



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

# January 2024

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
<b>Closed Happy New Year</b>	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 Art with Chris Cruz 01:00 Movie – TBA 01:00 Billiards - Singles 01:30 Pilates
8	9	10	11	12
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 (TSAC) 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	09:00 Rook Tournament 01:00 Movie – TBA 01:30 Pilates
15	16	17	18	19
<b>Closed MLK Day</b>	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 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 01:00 Billiards - Doubles
22	23	24	25	26
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 & KARAOAKE 01:00 Movie – TBA 01:30 Pilates
29	30	31		
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 12:45 Yoga 01:00 Art 01:30 Pilates	<p>Walk with Ease – No Excuse walking!  <b>RAIN, SLEET OR SUNSHINE IN DANCE ROOM!          START TODAY!</b>  <b>Tuesday-Wednesday-Thursday 8:30am &amp; 3:45pm</b></p> <p>Next year we will partner with the YMCA to offer Parkinson's Group on the 2<sup>nd</sup> (TSAC) &amp; 4<sup>th</sup> (YMCA) Tuesday of the month!</p>	