

Greencastle SAC (717) 597-2020
March 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 11a-Bookmobile at center</p> <p>11a- Isolation and Loneliness Presentation with Martha</p> <p>1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer)</p> <p>2-4p Basic to Advanced Art Class</p>	<p>4 9a-12 Property Tax/Rent Rebate assistance (Must sign up –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>5</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>12:30-3p Knitting Crew</p>	<p>6</p> <p>9a Ceramics – Animal Eye glasses holder (Must sign up-donation of \$5)</p> <p>10:30-11:30a-Group Study (Herm F)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>7</p> <p>11a Town Hall Meeting</p> <p>1245p-Paint in the Afternoon with Elaine ((Must sign up-donation of \$3)</p>
<p>10</p> <p>1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer)</p> <p>2-4p Basic to Advanced Art Class</p>	<p>11</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>12</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>12:45-3p: Movie & Popcorn The Love Bug (1969) Down on his luck race driver teams up with a little VW Bug, Herbie</p>	<p>13</p> <p>10:30-11:30a-Group Study (Dave M)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>14</p> <p>1245p-Paint in the Afternoon with Elaine ((Must sign up-donation of \$3)</p>
<p>17</p> <p>1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer)</p> <p>2-4p Basic to Advanced Art Class</p>	<p>18</p> <p>9:30-3p: Pinochle</p> <p>11a- Health & Wellness with Keystone Health (Fall Prevention)</p> <p>12:30-4p: Card Club 500</p> <p>1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer)</p>	<p>19</p> <p>10:30-11:30a-BINGO (\$1.25 donation for 2 cards)</p> <p>12:30-3p Knitting Crew</p>	<p>20</p> <p>10:30-11:30a-Group Study (Alan R)</p> <p>1:30-3p-Ladies Tea & Talk</p>	<p>21</p> <p>1245p-Wii Bowling & other games</p>

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<p>24</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>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 (\$1.25 donation for 2 cards)</p> <p>12:45-3p: Movie & Popcorn</p> <p>Soul Surfer (2011) A true story about a surfer who lost her arm in a shark attack and how her faith helped her preserved in the recovery process.</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 – Ukrainian Easter Egg Demonstration with Bev Shiver-Kotchenreuther</p> <p>Celebrate birthdays at lunch</p> <p>1245p-Wii Bowling & other games</p>
<p>31</p> <p>1-2p BINGOCIZE Nutrition Workshop (Must sign up- See attached flyer)</p> <p>2-4p Basic to Advanced Art Class</p>				

Exercise Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10a-Strong Seniors Exercise Group—Beginner Level</p>	<p>9:30a-Simply Seated Exercise—Moderate Level</p>	<p>10a-Strong Seniors Exercise Group—Beginner Level</p>	<p>9:30a-Chair Yoga—Beginner Level</p>	<p>9:30a-Simply Seated Exercise—Moderate Level</p>
<p>10:45a-Energize Exercise—Low Level</p>	<p>10:15a-Walk Fit Exercise Group-Advanced Level</p>		<p>1p-Tai Chi—Low Impact</p>	<p>10:15a-Walk Fit Exercise Group—Advanced Level</p>

Second Saturday – Mar 8th 10a-2p: The center will be open for all activities (exercise equipment, games, computers, puzzles, socialization).

10:30am Presentation – Medicare 101

12:00pm Lunch- Turkey noodle soup, fruit, dessert and a drink

1:00pm - Health & Wellness Short workshop-**BINGOCIZE**