

Greencastle SAC (717) 597-2020
March 2024

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| | | | | 1 12:30-3p: Spring/Easter Painting with Elaine (Must sign up) Group 1 |
| 4 11a-Bookmobile at center 11a- Fatty Liver Presentation with Martha 1-3p Advanced Art Class | 5 9:30a-3p Pinochle 12:30p-4p Card Club 500 | 6 10:30-11:30a BINGO 12:30-3p: Knitting Crew | 7 9a Ceramics-Snazzy Cat Pen Holder (Must sign up) 10-12p Blood pressure check 10:30-11:30a Study Group (Herm F) 1:30-3p Ladies Tea & Talk | 8 11a- Town Hall Meeting 12:30-3p: Spring/Easter Painting with Elaine (Must sign up) Group 2 |
| 11 1-3p Advanced Art Class 12:45-3p: Movie & Popcorn <u>I Can Only Imagine (2018)</u> The inspiring and unknown true story behind Mercy Me's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness. | 12 9:30a-3p Pinochle 12:30p-4p Card Club 500 1p- Diabetes Self-Management Workshop (1 out of 6) Must Sign up | 13 10:30-11:30a-BINGO 1p- Chronic Disease Self-Management Workshop (1 out of 6) Must Sign up | 14 10:30-11:30a-Group Study (Dave M) 1:30-3p-Ladies Tea & Talk | 15 12:30p -Easter Card Craft-Help to make cards for the Homebound Seniors in the Greencastle area |

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|--|--|--|---|---|
| 18 1-3p Advanced Art Class 12:30p -Easter Card Craft- Help to make cards for the Homebound Seniors in the Greencastle area | 19 11a- Health & Wellness with Erin (Nutrition with Dietician Heidi) 9:30-3p: Pinochle 12:30-4p: Card Club 500 1p- Diabetes Self - Management Workshop (2 out of 6) Must Sign up | 20 10:30-11:30a- BINGO 12:30-3p: Knitting Crew 1p- Chronic Disease Self - Management Workshop (2 out of 6) Must Sign up | 21 10:30-11:30a-Group Study (Steve F) 1:30-3p-Ladies Tea & Talk | 22 BIRTHDAY CELEBRATION AT LUNCH |
| 25 1-3p Advanced Art Class 12:45-3p: Movie & Popcorn <u>Easter Parade (1948)</u> A nightclub performer hires a naive chorus girl to become his new dance partner to make his former partner jealous and to prove he can make any partner a star. | 26 9:30-3p: Pinochle 12:30-4p: Card Club 500 1p- Diabetes Self- Management Workshop (3 out of 6) Must Sign up | 27 10:30-11:30a-BINGO 1p- Chronic Disease Self- Management Workshop (3 out of 6) Must Sign up | 28 10:30-11:30a-Group Study (Jan & Steve T) 1:30-3p-Ladies Tea & Talk | 29 <u>Center Closed for Good Friday</u> |

Exercise Schedule:

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