

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p><b>ALL SENIOR CENTERS ARE CLOSED FOR FALL FESTIVAL</b></p>	<p>2</p> <p>10:30-11:30a-BINGO</p> <p>12:30-3p Knitting Crew</p>	<p>3</p> <p>9a Ceramics - Little Balloon Dog Project (Must sign up)</p> <p>9:30-11:30a Aging Information and Referral</p> <p>10-12p Blood pressure check</p> <p>10:30-11:30a-Group Study</p> <p>1:30-3p-Ladies Tea &amp; Talk</p> <p>2p- Martin's Potato Rolls Tour-Group 1</p>	<p>4</p> <p>1245p-Wii Bowling</p> <p>2p Center closes</p>
<p>7</p> <p>11a-Bookmobile</p> <p>1-3p Art Class</p> <p>3p Center Closes for Diabetes Workshop at Chambersburg Senior Center</p>	<p>8</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p>	<p>9</p> <p>10:30-11:30a-BINGO</p> <p>12:45-3p: Movie &amp; Popcorn</p>	<p>10</p> <p>10:30-11:30a-Group Study (Dave M)</p> <p>1:30-3p-Ladies Tea &amp; Talk</p> <p>2p- Martin's Potato Rolls Tour-Group 2</p>	<p>11</p> <p>11a Town Hall Meeting Christmas Party Planning</p> <p>1245p-Wii Bowling</p>
<p>14</p> <p>1-3p Art Class</p> <p>3p Center Closes for Diabetes Workshop at Chambersburg Senior Center</p>	<p>15</p> <p>9:30-3p: Pinochle</p> <p>11a- Health &amp; Wellness with Erin (Dental Hygiene &amp; Medications)</p> <p>12:30-4p: Card Club 500</p>	<p>16</p> <p>10:30-11:30a- BINGO</p> <p>12:30-3p Knitting Crew</p> <p>3p Center Closes for staff training</p>	<p>17</p> <p>10:30-11:30a-Group Study (Steve F)</p> <p>1:30-3p-Ladies Tea &amp; Talk</p>	<p>18</p> <p>1245p-Wii Bowling</p> <p>2p Center closes</p>

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<p>21</p> <p>11a Mercy House of Chambersburg Presentation with Jessica Brindle</p> <p>1-3p Art Class</p> <p>3p Center Closes for Diabetes Workshop at Chambersburg Senior Center</p>	<p>22</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p>	<p>23</p> <p>10:30-11:30a-BINGO</p> <p>12:45-3p Movie &amp; Popcorn</p>	<p>24</p> <p>10:30-11:30a-Group Study (Jan &amp; Steve T)</p> <p>1:30-3p-Ladies Tea &amp; Talk</p>	<p>25</p> <p>10:30a-Beltone Visit to ask questions</p> <p>Celebrate birthdays at lunch</p> <p>1245p-Wii Bowling</p> <p>2p Center Closes</p>
<p>28</p> <p>1-3p Art Class</p>	<p>29</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p>	<p>30</p> <p>10:30-11:30a-BINGO</p> <p>12:45-3p Movie &amp; Popcorn</p> <p><b><u>Casper (1995)</u></b></p>	<p>31</p> <p><b>Today is Halloween Dress Up</b></p> <p>10:30-11:30a-Group Study (Jeff Echo)</p> <p>1:30-3p-Ladies Tea &amp; Talk</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>