

Senior Activity Center, Inc

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 11:00a SAC Lunch Servers - 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	
3	4	5	6	7	8	9
09:00a SAC Library Mondays Only - Room 7 Library 09:00a SAC Pool Mondays - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 09:30a Silver Cords Singing Group - Dining RoomA 10:00a NKA Curriculum Meeting - Room 11 10:00a NKA Travel Committee - Room 11 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomA	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 10:00a Crochet Ladies - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomA 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 4	09:00a SAC American Mahjong - Room 4 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 10:00a SAC Board Executive Meeting - Room 8 11:00a Heritage Home Health/Honoring Birthdays - Dining RoomA 11:00a Parkinsons Exercise Wednesday - Room 3 11:00a Poky Traveling Gems - Room 11 11:00a SAC Lunch Servers - Dining RoomA 11:30a ...Nutrition Program Congregate Meal - Dining RoomA	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomA 11:30a ...Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Book Club - Room 6 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	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 11:00a SAC Lunch Servers - 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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
		01:30p NKA Spanish Language and Culture - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	12:00p SAC Volunteers - Dining Room 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 01:00p SAC/NKA Line Dancing - Dining Room 01:30p NKA Mahjong - Room 3			
10	11	12	13	14	15	16
	09:00a SAC Library Mondays Only - Room 7 Library 09:00a SAC Pool Mondays - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 09:30a Silver Cords Singing Group - Dining Room 10:00a SAC Oldies & Rod Custom Car Show Meeting - Room 4 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining Room	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 10:00a Crochet Ladies - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining Room 11:30a ...Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p SAC Pinochle - 3 01:00p NKA Crochet/Knitting Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 4 01:30p NKA Spanish Language and Culture - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	09:00a SAC American Mahjong - Room 8 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 10:00a SAC Board Meeting - Room 4 10:00a SYMBII Coffee With Veterans - Dining Room 11:00a Parkinsons Exercise Wednesday - Room 3 11:00a SAC Lunch Servers - Dining Room 11:30a ...Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 01:00p Gate City Mexican Train - Room 4 01:00p NKA Beginning Tattng - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 01:00p SAC SUMMER Mahjong - Room 3	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining Room 11:30a ...Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 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	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 10:00a Home Helpers Foot Clinic - Room 3 11:00a SAC Lunch Servers - Dining Room 11:30a ...Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p Charity Bingo - Dining Room 01:00p SAC Creative Writing - Room 4	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
			01:00p SAC/NKA Line Dancing - Dining Room 03:00p Parkinson Support Group Monthly Meeting - Room 6			
17	18	19	20	21	22	23
	09:00a SAC Library Mondays Only - Room 7 Library 09:00a SAC Pool Mondays - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining Room	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 10:00a Crochet Ladies - Room 4 10:00a Gate City Ladies - Room 6 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining Room 11:30a ...Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p SAC Pinochle - 3 01:00p NKA Crochet/Knitting Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	09:00a SAC American Mahjong - Room 8 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Fit and Fall - Room 3 11:00a Parkinsons Exercise Wednesday - Room 3 11:00a SAC Lunch Servers - Dining Room 11:30a ...Nutrition Program Congregate Meal - Dining Room 12:00p AARP Monthly Meeting - Room 4 12:00p SAC Volunteers - Dining Room 01:00p NKA Beginning Tatting - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 11 01:00p SAC SUMMER Mahjong - Room 3 01:00p SAC/NKA Line Dancing - Dining Room	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining Room 11:00a Seniors Serving Seniors/Info/Desserts - Dining Room 11:30a ...Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:30p SAC Special Pinochle - Room 4 12:45p SAC Pinochle - 3 01:00p SAC Bunco - Room 8 01:30p NKA Fun With Crochet - Room 11 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 11:00a SAC Lunch Servers - Dining Room 11:30a ...Nutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p Charity Bingo - Dining Room 01:00p SAC Creative Writing - Room 4	
24	25	26	27	28	29	30
	08:00a CLOSED FOR MEMORIAL DAY - Dining Room	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room	09:00a SAC American Mahjong - Room 8 09:00a SAC Library Tuesday thru Fridays - Room 7 Library	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26 10:00a Crochet Ladies - Room 4 11:00a Blood Pressure Clinic - Room 8 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomA 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 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	27 09:00a SAC Pool - Room 12 Billiards Room 11:00a Parkinsons Exercise Wednesday - Room 3 11:00a SAC Lunch Servers - Dining RoomA 11:30a ...Nutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 01:00p NKA Beginning Tatting - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Mexican Train - Room 4 01:00p SAC SUMMER Mahjong - Room 3 01:00p SAC/NKA Line Dancing - Dining RoomA	28 10:00a SAC Golf Meeting - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - 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	29 11:00a SAC Lunch Servers - 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	30
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