



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

AUGUST 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
				09:00 Fitness Connect 01:00 Billiards (Singles)
8	9	10	11	12
	10:00 Yoga 11:00 Chair-A-Cize 11:15 Fitness Connect 02:00 T-Squares	09:00 Art - Kathy 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	09:30 Line Dance 11:00 Chair-A-Cize 11:15 Fitness Connect 01:00 NO Silver Sneakers Classic	09:00 Rook Tournament 09:00 Fitness Connect
15	16	17	18	19
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	09:00 Art – Adult Coloring 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	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 (Singles)
22	23	24	25	26
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	09:00 Art - Kathy 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	09:30 Line Dance 11:00 Chair-A-Cize 11:15 Fitness Connect 01:00 Silver Sneakers Classic	09:00 Fitness Connect 10:00 Bday BINGO & DJ 01:00 Billiards (Doubles) 5:30 Birmingham Baron's Game at Regions Field on Party Deck and Catered Food!
29	30	31		
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	09:00 Art – Adult Coloring 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		

Walk with Ease Monday-Thursday 8:30am, Join Today! Group Leaders needed, if interested see office staff! Dine-In Lunch 12Noon