Senior Activity Center, Inc

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2** 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 RoomÂ 10:00a Wrap Up & Looking Ahead Golf Meeting - Room 4 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomÂ	**3** 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Competitive Bridge - Room 11 10:00a NKA Beginning Crochet 102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomÂ 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 12:45p SAC Pinochle - 3 01:00p NKA Lap Blanket Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 4 02:00p SAC Chess - Dining RoomÂ 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 05:00p NAACP Meetings - Room 3	**4** 09:00a Medicare Enrollment/Q&A - Room 11 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 RoomÂ 11:00a Parkinsons Exercise Wednesday - Room 3 11:00a SAC Lunch Servers - Dining RoomÂ 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 01:00p NKA Quilling - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining RoomÂ 01:00p SAC Mexican Train - Room 4 01:30p NKA Mahjong - Room 3	**5** 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomÂ 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Book Club - Room 6 12:00p SAC Volunteers - Dining RoomÂ 12:30p SAC Special Pinochle - Room 11 12:45p SAC Pinochle - 3 01:30p NKA Fun With Crochet - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	**6** 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 11:00a SAC Lunch Servers - 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 01:30p NKA Origami Kusudama - Room 11	**7**
8	**9** 09:00a SAC Library Mondays Only - Room 7 Library 09:00a SAC Pool Mondays - Room 12 Billiards Room	**10** 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room	**11** 09:00a Medicare Enrollment/Q&A - Room 11 09:00a SAC American Mahjong - Room 8	**12** 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room	**13** 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room	**14**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	**9** 09:30a NKA Fit and Fall - Room 3 09:30a Silver Cords Singing Group - Dining RoomÂ 10:00a NKA Travel Committee - Room 11 10:00a SAC Board Meeting - Room 4 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomÂ	**10** 09:30a NKA Competitive Bridge - Room 11 10:00a NKA Beginning Crochet 102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomÂ 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 12:45p SAC Pinochle - 3 01:00p NKA Christmas Cards - Room 11 01:00p NKA Lap Blanket Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 4 02:00p SAC Chess - Dining RoomÂ 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	**11** 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 09:30a CLOSED FOR VETERANS DAY - Dining RoomÂ	**12** 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomÂ 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 12:30p SAC Special Pinochle - Room 11 12:45p SAC Pinochle - 3 01:30p NKA Fun With Crochet - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	**13** 11:00a SAC Lunch Servers - 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 01:30p NKA Origami Kusudama - Room 11	**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 RoomÂ 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomÂ	**17** 08:00a SAC Board of Directors Membership Voting - Room 7 Library 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Competitive Bridge - Room 11 10:00a Gate City Ladies - Room 6 10:00a NKA Beginning Crochet 102 - Room 4	**18** 09:00a Medicare Enrollment/Q&A - Room 11 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 AARP Monthly Meeting - Room 4 11:00a Parkinsons Exercise Wednesday - Room 3	**19** 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 10:00a NKA Knitting On Looms - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomÂ 11:00a Seniors Serving Seniors/Info/Desserts - Dining RoomÂ	**20** 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 4 11:00a SAC Lunch Servers - Dining RoomÂ 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ	**21**

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15	**16**	**17** 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomÂ 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 12:45p SAC Pinochle - 3 01:00p NKA Lap Blanket Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 4 02:00p SAC Chess - Dining RoomÂ 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	**18** 11:00a SAC Lunch Servers - Dining RoomÂ 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 01:00p NKA Quilling - Room 6 01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining RoomÂ 01:30p NKA Mahjong - Room 3 01:30p SAC Mexican Train - Room 11	**19** 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 12:30p SAC Special Pinochle - Room 11 12:45p SAC Pinochle - 3 01:00p SAC Bunco - Room 8 01:30p NKA Fun With Crochet - Room 4 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	**20** 12:45p Charity Bingo - Dining RoomÂ 01:00p SAC Creative Writing - Room 4	**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 09:30a Silver Cords Singing Group - Dining RoomÂ 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomÂ	**24** 09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 09:30a NKA Bridge Bids - Room 11 10:00a NKA Beginning Crochet 102 - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 12:45p SAC Pinochle - 3 01:00p NKA Lap Blanket Service Group - Room 6 01:30p NKA Beginning And Intermediate Knitting - Room 4	**25** 09:00a Medicare Enrollment/Q&A - Room 11 09:00a SAC American Mahjong - Room 8 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 RoomÂ 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining RoomÂ	**26** 09:00a SAC Pool - Room 12 Billiards Room 10:00a NKA Knitting On Looms - Room 4 11:30a ....Nutrition Program Congregate Meal - Dining RoomÂ 12:00p SAC Volunteers - Dining RoomÂ 12:30p SAC Special Pinochle - Room 11 12:45p SAC Pinochle - 3 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	**27** 09:00a SAC Pool - Room 12 Billiards Room 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	**28**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	**23**	**24** 03:30p SAC Fit and Fall 3:30 PM Class - Room 3	**25** 01:00p SAC Mexican Train - Room 4 01:30p NKA Mahjong - Room 3	**26**	**27**	**28**
29	**30** 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 RoomÂ 11:00a SAC/NKA Cribbage Card Game - Room 8 12:00p SAC Volunteers - Dining RoomÂ					