

Senior Activity Center, Inc

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	09:30a NKA Fit and Fall - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	
	09:30a SAC Library Mondays Only - Room 7 Library	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	08:00a SAC Pool - Room 12 Billiards Room	
	09:30a SAC Pool Mondays - Room 12 Billiards Room	09:00a Parkinsons Exercise - Room 3	09:00a SAC American Mahjong - Room 4	09:00a Parkinsons Exercise - Room 3	11:00a Seniors Helping Seniors - Dining RoomA	
	10:00a Silver Cords Singing Group - Dining RoomA	09:30a NKA Basic Bridge - Room 11	09:30a NKA Barn Quilt Painting - Room 6	10:00a NKA Board Meetings - Room 11	11:30a .Nutrition Program Congregate Meal - Dining RoomA	
	11:00a SAC/NKA Cribbage Card Game - Room 8	10:00a NKA Crochet 101/102 - Room 4	09:30a NKA Fit and Fall - Room 3	10:00a NKA Crochet With Recycled Bags Service Group - Room 4	12:00p SAC Volunteers - Dining RoomA	
	12:00p SAC Volunteers - Dining RoomA	11:00a SAC Fit and Fall 11AM Class - Room 3	10:00a SAC Board Executive Meeting - Room 8	10:00a NKA Knitting On Looms - Room 4	12:45p Charity Bingo - Dining RoomA	
		11:30a .Nutrition Program Congregate Meal - Dining RoomA	11:00a Gate City Insurance and Dessert - Dining RoomA	11:00a SAC Fit and Fall 11AM Class - Room 3	01:00p NKA Origami First Kusudama - Room 4	
		12:00p SAC Volunteers - Dining RoomA	11:00a Parkinsons Exercise Wednesday - Room 3	11:30a .Nutrition Program Congregate Meal - Dining RoomA	01:00p SAC Creative Writing - Room 11	
		12:45p SAC Pinochle - 3	11:30a .Nutrition Program Congregate Meal - Dining RoomA	12:00p SAC Book Club - Room 6		
		01:00p NKA Crochet/Knitting Service Group - Room 6	12:00p SAC Volunteers - Dining RoomA	12:00p SAC Volunteers - Dining RoomA		
		01:30p NKA Beginning And Intermediate Knitting - Room 11	01:00p NKA Beginning Tatting - Room 6	12:30p SAC Special Pinochle - Room 4		
		01:30p NKA Conversational Spanish - Room 4	01:00p NKA Creative Cards Christmas/Birthday - Room 11	12:45p SAC Pinochle - 3		
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3	01:00p SAC Bridge - Room 8	01:30p NKA Fun With Crochet - Room 11		
		04:30p TOPS - Room 4	01:00p SAC Mexican Train - Room 4	03:30p SAC Fit and Fall 3:30 PM Class - Room 3		
		05:00p NAACP Meetings - Room 3	01:00p SAC/NKA Line Dancing - Dining RoomA			
			01:30p NKA Mahjong - Room 3			
9	10	11	12	13	14	15
	09:30a NKA Fit and Fall - Room 3	09:30a CLOSED FOR VETERANS DAY - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10	11	12	13	14	15
	09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 10:00a Silver Cords Singing Group - Dining RoomA 11:00a NKA Travel Committee - Room 11 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomA		08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong RM 8 - Room 8 09:30a NKA Barn Quilt Painting - Room 6 09:30a NKA Fit and Fall - Room 3 10:00a SAC Board Meeting - Room 4 10:00a SYMBII Coffee With Veterans - Dining RoomA 11:00a Parkinsons Exercise Wednesday - Room 3 11:00a SIG Health Plans - Room 5A 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 01:00p Gate City Mexican Train - Room 4 01:00p NKA Beginning Tatting - Room 6 01:00p NKA Quilling - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 01:00p SAC/NKA Line Dancing - Dining RoomA 01:30p NKA Mahjong - Room 3 03:00p Parkinson Support Group Monthly Meeting - Room 6	08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 10:00a NKA Crochet With Recycled Bags Service Group - Room 4 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SIG Health Plans - Room 5A 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p Meet The Candidates - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:30p RayMobile Phone Photography Class - Room 6 12:30p SAC Special Pinochle - Room 4 12:45p SAC Pinochle - 3 01:30p NKA Fun With Crochet - Room 11 02:00p NKA Sizzling Rice Soup - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 11	
16	17	18	19	20	21	22
	09:30a NKA Fit and Fall - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a Library Closed For Election	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 10:00a Silver Cords Singing Group - Dining RoomA 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomA	08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 09:30a NKA Competitive Bridge - Room 11 10:00a NKA Crochet 101/102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SIG Health Plans - Room 5A 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:45p SAC Pinochle - 3 01:00p NKA Crochet/Knitting Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Conversational Spanish - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 09:30a NKA Barn Quilt Painting - Room 6 09:30a NKA Fit and Fall - Room 3 11:00a Parkinsons Exercise Wednesday - Room 3 11:00a Wilks Info Table and Dessertss - Dining RoomA 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p AARP Monthly Meeting - Room 11 12:00p SAC Volunteers - Dining RoomA 01:00p NKA Quilling - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 01:00p SAC/NKA Line Dancing - Dining RoomA 01:30p NKA Mahjong - Room 3	08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 09:30a SAC Bunco - Room 11 10:00a NKA Crochet With Recycled Bags Service Group - Room 4 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:30p SAC Special Pinochle - Room 4 12:45p SAC Pinochle - 3 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	08:00a SAC Pool - Room 12 Billiards Room 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:45p Charity Bingo - Dining RoomA 01:00p NKA Origami First Kusudama - Room 4 01:00p SAC Creative Writing - Room 11 01:30p NKA Lego Botanicals - Room 3	
23	24	25	26	27	28	29
	09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 10:00a Silver Cords Singing Group - Dining RoomA 11:00a SAC/NKA Cribbage Card Game - Room 8	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 09:30a NKA Competitive Bridge - Room 11 10:00a NKA Crochet 101/102 - Room 4	08:00a SAC 1/2 Day Library 08:00a SAC Pool 1/2 day 08:00a SAC Volunteers 09:30a NKA Fit and Fall - Room 3 11:00a Parkinsons Exercise Wednesday - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 01:00p Senior Activity Closes at 1pm for Thanksgiving	08:00a CLOSED FOR THANKSGIVING - Dining RoomA	08:00a CLOSED FOR THANKSGIVING - Dining RoomA	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
		11:00a Blood Pressure Clinic - Room 8 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a .Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:45p SAC Pinochle - 3 01:00p NKA Crochet/Knitting Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 11 01:30p NKA Conversational Spanish - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4				
30						