

Senior Activity Center, Inc

September 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| | 09:30a CLOSED LABOR DAY - Dining Room | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 10:00a Crochet - Room 8 10:30a SAC Golf Meeting - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p SAC Pinochle - 3 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3 | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 10:00a SAC Board Executive Meeting - Room 8 11:00a Parkinsons Exercise Wednesday - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 01:00p SAC/NKA Line Dancing - Dining Room | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 10:00a NKA Board Meetings - Room 11 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room 12:00p SAC Book Club - Room 6 12:00p SAC Volunteers - Dining Room 12:30p SAC Special Pinochle - Room 4 12:45p SAC Pinochle - 3 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p Charity Bingo - Dining Room 01:00p NKA Origami for Beginners - Room 4 01:00p SAC Creative Writing - Room 11 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | 09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 10:00a Silver Cords Singing Group - Dining Room 11:00a NKA Travel Committee - Room 11 11:00a SAC/NKA Cribbage Card Game - Room 8 | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 10:00a NKA Crochet 101/102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong RM 8 - Room 8 09:30a NKA Fit and Fall - Room 3 10:00a SAC Board Meeting - Room 4 10:00a SYMBII Coffee With Veterans - Dining Room | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p Charity Bingo - Dining Room 01:00p NKA Origami for Beginners - Room 4 | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | 12:00p SAC Volunteers - Dining RoomA | 11:30a Portneuf Health Trust Volunteers - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:30p Poky Traveling Gems - Room 11 12:45p SAC Pinochle - 3 01:00p NKA Crochet/Knitting Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Conversational Spanish - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4 | 11:00a Parkinsons Exercise Wednesday - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 01:00p Gate City Mexican Train - Room 4 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 01:00p SAC/NKA Line Dancing - Dining RoomA 03:00p Parkinson Support Group Monthly Meeting - Room 6 | 12:00p SAC Volunteers - Dining RoomA 12:30p SAC Special Pinochle - Room 4 12:45p SAC Pinochle - 3 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 | 01:00p SAC Creative Writing - Room 11 | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | 09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 10:00a Silver Cords Singing Group - Dining RoomA 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomA | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 10:00a NKA Crochet 101/102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:45p SAC Pinochle - 3 01:00p NKA Crochet/Knitting Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 11 | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 09:30a NKA Barn Quilt Painting - Room 6 09:30a NKA Fit and Fall - Room 3 11:00a Parkinsons Exercise Wednesday - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p AARP Monthly Meeting - Room 11 12:00p SAC Volunteers - Dining RoomA 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:30p SAC Special Pinochle - Room 4 12:45p SAC Pinochle - 3 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 | 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:45p Charity Bingo - Dining RoomA 01:00p NKA Origami for Beginners - Room 4 01:00p SAC Creative Writing - Room 11 | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 14 | 15 | 16 01:30p NKA Conversational Spanish - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4 | 17 01:00p SAC/NKA Line Dancing - Dining Room 01:30p NKA Mahjong - Room 3 | 18 | 19 | 20 |
| 21 | 22 09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 10:00a Silver Cords Singing Group - Dining Room 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining Room | 23 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 10:00a NKA Crochet 101/102 - Room 4 11:00a Blood Pressure Clinic - Room 11 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p SAC Pinochle - 3 01:00p NKA Crochet/Knitting Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Conversational Spanish - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4 | 24 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 09:30a NKA Barn Quilt Painting - Room 6 09:30a NKA Fit and Fall - Room 3 11:00a Parkinsons Exercise Wednesday - Room 3 11:00a SENIORS SERVING SENIORS - Dining Room 11:30a .Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:00p SAC Volunteers - Dining Room 01:00p NKA Creative Cards - Room 11 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 01:00p SAC/NKA Line Dancing - Dining Room 01:30p NKA Mahjong - Room 3 | 25 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 09:30a SAC Bunco - Room 11 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:30p SAC Special Pinochle - Room 4 12:45p SAC Pinochle - 3 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 | 26 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:00a SENIORS SERVING SENIORS - Dining Room 11:30a .Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p Charity Bingo - Dining Room 01:00p NKA Origami for Beginners - Room 4 01:00p SAC Creative Writing - Room 11 | 27 |
| 28 | 29 09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library | 30 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 28 | 29 | 30 | | | | |
| | 09:30a SAC Pool Mondays - Room 12 Billiards Room | 09:00a Parkinsons Exercise - Room 3 | | | | |
| | 10:00a Silver Cords Singing Group - Dining RoomA | 09:30a NKA Basic Bridge - Room 11 | | | | |
| | 11:00a SAC/NKA Cribbage Card Game - Room 8 | 10:00a NKA Crochet 101/102 - Room 4 | | | | |
| | 12:00p SAC Volunteers - Dining RoomA | 11:00a SAC Fit and Fall 11AM Class - Room 3 | | | | |
| | | 11:30a .Nutrition Program Congregate Meal - Dining RoomA | | | | |
| | | 12:00p SAC Volunteers - Dining RoomA | | | | |
| | | 12:45p SAC Pinochle - 3 | | | | |
| | | 01:00p NKA Crochet/Knitting Service Group - Room 6 | | | | |
| | | 01:30p NKA Beginning And Intermediate Knitting - Room 11 | | | | |
| | | 01:30p NKA Conversational Spanish - Room 4 | | | | |
| | | 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 | | | | |
| | | 04:30p TOPS - Room 4 | | | | |