



Makeda Smith – Senior Center Director
 Kelly Lloyd – Nutrition Program Manager
 Wendy Cox – Activities Coordinator
 Mary Bryant – Facility Management

February 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Walk with Ease – No Excuse walking! RAIN, SLEET OR SUNSHINE IN DANCE ROOM! START TODAY! Tuesday-Wednesday-Thursday 8:30am & 3:45pm</p> <p>Next year we will partner with the YMCA to offer Parkinson's Group on the 2nd (TSAC) & 4th (YMCA) Tuesday of the month!</p>			09:30 Intermediate Line Dance 11:00 Chair-A-Cize 01:00 Classic Class	09:00 Art with Chris Cruz 01:00 Movie – TBA 01:00 Billiards Singles 01:30 Pilates
5	6	7	8	9
09:00 Line Dance (Improvers 1) 09:30 Line Dance (Improvers 2) 10:00 Fire BP Check 11:00 Balance 12:30 Tai Chi 01:00 Sewing	10:00 Yoga 11:00 Chair-A-Cize 12:00 L&L 12:45 Love to Line Dance 02:00 T-Squares	09:00 Art with Ms. Kathy 09:30 Line Dance (Beg. 1) Closed until March 10:15 Line Dance (Beg. 2) Open 12:45 Yoga 01:00 Art 01:30 Pilates	09:30 Intermediate Line Dance 11:00 Chair-A-Cize 01:00 Classic Class	09:00 Rook Tournament 01:00 Movie – TBA 01:30 Pilates
12	13	14	15	16
09:00 Line Dance (Improvers 1) 09:30 Line Dance (Improvers 2) 10:00 Fire BP Check 11:00 Balance 12:30 Tai Chi 01:00 Sewing	<p>No Class</p> <p>Mardi Gras Masquerade at Trussville Civic Center 10am-1pm</p>	09:30 Line Dance (Beg. 1) Closed until March 10:15 Line Dance (Beg. 2) Open 12:45 Yoga 01:00 Art 01:30 Pilates <p>Happy Valentine's Day</p>	09:30 Intermediate Line Dance 11:00 Chair-A-Cize 01:00 Classic Class	<p>09:45 Coffee Concert 01:00 Movie – TBA 01:00 Billiards - Doubles 01:30 Pilates</p>
19	20	21	22	23
09:00 Line Dance (Improvers 1) 09:30 Line Dance (Improvers 2) 10:00 Fire BP Check 11:00 Balance 12:30 Tai Chi 01:00 Sewing	10:00 Yoga 11:00 Chair-A-Cize 12:00 L&L 12:45 Love to Line Dance 02:00 T-Squares	09:30 Line Dance (Beg. 1) Closed until March 10:15 Line Dance (Beg. 2) Open 11:00 No T-SAC Advisory Board Meeting 12:45 Yoga 01:00 Art 01:30 Pilates	09:30 Intermediate Line Dance 11:00 Chair-A-Cize 01:00 Classic Class	01:00 Movie – TBA 01:30 Pilates
26	27	28	29	30
09:00 Line Dance (Improvers 1) 09:30 Line Dance (Improvers 2) 10:00 Fire BP Check 11:00 Balance 12:30 Tai Chi 01:00 Sewing	10:00 Yoga 11:00 Chair-A-Cize 12:00 L&L 12:30 Parkinson's Group (YMCA) 12:45 Love to Line Dance 02:00 T-Squares	09:30 Line Dance (Beg. 1) Closed until March 10:15 Line Dance (Beg. 2) Open 12:45 Yoga 01:00 Art 01:30 Pilates	09:30 Intermediate Line Dance 11:00 Chair-A-Cize 01:00 Classic Class	10:00 BIRTHDAY BINGO & KARAOKE 01:00 Movie – TBA 01:30 Pilates