

Senior Activity Center, Inc

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 08:30a SAC Pool Mondays - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Intermediate Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a NKA Crochet 101/102 - Room 6 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC 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 03:30p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong RM 8 - 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 SAC Volunteers 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Mexican Train - Room 4 02:00p SAC Line Dancing - Dining RoomA 04:00p SAC Ping Pong - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Board Meetings - Room 11 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Special Pinochle - Room 4 01:00p SAC Book Club - Room 8 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami Trek To Bethlem - Dining RoomA 03:30p SAC Fit and Fall 4 PM Class - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC 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 SAC Creative Writing - Room 4 01:00p SAC Ping Pong - Room 3	
8	9	10	11	12	13	14
	08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14
	08:30a SAC Pool Mondays - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 10:30a NKA Travel Committee - Room 4 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	09:30a NKA Intermediate Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a NKA Crochet 101/102 - Room 6 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p Portneuf Health Trust Volunteers - Dining RoomA 12:00p SAC Volunteers 12:30p SAC 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 03:30p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	09:00a SAC American Mahjong RM 8 - 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 RoomA 12:00p SAC Volunteers 01:00p Gate City Mexican Train - Room 4 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Mexican Train - Room 11 02:00p SAC Line Dancing - Dining RoomA 03:00p Parkinson Support Group Monthly Meeting - Room 3	09:30a Parkinson Boxing - Room 5A 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami Trek To Bethlem - Dining RoomA 03:30p SAC Fit and Fall 4 PM Class - Room 3	11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4 01:00p SAC Ping Pong - Room 3	
15	16	17	18	19	20	21
	08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 08:30a SAC Pool Mondays - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 11:00a SAC Cribbage Card Game - Room 8	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a NKA Crochet 101/102 - Room 6 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong RM 8 - Room 4 09:30a NKA Fit and Fall - Room 3 11:00a Parkinson 11 AM Exercise - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16 12:00p SAC Volunteers	17 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Mahjong - Room 4 03:00p NKA Social And Planning Fun - Dining RoomA 03:30p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	18 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p AARP Monthly Meeting - Room 3 12:00p SAC Volunteers 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA 01:00p SAC Mexican Train - Room 4 02:00p SAC Line Dancing - Dining RoomA 04:00p SAC Ping Pong - Room 3	19 11:30a Socks For Senior Day - Room 6 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami Trek To Bethlem - Dining RoomA 03:30p SAC Fit and Fall 4 PM Class - Room 3	20 01:00p SAC Creative Writing - Room 4 01:00p SAC Ping Pong - Room 3	21
22	23 08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 08:30a SAC Pool Mondays - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	24 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p CLOSED FOR CHRISTMAS - Dining RoomA	25 08:00a CLOSED FOR CHRISTMAS - Dining RoomA	26 08:00a CLOSED FOR CHRISTMAS - Dining RoomA	27 08:00a CLOSED FOR CHRISTMAS - Dining RoomA	28
29	30 08:00a SAC Pool - Room 12 Billiards Room	31 08:00a SAC Library Tuesday thru Fridays - Room 7 Library				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p> <p>08:30a SAC Library Mondays Only - Room 7 Library</p> <p>08:30a SAC Pool Mondays - Room 12 Billiards Room</p> <p>11:00a SAC Cribbage Card Game - Room 8</p> <p>12:00p SAC Volunteers</p>	<p style="text-align: right;">31</p> <p>08:00a SAC Pool - Room 12 Billiards Room</p> <p>09:30a Parkinson Boxing - Room 5A</p> <p>10:30a SAC Walk The Block - WALK AROUND BLOCK SENIOR CENTER</p> <p>11:00a SAC Fit and Fall 11AM Class - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>12:30p SAC Pinochle - 3</p> <p>03:30p SAC Fit and Fall 4 PM Class - Room 3</p>				