

Greencastle SAC (717) 597-2020
April 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>11a-Bookmobile at center</p> <p>1-3p Basic to Advanced Art Class</p>	<p>2</p> <p>9:30a-3p Pinochle</p> <p>11a- Veterans Affairs Presentation related to services</p> <p>12:30p-4p Card Club 500</p> <p>1p- Diabetes Self-Management Workshop (4 out of 6) Must Sign up</p>	<p>3</p> <p>10:30-11:30a BINGO</p> <p>12:30-3p: Knitting Crew</p> <p>1p- Chronic Disease Self-Management Workshop (4 out of 6) Must Sign up</p>	<p>4</p> <p>9a Ceramics-Flower dish (Must sign up)</p> <p>9:30-11:30a Aging Information and Referral at the center to answer your questions</p> <p>10-12p Blood pressure check</p> <p>10:30-11:30a Study Group (Herm F)</p> <p>1:30-3p Ladies Tea & Talk</p>	<p>5</p> <p>11a- Town Hall Meeting</p> <p>1245p-Wii Bowling</p>
<p>8</p> <p>1-3p Basic to Advanced Art Class</p> <p>12:45-3p: Movie & Popcorn <u>The Hill</u> A true story about the baseball player Rickey Hill</p>	<p>9</p> <p>9:30a-3p Pinochle</p> <p>12:30p-4p Card Club 500</p> <p>1p- Diabetes Self-Management Workshop (5 out of 6) Must Sign up</p>	<p>10</p> <p>10:30-11:30a-BINGO</p> <p>1p- Chronic Disease Self-Management Workshop (5 out of 6) Must Sign up</p>	<p>11</p> <p>10:30-11:30a-Group Study (Dave M)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>12</p> <p>1245p-Wii Bowling</p> <p>2p Center Closing early</p>
<p>15</p> <p>1-3p Basic to Advanced Art Class</p>	<p>16</p> <p>11a- Health & Wellness with Erin (Foot Awareness)</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p> <p>1p- Diabetes Self-Management Workshop (6 out of 6) Must Sign up</p>	<p>17</p> <p>10:30-11:30a- BINGO</p> <p>12:30-3p: Knitting Crew</p> <p>1p- Chronic Disease Self-Management Workshop (6 out of 6) Must Sign up</p>	<p>18</p> <p>10:30-11:30a-Group Study (Steve F)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>19</p> <p>BIRTHDAY CELEBRATION AT LUNCH</p> <p>1245p-Wii Bowling</p>

Greencastle SAC (717) 597-2020
April 2024

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

<p>22</p> <p>1-3p Basic to Advanced Art Class</p>	<p>23</p> <p>9:30-3p: Pinochle</p> <p>11a- Audubon Presentation (April 26th is National Audubon Day)</p> <p>12:30-4p: Card Club 500</p>	<p>24</p> <p>10:30-11:30a-BINGO</p> <p>12:45-3p: Movie & Popcorn Mary & Martha 2 women lose their sons to malaria and begin to show how ordinary people can volunteer and make a difference to inspire positive change in the process.</p>	<p>25</p> <p>10:30-11:30a-Group Study (Jan & Steve T)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>26</p> <p><u>Center is closed to give our volunteers break and to attend the Volunteer Banquet</u></p>
<p>29</p> <p>1-3p Basic to Advanced Art Class</p>	<p>30</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p>			

Exercise Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10a-Strong Seniors Exercise Group—Beginner Level</p> <p>10:45a-Energize Exercise—Low Level</p> <p>12:45p-Vitality Cardio-Boxing—Moderate 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>