

Senior Activity Center, Inc

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				08:00a CLOSED FOR NEW YEARS - Dining RoomA	09:30a CLOSED NEW YEARS EVE - Dining RoomA	
4	5	6	7	8	9	10
	09:30a SAC Library Mondays Only - 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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	
	09:30a SAC Pool Mondays - 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	08:00a SAC Pool - Room 12 Billiards Room	
	09:30a Silver Cords Singing Group - Dining RoomA	09:00a Parkinsons Exercise - Room 3	09:00a SAC American Mahjong - Room 4	09:00a Parkinsons Exercise - Room 3	11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA	
	11:00a SAC/NKA Cribbage Card Game - Room 8	11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA	10:00a SAC Board Executive Meeting - Room 8	11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA	11:30a ...Nutrition Program Congregate Meal - Dining RoomA	
	12:00p SAC Volunteers - Dining RoomA	11:00a SAC Fit and Fall 11AM Class - Room 3	11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA	11:00a SAC Fit and Fall 11AM Class - Room 3	12:00p SAC Volunteers - Dining RoomA	
	12:30p Line Dancing - Dining RoomA	11:30a ...Nutrition Program Congregate Meal - Dining RoomA	11:00a Heritage Home Health/Honoring Birthdays - Dining RoomA	11:30a ...Nutrition Program Congregate Meal - Dining RoomA	12:45p Charity Bingo - Dining RoomA	
		12:00p SAC Volunteers - Dining RoomA	11:00a Parkinsons Exercise Wednesday - Room 3	12:00p SAC Volunteers - Dining RoomA	01:00p SAC Creative Writing - Room 4	
		12:45p SAC Pinochle - 3	11:30a ...Nutrition Program Congregate Meal - Dining RoomA	12:30p SAC Special Pinochle - Room 4		
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3	12:00p SAC Volunteers - Dining RoomA	12:45p SAC Pinochle - 3		
		04:30p TOPS - Room 4	01:00p SAC Bridge - Room 8	03:30p SAC Fit and Fall 3:30 PM Class - Room 3		
		05:00p NAACP Meetings - Room 3	01:00p SAC Mexican Train - Room 11			
			01:00p SAC/NKA Line Dancing - Dining RoomA			
11	12	13	14	15	16	17
	09:30a SAC Library Mondays Only - 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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library	
	09:30a SAC Pool Mondays - 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	08:00a SAC Pool - Room 12 Billiards Room	
	09:30a Silver Cords Singing Group - Dining RoomA	09:00a Parkinsons Exercise - Room 3	09:00a SAC American Mahjong RM 8 - Room 8	09:00a Parkinsons Exercise - Room 3	10:00a Home Helpers Foot Clinic - Room 3	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomA 12:30p Line Dancing - Dining RoomA	10:00a SAC Transportation Info/Travel Training - Dining RoomA 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 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 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	10:00a SAC Board Meeting - Room 4 10:00a SYMBII Coffee With Veterans - Dining RoomA 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 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 SAC Volunteers - Dining RoomA 01:00p Gate City Mexican Train - Room 4 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 01:00p SAC/NKA Line Dancing - Dining RoomA 03:00p Parkinson Support Group Monthly Meeting - Room 6	09:30a SAC Bunco - Room 11 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a Seniors Serving Seniors/Info/Desserts - Dining RoomA 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 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 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 4	
18	19	20	21	22	23	24
	09:30a CLOSED MARTIN LUTHER KING DAY - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 10:00a Gate City Ladies - Room 8 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 11:00a SAC Fit and Fall 11AM Class - Room 3	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 11:00a Parkinsons Exercise Wednesday - Room 3 11:30a ...Nutrition Program Congregate Meal - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a Parkinsons Exercise - Room 3 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a ...Nutrition Program Congregate Meal - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 10:00a SAC Transportation Info/Travel Training - Dining RoomA 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 11:30a ...Nutrition Program Congregate Meal - Dining RoomA	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
		11:00a SAC Reverse Mortgage 101 - NeighborWorks - Room 11 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 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	12:00p AARP Monthly Meeting - Room 4 12:00p SAC Volunteers - Dining RoomA 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 01:00p SAC/NKA Line Dancing - Dining RoomA	12:00p SAC Volunteers - Dining RoomA 12:30p SAC Special Pinochle - Room 4 12:45p SAC Pinochle - 3 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	12:00p SAC Volunteers - Dining RoomA 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4	
25	26	27	28	29	30	31
	09:30a NKA Fit and Fall - Room 3 09:30a SAC Library Mondays Only - Room 7 Library 09:30a SAC Pool Mondays - Room 12 Billiards Room 09:30a Silver Cords Singing Group - Dining RoomA 10:00a SAC 2026 Golf Tournament Meeting - Room 11 10:00a SAC Transportation Info/Travel Training - Room 4 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomA	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 2/1 Game Forcing Bridge Class - Room 11 10:00a NKA Beginning Crochet 102 - Room 6 10:00a NKA Crochet 101/102 - Room 4 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 09:00a SAC American Mahjong - Room 4 09:30a NKA Fit and Fall - Room 3 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 11:00a Parkinsons Exercise Wednesday - Room 3 11:30a ...Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 01:00p SAC/NKA Line Dancing - Dining RoomA	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 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 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 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	08:00a SAC Library Tuesday thru Fridays - Room 7 Library 08:00a SAC Pool - Room 12 Billiards Room 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomA 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 4	

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25	26	27	28	29	30	31
		<div>12:45p SAC Pinochle - 3</div> <div>01:00p NKA Crochet/Knitting Service Group - Room 6</div> <div>01:30p NKA Beginning And Intermediate Knitting - Room 11</div> <div>01:30p NKA Spanish Language and Culture - Room 4</div> <div>03:30p SAC Fit and Fall 3:30 PM Class - Room 3</div> <div>04:30p TOPS - Room 4</div>		<div>03:30p SAC Fit and Fall 3:30 PM Class - Room 3</div>		