

## Senior Activity Center, Inc

August 2026

| Sunday | Monday                                                 | Tuesday                                                           | Wednesday                                                           | Thursday                                                          | Friday                                                            | Saturday |
|--------|--------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------|----------|
| 26     | 27                                                     | 28                                                                | 29                                                                  | 30                                                                | 31                                                                | 1        |
| 2      | 3                                                      | 4                                                                 | 5                                                                   | 6                                                                 | 7                                                                 | 8        |
|        | 09:00a SAC Library<br>Mondays Only - Room 7<br>Library | 09:00a SAC Library Tuesday<br>thru Fridays - Room 7<br>Library    | 09:00a SAC American<br>Mahjong - Room 4                             | 09:00a SAC Library Tuesday<br>thru Fridays - Room 7<br>Library    | 09:00a SAC Library Tuesday<br>thru Fridays - Room 7<br>Library    |          |
|        | 09:00a SAC Pool Mondays -<br>Room 12 Billiards Room    | 09:00a SAC Pool - Room 12<br>Billiards Room                       | 09:00a SAC Library Tuesday<br>thru Fridays - Room 7<br>Library      | 09:00a SAC Pool - Room 12<br>Billiards Room                       | 09:00a SAC Pool - Room 12<br>Billiards Room                       |          |
|        | 09:30a Silver Cords Singing<br>Group - Dining RoomA    | 10:00a Crochet Ladies -<br>Room 4                                 | 09:00a SAC Pool - Room 12<br>Billiards Room                         | 11:00a SAC Fit and Fall<br>11AM Class - Room 3                    | 11:00a SAC Lunch Servers -<br>Dining RoomA                        |          |
|        | 12:00p SAC Volunteers -<br>Dining RoomA                | 11:00a SAC Fit and Fall<br>11AM Class - Room 3                    | 10:00a SAC Board Executive<br>Meeting - Room 8                      | 11:00a SAC Lunch Servers -<br>Dining RoomA                        | 11:30a ....Nutrition Program<br>Congregate Meal - Dining<br>RoomA |          |
|        |                                                        | 11:00a SAC Lunch Servers -<br>Dining RoomA                        | 11:00a Heritage Home<br>Health/Honoring Birthdays -<br>Dining RoomA | 11:30a ....Nutrition Program<br>Congregate Meal - Dining<br>RoomA | 12:00p SAC Volunteers -<br>Dining RoomA                           |          |
|        |                                                        | 11:30a ....Nutrition Program<br>Congregate Meal - Dining<br>RoomA | 11:00a Parkinsons Exercise<br>Wednesday - Room 3                    | 12:00p SAC Book Club -<br>Room 6                                  | 12:45p Charity Bingo -<br>Dining RoomA                            |          |
|        |                                                        | 12:00p SAC Volunteers -<br>Dining RoomA                           | 11:00a SAC Lunch Servers -<br>Dining RoomA                          | 12:00p SAC Volunteers -<br>Dining RoomA                           | 01:00p SAC Creative Writing<br>- Room 4                           |          |
|        |                                                        | 12:45p SAC Pinochle - 3                                           | 11:30a ....Nutrition Program<br>Congregate Meal - Dining<br>RoomA   | 12:30p SAC Special<br>Pinochle - Room 4                           |                                                                   |          |
|        |                                                        | 02:00p SAC Chess - Dining<br>RoomA                                | 12:00p SAC Volunteers -<br>Dining RoomA                             | 12:45p SAC Pinochle - 3                                           |                                                                   |          |
|        |                                                        | 03:30p SAC Fit and Fall 3:30<br>PM Class - Room 3                 | 01:00p SAC Bridge - Room 8                                          | 03:30p SAC Fit and Fall 3:30<br>PM Class - Room 3                 |                                                                   |          |
|        |                                                        | 04:30p TOPS - Room 4                                              | 01:00p SAC Line Dancing -<br>Dining RoomA                           |                                                                   |                                                                   |          |
|        |                                                        | 05:00p NAACP Meetings -<br>Room 3                                 | 01:00p SAC Mexican Train -<br>Room 4                                |                                                                   |                                                                   |          |
|        |                                                        |                                                                   | 01:30p Mahjong Extra -<br>Room 8                                    |                                                                   |                                                                   |          |
| 9      | 10                                                     | 11                                                                | 12                                                                  | 13                                                                | 14                                                                | 15       |
|        | 09:00a SAC Library<br>Mondays Only - Room 7<br>Library | 09:00a SAC Library Tuesday<br>thru Fridays - Room 7<br>Library    | 09:00a SAC American<br>Mahjong - Room 8                             | 09:00a SAC Library Tuesday<br>thru Fridays - Room 7<br>Library    | 09:00a AARP Smart Drivers<br>Course - Room 3                      |          |
|        | 09:00a SAC Pool Mondays -<br>Room 12 Billiards Room    | 09:00a SAC Pool - Room 12<br>Billiards Room                       | 09:00a SAC Library Tuesday<br>thru Fridays - Room 7<br>Library      | 09:00a SAC Pool - Room 12<br>Billiards Room                       | 09:00a SAC Library Tuesday<br>thru Fridays - Room 7<br>Library    |          |
|        | 09:30a Silver Cords Singing<br>Group - Dining RoomA    | 10:00a Crochet Ladies -<br>Room 4                                 | 09:00a SAC Pool - Room 12<br>Billiards Room                         | 11:00a SAC Fit and Fall<br>11AM Class - Room 3                    | 09:00a SAC Pool - Room 12<br>Billiards Room                       |          |
|        | 10:00a NKA Travel<br>Committee - Room 11               | 11:00a SAC Fit and Fall<br>11AM Class - Room 3                    | 10:00a SAC Board Meeting -<br>Room 4                                | 11:00a SAC Lunch Servers -<br>Dining RoomA                        | 11:00a SAC Lunch Servers -<br>Dining RoomA                        |          |

| Sunday    | Monday                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                                                                                            | Saturday  |
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| <b>9</b>  | <b>10</b>                                                                                                                                                                                                    | <b>11</b>                                                                                                                                                                                                                                                                                                                                                   | <b>12</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>13</b>                                                                                                                                                                                                                                                                                                                                        | <b>14</b>                                                                                                                                                                                                                                                                                                         | <b>15</b> |
|           | 10:00a SAC 2026 Golf Tournament Meeting - Room 4<br><br>12:00p SAC Volunteers - Dining RoomA                                                                                                                 | 11:00a SAC Lunch Servers - Dining RoomA<br><br>11:30a ....Nutrition Program Congregate Meal - Dining RoomA<br><br>12:00p SAC Volunteers - Dining RoomA<br><br>12:45p SAC Pinochle - 3<br><br>02:00p SAC Chess - Dining RoomA<br><br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3<br><br>04:30p TOPS - Room 4                                              | 10:00a SYMBII Coffee With Veterans - Dining RoomA<br><br>11:00a Parkinsons Exercise Wednesday - Room 3<br><br>11:00a Poky Traveling Gems - Room 11<br><br>11:00a SAC Lunch Servers - Dining RoomA<br><br>11:30a ....Nutrition Program Congregate Meal - Dining RoomA<br><br>12:00p SAC Volunteers - Dining RoomA<br><br>01:00p Gate City Mexican Train - Room 11<br><br>01:00p SAC Bridge - Room 8<br><br>01:00p SAC Line Dancing - Dining RoomA<br><br>01:00p SAC Mexican Train - Room 4<br><br>01:30p Mahjong Extra - Room 8<br><br>03:00p Parkinson Support Group Monthly Meeting - Room 3 | 11:30a ....Nutrition Program Congregate Meal - Dining RoomA<br><br>12:00p SAC Volunteers - Dining RoomA<br><br>12:30p SAC Special Pinochle - Room 4<br><br>12:45p SAC Pinochle - 3<br><br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3                                                                                                         | 11:30a ....Nutrition Program Congregate Meal - Dining RoomA<br><br>12:00p SAC Volunteers - Dining RoomA<br><br>12:45p Charity Bingo - Dining RoomA<br><br>01:00p SAC Creative Writing - Room 4                                                                                                                    |           |
| <b>16</b> | <b>17</b>                                                                                                                                                                                                    | <b>18</b>                                                                                                                                                                                                                                                                                                                                                   | <b>19</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>20</b>                                                                                                                                                                                                                                                                                                                                        | <b>21</b>                                                                                                                                                                                                                                                                                                         | <b>22</b> |
|           | 09:00a SAC Library Mondays Only - Room 7 Library<br><br>09:00a SAC Pool Mondays - Room 12 Billiards Room<br><br>09:30a Silver Cords Singing Group - Dining RoomA<br><br>12:00p SAC Volunteers - Dining RoomA | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br><br>09:00a SAC Pool - Room 12 Billiards Room<br><br>10:00a Crochet Ladies - Room 4<br><br>10:00a Gate City Ladies - Room 6<br><br>11:00a SAC Fit and Fall 11AM Class - Room 3<br><br>11:00a SAC Lunch Servers - Dining RoomA<br><br>11:30a ....Nutrition Program Congregate Meal - Dining RoomA | 09:00a SAC American Mahjong - Room 8<br><br>09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br><br>09:00a SAC Pool - Room 12 Billiards Room<br><br>11:00a Parkinsons Exercise Wednesday - Room 3<br><br>11:00a SAC Lunch Servers - Dining RoomA<br><br>11:30a ....Nutrition Program Congregate Meal - Dining RoomA                                                                                                                                                                                                                                                                   | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br><br>09:00a SAC Pool - Room 12 Billiards Room<br><br>11:00a SAC Fit and Fall 11AM Class - Room 3<br><br>11:00a SAC Lunch Servers - Dining RoomA<br><br>11:00a Seniors Serving Seniors/Info/Desserts - Dining RoomA<br><br>11:30a ....Nutrition Program Congregate Meal - Dining RoomA | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br><br>09:00a SAC Pool - Room 12 Billiards Room<br><br>11:00a SAC Lunch Servers - Dining RoomA<br><br>11:30a ....Nutrition Program Congregate Meal - Dining RoomA<br><br>12:00p SAC Volunteers - Dining RoomA<br><br>12:45p Charity Bingo - Dining RoomA |           |

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| 16     | 17                                                                                                                                                                                                                                                   | 18                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 19                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 20                                                                                                                                                                                                                                                                                                                                                                                                                         | 21                                                                                                                                                                                                                                                                                                                                                                                | 22       |
|        |                                                                                                                                                                                                                                                      | 12:00p SAC Volunteers - Dining RoomA<br>12:45p SAC Pinochle - 3<br>02:00p SAC Chess - Dining RoomA<br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3<br>04:30p TOPS - Room 4                                                                                                                                                                                                                                                                                                    | 12:00p SAC Volunteers - Dining RoomA<br>01:00p SAC Bridge - Room 8<br>01:00p SAC Line Dancing - Dining RoomA<br>01:00p SAC Mexican Train - Room 4<br>01:30p Mahjong Extra - Room 8                                                                                                                                                                                                                                                                                                            | 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                                                                                                                                                                                                                                                                  | 01:00p SAC Creative Writing - Room 4                                                                                                                                                                                                                                                                                                                                              |          |
| 23     | 24                                                                                                                                                                                                                                                   | 25                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 26                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 27                                                                                                                                                                                                                                                                                                                                                                                                                         | 28                                                                                                                                                                                                                                                                                                                                                                                | 29       |
|        | 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 RoomA<br>10:00a SAC 2026 Golf Tournament Meeting - Room 4<br>12:00p SAC Volunteers - Dining RoomA | 09:00a SAC Library Tuesday thru Fridays - Room 7 Library<br>09:00a SAC Pool - Room 12 Billiards Room<br>10:00a Crochet Ladies - Room 4<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 Volunteers - Dining RoomA<br>12:45p SAC Pinochle - 3<br>02:00p SAC Chess - Dining RoomA<br>03:30p SAC Fit and Fall 3:30 PM Class - Room 3<br>04:30p TOPS - Room 4 | 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 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 Line Dancing - Dining RoomA<br>01:00p SAC Mexican Train - 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>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 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 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 4<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>12:45p Charity Bingo - Dining RoomA<br>01:00p SAC Creative Writing - Room 4 |          |
| 30     | 31                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                   |          |
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| Sunday | Monday                                        | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------------------------|---------|-----------|----------|--------|----------|
| 30     | 31<br>12:00p SAC Volunteers -<br>Dining RoomA |         |           |          |        |          |