

Greencastle SAC (717) 597-2020
February 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11a-Bookmobile at center 1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer) 2-4p Basic to Advanced Art Class	4 9:30-3p: Pinochle 12:30-4p: Card Club 500 1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer)	5 10:30-11:30a-BINGO (\$1.50 donation for 2 cards) 12:30-3p Knitting Crew	6 9a Ceramics –Balloon Dog (Must sign up-donation of \$5) 10:30-11:30a-Group Study (Herm F) 1:30-2p-Ladies Tea & Talk Center closing at 2pm for staff meeting	7 11a Town Hall Meeting 1245p-Wii Bowling & other games
10 1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer) 2-4p Basic to Advanced Art Class	11 9:30-3p: Pinochle 12:30-4p: Card Club 500 1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer)	12 10:30-11:30a-BINGO (\$1.50 donation for 2 cards) 12:45-3p: Movie & Popcorn The Love Bug (1969) Down on his luck race driver teams up with a little VW Bug, Herbie	13 10:30-11:30a-Group Study (Dave M) 1:30-3p-Ladies Tea & Talk	14 11a Valentine Karaoke with Raymond and Ann 1245p-Wii Bowling & other games
17 1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer) 2-4p Basic to Advanced Art Class	18 9:30-3p: Pinochle 11a- Health & Wellness with Keystone Health (Topic- Heart Health) 12:30-4p: Card Club 500 1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer)	19 10:30-11:30a-BINGO (\$1.50 donation for 2 cards) 12:30-3p Knitting Crew	20 10:30-11:30a-Group Study (Alan R) 1:30-3p-Ladies Tea & Talk	21 10:30am- Hurley Auctions presents “Downsizing Made Easy” 1245p-Wii Bowling & other games

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<p>24</p> <p>9a "Stampin' with Jody" (Must sign up by 2/17/25)</p> <p>1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer)</p> <p>2-4p Basic to Advanced Art Class</p>	<p>25</p> <p>11a Doug Harmon from 1st Ed Credit Union presents Senior Smarts Financial Fitness (See flyer)</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p> <p>1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer)</p>	<p>26</p> <p>10:30-11:30a-BINGO (\$1.50 donation for 2 cards)</p> <p>12:45-3p: Movie & Popcorn</p> <p><u>Beauty and the Beast (2017)</u> Live Action movie with Emma Watson</p>	<p>27</p> <p>10:30-11:30a-Group Study (Steve & Jan T)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>28</p> <p>10a-Inspiration Station – Valentine Craft (Must sign up by 2/21/25-donation for supplies) See flyer</p> <p>Celebrate birthdays at lunch</p> <p>1245p-Wii Bowling & other games</p>
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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>

Second Saturday – Feb 8th 10a-2p

The center will be open for all activities (exercise equipment, games, computers, puzzles, socialization).

Presentation –Visiting Angels 10:30am

12:00pm Lunch- 2 slices of pizza, small bag of chips, and a drink

Health & Wellness Short workshop- Bingocize 1-2pm