



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

March 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p style="text-align: center;">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>				<p>09:00 Art with Chris Cruz 01:00 Movie – TBA 01:00 Billiards Singles 01:30 Pilates</p>
4	5	6	7	8
<p>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>	<p>10:00 Yoga 11:00 Chair-A-Cize 12:00 L&L 12:45 Love to Line Dance 02:00 T-Squares</p>	<p>09:00 Art with Ms. Kathy 09:30 Line Dance (Beg. 1) Open 10:15 Line Dance (Beg. 2) Open 12:45 Yoga 01:00 Art 01:30 Pilates</p>	<p>09:30 Intermediate Line Dance 11:00 Chair-A-Cize 01:00 Classic Class</p>	<p>09:00 Rook Tournament 01:00 Movie – TBA 01:30 Pilates</p>
11	12	13	14	15
<p>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>	<p>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</p>	<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>	<p>09:30 Intermediate Line Dance 11:00 Chair-A-Cize 01:00 Classic Class</p>	<p>09:00 Shred & Ice Cream 01:00 Movie – TBA 01:00 Billiards - Doubles 01:30 Pilates</p>
18	19	20	21	22
<p>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>	<p>10:00 Yoga 11:00 Chair-A-Cize 12:00 L&L 12:45 Love to Line Dance 02:00 T-Squares</p>	<p>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</p>	<p>09:30 Intermediate Line Dance 11:00 Chair-A-Cize 01:00 Classic Class</p>	<p>10:00 BIRTHDAY BINGO & KARAOAKE 01:00 Movie – TBA 01:30 Pilates</p>
25	26	27	28	29
<p>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>	<p>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</p>	<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>	<p>09:30 Intermediate Line Dance 11:00 Chair-A-Cize 01:00 Classic Class</p>	<p style="text-align: center;">Closed Good Friday</p>