

Greencastle SAC (717) 597-2020
July 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>11a - Dehydration Presentation with Martha</p> <p>1-3p Basic to Advanced Art Class</p>	<p>2</p> <p>9:30-11:30a Aging Information and Referral at the center to answer your questions about services and hand out Fruit and Veggie Vouchers</p> <p>9:30a-3p Pinochle</p> <p>12:30p-4p Card Club 500</p>	<p>3</p> <p>10:30-11:30a BINGO</p> <p>12:30-3p: Knitting Crew</p>	<p>4</p> <p>Center is Closed</p>	<p>5</p> <p>1245p-Wii Bowling</p>
<p>8</p> <p>1-3p Basic to Advanced Art Class</p>	<p>9</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p>	<p>10</p> <p>10:30-11:30a-BINGO</p> <p>12:45-3p: Movie & Popcorn</p> <p><u>Flipper (1996)</u></p> <p>A movie about a boy bonding with a dolphin</p>	<p>11</p> <p>9a Ceramics- Butterfly Wormie Plant Stake (Must sign up)</p> <p>10-12p Blood pressure check</p> <p>10:30-11:30a-Group Study (Dave M)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>12</p> <p>GREENCASTLE SIDEWALK DAYS-DOWNTOWN GREENCASTLE 10AM-8PM</p> <p>1245p-Paint with Elaine- Beach at Sunset (Must sign up)</p> <p>3pm-Center closing</p>
<p>15</p> <p>1-3p Basic to Advanced Art Class</p>	<p>16</p> <p>9:30-3p: Pinochle</p> <p>11a- Health & Wellness with Erin (Dehydration)</p> <p>12:30-4p: Card Club 500</p>	<p>17</p> <p>10:30-11:30a- BINGO</p> <p>12:30-3p: Knitting Crew</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>1245p-Paint with Elaine- Beach at Sunset (Must sign up)</p> <p>3pm-Center closing</p>

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<p>22</p> <p>1-3p Basic to Advanced Art Class</p>	<p>23</p> <p><u>Celebrate Christmas in July</u></p> <p>10am- Christmas in July Craft TBD (sign up)</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p>	<p>24</p> <p><u>Celebrate Christmas in July</u></p> <p>10:30-11:30a-Christmas Bingo</p> <p>12:45-3p Movie, Eggnog & Cookies</p> <p><u>Miracle of 34th Street (1994)</u></p>	<p>25</p> <p><u>Celebrate Christmas in July</u></p> <p>10:30-11:30a-Group Study (Jan & Steve T)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>26</p> <p>Celebrate birthdays at lunch</p> <p>1245p-Wii Bowling</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>	<p>31</p> <p>10:30-11:30a-BINGO</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>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>