

**Greencastle SAC (717) 597-2020
November 2024**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 1245p-Paint with Elaine- Church Theme
4 9a- Holiday Card Stamping Class (Must sign up ahead) 11a-Bookmobile at center 10:30a Kidney Health presentation with Martha 1-3p Basic to Advanced Art Class	5 9:30-3p: Pinochle 12:30-4p: Card Club 500	6 10:30-11:30a-BINGO 12:30-3p Knitting Crew	7 9a Ceramics -Project TBD (Must sign up) 9:30-11:30a Aging Information and Referral to answer service questions 10:30-11:30a-Group Study (Herm F) 1:30-3p-Ladies Tea & Talk	8 11a Town Hall Meeting Christmas Party Planning 1245p-Paint with Elaine- Church Theme
11 Center Closed for Veteran Day	12 9:30-3p: Pinochle 12:30-4p: Card Club 500	13 10:30-11:30a- BINGO 12:45-3p: Movie & Popcorn <u>JFK (1991) First part</u> Kevin Costner plays a District Attorney that believes that was a conspiracy to assassinate JFK. Due to the length of the movie, we will divide it into 2 parts.	14 10:30-11:30a-Group Study (Dave M) 1:30-3p-Ladies Tea & Talk	15 1245p-Wii Bowling 1245p Card Craft for the Homebound- Christmas Theme

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<p>18</p> <p>1-3p Basic to Advanced Art Class</p>	<p>19</p> <p>9:30-3p: Pinochle</p> <p>11a- Health & Wellness with Keystone Health (Diabetic Diets)</p> <p>12:30-4p: Card Club 500</p>	<p>20</p> <p>10:30-11:30a-BINGO</p> <p>12:30-3p Knitting Crew</p>	<p>21</p> <p>Thanksgiving Meal today!</p> <p>10:30-11:30a-Group Study (Steve F)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>22</p> <p>Celebrate birthdays at lunch</p> <p>1245p-Wii Bowling</p>
<p>25</p> <p>1-3p Basic to Advanced Art Class</p>	<p>26</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p>	<p>27</p> <p>10:30-11:30a-BINGO</p> <p>12:45-3p: Movie & Popcorn</p> <p><u>JFK (1991) Second part</u> Kevin Costner plays a District Attorney that believes that was a conspiracy to assassinate JFK.</p> <p>Due to the length of the movie, we will divide it into 2 parts.</p>	<p>28</p> <p>Closed for Thanksgiving</p>	<p>29</p> <p>Closed for Thanksgiving</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>