
KELLER SENIOR
ACTIVITIES CENTER
April - June
2026
Keller
Senior Activities Center



640 Johnson Road, Building C
Keller, Texas 76248

VISION

To encourage individuals and groups to connect with one another creating a welcoming, diverse, and fun environment by providing a wide range of programs and activities to include health and wellness, educational and enrichment courses, special events, travel opportunities, and a meal program.

HOURS OF OPERATIONS

Monday	**8:30 AM - 4:30 PM**
Tuesday	**8:30 AM - 6:30 PM**
Wednesday	**8:30 AM - 4:30 PM**
Thursday	**8:30 AM - 6:30 PM**
Friday	**8:30 AM - 4:30 PM**

CLOSURES

KSAC Closure
Monday, May 25, 2026

Gym Only Closure
Friday, May 1, 2026
Thursday, June 25, 2026 at 10:00 AM

CONTACT US

(817) 743-4370

seniorcenter@cityofkeller.com

www.cityofkeller.com/seniorcenter

MEET *the* TEAM



Michael Queen
Program Manager



Michelle Adler
Program Specialist



Dylan Turner
Member Services Representative



Karina Cook
Customer Service Technician



Amy Young
Customer Service Technician

Photography

The Keller Senior Activities Center is always snapping photos at our events and during our programs for promotional purposes. Please be aware that by participating or utilizing our facilities, you are granting the City of Keller and its agents the right to use and publish your image or your minor child's image and that no monetary remuneration will be given.

Cover Photo: *Ann R. at the 2025 Summer Bash*

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MEMBERSHIP

Membership is required for each individual to access the Keller Senior Activities Center facility and/or participate in activities and programs. Membership is only offered in an annual duration from the date of purchase and is subject to verification; a valid photo I.D. may be requested by staff at any time.

Annual Fees: **$20 for Keller Residents per person**
$70 for Non-Residents per person

Memberships are open to all residents and non-residents 55 years of age and older and includes entrance into the facility, use of the fitness room and game room, ability to register and participate in programs, activities, classes, trips, and our meal program. Please note that additional fees may be required for programs, activities, events, and trips and will be outlined with specific details in the quarterly newsletter.

If you are a member of a UnitedHealthcare Medicare plan, you may be eligible for a no-cost membership through Renew Active. Check with the front desk for eligibility requirements and more details.

REGISTRATION

All programs, activities, events, meals, and trip registrations are on a monthly basis. Registration begins at 8:30 AM on the dates listed below. Payment is due upon registration. If you make a reservation and you are unable to attend, out of courtesy to your fellow members and program sponsors, you must call and cancel so we can pass on the opportunity to other members on the waitlist.

Registrations can be made over the phone, in person, or online by using your provided email at: **https://secure.rec1.com/TX/keller-tx/catalog**

If you need assistance registering online, you can find our online registration How-To Guides by visiting **www.cityofkeller.com/seniorcenter** or requesting a copy at the front desk.

May
Registration Opens
Residents: April 14
Non-Residents: April 16

June
Registration Opens
Residents: May 12
Non-Residents: May 14

July
Registration Opens
Residents: June 9
Non-Residents: June 11

SERVICES

Meals on Wheels

Metroport Meals on Wheels provides home-delivered meals Monday through Friday to those who are unable to cook for themselves. Service can be ongoing or short-term to assist during times of need. For information, call (817) 491-1141 or visit **www.metroportmow.org**. To donate to Metroport Meals on Wheels, please visit their office at 428 US-377, Roanoke, TX 76262.

For information on the Tarrant County meal program, call (817) 336-0912 or visit **www.mealsonwheels.org**.

Transportation

The Northeast Transportation Service (NETS) offers door-to-door transportation services to Keller residents who are disabled and/or 65+ years of age. Trained drivers are available to assist passengers in getting on and off of vehicles. Please call (817) 336-8714 to schedule your trip or visit **www.ridenets.com** for more information.

Free Groceries by Sprouts

On Tuesday and Thursday mornings, members have the opportunity to take home free groceries with a variety of items available each week. The quantity and types of food may vary with a selection of fresh and nutritious options while supplies last.

Days: Tuesdays, Thursdays
Time: *please see the front desk*
Fee: FREE

AARP Driver's Safety

Learn how to improve your driving skills and be more aware of other drivers. This course may be used to qualify for a discount on your auto insurance; however, it does not meet the requirements to dismiss a ticket.

Registration required.
Dates: June 3
Time: Arrival at 11:15 AM
Class at 11:30 AM - 4:00 PM
Fee: $20 for AARP Members
$25 for Non-AARP Members
Fees are paid at the time of class.
Cash or check only.

AARP Tax Aide

AARP will be providing free tax aide to our community. Please sign up early as spots fill very quickly.

Registration required; by appointment only.
Days: Thursdays, February 5 - April 9
Appointment Times: 10:00 AM - 1:00 PM

It is extremely important that the taxpayer bring their prior year's return, the Social Security Card for everyone on the return, and their valid photo I.D.

EATS

Meal Program (Dine-In Only)

Metroport Meals on Wheels provides an opportunity for fellowship for seniors as they share a meal together. The monthly menu is available online or at the front desk.

Registration is required at least three business days prior to guarantee a meal.

Days: Tuesdays, Wednesdays, Fridays

Time: **Seating starts at 11:30 AM**
Lunch served at 12:00 PM
Meal service ends at 12:45 PM

Fee: $7

April 3 - KCSF Lunch

Registration required.

Fee: FREE

Sponsor: Keller Community Senior Fund, Inc.

Luncheons

Registration required for all luncheons.

Time: **Seating starts at 11:30 AM**
Lunch served at 12:00 PM

Fee: $7 (unless otherwise noted)

April 7 - Spring Luncheon

Spring is in the air, so hop on over and enjoy lunch with your friends! **Challenge BINGO to follow for luncheon registrants.**

June 16 - Father's Day Luncheon

Wear your favorite football team shirt to show your spirit as we cheer on and celebrate the real MVPs, our dads!

Mother's Day Tea

The GKWC cordially invites our mothers to enjoy a selection of delicacies and teas with a special photo-op "in the garden."

Registration required.

Date: May 7

Time: 10:30 AM -11:30 AM

Fee: FREE

Sponsor: Greater Keller Women's Club

Lunch & Learn

Registration required for each preferred session one week prior.

Time: 12:00 PM - 1:00 PM

Fee: FREE

April 23

Topic: "Everyone Deserves a Financial Road Map"

Sponsor: Western & Southern Life

June 11

Panel Discussion: "Senior Resources"

Sponsor: N.E.S.T.

Snack & Chat

Registration required.

Time: 10:30 AM - 11:30 AM

Fee: FREE

May 21

Topic: "Cultivating Health and Connection at the Conservatory"

Sponsor: Conservatory at Keller Town Center

SPECIAL EVENTS

Birthday Breakfast
Let's celebrate your birthday with the KSAC. It's better than breakfast in bed!
Registration required one week prior.
Dates: April 8, May 13, June 10
Time: 9:00 AM - 9:30 AM
Fee: $2; FREE during birthday month
Sponsors: Encompass Health, The Emberly at Heritage Glen

Family Feud
Team up with your pals to play everyone's favorite hand-clapping game show with prizes for the winners! Hosted by the Keller Public Library at the Keller Senior Activities Center.
Registration required.
Date: April 14
Time: Seating starts at 4:30 PM
Gaming at 5:00 PM - 7:00 PM
Fee: $5 (includes snacks)
Sponsor: Conservatory at Keller Town Center

Painting for Fun
Join us for this relaxing and inspiring art class, guided by fun and friendly instructors. No prior experience is needed and all materials will be provided.
Registration required.
Date: April 16
Time: 1:00 PM - 3:00 PM
Fee: FREE
Sponsor: Texas Rehab Keller, Keller Oaks Healthcare Center

Spring Craft Show & Market
Rain or shine, we're excited to invite you to our indoor craft show! Discover incredible handmade treasures, stunning jewelry, and one-of-a-kind artwork and live music.
Date: May 2
Time: 9:00 AM - 3:00 PM
Fee: FREE admission
Open to the public!

Game Night
Want to have fun and meet new friends? Come out and choose from one of our games or start a new one.
Registration required.
Date: May 19
Time: Doors open at 4:00 PM
Games at 4:30 PM - 7:30 PM
Puzzle Competition at 5:00 PM
Fee: $2 (includes snacks)
Sponsor: Keller Community Senior Fund, Inc.

Country Dance
Put on your boots and scoot on over for a night of two-stepping, line dancing, waltzing, and progressive or western swing.
Registration required.
Date: June 25
Time: Doors open at 4:00 PM
Dinner at 4:30 PM
Dancing at 5:00 PM - 7:30 PM
Fee: $5 (includes dinner)
Sponsor: Keller Community Senior Fund, Inc.

Thank You Sponsors & Volunteers

ASSISTED LIVING LOCATORS
BOTH SIDES OF SUNSET
CAREPATROL OF NORTHWEST DFW
CONSERVATORY AT KELLER TOWN CENTER
COMFORCARE
JOHN AND JOAN COOPER
THE EMBERLY AT HERITAGE GLEN
ENCOMPASS HEALTH
EDWARD JONES
DEBBIE EDWARDS
INSURANCE SOLUTIONS USA
KELLER COMMUNITY SENIOR FUND, INC.
KELLER OAKS HEALTHCARE CENTER
KSAC VOLUNTEERS AND INSTRUCTORS
LEGACY RETIREMENT SOLUTIONS
LEGEND OAKS FORT WORTH
NATIONAL CHARITY LEAGUE
NAVIGATING ELDERLY SOLUTIONS TOGETHER
REDEFINE LLC COUNSELING SERVICES
REHAB PLANET
SENIORS HELPING SENIORS
SILVERADO COMMUNITIES
TEXAS REHAB KELLER
THRIVE MOBILE THERAPY
TINA'S ANGELS
TROUP REAL ESTATE
TURKETT LAW OFFICE
YOUNG MEN'S SERVICE LEAGUE



DAY TRIPS

Mystery Lunch

Join us as we explore different restaurants in the DFW area. Meal prices may range up to $25 per person, plus tip.

Registration required.

Dates: April 30, May 21, June 18

Time: TBD based on restaurant selection

Fee: $5 plus meal cost



Frisco RoughRiders Game

Get ready with your peanuts and Cracker Jacks to see the Frisco RoughRiders, a Minor League Baseball team of the Texas League and the Class AA affiliate of the Texas Rangers.

Registration required.

Date: April 21

Time: 10:30 AM departure

Fee: $21

Grapevine Main Street

Walk the historic Grapevine Main Street and enjoy, shopping, dining, wine tasting, art galleries, and more!

Registration required.

Date: May 14

Time: 10:00 AM departure

Fee: $5 plus meal cost

Thrift Shop Hop

Take an adventure thrifting to see what treasures we can find for a great deal!

Registration required.

Date: June 11

Time: 10:00 AM departure

Fee: $5 plus meal cost

DAY TRIP REMINDERS

***Please note*:** Registration is required for all day trips. Payment is due upon registration.

Light
Little to No Walking/Standing

Moderate
Some Walking/Standing

Heavy
Long Periods of Walking/Standing

EXTENDED TRIPS



Diamond Tours

Colorado

Colorado: Garden of the Gods, the Royal Gorge, and Colorado Springs

September 13-19, 2026 (7 days, 6 nights)
$1,015 double per person | $1,375 single
10 meals and travel by coach included

Highlights include:

- Tour of the Garden of the Gods
- Visit the United States Air Force Academy
- Visit the Royal Gorge
- Visit Manitou Springs at the foot of Pikes Peak
- Guided tour of Colorado Springs
- Visit the U.S. Olympic & Paralympic Museum

Please see the front desk for further information. Details are subject to change.



SPECIAL INTEREST

Writing Your Life
Join us as questions stimulate memories, historical tidbits jog our thoughts, and words of real people encourage us. Purchase of material "Writing Your Life" is on your own.
Registration required.
Days: Mondays
Time: 10:00 AM - 11:30 AM
Fee: FREE

BINGO
Join your friends for a fun game of BINGO with prizes for the winners. Cards will be provided.
Seating opens at 1:30 PM
Days: Mondays (unless otherwise noted)
Time: 2:00 PM - 3:00 PM
Fee: FREE

Dazzling Divas
Join this chapter of the Fancy Hat Society for friendship and fun. The Queen will fill you in on the details of activities.
Days: April 7, May 5, June 2
Time: 10:30 AM - 11:30 AM
Fee: FREE

Prayer Group
Come join this non-denominational group for praise and worship, scripture, sharing, and testimonies. Find peace, strength, joy, and contentment through prayer and praying for others.
Registration required.
Days: 2nd and 4th Tuesdays
Time: 10:00 AM - 11:30 AM
Fee: FREE

The Good Death Seminar Series
A discussion group led by End-of-Life Doula Nancy Paez from Both Sides of Sunset.
Registration required.
Time: 10:00 AM - 11:30 AM
Fee: FREE

April 21: "Healthcare Proxy"

May 19: "Quality of Life"

June 16: "Nine Essential Questions"

OLLI
OLLI (Osher Lifelong Learning Institute) provides programs that foster intellectual stimulation and social engagement through classroom and learning opportunities designed specifically for adults 50 or better.
Membership and registration for OLLI classes are required through OLLI at UNT.

OLLI Spring Semester
Please see the OLLI Spring Semester catalog for a schedule of speakers and topics.
Dates: February 3 - April 21
(no class February 17, March 10, April 7)
Days: Tuesdays
Time: 1:30 PM - 3:00 PM

SPECIAL INTEREST

OLLI *(continued)*

OLLI Summer Registration Station

Join us for OLLI's come-and-go Summer Semester registration for new and current members!

Date: May 5
Time: 1:30 PM - 3:30 PM

OLLI Summer Semester

Please see the OLLI Summer Semester catalog for a schedule of speakers and topics.

Dates: June 2 - July 28
Days: Tuesdays
Time: 1:30 PM - 3:00 PM

RisKey Readers Book Club

Reading is the key to knowledge. Join our book club to discuss a wide array of books. Book list is available at the front desk.

Registration for preferred session is required.

Dates: April 15, May 20, June 17
Time: 1:00 PM - 3:00 PM
Fee: FREE

Veterans & Friends Monthly Meet Up

Meet up with friends and fellow veterans over coffee and conversation. This group will simply share stories and enjoy presentations given by various presenters. All KSAC Members are welcome to attend.

Dates: April 29, May 27, June 24
Time: 9:00 AM - 10:30 AM
Fee: FREE coffee and pastries

Indoor Aviation

Have a passion for the hobby and sport of indoor aviation? Bring your ultralight, slow flying, or battery operated RC airplane and let your inner pilot soar.

Days: Thursdays
Time: 10:15 AM - 12:15 PM
Fee: FREE

Note: *There will be no Indoor Aviation on June 25 due to a special event.*

Genealogy

Learn how to do research, as well as use family tree makers and different search sites to find everything you would like to know about your heritage.

Registration required.

Days: 2nd and 4th Thursdays
Time: 10:30 AM - 12:00 PM
Fee: FREE

House Band Practice

Come on out and listen to our house band practice up on tunes from the oldies, folk tunes, or classic rock. There 's a little something for everyone to enjoy. All are welcome.

Days: Thursdays
Time: 4:00 PM - 6:00 PM
Fee: FREE

Note: *There will be no House Band on June 25 due to a special event.*

SPECIAL INTEREST

Coffee Talk
This is a wonderful group which presents an opportunity to make new friends and enjoy each other's company. Everyone is welcome.
Days: Fridays
Time: 9:00 AM - 10:00 AM
Fee: FREE

The Beauty Social Club
Take a day to treat yourself! Pamper your face and body with fun products to try.
Registration required.
Dates: April 10, May 8, June 12
Time: 10:00 AM - 11:30 AM
Fee: FREE
Sponsor: Mary Kay

Library eBooks Made Easy
Learn how you can borrow free eBooks and eAudiobooks from Keller Public Library! A library staff member will walk you through the various digital services you can access with your library card and teach you how to use them. Bring your tablet or eReader to follow along and get personalized help. Hosted by the Keller Public Library at the Keller Senior Activities Center.
Registration required.
Dates: April 22, May 12, June 17
Time: 10:30 AM - 11:30 AM
Fee: FREE

ARTS & CRAFTS

China Painting
Porcelain painting is the art of decorating porcelain and ceramic ware with over-glazed colors. We will learn to paint fruits, flowers, and landscapes on porcelain. Must provide your own porcelain.
Registration required.
Days: Mondays
Time: 9:00 AM - 12:00 PM
Fee: $5 per month

Ceramics
Paint a unique gift or a special item for yourself. You must provide your own pieces to paint and fire for class; please see instructor for items available to purchase.
Registration required.

Days: Mondays (*Instructor: Rachel Russell*)
Time: **Session One**: 1:00 PM - 3:30 PM

Days: Tuesdays (*Instructor: Elaine Rice*)
Time: **Session Two:** 9:00 AM - 11:30 AM
Session Three: 1:00 PM - 3:30 PM

Fee: $15 per month; one session max per month

ARTS & CRAFTS

Wood Carving & Whittling
Learn the basics of safe wood carving and whittling.
Registration required for all skill levels.
Days: Wednesdays
Time: 9:30 AM - 11:30 AM

Beginner/Intermediate Instruction
Project: Wooden name plate; basic tools are provided to complete the project.
Instructor Dates: April 1 - May 27
Fee: $10 per 9-week course

Advanced Open
Must bring your own tools and carving board for table protection.
Fee: FREE

Social Painting
Bring your supplies and current projects to paint together with this wonderful group.
Days: Wednesdays
Time: 1:00 PM - 3:30 PM
Fee: FREE

Drawing Instruction
This instructor-led class is for anyone who has always wanted to learn how to draw. The basic techniques will help you start your creative artistry. No drawing skills required. Bring your own supplies; see the front desk for the supply list.
Days: Thursdays
Time: 9:30 AM - 11:30 AM
Fee: FREE

Chatty Crochet & Knitting
Join this chatty group of crocheters and knitters. You will learn something new every time! All levels welcome. Bring your own supplies.
Days: Thursdays
Time: 1:00 PM - 3:30 PM
Fee: FREE

Spooling Around
If you like to do any level of general sewing, embroidery, cross-stitch, or other activities that involve a needle and thread, come join us!
Days: Fridays
Time: 1:00 PM - 3:30 PM
Fee: FREE

Crafty Creations
New Workshop
Come for the crafting, stay for the laughs, and leave with a keepsake to keep or share.
Registration required.
Dates: April 24, May 22, June 26
Time: 10:00 AM - 11:30 AM
Fee: FREE
Sponsor: Cambridge Caregivers

SOCIAL GAMES

ALL SOCIAL GAMES ARE FREE AND FOR FUN ONLY.

NO MONEY IS TO BE EXCHANGED.

Beginner Mah Jong
Learn how to play with other beginners using tiles with symbols and pictures.
Days: Mondays
Time: 1:00 PM - 3:30 PM

Skilled Mah Jong
Use your skills of strategy while playing American Mah Jong with others!
Days: Tuesdays
Time: 1:00 PM - 3:30 PM

Dominoes
Join this lively group in your choice of domino games including 42 and Mexican Train.

Days: Tuesdays
Time: 9:00 AM - 11:30 AM

Days: Wednesdays
Time: 1:15 PM - 4:00 PM

Note: *Dominoes will end at 11:00 AM on April 7 and June 16 due to special events.*



Social Games
This time slot will be designated for any group that wants to play various games. Group leaders MUST coordinate with staff prior to discuss set-up and availability.
Days: Wednesdays
Time: 1:15 PM - 4:00 PM

Hand & Foot
This card game is a form of Canasta played in a fun and supportive atmosphere.

Days: Wednesdays
Time: 1:15 PM - 4:00 PM

Days: Fridays
Time: 9:00 AM - 11:30 AM

Poker
Dealer's Choice and Texas Hold 'Em
Join this friendly game of poker for bragging rights only.
Days: Wednesdays, Thursdays
Time: 1:15 PM - 4:00 PM

Party Bridge
Want a challenge? This card game is for you!
Days: Thursdays
Time: 11:00 AM - 3:00 PM

HEALTH AND WELLNESS

Happy Hikers Walking Group

A individual or social walk in the park or the indoor gymnasium. Please wear loose clothes and tennis shoes. Water bottle and sunscreen recommended.

Days: Monday - Friday
Time: 8:30 AM - 9:00 AM
Fee: FREE

Note: *Walking Group will be outside on May 1 due to a special event in the Gym.*

Line Dancing

Come out for a boot scootin' time as you learn various types and styles of dancing. All levels welcome.

Registration required.

Days: Mondays
Time: Step Instruction starts 9:15 AM
Dancing at 9:30 AM - 10:30 AM
Fee: $15 per month or $4 per drop-in



Tai Chi for Arthritis

This workshop is a slow and gentle exercise form; suitable for those who may have limited range of motion. The focus is improved balance, flexibility, posture, strength, and mobility. Please wear loose clothes and flat-bottom shoes.

Days: Mondays
Time: 9:00 AM - 10:00 AM
Fee: FREE

Circuit Training

This tailored exercise program led by Pradeep Rapalli, owner of Rehab Planet Physical Therapy & Wellness in Keller, will focus on improving strength, balance, flexibility, and cardiovascular health while ensuring safety and enjoyment.

Registration required.

Days: Mondays
Time: 10:15 AM - 11:15 AM
Fee: $15 per month or $4 per drop-in

HEALTH AND WELLNESS

Gentle Yoga
Gain flexibility, breath awareness, and balance while reducing stress and fatigue. Bring your yoga mat and yoga blanket.
Registration required.
Days: Mondays, Wednesdays
Time: 10:45 AM - 11:45 AM
Fee: $25 per month or $4 per drop-in

Pickleball Open Play
Schedule is subject to change.
Balls are provided; please bring your own paddle.

Beginner Open Play
Days/Time: Tuesdays: 11:45 AM - 1:15 PM
Fridays: 9:00 AM - 10:15 AM

Intermediate Open Play
Days/Time: Mondays: 2:15 PM - 4:30 PM
Fridays: 10:30 AM - 1:30 PM

Advanced Open Play
Days/Time: Mondays: 12:00 PM - 2:00 PM
Fridays: 1:45 PM - 4:30 PM

All Skill Levels Open Play
Day/Time: Tuesdays: 1:30 PM - 6:30 PM
Wednesdays: 12:15 PM - 3:15 PM

Keller Resident Only Pickleball Open Play
Time reserved for Keller resident members.
Day/Time: Thursdays: 12:30 PM - 4:30 PM

Note: *There will be no Pickleball on May 1 and June 25 due to special events.*

Chair Yoga
An instructor-led gentle practice using a chair while seated will allow the able bodied as well as those with limitations to enjoy all the benefits of a balanced yoga practice.
Registration required.
Days: Mondays
Time: 11:30 AM - 12:30 PM
Fee: $15 per month or $4 per drop-in

Zumba Gold
Dance to the hits in this fun and interactive class. Please wear comfortable shoes and clothing that allows you to move freely.
Registration required.
Days: Tuesdays, Thursdays
Time: 9:00 AM - 10:00 AM
Fee: $25 per month or $4 per drop-in

Mental Health
Mental Health workshops are presented by Redefine LLC Counseling Services.
Registration required.
Dates: April 7, May 5, June 2
Time: 10:00 AM - 11:00 AM
Fee: FREE

Flex & Stretch (Video-Guided)
If you are simply wanting to prioritize your physical health, then take time for a video-guided seated stretch session.
Days: Tuesdays
Time: 10:15 AM - 11:30 AM
Fee: FREE

HEALTH AND WELLNESS

Thrive Balance

Brought to you by Thrive Mobile Outpatient Therapy. These classes are a combination of seated and standing movements to help strengthen and improve balance. Wear loose fitted clothing.

Registration required.

Dates: April 1, 8, 22
May 6, 13, 27
June 3, 10, 24

Time: **Session One**: 9:00 AM - 9:40 AM
Session Two: 9:50 AM - 10:30 AM

Fee: FREE; one session max per date

Move & Groove Balance

Brought to you by Legend Oaks Healthcare and Rehabilitation. Enjoy this low-impact class and improve strength, balance, coordination, cardio, and flexibility. A chair is provided for seated or standing support. You are encouraged to go at your own pace and may sit at any time during the class. Wear loose fitted clothing.

Registration required.

Dates: April 15, 29
May 20
June 17

Time: **Session One**: 9:00 AM - 9:40 AM
Session Two: 9:50 AM - 10:30 AM

Fee: FREE; one session max per date

Basketball Open Play

Want to play a little friendly one on one or sharpen those skills on the court? Just show up and be ready to have fun.

Days: Wednesdays

Time: 3:30 PM - 4:30 PM

Confident Steps Workshop: Strength Training for Ageless Stability

Stay strong, steady, and independent at any age! Taught by Pradeep Rapalli, owner of Rehab Planet Physical Therapy & Wellness, these educational sessions will teach you strength exercises designed to improve balance, prevent falls, and boost confidence in daily movement.

Registration required.

Dates: April 2, May 14, June 4

Time: 10:30 AM - 11:30 AM

Fee: FREE

Mind Matters: "Dementia Live"

Join an interactive simulation experience into life with dementia. This session is presented by CarePatrol of Northwest DFW and Overture Home Care.

Registration required.

Date: April 30

Time: 10:30 AM - 11:30 AM

Fee: FREE

DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM Walking Group	8:30 AM Walking Group	8:30 AM Walking Group	8:30 AM Walking Group	8:30 AM Walking Group
9:00 AM China Painting	9:00 AM Ceramics: Two	9:00 AM Balance: One	9:00 AM Zumba Gold	9:00 AM Coffee Talk
9:00 AM Tai Chi	9:00 AM Dominoes	9:50 AM Balance: Two	9:30 AM Drawing Instruction	9:00 AM Hand & Foot
9:15 AM Line Dancing	9:00 AM Zumba Gold	9:30 AM Wood Carving & Whittling	10:15 AM Indoor Aviation	9:00 AM Beginner Pickleball
10:00 AM Writing Your Life	10:00 AM Prayer Group ***2nd & 4th Tuesdays***	10:45 AM Gentle Yoga	10:30 AM Genealogy ***2nd & 4th Thursdays***	10:30 AM Intermediate Pickleball
10:15 AM Circuit Training	10:15 AM Flex & Stretch	12:00 PM Meal Program	11:00 AM Party Bridge	12:00 PM Meal Program
10:45 AM Gentle Yoga	11:45 AM Beginner Pickleball	12:15 PM All Levels Pickleball	12:30 PM Keller Resident Only Pickleball	1:45 PM Advanced Pickleball
11:30 AM Chair Yoga	12:00 PM Meal Program	1:00 PM Social Painting	1:00 PM Chatty Crochet & Knitting	1:00 PM Spooling Around
12:00 PM Advanced Pickleball	1:00 PM Ceramics: Three	1:15 PM Dominoes, Social Games, Hand & Foot	1:15 PM Poker	
1:00 PM Ceramics: One	1:00 PM Skilled Mah Jong	1:15 PM Poker	4:00 PM House Band Practice	
1:00 PM Beginner Mah Jong	1:30 PM All Levels Pickleball	3:30 PM Basketball	4:45 PM Fitness Workshops ***as announced***	
2:00 PM BINGO				
2:15 PM Intermediate Pickleball				

GYM SCHEDULE

APRIL - JUNE 2026

MON

8:30 AM - 9:00 AM	Walking Group (*counterclockwise*)
9:15 AM - 10:30 AM	Line Dancing
10:45 AM - 11:45 AM	Gentle Yoga
12:00 PM - 2:00 PM	Advanced Pickleball Open Play
2:15 PM - 4:30 PM	Intermediate Pickleball Open Play

TUE

8:30 AM - 9:00 AM	Walking Group (*clockwise*)
9:00 AM - 10:00 AM	Zumba Gold
10:15 AM - 11:30 AM	Flex & Stretch (video-guided)
11:45 AM - 1:15 PM	Beginner Pickleball Open Play
1:30 PM - 6:30 PM	All Skill Levels Pickleball Open Play

WED

8:30 AM - 9:00 AM	Walking Group (*counterclockwise*)
9:00 AM - 9:40 AM	Balance: Session One
9:50 AM - 10:30 AM	Balance: Session Two
10:45 AM - 11:45 AM	Gentle Yoga
12:15 PM - 3:15 PM	All Skill Levels Pickleball Open Play
3:30 PM - 4:30 PM	Basketball Open Play

THU

8:30 AM - 9:00 AM	Walking Group (*clockwise*)
9:00 AM - 10:00 AM	Zumba Gold
10:15 AM - 12:15 PM	Indoor Aviation
12:30 PM - 4:30 PM	Keller Resident Pickleball Open Play
4:45 PM - 6:30 PM	Fitness Workshops (*as announced*)

FRI

8:30 AM - 9:00 AM	Walking Group (*counterclockwise*)
9:00 AM - 10:15 AM	Beginner Pickleball Open Play
10:30 AM - 1:30 PM	Intermediate Pickleball Open Play
1:45 PM - 4:30 PM	Advanced Pickleball Open Play

GYM CLOSURES:
MAY 1, JUNE 25 AT 10:00 AM

schedule is subject to change; gym is only open during scheduled programming

APRIL

CALENDAR IS IN ADDITION TO DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Thrive Balance	**2** 10:00 AM - 1:00 PM AARP Tax Aide *(by appointment only)* 10:30 AM - 11:30 AM Confident Steps	**3** 12:00 PM - 12:45 PM KCSF Lunch
6	**7** 10:00 AM - 11:00 AM Mental Health 10:30 AM - 11:30 AM Dazzling Divas 11:30 AM - 2:00 PM Spring Luncheon	**8** 9:00 AM - 9:30 AM Birthday Breakfast 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Thrive Balance	**9** 10:00 AM - 1:00 PM AARP Tax Aide *(by appointment only)* 10:30 AM - 12:00 PM Genealogy	**10** 10:00 AM - 11:30 AM The Beauty Social Club
13	**14** 10:00 AM - 11:30 AM Prayer Group 1:30 PM - 3:00 PM OLLI Spring Semester 4:30 PM - 7:00 PM Family Feud **Residents: May Registration Opens**	**15** 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Move & Groove Balance 1:00 PM - 3:00 PM RisKey Readers	**16** 1:00 PM - 3:00 PM Painting for Fun **Non-Residents: May Registration Opens**	**17**
April 11-20: Ireland Extended Trip				
20	**21** 10:00 AM - 11:30 AM The Good Death 10:30 AM departure Frisco Rough Riders Day Trip 1:30 PM - 3:00 PM OLLI Spring Semester	**22** 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Thrive Balance 10:30 AM - 11:30 AM Library eBooks Made Easy	**23** 10:30 AM - 12:00 PM Genealogy 12:00 PM - 1:00 PM Lunch & Learn	**24** 10:00 AM - 11:30 AM Crafty Creations
27	**28** 10:00 AM - 11:30 AM Prayer Group	**29** 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Move & Groove Balance 9:00 AM - 10:30 AM Veterans & Friends	**30** Time TBD Mystery Lunch Day Trip 10:30 AM - 11:30 AM Dementia Live	

April 19-25 is National Volunteer Week! Please take a moment to thank a volunteer for all they do to support KSAC.

MAY

CALENDAR IS IN ADDITION TO DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 **GYM CLOSED** **Saturday, May 2** 9:00 AM - 3:00 PM Spring Craft Show and Market
4	**5** 10:00 AM - 11:00 AM Mental Health 10:30 AM - 11:30 AM Dazzling Divas 1:30 PM - 3:30 PM OLLI Summer Registration Station	**6** 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Thrive Balance	**7** 10:30 AM -11:30 AM Mother's Day Tea	**8** 10:00 AM - 11:30 AM The Beauty Social Club
11	**12** 10:00 AM - 11:30 AM Prayer Group 10:30 AM - 11:30 AM Library eBooks Made Easy **Residents: June Registration Opens**	**13** 9:00 AM - 9:30 AM Birthday Breakfast 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Thrive Balance	**14** 10:30 AM - 11:30 AM Confident Steps 10:30 AM - 12:00 PM Genealogy 10:00 AM departure Grapevine Main Street Day Trip **Non-Residents: June Registration Opens**	**15**
18	**19** 10:00 AM - 11:30 AM The Good Death 4:00 PM - 7:30 PM Game Night	**20** 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Move & Groove Balance 1:00 PM - 3:00 PM RisKey Readers	**21** Time TBD Mystery Lunch Day Trip 10:30 AM - 11:30 AM Snack & Chat	**22** 10:00 AM - 11:30 AM Crafty Creations
25 **KSAC CLOSED**	**26** 10:00 AM - 11:30 AM Prayer Group	**27** 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Thrive Balance 9:00 AM - 10:30 AM Veterans & Friends	**28** 10:30 AM - 12:00 PM Genealogy	**29**

JUNE

CALENDAR IS IN ADDITION TO DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	**2** 10:00 AM - 11:00 AM Mental Health 10:30 AM - 11:30 AM Dazzling Divas 1:30 PM - 3:00 PM OLLI Summer Semester	**3** 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Thrive Balance 11:15 AM - 4:00 PM AARP Driver's Safety	**4** 10:30 AM - 11:30 AM Confident Steps	**5**
8	**9** 10:00 AM - 11:30 AM Prayer Group 1:30 PM - 3:00 PM OLLI Summer Semester **Residents: July Registration Opens**	**10** 9:00 AM - 9:30 AM Birthday Breakfast 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Thrive Balance	**11** 10:00 AM departure Thrift Shop Hop Day Trip 10:30 AM - 12:00 PM Genealogy 12:00 PM - 1:00 PM Lunch & Learn **Non-Residents: July Registration Opens**	**12** 10:00 AM - 11:30 AM The Beauty Social Club
15	**16** 10:00 AM - 11:30 AM The Good Death 11:30 AM - 1:30 PM Father's Day Luncheon 1:30 PM - 3:00 PM OLLI Summer Semester	**17** 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Move & Groove Balance 10:30 AM - 11:30 AM Library eBooks Made Easy 1:00 PM - 3:00 PM RisKey Readers	**18** Time TBD Mystery Lunch Day Trip	**19**
22	**23** 10:00 AM - 11:30 AM Prayer Group 1:30 PM - 3:00 PM OLLI Summer Semester	**24** 9:00 AM - 9:40 AM 9:50 AM - 10:30 AM Thrive Balance 9:00 AM - 10:30 AM Veterans & Friends	**25** **GYM CLOSED AT 10:00 AM** 10:30 AM - 12:00 PM Genealogy 4:00 PM - 7:30 PM Country Dance	**26** 10:00 AM - 11:30 AM Crafty Creations
29	**30** 1:30 PM - 3:00 PM OLLI Summer Semester			

Spring Craft Show & Market

Saturday, May 2, 2026, 9:00 AM - 3:00 PM

Keller Senior Activities Center

free admission and parking, open to the public

Vendor application forms can be picked up at KSAC or found on our website at www.cityofkeller.com/seniorcenter.

Vendor Registration Applications Open:

Current KSAC Members: **March 5**, Non-Members: **March 13**

Approved Vendor Space Fees:

Current KSAC Members: **$25 per space**, Non-Members: **$50 per space**

2026

COUNTRY DANCE

JUNE 25

DOORS OPEN AT 4:00 PM
DINNER AT 4:30 PM
DANCING AT 5:00 PM - 7:30 PM

$5 (INCLUDES DINNER)

GENEROUSLY SPONSORED BY THE KELLER COMMUNITY SENIOR FUND, INC.