

Senior Activity Center, Inc

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					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	
3	4	5	6	7	8	9
	08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 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 4 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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 09:30a SAC American Mahjong - Room 4 10:00a NKA Barn Quilts - Room 11 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 NKA Quilling with Carol - Room 11 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomA	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 10:00a NKA Creative Cards For Christmas - Room 8 10:00a NKA Recycled Bags Service Group - Room 4 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 01:00p NKA Seasonal Decor - Room 8	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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
		01:30p NKA Mahjong - Room 4 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	01:00p SAC Mexican Train - Room 4 02:00p SAC Line Dancing - Dining RoomA 04:00p SAC Ping Pong - Room 3	01:00p SAC Book Club - Dining RoomA 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami Folders - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3		
10	11	12	13	14	15	16
	09:30a CLOSED FOR VETERANS DAY - Dining RoomA	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 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p INTRODUCTION OF NOMINATED BOARD CANDIDATES - 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	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 8 09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Room 11 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 NKA Quilling with Carol - Room 3 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	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 Recycled Bags Service Group - Room 4 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 Folders - Dining RoomA 04:00p 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	

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10	11	12 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	13	14	15	16
17	18 08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	19 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 4 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 03:00p NKA Social And Planning Fun - Dining RoomA 04:00p SAC Fit and Fall 4 PM Class - Room 3 04:30p TOPS - Room 4	20 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a SAC American Mahjong - Room 4 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p AARP Monthly Meeting - Room 3 12:00p SAC Volunteers 01:00p NKA Quilling with Carol - Room 11 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	21 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 Recycled Bags Service Group - Room 4 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 04:00p SAC Fit and Fall 4 PM Class - Room 3	22 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	23
24	25 08:00a SAC Pool - Room 12 Billiards Room 08:30a SAC Library Mondays Only - Room 7 Library	26 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	27 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	28 08:00a CLOSED FOR THANKSGIVING - Dining RoomA	29 08:00a CLOSED FOR THANKSGIVING - Dining RoomA	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 11:00a SAC Cribbage Card Game - Room 8	26 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Intermediate Bridge - Room 11 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 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 01:30p NKA Mahjong - Room 4 04:30p TOPS - Room 4	27 08:00a SAC Pool - Room 12 Billiards Room 09:30a SAC American Mahjong - Room 4 11:00a Parkinson 11 AM Exercise - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 01:00p CLOSED FOR THANKSGIVING - Dining RoomA	28	29	30