

Greencastle SAC (717) 597-2020
October 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:30-11:30a Group Study 1:00p Study to be Inspired	2 12:45p Paint in the Afternoon with Elaine- Sign up -\$3.00
5 10:30a Keystone Health Presentation with Deb 11a Bookmobile 12:45-3p Basic to Advanced Art Class	6 9:30-4p Pinochle 12:30-4p Card Club 500	7 10:30-11:30a BINGO (\$1.25 donation for 2 cards) 12:30-3p Knitting Crew	8 10:30-11:30a-Group Study 1:00p Study to be Inspired 1:30-2:30p Ladies Tea & Talk	9 11a Town Hall Meeting
12 12:45-2p Basic to Advanced Art Class Center closes at 2pm	13 9:30-4p Pinochle 12:30-4p Card Club 500	14 10:30-11:30a BINGO (\$1.25 donation for 2 cards) 12:45p-3p Movie & Popcorn Abbott & Costello Meet Frankenstein	15 10:30-11:30a Group Study 1:00p Study to be Inspired 1:30-2:30p Ladies Tea & Talk	16 Game Day

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19 10a-2p Food Pantry Day 12:45-3p Basic to Advanced Art Class	20 9:30-4p Pinochle 12:30-4p Card Club 500	21 9:30 FC Veterans Affair Presentation & Visit 10:30-11:30a BINGO (\$1.25 donation for 2 cards) 12:30-3p Knitting Crew	22 10:30-11:30a Group Study 1:00p Study to be Inspired 1:30-2:30p Ladies Tea & Talk	23 Center closes at 2pm
26 12:45-3p Basic to Advanced Art Class	27 9:30-4p Pinochle 12:30-4p Card Club 500	28 10:30-11:30a BINGO (\$1.25 donation for 2 cards) 12:45p-3p Movie & Popcorn Abbott & Costello Meet Dr Jekyll and My Hyde	29 Dress in your favorite costume 10:30-11:30a Group Study Birthday Celebration at Lunch 1:00p Study to be Inspired 1:30-2:30p Ladies Tea & Talk	30 Fall Fest at Tuscarora Senior Center -See Flyer-RSVP 10/16/26 Greencastle Senior Center Closed

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