

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 RoomÂ	09:30a CLOSED NEW YEARS EVE - Dining RoomÂ	
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	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	08:00a SAC Pool - Room 12 Billiards Room	
09:30a Silver Cords Singing Group - Dining RoomÂ	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 RoomÂ		
11:00a SAC/NKA Cribbage Card Game - Room 8	11:00a ..Nutrition Meal Servers-Lunch - Dining RoomÂ	10:00a SAC Board Executive Meeting - Room 8	11:00a ..Nutrition Meal Servers-Lunch - Dining RoomÂ	11:30a ...Nutrition Program Congregate Meal - Dining RoomÂ		
12:00p SAC Volunteers - Dining RoomÂ	11:00a SAC Fit and Fall 11AM Class - Room 3	11:00a ..Nutrition Meal Servers-Lunch - Dining RoomÂ	11:00a SAC Fit and Fall 11AM Class - Room 3	12:00p SAC Volunteers - Dining RoomÂ		
12:30p Line Dancing - Dining RoomÂ	11:30a ...Nutrition Program Congregate Meal - Dining RoomÂ	11:00a Heritage Home Health/Honoring Birthdays - Dining RoomÂ	11:30a ...Nutrition Program Congregate Meal - Dining RoomÂ	12:45p Charity Bingo - Dining RoomÂ		
	12:00p SAC Volunteers - Dining RoomÂ	11:00a Parkinsons Exercise Wednesday - Room 3	12:00p SAC Volunteers - Dining RoomÂ	01:00p SAC Creative Writing - Room 4		
	12:45p SAC Pinochle - 3	11:30a ...Nutrition Program Congregate Meal - Dining RoomÂ	12:30p SAC Special Pinochle - Room 4			
	03:30p SAC Fit and Fall 3:30 PM Class - Room 3		12:45p SAC Pinochle - 3			
	04:30p TOPS - Room 4	12:00p SAC Volunteers - Dining RoomÂ	03:30p SAC Fit and Fall 3:30 PM Class - Room 3			
	05:00p NAACP Meetings - Room 3	01:00p SAC Bridge - Room 8				
		01:00p SAC Mexican Train - Room 11				
		01:00p SAC/NKA Line Dancing - Dining RoomÂ				
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	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	08:00a SAC Pool - Room 12 Billiards Room	
09:30a Silver Cords Singing Group - Dining RoomÂ	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		

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11	12	13	14	15	16	17
	11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomÂ 12:30p Line Dancing - Dining RoomÂ	10:00a SAC Transportation Info/Travel Training - Dining RoomÂ 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomÂ 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a ...Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 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 RoomÂ 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomÂ 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a Parkinsons Exercise Wednesday - Room 3 11:00a Wilks Info Table and Dessertss - Dining RoomÂ 11:30a ...Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 12:30p SAC Special Pinochle - Room 4 12:45p SAC Pinochle - 3 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 01:00p SAC/NKA Line Dancing - Dining RoomÂ 03:00p Parkinson Support Group Monthly Meeting - Room 6	09:30a SAC Bunco - Room 11 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomÂ 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a Seniors Serving Seniors/Info/Desserts - Dining RoomÂ 11:30a ...Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 12:45p Charity Bingo - Dining RoomÂ 01:00p SAC Creative Writing - Room 4		
18	19	20	21	22	23	24
	09:30a CLOSED MARTIN LUTHER KING DAY - Dining RoomÂ	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 RoomÂ 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 RoomÂ 11:00a Parkinsons Exercise Wednesday - Room 3 11:30a ...Nutrition Program Congregate Meal - Dining RoomÂ	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 RoomÂ 11:00a SAC Fit and Fall 11AM Class - Room 3 11:30a ...Nutrition Program Congregate Meal - Dining RoomÂ	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 RoomÂ 11:00a ..Nutrition Meal Servers-Lunch - Dining RoomÂ 11:30a ...Nutrition Program Congregate Meal - Dining RoomÂ	

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 RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 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 RoomÂ 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 01:00p SAC/NKA Line Dancing - Dining RoomÂ	12:00p SAC Volunteers - Dining RoomÂ 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 RoomÂ 12:45p Charity Bingo - Dining RoomÂ 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 RoomÂ 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 RoomÂ	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 RoomÂ	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 RoomÂ	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 RoomÂ	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 RoomÂ	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 RoomÂ

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27 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 Spanish Language and Culture - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	28	29 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	30	31