

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

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

| MONDAY                                                                                                                                 | TUESDAY                                                         | WEDNESDAY                                                                                                                                                                        | THURSDAY                                                                                                              | FRIDAY                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <p>3</p> <p>10:30a Keystone presents activity (New Presenter)</p> <p>11:00a Bookmobile</p> <p>12:45-3p Basic to Advanced Art Class</p> | <p>4</p> <p>9:30-4p Pinochle</p> <p>12:30-4p Card Club 500</p>  | <p>5</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>12:30-3p Knitting Crew</p> <p><b>1:00p 2nd Saturday Planning Meeting</b></p>                                 | <p>6</p> <p>10:30-11:30a-Group Study</p> <p>1:00p- Study to be Inspired-</p>                                          | <p>7</p> <p>11a Town Hall Meeting</p> <p>12:45p- Paint in the Afternoon with Elaine- Dragonflies &amp; Bees- Sign up \$3.00</p> |
| <p>10</p> <p>12:45-3p Basic to Advanced Art Class</p>                                                                                  | <p>11</p> <p>9:30-4p Pinochle</p> <p>12:30-4p Card Club 500</p> | <p>12</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>12:45p-3p Movie &amp; Popcorn<br/> “Yours, Mine, &amp; Ours” (1968)</p>                                     | <p>13</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>14</p> <p>10:30a- Jason from Chambersburg Skilled Nursing &amp; Rehab Center- has an exciting activity for you</p>           |
| <p>17</p> <p>10:30a- Hand and Foot Card Game</p> <p>12:45-3p Basic to Advanced Art Class</p>                                           | <p>18</p> <p>9:30-4p Pinochle</p> <p>12:30-4p Card Club 500</p> | <p>19</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>12:30-3p Knitting Crew (Use back room)</p> <p><b>1:00p Cumberland Valley School of Music- Jazz Band</b></p> | <p>20</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>21</p> <p>Game Day</p> <p>Bring your favorite Game or play a game at the center</p>                                          |

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|                                                                                                                              |                                                          |                                                                                                                             |                                                                                                            |                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 24<br><br><b>10a-1p Food Pantry Day- need 4-6 volunteers (NO EXERCISE TODAY)</b><br><br>12:45-3p Basic to Advanced Art Class | 25<br><br>9:30-4p Pinochle<br><br>12:30-4p Card Club 500 | 26<br><br>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)<br><br>12:30p-3:30p Movie & Popcorn<br>"My Side of the Mountain" | 27<br><br>10:30-11:30a-Group Study<br><br>1:00p- Study to be Inspired-<br><br>1:30-2:30p-Ladies Tea & Talk | 28<br><br><b>10:30am<br/>TECH 101 Class<br/>See attached flyer</b><br><br>Birthday Celebration at Lunch |
| 31<br><br>12:45-3p Basic to Advanced Art Class                                                                               |                                                          |                                                                                                                             |                                                                                                            |                                                                                                         |

### Exercise Schedule:

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

There is no event for August Second Saturday. Stay tuned for the future events.

If you want to be involved, attend the planning meeting on Wednesday, August 5<sup>th</sup> at 1:00 pm.