

Senior Activity Center October 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
	Bridge 9 am Room 4	ZUMBA Exercise 8:30 am Room 3		ZUMBA Exercise 8:30 am
				Bridge 9 am Room 4
	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	Lunch at Noon
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 Dining Room
	NKA Knitting 2 pm-3pm in Dining Room		Pinochle 1 pm Room 4 (Gardner)	
			Ballroom Dancing 1 pm Dining Room	Creative Writing 1 pm Room 4
			Live Music with Dancing 1 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 Room 5	TOPS 5:30 pm Room 4	Parkinson Boxing 5:30 pm Room 5		

*SAC Board of Directors Executive Meeting-1st Tuesday of each month 9 am *Hand and Foot-1st and 3rd Thursday each month, room 8 (Linda)

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

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

*TAI CHI –No Class in October

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