

**Greencastle SAC (717) 597-2020  
January 2025**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>Center is closed for New Year</b>	2 9a Ceramics -Project TBD (Must sign up) 10:30-11:30a-Group Study (Herm F) 1:30-3p-Ladies Tea &	3 1245p-Paint with Elain Winter theme
6 11a-Bookmobile at center 11a Winter Blues & Loneliness presentation with Martha 1-3p Basic to Advanced Art Class	7 9:30-3p: Pinochle 12:30-4p: Card Club 500	8 10:30-11:30a-BINGO 12:45-3p: Movie & Popcorn	9 10:30-11:30a-Group Study (Dave M) 1:30-3p-Ladies Tea & Talk	10 11a Town Hall Meeting Planning for the year 1245p-Paint with Elaine-Winter Theme
13 1-3p Basic to Advanced Art Class	14 9:30-3p: Pinochle 12:30-4p: Card Club 500	15 10:30-11:30a- BINGO 12:30-3p Knitting Crew	16 10:30-11:30a-Group Study (Alan R) 1:30-3p-Ladies Tea & Talk	17 1245p-Wii Bowling 1245p Card Craft for the Homebound- Valentine's Day Theme
20 <b>Center is TENTATIVELY closed for Martin Luther King Day</b>	21 9:30-3p: Pinochle 11a- Health & Wellness with Keystone Health (Topic- Vision) 12:30-4p: Card Club 500	22 10:30-11:30a-BINGO 12:45-3p: Movie & Popcorn	23 10:30-11:30a-Group Study (Steve & Jan T) 1:30-3p-Ladies Tea & Talk	24 1245p-Wii Bowling

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<p>27</p> <p>1p- BINGOCIZE Nutrition Workshop (See flyer)</p> <p>1-3p Basic to Advanced Art Class</p>	<p>28</p> <p>9:30-3p: Pinochle</p> <p>12:30-4p: Card Club 500</p> <p>1p- BINGOCIZE Nutrition Workshop (See flyer)</p>	<p>29</p> <p>10:30-11:30a-BINGO</p>	<p>30</p> <p>10:30-11:30a-Group Study (Jeff E)</p> <p>1:30-3p-Ladies Tea &amp; Talk</p>	<p>31</p> <p>Celebrate birthdays at lunch</p>
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**Exercise Schedule:**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<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>