

Senior Activity Center, Inc

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		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 11:30aNutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:45p SAC Pinochle - 3 02:00p SAC Chess - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4 05:00p NAACP Meetings - Room 3	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 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 SAC Lunch Servers - Dining RoomA 11:30aNutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining RoomA 01:00p SAC Mexican Train - Room 4	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 10:00a NKA Meeting - Room 11 11:00a Blood Pressure Clinic - Room 8 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomA 11:30aNutrition 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 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 11:30aNutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4	
6	7	8	9	10	11	12
09:30a CLOSED LABOR DAY - Dining RoomA 09:30a NKA Fit and Fall - Room 3	09:00a SAC Library Tuesday thru Fridays - Room 7 Library 09:00a SAC Pool - Room 12 Billiards Room 10:00a NKA Fun With Granny Squares - Room 4 10:00a SAC 2026 Golf Tournament Meeting - Room 8 11:00a SAC Fit and Fall 11AM Class - Room 3	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 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 11:30aNutrition 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 Lunch Servers - Dining RoomA 11:30aNutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
		11:00a SAC Lunch Servers - Dining RoomA 11:30aNutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:45p SAC Pinochle - 3 01:30p NKA Beginning And Intermediate Knitting - Room 4 02:00p SAC Chess - Dining RoomA 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	11:00a Parkinsons Exercise Wednesday - Room 3 11:00a Poky Traveling Gems - Room 11 11:00a SAC Lunch Servers - Dining RoomA 11:30aNutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 01:00p Gate City Mexican Train - Room 11 01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining RoomA 01:00p SAC Mexican Train - Room 4 03:00p Parkinson Support Group Monthly Meeting - 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	12:45p Charity Bingo - Dining RoomA 01:00p SAC Creative Writing - Room 4	
13	14	15	16	17	18	19
	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 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 Gate City Ladies - Room 6 10:00a NKA Fun With Granny Squares - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining RoomA 11:30aNutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA	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 RoomA 11:30aNutrition Program Congregate Meal - Dining RoomA 12:00p AARP Monthly Meeting - Room 4	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 11:00a Seniors Serving Seniors/Info/Desserts - Dining RoomA 11:30aNutrition Program Congregate Meal - Dining RoomA 12:00p SAC Volunteers - Dining RoomA 12:30p SAC Special Pinochle - Room 4	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 RoomA 11:30aNutrition 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
13	14	15	16	17	18	19
		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 Room 03:30p SAC Fit and Fall 3:30 PM Class - Room 3 04:30p TOPS - Room 4	12:00p SAC Volunteers - Dining Room 01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining Room 01:00p SAC Mexican Train - Room 4 01:30p NKA Mahjong - Room 3	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		
20	21	22	23	24	25	26
	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 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 NKA Fun With Granny Squares - Room 4 11:00a SAC Fit and Fall 11AM Class - Room 3 11:00a SAC Lunch Servers - Dining Room 11:30aNutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 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 Room 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 11:30aNutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p SAC Pinochle - 3 01:00p SAC Bridge - Room 8 01:00p SAC Line Dancing - Dining Room 01:00p SAC Mexican Train - Room 4 01:30p NKA 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 11:30aNutrition 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 11:00a SAC Lunch Servers - Dining Room 11:30aNutrition Program Congregate Meal - Dining Room 12:00p SAC Volunteers - Dining Room 12:45p Charity Bingo - Dining Room 01:00p SAC Creative Writing - Room 4 01:30p NKA Origami For Grand Parents - Room 11	
27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30			
	09:00a SAC Library Mondays Only - Room 7 Library	09:00a SAC Library Tuesday thru Fridays - Room 7 Library	09:00a SAC American Mahjong - Room 8			
	09:00a SAC Pool Mondays - Room 12 Billiards Room	09:00a SAC Pool - Room 12 Billiards Room	09:00a SAC Library Tuesday thru Fridays - Room 7 Library			
	09:30a NKA Fit and Fall - Room 3	09:30a NKA Basic Bridge - Room 11	09:00a SAC Pool - Room 12 Billiards Room			
	09:30a Silver Cords Singing Group - Dining RoomA	10:00a NKA Beginning Crochet 102 - Room 4	09:30a NKA Fit and Fall - Room 3			
	11:00a SAC/NKA Cribbage Card Game - Room 8	10:00a NKA Fun With Granny Squares - Room 4	11:00a Parkinsons Exercise Wednesday - Room 3			
	12:00p SAC Volunteers - Dining RoomA	11:00a SAC Fit and Fall 11AM Class - Room 3	11:00a SAC Lunch Servers - Dining RoomA			
		11:00a SAC Lunch Servers - Dining RoomA	11:30aNutrition Program Congregate Meal - Dining RoomA			
		11:30aNutrition Program Congregate Meal - Dining RoomA	12:00p SAC Volunteers - Dining RoomA			
		12:00p SAC Volunteers - Dining RoomA	01:00p SAC Bridge - Room 8			
		12:45p SAC Pinochle - 3	01:00p SAC Line Dancing - Dining RoomA			
		01:00p NKA Creative Cards - Room 11	01:00p SAC Mexican Train - Room 4			
		01:00p NKA Lap Blanket Service Group - Room 6	01:30p NKA Mahjong - Room 3			
		01:30p NKA Beginning And Intermediate Knitting - Room 4				
		02:00p SAC Chess - Dining RoomA				
		03:30p SAC Fit and Fall 3:30 PM Class - Room 3				
		04:30p TOPS - Room 4				