

Senior Activity Center, Inc

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a NKA FIT AND FALL - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p A History Of Castles - Room 3 01:00p NKA Beginning Tatting - Room 6 04:00p Parkinsons Exercise - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a DKG Executive Meeting - Room 8 10:00a NKA Board Meetings - Room 11 10:00a SAC Board Executive Meeting - Room 4 10:30a NKA Beginning Crochet 102 - Room 6 11:00a Fit and Fall Morning Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p NKA Origami Birds and a Bee - Room 11 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11,Dining RoomA 01:00p Special Pinchle - Room 4 04:00p Fit and Fall Afternoon Class - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:45p Charity Bingo - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4	
5	6	7	8	9	10	11
	08:00a Pool - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a NKA FIT AND FALL - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a FLU/COVID VACCINES - Room 4 09:30a NKA Lets Play Bridge - Room 11 09:30a Parkinson Boxing - Room 5A	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjonn - Room 9 09:30a NKA FIT AND FALL - Room 3 10:00a SAC Board Meeting - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:30a NKA Beginning Crochet 102 - Room 6 11:00a Fit and Fall Morning Class - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a AARP Smart Drivers Course - Room 3 09:00a Bridge Morning Session - Room 8 12:00p .Nutrition Program Congregate Meal - Dining RoomA	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
		10:30a NKA Beginning Crochet 101 - Room 6 11:00a Fit and Fall Morning Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p NKA Beginning Watercolor - Room 11 01:00p NKA Beginning Watercolor - Room 6 01:00p Pinochle - Room 3 01:30p NKA Begin and intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 04:00p Fit and Fall Afternoon Class - Room 3 05:00p NAACP Meetings - Room 3 05:00p TOPS - Room 4	12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p A History Of Castles - Room 3 01:00p Bridge Afternoon Session - Room 8 01:00p Gate City Mexican Train - Room 4 03:00p Parkinson Support Group - Room 3 04:00p Parkinsons Exercise - Room 3	12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p NKA Origami Birds and a Bee - Room 11 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11,Dining RoomA 01:00p Special Pinchle - Room 4 04:00p Fit and Fall Afternoon Class - Room 3	01:00p CHARITY BINGO CANCELLED - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4 01:00p Gate City Bunco - Room 11	
12	13	14	15	16	17	18
	08:00a Pool - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library 09:30a CLOSED FOR VETERANS DAY - Dining RoomA 09:30a NKA FIT AND FALL - Room 3 10:30a NKA Travel Committee - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a NKA Lets Play Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a TAI CHI CANCELLED FOR MONTH OF OCTOBER - Room 11 10:30a NKA Beginning Crochet 101 - Room 6 11:00a Fit and Fall Morning Class - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 9 09:30a NKA FIT AND FALL - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p AARP Monthly Meeting - Room 3 01:00p Bridge Afternoon Session - Room 8	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:30a NKA Beginning Crochet 102 - Room 6 11:00a Fit and Fall Morning Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p AM VETS - Room 8	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a Bridge Morning Session - Room 8 12:00p .Nutrition Program Congregate Meal - Dining RoomA 12:45p Charity Bingo - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
		12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 01:30p NKA Begin and intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 04:00p Fit and Fall Afternoon Class - Room 3 05:00p TOPS - Room 4	04:00p Parkinsons Exercise - Room 3	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		
19	20	21	22	23	24	25
	08:00a Pool - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a NKA Lets Play Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a ISU PHARMACY DEPARTMENT OPERATIONS DIABETES - Dining RoomA 11:00a Fit and Fall Morning Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 01:30p NKA Begin and intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 9 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p Bridge Afternoon Session - Room 8 04:00p Parkinsons Exercise - Room 3	08:00a CLOSED FOR THANKSGIVING - Dining RoomA 01:00p CHARITY BINGO CANCELLED - Dining RoomA		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
		01:30p NKA Mahjong - Room 4 04:00p Fit and Fall Afternoon Class - Room 3 05:00p TOPS - Room 4				
26	27	28	29	30		
	08:00a Pool - Room 12 Billiards Room 08:30a Library Mondays Only - Room 7 Library	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a NKA Lets Play Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a TAI CHI CANCELLED FOR MONTH OF OCTOBER - Room 11 11:00a Fit and Fall Morning Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p Pinochle - Room 3 01:30p NKA Begin and intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 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 - Room 12 Billiards Room 09:00a American Mahjongg - Room 9 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p A History Of Castles - Room 3 01:00p Bridge Afternoon Session - Room 8 04:00p Parkinsons Exercise - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a Fit and Fall Morning Class - Room 3 12:00p .Nutrition Program Congregate Meal - Dining RoomA 01:00p NKA Origami Nativity - Room 11 01:00p Pinochle - Room 3 01:00p SAC Mexican Train - Room 11,Dining RoomA 01:00p Special Pinchle - Room 4 04:00p Fit and Fall Afternoon Class - Room 3		