	27 9:30-3p: Pinochle 12:30-2p: Card Club 500	28 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:45p-3p No Movie & Popcorn Today	29 10:30-11:30a-Group Study 1:30-2:30p-Ladies Tea & Talk	30 Birthday Celebration at Lunch 12:30p- Craft Cards for Homebound- Valentine Card
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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

Second Saturdays

January 10, 2026

10:00am-2:00pm

10:00am- Coffee & Caregivers

10:30am Presentation – Diabetes Self-Management Program & Chronic Disease Self-Management Program

12:00pm Lunch: Potato soup and ham sandwich, dessert, drink. RSVP for lunch by 1/9/26- \$5.00 Donation greatly appreciated.

12:45pm – Center open for games and activities such as cards, Wii bowling, rummikub, etc.