

**Senior Activity Center, Inc**

**February 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	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 Pool - Room 12 Billiards Room  09:30a NKA Introduction To Bridge - Room 11  09:30a Parkinson Boxing - Room 5A  10:00a AARP Tax Aide Assistance - Room 8  10:00a AARP Tax Aide Assistance - Room 7 Library  10:00a NKA Knitting On Looms - Room 6  11:00a SAC Fit and Fall 11AM Class - Room 3  11:30a .Nutrition Program Congregate Meal - Dining RoomA  11:30a SAC Senior Center Tech Help - 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 3:30 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 - Room 4  09:30a NKA Fit and Fall - Room 3  10:00a NKA Barn Quilts - Room 6  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	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 AARP Tax Aide Assistance - Room 4  10:00a NKA Board Meetings - Room 11  10:00a NKA Crochet With 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 6  01:00p SAC Book Club - Room 8  01:30p NKA Fun With Crochet - Room 11  01:30p NKA Origami for Beginners - Dining RoomA  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 SAC Creative Writing - Room 4	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	09:30a NKA Fit and Fall - Room 3  09:30a SAC Library Mondays Only - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room  09:30a NKA Introduction To Bridge - Room 11	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	

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<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	09:30a SAC Pool Mondays - Room 12 Billiards Room 10:30a NKA Travel Committee - Room 11 11:00a SAC Cribbage Card Game - Room 8 12:00p SAC Volunteers	09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a AARP Tax Aide Assistance - Room 8 10:00a NKA Knitting On Looms - Room 6 11:00a SAC 90 Plus Birthday Party - Dining RoomA 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 11:30a SAC Senior Center Tech Help - 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 3:30 PM Class - Room 3 04:30p TOPS - Room 4	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 6 10:00a SAC Board Meeting - Room 4 10:00a SAC Coffee With Veterans - Dining RoomA 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 Rag Rugs - Room 6 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 Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 4 10:00a NKA Crochet With 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 6 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami for Beginners - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	08:00a SAC Pool - Room 12 Billiards Room 10:00a PCT Tools For Caregivers - 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	
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	09:00a CLOSED PRESIDENTS DAY - Dining RoomA	08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Introduction To Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 8	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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5A	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 10:00a PCT Tools For Caregivers - Room 3	

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<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
		10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a NKA Knitting On Looms - Room 6 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 11:30a SAC Senior Center Tech Help - 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 NKA Rag Rugs - Room 6 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	10:00a AARP Tax Aide Assistance - Room 4 10:00a NKA Crochet With 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 6 01:30p NKA Fun With Crochet - Room 11 01:30p NKA Origami for Beginners - Dining RoomA 03:30p SAC Fit and Fall 3:30 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		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		
	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 Pool - Room 12 Billiards Room 09:30a NKA Intermediate Bridge - Room 11 09:30a Parkinson Boxing - Room 5A 10:00a AARP Tax Aide Assistance - Room 7 Library 10:00a AARP Tax Aide Assistance - Room 8 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 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 09:30a SAC Bunco - Room 11 10:00a AARP Tax Aide Assistance - Room 4 10:00a NKA Crochet With Recycled Bags Service Group - Room 6	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 10:00a PCT Tools For Caregivers - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomA		

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23	24	25 11:00a SAC Fit and Fall 11AM Class - Room 3  11:30a .Nutrition Program Congregate Meal - Dining RoomA  11:30a SAC Senior Center Tech Help - 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 3:30 PM Class - Room 3  04:30p TOPS - Room 4	26 11:30a .Nutrition Program Congregate Meal - Dining RoomA  12:00p SAC Volunteers 01:00p NKA Rag Rugs - Room 6  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	27 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 6  01:30p NKA Fun With Crochet - Room 11  01:30p NKA Origami for Beginners - Dining RoomA  03:30p SAC Fit and Fall 3:30 PM Class - Room 3	28 01:00p SAC Creative Writing - Room 4	