

Senior Activity Center, Inc

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
					08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4	
3	4	5	6	7	8	9
	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 SAC Volunteers	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 AARP Tax Aide Assistance - Room 6 10:30a NKA Beginning Crochet 102 - Room 4 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 4 09:30a NKA Fit and Fall - Room 3 10:00a SAC Board Executive Meeting - Room 8 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p Healthy Living 101:Nourish With Knowledge - 101 N 7TH 12:00p SAC Volunteers 01:00p Bridge - Room 8 01:00p NKA Quilling - Room 11 01:00p SAC Mexican Train - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:00a NKA Board Meetings - Room 11 10:30a NKA Crochet With Recycled Plastic Bags - Room 4 11:00a Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:00p Free Dance Lessons - Dining RoomA 01:00p NKA Origami Boxes - Room 11 01:00p Special Pinochle - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4 01:00p Gate City Bunco - Room 3	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 01:30p NKA Crochet/Knitting Service Group - Dining Room A 01:30p NKA Mahjong - Room 4 04:00p Fit and Fall 4 PM Class - Room 3 05:00p NAACP Meetings - Room 3 05:00p TOPS - Room 4	6	7 04:00p Fit and Fall 4 PM Class - Room 3	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 10:30a NKA Travel Committee - Room 4 12:00p SAC Volunteers	12 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 AARP Tax Aide Assistance - Room 6 10:30a NKA Beginning Crochet 102 - Room 4 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room A 12:00p Portneuf Health Trust Volunteers - Dining Room A 12:00p SAC Volunteers 12:30p Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Crochet/Knitting Service Group - Dining Room A	13 08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:00a American Mahjongg - Room 8 09:30a NKA Fit and Fall - Room 3 10:00a SAC Board Meeting - Room 4 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 01:00p Bridge - Room 8 01:00p Gate City Mexican Train - Room 4 01:00p NKA Quilling - Room 11 01:00p SAC Mexican Train - Room 4 03:00p Parkinson Support Group Monthly Meeting - Room 3	14 08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:30a NKA Crochet With Recycled Plastic Bags - Room 4 11:00a Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 12:30p Pinochle - 3 01:00p Free Dance Lessons - Dining Room A 01:00p Special Pinochle - Room 4 04:00p Fit and Fall 4 PM Class - Room 3	15 08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining Room A 12:00p SAC Volunteers 12:45p A History Of Castles - Room 3 12:45p Charity Bingo - Dining Room A 01:00p Chess - Room 9 01:00p Creative Writing - Room 4	16 10:00a DKG State Meeting - Room 11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
		01:30p NKA Mahjong - Room 4 04:00p Fit and Fall 4 PM Class - Room 3 05:00p TOPS - Room 4				
17	18	19	20	21	22	23
	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 SAC Volunteers	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 AARP Tax Aide Assistance - Room 6 10:30a NKA Beginning Crochet 102 - Room 4 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:30p NKA Beginning 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 4 PM 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 4 09:30a NKA Fit and Fall - Room 3 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p Healthy Living 101: Nourish For The Now And Then - 101 N 7TH 12:00p SAC Volunteers 01:00p AARP Monthly Meeting - Room 3 01:00p Bridge - Room 8 01:00p NKA Quilling - Room 11 01:00p SAC Mexican Train - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:30a NKA Crochet With Recycled Plastic Bags - Room 4 11:00a Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:00p Free Dance Lessons - Dining RoomA 01:00p Special Pinochle - Room 4 04:00p Fit and Fall 4 PM Class - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4	
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	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 SAC Volunteers	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:30a NKA Beginning Crochet 102 - Room 4 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:30p NKA Beginning 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 4 PM 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 4 09:30a NKA Fit and Fall - Room 3 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p Bridge - Room 8 01:00p SAC Mexican Train - Room 4	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 6 10:00a Bunco - Room 8 10:30a NKA Crochet With Recycled Plastic Bags - Room 11 11:00a Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p Pinochle - 3 01:00p Free Dance Lessons - Dining RoomA 01:00p NKA Origami Simple Kusudama - Room 11 01:00p Special Pinochle - Room 4 04:00p Fit and Fall 4 PM Class - Room 3	08:00a Library Tuesday thru Fridays - Room 7 Library 08:00a Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p A History Of Castles - Room 3 12:45p Charity Bingo - Dining RoomA 01:00p Chess - Room 9 01:00p Creative Writing - Room 4 01:00p Gate City Ladies Pinochle Fridays Only - Room 8	
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