

**Greencastle SAC (717) 597-2020
March 2026**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 11:00a Bookmobile</p> <p>11:00a- Beltone Hearing Presentation</p> <p>12:45-3p Basic to Advanced Art Class</p>	<p>3</p> <p>9:30-4p Pinochle</p> <p>12:30-4p Card Club 500</p>	<p>4</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>12:30-3p Knitting Crew</p>	<p>5</p> <p>9:00a- Ceramics- Sign up \$5</p> <p>10:30-11:30a-Group Study</p> <p>1:00p- Study to be Inspired- "Jonah"</p> <p>1:30-Ladies Tea & Talk</p>	<p>6</p> <p>11a- Town Hall Planning 2026 Activities</p> <p>12:45p- Paint in Afternoon with Elaine - Sunflower or Shamrock Gnome (Must sign up \$3)</p>
<p>9</p> <p>12:45-3p Basic to Advanced Art Class</p>	<p>10</p> <p>9:30-2p Pinochle</p> <p>12:30-2p Card Club 500</p> <p>2p- Center closing early</p>	<p>11</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>No Movie & Popcorn Today</p> <p>2:00p- Center closing early</p>	<p>12</p> <p>10:30-11:30a-Group Study</p> <p>1:00p- Study to be Inspired- "Jonah"</p> <p>1:30-Ladies Tea & Talk</p>	<p>13</p> <p>10:30a- Jason from Chambersburg Skilled Nursing</p>
<p>16</p> <p>12:45-2p Basic to Advanced Art Class</p> <p>2:00p- Center closing early</p>	<p>17</p> <p>11a-Caption Call- A program that provides a captioned telephone to people with hearing loss.</p> <p>9:30-4p Pinochle</p> <p>12:30-4p Card Club 500</p>	<p>18</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>12:30-3p Knitting Crew</p>	<p>19</p> <p>10:30-11:30a-Group Study</p> <p>1:00p- Study to be Inspired- "Jonah"</p> <p>1:30-Ladies Tea & Talk</p>	<p>20</p> <p>10:30a- Tina from Pa Health & Wellness- Bingo</p> <p>12:30p Games- Wii Bowling, Connect 4, Rummikub, etc.</p>

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<p>23</p> <p>10a-1p- Helping Hands Caring Heart Food Pantry (60 years and older only)</p> <p>12:45-3p Basic to Advanced Art Class</p>	<p>24</p> <p>9:30-3p Pinochle</p> <p>12:30-4p Card Club 500</p>	<p>25</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>12:45p-3p Movie & Popcorn National Treasure (2005) Help to start the America 250 spirit flowing at GSAC</p>	<p>26</p> <p>10:30-11:30a-Group Study</p> <p>1:00p- Study to be Inspired- "Jonah"</p> <p>1:30-2:30p-Ladies Tea & Talk</p>	<p>27</p> <p>10a-Inspiration Station- Master Gardener- Trina Grove will talk about spring planting</p> <p>Birthday Celebration at Lunch</p>
<p>30</p> <p>12:45-2p Basic to Advanced Art Class</p> <p>2p- Center closing early</p>	<p>31</p> <p>9:30-2p Pinochle</p> <p>12:30-2p Card Club 500</p> <p>2p- Center closing early</p>			<p>CENTER IS CLOSED FRIDAY APRIL 3, 2026 – GOOD FRIDAY & EASTER HOLIDAY</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>

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Second Saturday – March 14, 2026

10:00am- Coffee & Caregiver Support Group

10:30a-Pam Kovalewski from Complete Senior Transitions and Jason Nunnelee from Chambersburg Skilled Nursing & Rehab will be presenting on downsizing and transitioning to assisted living facility

12:00pm- Pizza for Lunch (RSVP by 3/11/26)

12:30pm- Easter Cross Craft, Games- Wii Bowling, Connect 4, RummiKub, etc.