Printed on 03/24/2025

Senior Activity Center, Inc

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April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	
		08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room	thru Fridays - Room 7	
		09:30a NKA Intermediate Bridge - Room 11	08:00a SAC Pool - Room 12	09:30a Parkinson Boxing - Room 5Â	Library 08:00a SAC Pool - Room 12	
		09:30a Parkinson Boxing - Room 5Â	Billiards Room	10:00a AARP Tax Aide Assistance - Room 7 Library	Billiards Room	
		10:00a AARP Tax Aide	09:00a SAC American Mahjong - Room 4	10:00a AARP Tax Aide	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	
		Assistance - Room 8 10:00a AARP Tax Aide	09:30a NKA Fit and Fall - Room 3	Assistance - Room 8 10:00a NKA Board Meetings		
		Assistance - Room 7 Library	10:00a SAC Board Executive Meeting - Room 8	- Room 11	12:45p Charity Bingo - Dining RoomA	
		10:00a NKA Crochet 101/102 - Room 4	11:00a Parkinson 11 AM	10:00a NKA Crochet With Recycled Bags Service	01:00p SAC Creative Writing	
		11:00a SAC Fit and Fall 11AM Class - Room 3	Exercise - Room 3	Group - Room 4	- Room 4	
		11:30a .Nutrition Program	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	11:00a SAC Fit and Fall 11AM Class - Room 3		
		Congregate Meal - Dining RoomÂ	12:00p SAC Volunteers	11:30a .Nutrition Program Congregate Meal - Dining		
		12:00p SAC Volunteers	01:00p NKA Quilling with	RoomÂ		
		12:30p SAC Pinochle - 3	Carol - Room 11	12:00p SAC Volunteers		
		01:30p NKA Beginning And	01:00p SAC Bridge - Room 8	12:30p SAC Pinochle - 3		
		Intermediate Knitting - Room	01:00p SAC Free Dance Lessons - Dining RoomÂ	12:30p SAC Special Pinochle - Room 4		
		01:30p NKA Crochet/Knitting Service Group - Room 6	01:00p SAC Line Dancing - Room 3	01:00p SAC Book Club - Room 6		
		01:30p NKA Mahjong - Room 4	01:00p SAC Mexican Train - Room 4	01:30p NKA Fun With Crochet - Room 11		
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3		03:30p SAC Fit and Fall 3:30 PM Class - Room 3		
		04:30p TOPS - Room 4				
		05:00p NAACP Meetings - Room 3				
6	7	8	9	10	11	
	09:30a NKA Fit and Fall - Room 3	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	
	09:30a SAC Library Mondays Only - Room 7	09:30a Parkinson Boxing - Room 5Â	08:00a SAC Pool - Room 12	09:30a Parkinson Boxing - Room 5Â	08:00a SAC Pool - Room 12	
	Library	10:00a AARP Tax Aide Assistance - Room 7 Library	Billiards Room	10:00a AARP Tax Aide Assistance - Room 8	Billiards Room	
Room 12 Billiards Room	09:30a SAC Pool Mondays - Room 12 Billiards Room	10:00a AARP Tax Aide Assistance - Room 8	09:00a SAC American Mahjong RM 8 - Room 8	10:00a AARP Tax Aide Assistance - Room 7 Library	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	1:
	10:00a Silver Cords Singing Group - Dining RoomÂ	10:00a NKA Crochet 101/102 - Room 4	09:30a NKA Fit and Fall - Room 3	10:00a NKA Crochet With Recycled Bags Service Group - Room 4	12:00p SAC Volunteers 12:45p Charity Bingo -	
	11:00a SAC Cribbage Card Game - Room 8	11:00a SAC Fit and Fall 11AM Class - Room 3	10:00a SAC Board Meeting - Room 4	11:00a SAC Fit and Fall	Dining RoomÂ 01:00p SAC Creative Writing	
	12:00p SAC Volunteers	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers	10:00a SYMBII COFFEE WITH VETERANS - Dining RoomÂ 11:00a Parkinson 11 AM Exercise - Room 3	11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	- Room 4	
		01:30p NKA Beginning And 11:30 Intermediate Knitting - Room Congr	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4		
			12:00p SAC Volunteers 01:00p Gate City Mexican Train - Room 4	01:30p NKA Fun With Crochet - Room 11		
		01:30p NKA Mahjong - Room 4 03:30p SAC Fit and Fall 3:30	01:00p NKA Quilling with Carol - Room 11	01:30p NKA Origami Advanced Kusudama - Dining RoomÂ		
		PM Class - Room 3 04:30p TOPS - Room 4	01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomÂ	3 03:30p SAC Fit and Fall 3:30 PM Class - Room 3		
			01:00p SAC Line Dancing - Room 3 01:00p SAC Mexican Train -			
			Room 11 03:00p Parkinson Support			
			Group Monthly Meeting - Room 3			
13	14 09:30a NKA Fit and Fall - Room 3	thru Fridays - Room 7	thru Fridays - Room 7	17 08:00a SAC Library Tuesday thru Fridays - Room 7	thru Fridays - Room 7	1
M Li	09:30a SAC Library Mondays Only - Room 7 Library	Library 08:00a SAC Pool - Room 12 Billiards Room	Library 08:00a SAC Pool - Room 12 Billiards Room	Library 08:00a SAC Pool - Room 12 Billiards Room	Library 08:00a SAC Pool - Room 12 Billiards Room	
	09:30a SAC Pool Mondays - Room 12 Billiards Room	09:30a Parkinson Boxing - Room 5Â	09:00a SAC American Mahjong - Room 4	09:30a Parkinson Boxing - Room 5Â	11:00a Home Health and Hospice 101 - Room 3	
	10:00a SAC Golf Meeting - Room 4	10:00a NKA Crochet 101/102 - Room 4	09:30a NKA Fit and Fall - Room 3	10:00a NKA Crochet With Recycled Bags Service Group - Room 4	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	
	10:00a Silver Cords Singing Group - Dining RoomÂ	11:00a SAC Fit and Fall 11AM Class - Room 3	11:00a Parkinson 11 AM Exercise - Room 3	11:00a SAC Fit and Fall 11AM Class - Room 3	12:00p SAC Volunteers	
	11:00a NKA Travel Committee - Room 11	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ		12:45p Charity Bingo - Dining RoomÂ	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
	11:00a SAC Cribbage Card Game - Room 8	12:00p SAC Volunteers 12:30p SAC Pinochle - 3	12:00p AARP Monthly Meeting - Room 3	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	01:00p SAC Creative Writing - Room 4	
	12:00p SAC Volunteers	01:30p NKA Beginning And	12:00p SAC Volunteers			
		Intermediate Knitting - Room	01:00p NKA Flowers by LD -	12:00p SAC Volunteers		
			Dining RoomÂ	12:30p SAC Pinochle - 3		
		01:30p NKA Crochet/Knitting Service Group - Room 6	01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing -	12:30p SAC Special Pinochle - Room 4		
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3	Room 11 01:00p SAC Mexican Train -	01:30p NKA Fun With Crochet - Room 11		
		04:30p TOPS - Room 4	Room 4	01:30p NKA Origami Advanced Kusudama - Dining RoomÂ		
				03:30p SAC Fit and Fall 3:30 PM Class - Room 3		
20	21	22	23	24	25	26
	09:30a NKA Fit and Fall - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	
	09:30a SAC Library			09:30a Parkinson Boxing -		
	Mondays Only - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	Room 5A 09:30a SAC Bunco - Room	08:00a SAC Pool - Room 12 Billiards Room	
	09:30a SAC Pool Mondays - Room 12 Billiards Room	09:30a Parkinson Boxing - Room 5Â	09:00a SAC American Mahjong - Room 4	11 10:00a NKA Crochet With	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	
	10:00a Silver Cords Singing Group - Dining RoomÂ	10:00a NKA Crochet 101/102 - Room 4	09:00a SAC Day Of Service - Room 6	Recycled Bags Service Group - Room 4	12:00p SAC Volunteers	
	11:00a SAC Cribbage Card Game - Room 8	11:00a SAC Fit and Fall 11AM Class - Room 3	09:00a SAC Day of Service - Room 11	11:00a SAC Fit and Fall 11AM Class - Room 3	12:45p Charity Bingo - Dining RoomA	
	12:00p SAC Volunteers	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	09:30a NKA Fit and Fall - Room 3	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	01:00p SAC Creative Writing - Room 4	
			11:00a Parkinson 11 AM			
		12:00p SAC Volunteers	Exercise - Room 3	12:00p SAC Volunteers		
		12:30p SAC Pinochle - 3	11:30a .Nutrition Program Congregate Meal - Dining	12:30p SAC Pinochle - 3		
		01:30p NKA Beginning And Intermediate Knitting - Room 11	RoomÂ	12:30p SAC Special Pinochle - Room 4		
			12:00p SAC Volunteers	01:30p NKA Fun With		
			01:00p SAC Bridge - Room 8			
		Service Group - Room 6 03:00p NKA Social And	01:00p SAC Free Dance Lessons - Dining RoomÂ	03:30p SAC Fit and Fall 3:30 PM Class - Room 3		
		Planning Fun - Dining RoomÂ	01:00p SAC Line Dancing - Room 3			
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3	01:00p SAC Mexican Train - Room 4			

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
		04:30p TOPS - Room 4				
27	28	29	30			
	09:30a NKA Fit and Fall - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library			
	09:30a SAC Library Mondays Only - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room			
	09:30a SAC Pool Mondays - Room 12 Billiards Room	09:30a Parkinson Boxing - Room 5Â	09:00a SAC American Mahjong - Room 4			
	10:00a Silver Cords Singing Group - Dining RoomÂ	10:00a NKA Crochet 101/102 - Room 4	09:30a NKA Fit and Fall - Room 3			
	11:00a SAC Cribbage Card Game - Room 8	11:00a SAC Fit and Fall 11AM Class - Room 3	11:00a Parkinson 11 AM Exercise - Room 3			
	12:00p SAC Volunteers	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ			
		12:00p SAC Volunteers	12:00p SAC Volunteers			
		12:30p SAC Pinochle - 3	01:00p SAC Bridge - Room 8			
		01:30p NKA Beginning And Intermediate Knitting - Room 11	01:00p SAC Free Dance Lessons - Dining RoomÂ			
		01:30p NKA Crochet/Knitting Service Group - Room 6	01:00p SAC Line Dancing - Room 3 01:00p SAC Mexican Train -			
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3	Room 4			
		04:30p TOPS - Room 4				