

Senior Activity Center, Inc

July 2026

| Sunday                                   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday |
|--|--|--|---|--|---|----------|
| 28                                       | 29   | 30   | 1   | 2  | 3   | 4        |
|  |  |  | 09:00a SAC American Mahjong - Room 4<br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>10:00a SAC Board Executive Meeting - Room 8<br>11:00a Heritage Home Health/Honoring Birthdays - Dining RoomA<br>11:00a Parkinsons Exercise Wednesday - Room 3<br>11:00a Portneuf Health Trust Info Table - Dining RoomA<br>11:00a SAC Lunch Servers - Dining RoomA<br>11:30a ...Nutrition Program Congregate Meal - Dining RoomA<br>12:00p SAC Volunteers - Dining RoomA<br>01:00p SAC Bridge - Room 8<br>01:00p SAC Mexican Train - Room 4<br>01:00p SAC/NKA Line Dancing - Dining RoomA | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a SAC Fit and Fall 11AM Class - Room 3<br>11:00a SAC Lunch Servers - Dining RoomA<br>11:30a ...Nutrition Program Congregate Meal - Dining RoomA<br>12:00p SAC Book Club - Room 6<br>12:00p SAC Volunteers - Dining RoomA<br>12:30p SAC Special Pinochle - Room 4<br>12:45p SAC Pinochle - 3<br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3 | 09:00a CLOSED 4TH OF JULY - Dining RoomA<br>01:00p CHARITY BINGO CANCELLED - Dining RoomA |          |
| 5  | 6  | 7  | 8   | 9  | 10  | 11       |
| 09:00a CLOSED 4TH OF JULY - Dining RoomA | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a SAC Fit and Fall 11AM Class - Room 3<br>11:00a SAC Lunch Servers - Dining RoomA<br>11:30a ...Nutrition Program Congregate Meal - Dining RoomA | 09:00a SAC American Mahjong - Room 8<br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>10:00a SAC Board Meeting - Room 4<br>10:00a SYMBII Coffee With Veterans - Dining RoomA | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a SAC Fit and Fall 11AM Class - Room 3<br>11:00a SAC Lunch Servers - Dining RoomA<br>11:30a ...Nutrition Program Congregate Meal - Dining RoomA  | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a SAC Lunch Servers - Dining RoomA<br>11:30a ...Nutrition Program Congregate Meal - Dining RoomA  |   |          |

| Sunday    | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|-----------|--|--|---|---|---|-----------|
| <b>5</b>  | <b>6</b>   | <b>7</b>   | <b>8</b>  | <b>9</b>  | <b>10</b>   | <b>11</b> |
|           |  | 12:00p SAC Volunteers - Dining Room<br>12:45p SAC Pinochle - 3<br>01:30p Mahjong Extra - Room 8<br>02:00p SAC Chess - Dining Room<br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3<br>04:30p TOPS - Room 4<br>05:00p NAACP Meetings - Room 3  | 11:00a Parkinsons Exercise Wednesday - Room 3<br>11:00a Poky Traveling Gems - Room 11<br>11:00a SAC Lunch Servers - Dining Room<br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br>12:00p SAC Volunteers - Dining Room<br>01:00p Gate City Mexican Train - Room 11<br>01:00p SAC Bridge - Room 8<br>01:00p SAC Mexican Train - Room 4<br>01:00p SAC/NKA Line Dancing - Dining Room<br>03:00p Parkinson Support Group Monthly Meeting - Room 6 | 12:00p SAC Volunteers - Dining Room<br>12:30p SAC Special Pinochle - Room 4<br>12:45p SAC Pinochle - 3<br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3  | 12:00p SAC Volunteers - Dining Room<br>12:45p Charity Bingo - Dining Room<br>01:00p SAC Creative Writing - Room 4   |           |
| <b>12</b> | <b>13</b>  | <b>14</b>  | <b>15</b>   | <b>16</b>   | <b>17</b>   | <b>18</b> |
|           | 09:00a SAC Library Mondays Only - Room 7 Library<br>09:00a SAC Pool Mondays - Room 12 Billiards Room<br>09:30a Silver Cords Singing Group - Dining Room<br>10:00a SAC 2026 Golf Tournament Meeting - Room 4<br>10:00a Senior Games Hand and Foot - Room 4<br>11:00a SAC/NKA Cribbage Card Game - Room 8<br>12:00p SAC Volunteers - Dining Room | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a SAC Fit and Fall 11AM Class - Room 3<br>11:00a SAC Lunch Servers - Dining Room<br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br>12:00p SAC Volunteers - Dining Room<br>12:45p SAC Pinochle - 3<br>01:00p Senior Games Five Crowns - Room 4<br>01:30p Mahjong Extra - Room 8 | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>09:00a Senior Games Bunco - Room 4<br>11:00a Parkinsons Exercise Wednesday - Room 3<br>11:00a SAC Lunch Servers - Dining Room<br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br>12:00p SAC Volunteers - Dining Room<br>01:00p SAC Bridge - Room 8<br>01:00p SAC/NKA Line Dancing - Dining Room                                       | 08:30a Senior Games Chess - Room 11<br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a SAC Fit and Fall 11AM Class - Room 3<br>11:00a SAC Lunch Servers - Dining Room<br>11:00a Seniors Serving Seniors/Info/Desserts - Dining Room<br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br>12:00p SAC Volunteers - Dining Room | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>10:00a Home Helpers Foot Clinic - Room 3<br>11:00a SAC Lunch Servers - Dining Room<br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br>12:00p SAC Volunteers - Dining Room<br>12:45p Charity Bingo - Dining Room<br>01:00p SAC Creative Writing - Room 4 |           |

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| <b>12</b> | <b>13</b>   | <b>14</b><br>02:00p SAC Chess - Dining Room<br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3<br>04:30p TOPS - Room 4   | <b>15</b><br>01:00p Senior Games American Mahjong - Room 11<br>01:00p Senior Games Mexican Train - Room 4  | <b>16</b><br>12:30p SAC Special Pinochle - Room 4<br>12:45p SAC Pinochle - 3<br>01:00p SAC Bunco - Room 8<br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3  | <b>17</b><br>01:30p Senior Games Mahjong Asian - Room 3  | <b>18</b> |
| <b>19</b> | <b>20</b><br>09:00a SAC Library Mondays Only - Room 7 Library<br>09:00a SAC Pool Mondays - Room 12 Billiards Room<br>09:30a Silver Cords Singing Group - Dining Room<br>11:00a SAC/NKA Cribbage Card Game - Room 8<br>12:00p SAC Volunteers - Dining Room | <b>21</b><br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>10:00a Gate City Ladies - Room 6<br>11:00a SAC Fit and Fall 11AM Class - Room 3<br>11:00a SAC Lunch Servers - Dining Room<br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br>12:00p SAC Volunteers - Dining Room<br>12:45p SAC Pinochle - 3<br>01:30p Mahjong Extra - Room 8<br>02:00p SAC Chess - Dining Room<br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3<br>04:30p TOPS - Room 4 | <b>22</b><br>09:00a SAC American Mahjong - Room 8<br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a Parkinsons Exercise Wednesday - Room 3<br>11:00a SAC Lunch Servers - Dining Room<br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br>12:00p SAC Volunteers - Dining Room<br>01:00p SAC Bridge - Room 8<br>01:00p SAC Mexican Train - Room 4<br>01:00p SAC/NKA Line Dancing - Dining Room<br>02:00p Cara Caregiver Support Group - Room 11 | <b>23</b><br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a SAC Fit and Fall 11AM Class - Room 3<br>11:00a SAC Lunch Servers - Dining Room<br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br>12:00p SAC Volunteers - Dining Room<br>12:30p SAC Special Pinochle - Room 4<br>12:45p SAC Pinochle - 3<br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3 | <b>24</b><br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a SAC Lunch Servers - Dining Room<br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br>12:00p SAC Volunteers - Dining Room<br>12:45p Charity Bingo - Dining Room<br>01:00p SAC Creative Writing - Room 4 | <b>25</b> |
| <b>26</b> | <b>27</b><br>09:00a SAC Library Mondays Only - Room 7 Library<br>09:00a SAC Pool Mondays - Room 12 Billiards Room<br>09:30a Silver Cords Singing Group - Dining Room<br>10:00a SAC 2026 Golf Tournament Meeting - Room 4                                  | <b>28</b><br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a Blood Pressure Clinic - Room 8<br>11:00a SAC Fit and Fall 11AM Class - Room 3   | <b>29</b><br>09:00a SAC American Mahjong - Room 8<br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a Parkinsons Exercise Wednesday - Room 3   | <b>30</b><br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a SAC Fit and Fall 11AM Class - Room 3<br>11:00a SAC Lunch Servers - Dining Room   | <b>31</b><br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>11:00a SAC Lunch Servers - Dining Room<br>11:30a ....Nutrition Program Congregate Meal - Dining Room  |           |

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| <b>26</b> | <b>27</b><br>11:00a SAC/NKA Cribbage Card Game - Room 8<br><br>12:00p SAC Volunteers - Dining Room | <b>28</b><br>11:00a SAC Lunch Servers - Dining Room<br><br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br><br>12:00p SAC Volunteers - Dining Room<br><br>12:45p SAC Pinochle - 3<br>01:30p Mahjong Extra - Room 8<br><br>02:00p SAC Chess - Dining Room<br><br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3<br><br>04:30p TOPS - Room 4 | <b>29</b><br>11:00a SAC Lunch Servers - Dining Room<br><br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br><br>12:00p SAC Volunteers - Dining Room<br><br>01:00p SAC Bridge - Room 8<br>01:00p SAC Mexican Train - Room 4<br><br>01:00p SAC/NKA Line Dancing - Dining Room | <b>30</b><br>11:30a ....Nutrition Program Congregate Meal - Dining Room<br><br>12:00p SAC Volunteers - Dining Room<br><br>12:30p SAC Special Pinochle - Room 4<br><br>12:45p SAC Pinochle - 3<br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3 | <b>31</b><br>12:00p SAC Volunteers - Dining Room<br><br>12:45p Charity Bingo - Dining Room<br><br>01:00p SAC Creative Writing - Room 4 |          |