

Senior Activity Center September 2021 Activities

Monday Hours 9:30 am-1:30 pm	Tuesday Hours 8:00 am-5:00 pm	Wednesday Hours 8:00 am-5:00 pm	Thursday Hours 8:00 am-5:00 pm	Friday Hours 8:00 am -5:00 pm
Billiards & Library All Day	Billiards & Library All Day	Billiards & Library All Day	Billiards & Library All Day	Billiards & Library All Day
		ZUMBA Exercise 8:30 am 8 th , 15 th , 22 nd , 29 th		ZUMBA Exercise 8:30 am 8 th , 15 th , 22 nd , 29 th
				Bridge 9 am Room 4
	TAI CHI Exercise 9:30 am 7 th , 21 st , 28 th Room 3			
	Fit and Fall Exercise 11 am Room 3		Fit and Fall Exercise 11 am Room 3	
	Social Bingo 11:30 am Dining Room	Entertainment 11:30 am Dining Room	Social Bingo 11:30 am Dining Room	Social Bingo 11:30 am Dining Room
	Lunch at Noon	Lunch at Noon	Lunch at Noon	Lunch at Noon
Duplicate Bridge 1 pm Room 4	Pinochle 1 pm Room 3	Duplicate Bridge 1 pm Room 4	Pinochle 1 pm Room 3	Jackpot Bingo 1:15 pm
Cards 1 pm Room 11		Cards 1 pm Room 11	Ballroom Dancing 1 pm Dining Room	Creative Writing 1 pm Room 4
			Live Band with Dance 2 pm Dining Room	
	Fit and Fall Exercise 4:00 pm Room 3		Fit and Fall Exercise 4 pm Room 3	
Parkinson Boxing 5:30 pm Room5	TOPS 5:30 pm Room 4			

*SAC Board of Directors Executive Meeting-1st Tuesday of each month 9 am

*Hand and Foot-1st and 3rd Thursday each month, Room 8

*SAC Board of Directors Meeting-2nd Tuesday of each month at 9 am

*Parkinson Support Group- 2nd Monday each month 5 pm, Room 4

[Return To Home Page](#)