



Makeda Smith – Senior Center Director
 Pam Loggins – Center Manager (Nutrition Program)
 Dot Kelley – Recreation Leader (Memberships)
 Mary Bryant – Facility Management
 Rodney Hawkins (RJ) – Fitness Coordinator

April 2022

Trussville Senior Activity Center (T-SAC) • 504 Cherokee Drive, Trussville, AL 35173 • 205-661-1714

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				09:00 Fitness Connect 01:00 1 st Friday Gym
4	5	BEG. 1 CLOSED UNTIL FALL 6	7	8
09:00 Art 09:30 Line Dance 10:00 Fire BP Check 11:00 Tai Chi 11:15 Fitness Connect 12:30 Silver Sneakers Balance	10:00 Yoga 11:00 Chair-A-Cize 11:15 Fitness Connect 02:00 T-Squares	09:30 Line Dance (Beg. 1) 10:15 Line Dance (Beg. 2) 11:00 Tai Chi 11:15 Fitness Connect 12:30 No Yoga 01:30 Beg. Ukulele Class	09:30 Line Dance 11:00 Chair-A-Cize 11:15 Fitness Connect 01:00 Silver Sneakers Classic	09:00 Rook Tournament 09:00 Fitness Connect 01:00 Billiards (Singles)
11	12	13	14	Happy Easter 15
09:30 Line Dance 10:00 Fire BP Check 11:00 Tai Chi 11:15 Fitness Connect 12:30 Silver Sneakers Balance	10:00 Yoga 11:00 Chair-A-Cize 11:15 Fitness Connect 02:00 T-Squares	09:30 Line Dance (Beg. 1) 10:15 Line Dance (Beg. 2) 11:00 Tai Chi 11:15 Fitness Connect 12:30 Silver Sneakers Yoga 01:30 Beg. Ukulele Class	Mystery Trip 6am-4:30pm 09:30 Line Dance 11:00 Chair-A-Cize 11:15 Fitness Connect 01:00 Silver Sneakers Classic	Closed for Good Friday
16	17	18	19	20
09:00 Art 09:30 Line Dance 10:00 Fire BP Check 11:00 Tai Chi 11:15 Fitness Connect 12:30 Silver Sneakers Balance	10:00 Yoga 11:00 Chair-A-Cize 11:15 Fitness Connect 02:00 T-Squares	09:30 Line Dance (Beg. 1) 10:15 Line Dance (Beg. 2) 11:00 Tai Chi 11:15 Fitness Connect 12:30 Silver Sneakers Yoga 01:30 Beg. Ukulele Class	09:30 Line Dance 11:00 Chair-A-Cize 11:15 Fitness Connect 01:00 Silver Sneakers Classic	09:00 Fitness Connect 01:00 Billiards (Doubles) 01:00-03:00 Line Dance Party!
21	22	23	24	25
09:30 Line Dance 10:00 Fire BP Check 11:00 Tai Chi 11:15 Fitness Connect 12:30 Silver Sneakers Balance	10:00 Yoga 11:00 Chair-A-Cize 11:15 Fitness Connect 02:00 T-Squares	09:30 Line Dance (Beg. 1) 10:15 Line Dance (Beg. 2) 11:00 Tai Chi 11:15 Fitness Connect 12:30 Silver Sneakers Yoga 01:30 Beg. Ukulele Class	09:30 Line Dance 11:00 Chair-A-Cize 11:15 Fitness Connect 01:00 Silver Sneakers Classic	09:00 Fitness Connect 10:00 Birthday BINGO & Putting on the Ritz DJ Karaoke Sing-a-long BINGO

Walk with Ease Monday-Thursday 8:30am, Join Today! Group Leaders needed, if interested see office staff!

Dine-In Lunch 12Noon