

Senior Activity Center, Inc

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a Fit and Fall Morning Class - Room 3 11:00a Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 04:00p Fit and Fall Afternoon Class - Room 3 05:00p NAACP Meetings - Room 3 05:00p TOPS - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:00a American Mahjonn - Room 8 10:00a SAC Board Executive Meeting - Room 4 11:00a Music Entertainment on Wednesday - Dining RoomA 11:00a Nutrition Program Congregate Meal - Dining RoomA 01:00p Bridge Afternoon Session - Room 8	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Board Meetings - Room 11 11:00a Fit and Fall Morning Class - Room 3 11:00a Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11,Dining RoomA 01:00p Special Pinchole - Room 4 04:00p Fit and Fall Afternoon Class - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:00a Bridge Morning Session - Room 8 11:00a Nutrition Program Congregate Meal - Dining RoomA 12:45p Charity Bingo 13 dollar packet - Dining RoomA 12:45p Charity Bingo 9 Dollar Packet - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4	
6	7	8	9	10	11	12
	08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a Pool-Monday Only - Room 12 Billiards Room	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a TAI CHI - Room 11 11:00a Fit and Fall Morning Class - Room 3 11:00a Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 04:00p Fit and Fall Afternoon Class - Room 3 05:00p TOPS - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:00a American Mahjonn - Room 8 10:00a SAC Board Meeting - Room 4 11:00a Music Entertainment on Wednesday - Dining RoomA 11:00a Nutrition Program Congregate Meal - Dining RoomA 01:00p Bridge Afternoon Session - Room 8	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a Fit and Fall Morning Class - Room 3 11:00a Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11,Dining RoomA 01:00p Special Pinchole - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:00a Bridge Morning Session - Room 8 11:00a Nutrition Program Congregate Meal - Dining RoomA 12:45p Charity Bingo 13 dollar packet - Dining RoomA 12:45p Charity Bingo 9 Dollar Packet - Dining RoomA 01:00p Chess - Room 9	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
			01:00p Gate City Mexican Train - Room 4 03:00p Parkinson Support Group - Room 3	04:00p Fit and Fall Afternoon Class - Room 3	01:00p Creative Writing - Room 4	
13	14	15	16	17	18	19
	08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a Pool-Monday Only - Room 12 Billiards Room 10:30a NKA Travel Committee - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a Fit and Fall Morning Class - Room 3 11:00a Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 04:00p Fit and Fall Afternoon Class - Room 3 05:00p TOPS - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:00a American Mahjongg - Room 8 11:00a Music Entertainment on Wednesday - Dining RoomA 11:00a Nutrition Program Congregate Meal - Dining RoomA 01:00p Bridge Afternoon Session - Room 8	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a Fit and Fall Morning Class - Room 3 11:00a Nutrition Program Congregate Meal - Dining RoomA 01:00p Orgami - Room 11 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11, Dining RoomA 01:00p Special Pinhole - Room 4 04:00p Fit and Fall Afternoon Class - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:00a Bridge Morning Session - Room 8 11:00a Nutrition Program Congregate Meal - Dining RoomA 12:45p Charity Bingo 13 dollar packet - Dining RoomA 12:45p Charity Bingo 9 Dollar Packet - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4 01:00p Gate City Bunco - Room 3	
20	21	22	23	24	25	26
	08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a Pool-Monday Only - Room 12 Billiards Room	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a TAI CHI - Room 11 11:00a Fit and Fall Morning Class - Room 3 11:00a Nutrition Program Congregate Meal - Dining RoomA	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:00a American Mahjongg - Room 8 11:00a Music Entertainment on Wednesday - Dining RoomA 11:00a Nutrition Program Congregate Meal - Dining RoomA	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a Bunco - Room 4 11:00a Fit and Fall Morning Class - Room 3 11:00a Nutrition Program Congregate Meal - Dining RoomA	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:00a AARP Smart Drivers Course - Room 3 09:00a Bridge Morning Session - Room 8 11:00a Nutrition Program Congregate Meal - Dining RoomA 12:45p Charity Bingo 13 dollar packet - Dining RoomA	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22 01:00p Pinochle - Room 3 04:00p Fit and Fall Afternoon Class - Room 3 05:00p TOPS - Room 4	23 01:00p Bridge Afternoon Session - Room 8	24 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11,Dining Room 01:00p Special Pinchle - Room 4 04:00p Fit and Fall Afternoon Class - Room 3	25 12:45p Charity Bingo 9 Dollar Packet - Dining Room 01:00p Chess - Room 9 01:00p Creative Writing - Room 4	26
27	28 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a Pool-Monday Only - Room 12 Billiards Room	29 08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a Fit and Fall Morning Class - Room 3 11:00a Nutrition Program Congregate Meal - Dining Room 01:00p Pinochle - Room 3 04:00p Fit and Fall Afternoon Class - Room 3 05:00p TOPS - Room 4	30 08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:00a American Mahjongg - Room 8 11:00a Music Entertainment on Wednesday - Dining Room 11:00a Nutrition Program Congregate Meal - Dining Room 01:00p Bridge Afternoon Session - Room 8	31 08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool Tuesday thru Friday - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a Fit and Fall Morning Class - Room 3 11:00a Nutrition Program Congregate Meal - Dining Room 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11,Dining Room 01:00p Special Pinchle - Room 4 04:00p Fit and Fall Afternoon Class - Room 3		