



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

June 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		09:00 Art 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 12:30 Bingocize - UAB
6	7	8	9	10
09:30 Line Dance 10:00 Fire BP Check 11:00 Tai Chi 11:15 Fitness Connect 12:30 Silver Sneakers Balance NO LUNCH (JEFFERSON DAVIS HOLIDAY)	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 NO Silver Sneakers Classic	09:00 Rook Tournament 09:00 Fitness Connect 12:30 Bingocize - UAB 01:00 Billiards (Singles)
13	14	15	16	17
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 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 Fitness Connect 12:30 Bingocize - UAB
20	21	22	23	24
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 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 4:00 Texas de Brazil & Riverdance 25th Anniversary Show \$90	09:00 Fitness Connect 10:00 Birthday BINGO & DJ Russ Sing-A-Long Sponsor: Jefferson Memorial 12:30 Bingocize - UAB 01:00 Billiards (Doubles)
27	28	29	30	1
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 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	No Class Today! 10:00 4th of July Celebration	Closed for 4th of July

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