

Greencastle SAC (717) 597-2020
May 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>10:30-11:30a BINGO</p> <p>12:30-3p: Knitting Crew</p>	<p>2</p> <p>9a Ceramics- Butterfly Napkin Holder (Must sign up)</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>3</p> <p>11a- Town Hall Meeting</p> <p>1245p-Paint with Elaine- Flip Flops on the Beach Scene (Must sign up)</p>
<p>6</p> <p>11a-Bookmobile at center</p> <p>11a- "Strengthening Your Immunity" presentation with Martha</p> <p>1-3p Basic to Advanced Art Class</p>	<p>7</p> <p>9:30a-3p Pinochle</p> <p>10:30am- Peggy Ann Bradnick Jackson will be sharing her experience when she was kidnapped and talk about mental health</p> <p>12:30p-4p Card Club 500</p>	<p>8</p> <p>10:30-11:30a-BINGO</p> <p>12:45-3p: Movie & Popcorn</p> <p>Steel Magnolias A movie about a group a women who deal with life's concerns</p>	<p>9</p> <p>10:30-11:30a-Group Study (Dave M)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>10</p> <p>11:00a Elder law presentation with R. Murphy & Associates</p> <p>1245p-Paint with Elaine- Flip Flops and Beach Scene (Must sign up)</p>
<p>13</p> <p>10:30am- Bingo with Tina from Pa Health & Wellness</p> <p>1-3p Basic to Advanced Art Class</p>	<p>14</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p>	<p>15</p> <p>10:30-11:30a- BINGO</p> <p>12:30-3p: Knitting Crew</p>	<p>16</p> <p>10:30-11:30a-Group Study (Steve F)</p> <p>1:30-3p-Ladies Tea & Talk</p> <p>"Be Seen in Green" for Mental Health Awareness Wear green today</p>	<p>17</p> <p>11a Craft and Presentation from the LIFE Program and Brenda</p> <p>1245p-Wii Bowling</p>

Greencastle SAC (717) 597-2020
May 2024

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

<p>20</p> <p>11a-Money Mentors Presentation from M & T Bank</p> <p>1-3p Basic to Advanced Art Class</p>	<p>21</p> <p>9:30-3p: Pinochle</p> <p>11a- Health & Wellness with Erin (Sleep Health/Emergency Information)</p> <p>12:30-4p: Card Club 500</p>	<p>22</p> <p>10:30-11:30a-BINGO</p> <p>12:45-3p: Movie & Popcorn</p> <p><u>The Lost Valentine</u> Movie about a Navy pilot missing in action.</p>	<p>23</p> <p>10:30-11:30a-Group Study (Jan & Steve T)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>24</p> <p>Celebrate Birthdays at lunch</p> <p>1245p-Wii Bowling</p>
<p>27</p> <p>Center Closed for Memorial Day</p>	<p>28</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p>	<p>29</p> <p>10:30-11:30a-BINGO</p>	<p>30</p> <p>10:30-11:30a-Group Study (Jeff Ecko)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>31</p> <p>9a-3p Open House</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> <p><u>NO EXERCISE CLASSES ON MAY 31ST DUE TO THE OPEN HOUSE- FITNESS EQUIPMENT WILL STILL BE AVAILABLE</u></p>

Greencastle Senior Activity Center was voted the Best in the Tristate for Community Organizations 2024.

Center Open House May 31st 9:00am-3:00pm. See the flyer for more information