

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  10:30-11:30a-BINGO (\$1.25 donation for 2 cards)  12:30-2p Knitting Crew  <b>Center closes at 2pm</b>	2 <b>9:00a Ceramics</b>  10:30-11:30a-Group Study  1:00p- Study to be Inspired- "Gideon"  <b>Center closes at 2pm</b>	3  <b>The Center is closed for the Independence Day Holiday</b>
6 11:00a Bookmobile  <b>12:45-2p Basic to Advanced Art Class</b>  <b>Center closes at 2pm</b>	7 9:30-4p Pinochle  12:30-4p Card Club 500	8 10:30-11:30a-BINGO (\$1.25 donation for 2 cards)  12:45p-3p Movie & Popcorn <b>Beach Blanket Bingo</b> (1965) With Frankie and Annette	9 10:30-11:30a-Group Study  1:00p- Study to be Inspired- "Gideon"  1:30-2:30p-Ladies Tea & Talk	10 10:30a- Jason from Chambersburg Skilled Nursing & Rehab Center- has an exciting activity for you  <b>Center closes at 1:30pm for a staff meeting</b>
13 10:30a- Hand and Foot Card Game  <b>12:45-2p Basic to Advanced Art Class</b>  <b>Center closes at 2pm</b>	14 9:30-4p Pinochle  12:30-4p Card Club 500	15 10:30-11:30a-BINGO (\$1.25 donation for 2 cards)  12:30-2p Knitting Crew	16 10:30-11:30a-Group Study  1:00p- Study to be Inspired  1:30-2:30p-Ladies Tea & Talk	17 11a- Town Hall Meeting  <b>12:45p- Paint in the Afternoon with Elaine- Lighthouse- Sign up \$3.00</b>

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

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

<p>20</p> <p><b>10a-1p Helping Hands Caring Hearts Food Pantry – No Sign up- First come First Served</b></p> <p><b>12:45-3p Basic Advanced Art Class</b></p>	<p>21</p> <p>9:30-4p Pinochle</p> <p>12:30-4p Card Club 500</p>	<p>22</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>12:45p-3p Movie &amp; Popcorn <b>The Incredible Mr. Limpet (1964) with Don Knotts</b></p>	<p>23</p> <p>10:30-11:30a-Group Study</p> <p>1:00p- Study to be Inspired-</p> <p>1:30-2:30p-Ladies Tea &amp; Talk</p>	<p>24</p> <p>Game Day at the center</p> <p>Come play games</p> <p>Bring your favorite game to share</p>
<p>27</p> <p><b>12:45-32p Basic to Advanced Art Class</b></p>	<p>28</p> <p>9:30-4p Pinochle</p> <p>12:30-4p Card Club 500</p>	<p>29</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p>	<p>30 10:30-11:30a-Group Study</p> <p>1:00p- Study to be Inspired-</p> <p>1:30-2:30p-Ladies Tea &amp; Talk</p>	<p>31</p> <p>Game Day at the center</p> <p>Come play games</p> <p>Bring your favorite game to share</p>

**Exercise Schedule:**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<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>

**Second Saturday – July 11, 2026 – Theme: America 250**

12 pm – Lunch: Cheeseburgers, macaroni salad, dessert, drink. (RSVP by July 7/9/26. Donation appreciated.)

DJ- Eric Piper

Raffle for America 250 Items