Printed on 01/29/2025

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Senior Activity Center, Inc

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 09:30a NKA Fit and Fall - Room 3 09:30a SAC Library	4 08:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Introduction To	5 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	6 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	7 08:00a SAC Library Tuesday thru Fridays - Room 7 Library	8
	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	 Bridge - Room 11 09:30a Parkinson Boxing - Room 5Å 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 RoomÂ 11:30a SAC Senior Center Tech Help - Dining RoomÂ 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 RoomÂ 01:30p NKA Mahjong - Room 4 	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 RoomÂ 12:00p SAC Volunteers 01:00p SAC Bridge - Room 8 01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomÂ 01:00p SAC Mexican Train - Room 4 02:00p SAC Line Dancing - Dining RoomÂ	08:00a SAC Pool - Room 12 Billiards Room 09:30a Parkinson Boxing - Room 5Å 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 RoomÂ 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 RoomÂ	08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers 12:45p Charity Bingo - Dining RoomÂ 01:00p SAC Creative Writing - Room 4	
9	10	03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	12	03:30p SAC Fit and Fall 3:30 PM Class - Room 3 13	14	
9	09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library			-	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	13

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	09:30a SAC Pool Mondays - Room 12 Billiards Room	09:30a Parkinson Boxing - Room 5Â	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	
	10:30a NKA Travel Committee - Room 11	10:00a AARP Tax Aide Assistance - Room 7 Library	09:00a SAC American Mahjong RM 8 - Room 8	09:30a Parkinson Boxing - Room 5Â	10:00a PCT Tools For Caregivers - Room 3	
	11:00a SAC Cribbage Card Game - Room 8	10:00a AARP Tax Aide Assistance - Room 8	09:30a NKA Fit and Fall - Room 3	10:00a AARP Tax Aide Assistance - Room 4	11:30a .Nutrition Program Congregate Meal - Dining	
	12:00p SAC Volunteers	10:00a NKA Knitting On Looms - Room 6	10:00a NKA Barn Quilts - Room 6	10:00a NKA Crochet With Recycled Bags Service	RoomA 12:00p SAC Volunteers	
		11:00a SAC 90 Plus Birthday Party - Dining RoomÂ	10:00a SAC Board Meeting - Room 4	Group - Room 6 11:00a SAC Fit and Fall	12:45p Charity Bingo - Dining RoomÂ	
		11:00a SAC Fit and Fall 11AM Class - Room 3	10:00a SAC Coffee With Veterans - Dining RoomÂ	11AM Class - Room 3 11:30a .Nutrition Program	01:00p SAC Creative Writing - Room 4	
		11:30a .Nutrition Program Congregate Meal - Dining	11:00a Parkinson 11 AM Exercise - Room 3	Congregate Meal - Dining RoomÂ		
		RoomA 11:30a SAC Senior Center Tech Help - Dining RoomÂ	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	12:00p SAC Volunteers 12:30p SAC Pinochle - 3 12:30p SAC Special		
		12:00p SAC Volunteers	12:00p SAC Volunteers	Pinochle - Room 6		
		12:30p SAC Pinochle - 3 01:30p NKA Beginning And	01:00p Gate City Mexican Train - Room 4	01:30p NKA Fun With Crochet - Room 11		
		Intermediate Knitting - Room	01:00p NKA Rag Rugs - Room 6	01:30p NKA Origami for Beginners - Dining RoomÂ		
		01:30p NKA Crochet/Knitting Service Group - Dining RoomÂ	01:00p SAC Bridge - Room 8 01:00p SAC Free Dance Lessons - Dining RoomÂ	03:30p SAC Fit and Fall 3:30 PM Class - Room 3		
		01:30p NKA Mahjong - Room 4	01:00p SAC Mexican Train - Room 11			
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3	02:00p SAC Line Dancing - Dining RoomÂ			
		04:30p TOPS - Room 4	03:00p Parkinson Support Group Monthly Meeting - Room 3			
16	17	18	19	20	21	22
	09:00a CLOSED PRESIDENTS DAY - Dining RoomÂ		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	
		09:30a NKA Introduction To Bridge - Room 11	08:00a SAC Pool - Room 12	08:00a SAC Pool - Room 12	08:00a SAC Pool - Room 12	
		09:30a Parkinson Boxing - Room 5Â	Billiards Room 09:00a SAC American	Billiards Room 09:30a Parkinson Boxing -	Billiards Room 10:00a PCT Tools For	
		10:00a AARP Tax Aide Assistance - Room 8	Mahjong - Room 4	Room 5Â	Caregivers - Room 3	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
		10:00a AARP Tax Aide Assistance - Room 7 Library	09:30a NKA Fit and Fall - Room 3	10:00a AARP Tax Aide Assistance - Room 4	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	
		10:00a NKA Knitting On Looms - Room 6	10:00a NKA Barn Quilts - Room 6	10:00a NKA Crochet With Recycled Bags Service	12:00p SAC Volunteers	
		11:00a SAC Fit and Fall 11AM Class - Room 3	11:00a Parkinson 11 AM Exercise - Room 3	Group - Room 6 11:00a SAC Fit and Fall	12:45p Charity Bingo - Dining RoomÂ	
		11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining	01:00p SAC Creative Writing - Room 4	
		11:30a SAC Senior Center Tech Help - Dining RoomÂ	12:00p AARP Monthly Meeting - Room 3	RoomA 12:00p SAC Volunteers		
		12:00p SAC Volunteers	12:00p SAC Volunteers	12:30p SAC Pinochle - 3		
		12:30p SAC Pinochle - 3	01:00p NKA Rag Rugs -	12:30p SAC Special		
		01:30p NKA Beginning And	Room 6	Pinochle - Room 6		
		Intermediate Knitting - Room 11	01:00p SAC Bridge - Room 8 01:00p SAC Free Dance	01:30p NKA Fun With Crochet - Room 11		
		01:30p NKA Crochet/Knitting Service Group - Dining	Lessons - Dining RoomÂ	01:30p NKA Origami for Beginners - Dining RoomÂ		
		RoomÂ	01:00p SAC Mexican Train - Room 4	03:30p SAC Fit and Fall 3:30		
		01:30p NKA Mahjong - Room 4	02:00p SAC Line Dancing - Dining RoomÂ	PM Class - Room 3		
		03:00p NKA Social And Planning Fun - Dining RoomÂ				
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3				
		04:30p TOPS - Room 4				
23	24	25	26	27	28	
	09:30a NKA Fit and Fall - Room 3	08:00a SAC Pool - Room 12 Billiards Room	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	
	09:30a SAC Library Mondays Only - Room 7 Library	09:30a NKA Intermediate Bridge - Room 11 09:30a Parkinson Boxing -		08:00a SAC Pool - Room 12 Billiards Room		
	09:30a SAC Pool Mondays - Room 12 Billiards Room	Room 5A 10:00a AARP Tax Aide	09:00a SAC American Mahjong - Room 4	09:30a Parkinson Boxing - Room 5Â	10:00a PCT Tools For Caregivers - Room 3	
	11:00a SAC Cribbage Card Game - Room 8	Assistance - Room 7 Library 10:00a AARP Tax Aide	09:30a NKA Fit and Fall - Room 3	09:30a SAC Bunco - Room 11	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	
	12:00p SAC Volunteers	Assistance - Room 8 10:00a NKA Knitting On	10:00a NKA Barn Quilts - Room 6	10:00a AARP Tax Aide Assistance - Room 4	12:00p SAC Volunteers	
		Looms - Room 6	11:00a Parkinson 11 AM Exercise - Room 3	10:00a NKA Crochet With Recycled Bags Service Group - Room 6	12:45p Charity Bingo - Dining RoomÁ	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	
		11:00a SAC Fit and Fall 11AM Class - Room 3	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	11:00a SAC Fit and Fall 11AM Class - Room 3	01:00p SAC Creative Writing - Room 4	
		11:30a .Nutrition Program Congregate Meal - Dining RoomÂ	12:00p SAC Volunteers	11:30a .Nutrition Program Congregate Meal - Dining RoomÂ		
		11:30a SAC Senior Center Tech Help - Dining RoomÂ	01:00p NKA Rag Rugs - Room 6	12:00p SAC Volunteers		
		Tech help - Dining RoomA	01:00p SAC Bridge - Room 8	12:30p SAC Pinochle - 3		
		12:00p SAC Volunteers	01:00p SAC Free Dance	12:30p SAC Special		
		12:30p SAC Pinochle - 3	Lessons - Dining RoomÂ	Pinochle - Room 6		
		01:30p NKA Beginning And Intermediate Knitting - Room		01:30p NKA Fun With Crochet - Room 11		
		01:30p NKA Crochet/Knitting Service Group - Dining RoomÂ	02:00p SAC Line Dancing - Dining RoomÂ	01:30p NKA Origami for Beginners - Dining RoomÂ		
				03:30p SAC Fit and Fall 3:30 PM Class - Room 3		
		01:30p NKA Mahjong - Room 4				
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3				
		04:30p TOPS - Room 4				