

Senior Activity Center, Inc

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	31	1	2	3	4	
			09:30a CLOSED NEW YEARS EVE - 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 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 SAC Book Club - Room 8 03:30p SAC Fit and Fall 3:30 PM Class - 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 Pinochle - 3 12:30p SAC Special Pinochle - Room 4 01:00p SAC Book Club - Room 8 03:30p SAC Fit and Fall 3:30 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 NAACP DISPLAY PREP - Room 3 01:00p SAC Creative Writing - Room 4	
5	6	7	8	9	10	11	
	09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 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 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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 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 Gate City Mexican Train - Room 4	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 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4	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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7 12:30p SAC Pinochle - 3 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	8 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 03:00p Parkinson Support Group Monthly Meeting - Room 3	9 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	10	11
12	13 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 10:30a NKA Travel Committee - Room 4 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	14 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 Portneuf Health Trust Volunteers - Dining RoomA 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 01:30p NKA Crochet/Knitting Service Group - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	15 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 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 SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4	16 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 12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special Pinochle - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	17 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	18
19	20 09:30a CLOSED MARTIN LUTHER KING DAY - Dining RoomA	21 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Introduction To Bridge - Room 11	22 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4	23 08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A	24 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	25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
		09:30a Parkinson Boxing - Room 5A 10:00a NKA Knitting On Looms - 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 03:00p NKA Social And Planning Fun - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Room 6 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 SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4	10:00a NKA Recycled Bags Service Group - Room 6 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 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4	
26	27	28	29	30	31	
	09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 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 Introduction To Bridge - Room 4 09:30a Parkinson Boxing - Room 5A 10:00a NKA Knitting On Looms - Room 6	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 09:30a NKA Fit and Fall - Room 3 10:00a NKA Barn Quilts - Room 6	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 6 11:00a SAC Fit and Fall 11AM 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	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">26</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</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>01:00p NKA Creative Cards/Valentines & Birthday - Room 6</p> <p>01:30p NKA Beginning And Intermediate Knitting - Room 11</p> <p>01:30p NKA Crochet/Knitting Service Group - Dining RoomA</p> <p>01:30p NKA Mahjong - Room 4</p> <p>03:30p SAC Fit and Fall 3:30 PM Class - Room 3</p> <p>04:30p TOPS - Room 4</p>	<p style="text-align: right;">29</p> <p>11:00a Parkinson 11 AM Exercise - Room 3</p> <p>11:30a .Nutrition Program Congregate Meal - Dining RoomA</p> <p>12:00p SAC Volunteers</p> <p>01:00p SAC Bridge - Room 8</p> <p>01:00p SAC Mexican Train - Room 4</p>	<p style="text-align: right;">30</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>12:30p SAC Special Pinochle - Room 4</p> <p>01:30p NKA Create A Vision Board for 2024 - Room 6</p> <p>01:30p NKA Fun With Crochet - Room 11</p> <p>03:30p SAC Fit and Fall 3:30 PM Class - Room 3</p>	<p style="text-align: right;">31</p> <p>01:00p SAC Creative Writing - Room 4</p>	