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

July 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Closed for 4th of July
4	5	6	7	8
Closed for 4th of July	09:00 Art - Kathy 10:00 Yoga 11:00 Chair-A-Cize 11:15 Fitness Connect 12:30 Bingocize - UAB 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	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 12:30 Bingocize - UAB 01:00 Billiards (Singles)
11	12	13	14	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	09:00 Art – Chris Cruz 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
18	19	20	21	22
09:30 Line Dance 10:00 Fire BP Check 11:00 Tai Chi 11:15 Fitness Connect 12:30 NO Silver Sneakers Balance	09:00 Art - Kathy 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	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)
25	26	27	28	29
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	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 & DJ Russ Sing-A-Long Sponsor: Amedisys 01:00 Billiards (Doubles)

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