

Greencastle SAC (717) 597-2020
September 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30-4p Pinochle 12:30-4p Card Club 500	2 Sorry, no Bingo today. We are attending the Commissioners' meeting to represent the senior centers and what they mean to you. 12:30-3p Knitting Crew	3 9:00 Ceramics 10:30-11:30a-Group Study 1:00p- Study to be Inspired-	4 11a Town Hall Meeting 12:45p- Paint in the Afternoon with Elaine-Fall Picture-Must Sign up \$3.00
7 Center is closed for Labor Day	8 9:30-2p Pinochle Center closes at 2pm	9 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) Center closes at 2pm	10 10:30-11:30a-Group Study 1:00p- Study to be Inspired- Center closes at 2pm	11 10:30a- Jason from Chambersburg Skilled Nursing & Rehab Center-has an exciting activity for you Center closes at 2pm
14 10:30a- Hand and Foot Card Game 12:45-2p Basic to Advanced Art Class Center closes at 2pm	15 9:30-4p Pinochle 12:30-4p Card Club 500	16 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30-3p Knitting Crew	17 10:30-11:30a-Group Study Center Picnic at the center- See Flyer	18 Center is closed for a Senior Center Month event at Waynesboro Senior Center

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21 10a-2pm Food Pantry Day NO EXERCISE today 12:45-3p Basic to Advanced Art Class	22 9:30-4p Pinochle 12:30-4p Card Club 500	23 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:45p-3p Movie & Popcorn A Beautiful Day in the Neighborhood -Tom Hanks as Mr. Rogers	24 10:30-11:30a-Group Study 1:00p- Study to be Inspired- 1:30-2:30p-Ladies Tea & Talk	25 11:00a Flu Clinic – Must sign up by 9/21/26 1:00p-Inspiration Station- Continue to Write our Story-Bring some pictures to journal about
28 12:45-3p Basic to Advanced Art Class 1:00p Medicare Presentation with Carrie	29 9:30-4p Pinochle 12:30-4p Card Club 500	30 10:30-11:30a-BINGO (\$1.25 donation for 2 cards) 12:30p Financial Family Feud with 1st Ed Credit Union		

Exercise Schedule:

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

No Second Saturday Event this month. See you on October 10th.