

Greencastle SAC (717) 597-2020
May 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 12:45p- Paint in Afternoon with Elaine (Must sign up \$3)
4 11:00a Bookmobile 12:45-3p Basic to Advanced Art Class	5 10:30 Stampin Cards with Jody- Hummingbird theme 9:30-4p Pinochle 12:30-4p Card Club 500 1:00p Bingocize- Fall Prevention Program	6 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30-2p Knitting Crew	7 9:00a- Ceramics-garlic grater with herb striper (Must sign up \$5) 10:30-11:30a-Group Study 1:00p- Study to be Inspired 1:30-2:30p-Ladies Tea & Talk	8 10:30a- Jason from Chambersburg Skilled Nursing- Activity
11 12:45-2p Basic to Advanced Art Class 2:00p- Center closing Early	12 9:30-4p Pinochle 12:30-4p Card Club 500 1:00p Bingocize- Fall Prevention Program	13 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:45p-3p Movie & Popcorn Donovan's Reef (1963) Starring John Wayne & filmed in Hawaii	14 10:30-11:30a-Group Study 1:00p- Study to be Inspired- 1:30-2:30p-Ladies Tea & Talk	15 12:45pm Cards for the Homebound
18 12:45-3p Basic to Advanced Art Class	19 9:30-4p Pinochle 12:30-4p Card Club 500 1:00p Bingocize- Fall Prevention Program	20 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30-2p Knitting Crew	21 10:30-11:30a-Group Study 1:00p- Study to be Inspired 1:30-2:30p-Ladies Tea & Talk	22 10a-Inspiration Station-Write your "Own Story"- Yes you Can.

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<p>25</p> <p>Center Closed for Memorial Day</p>	<p>26</p> <p>9:30-4p Pinochle 12:30-4p Card Club 500 1:00p Bingocize- Fall Prevention Program</p>	<p>27</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 1p-2p <i>"America the Beautiful"</i> Gaither Homecoming Classics Patriotic Songs on Video</p>	<p>28</p> <p>10:30-11:30a-Group Study 1:00p- Study to be Inspired 1:30-2:30p-Ladies Tea & Talk</p>	<p>29</p> <p>11:00-3:00p Center Picnic at the center- RSVP by 5/28/26 Encore performance of Sonny & Magali Music & Comedy Show- See Flyer Birthday Celebration at Lunch</p>
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Exercise Schedule:

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

Second Saturday – May 9, 2026

10:00 am - Coffee & Caregiver Support Group

Hula Lotta Fun Luau (See Flyer)