

May 2026 — SSA Payment Dates

For informational purposes only. Not affiliated with the SSA.

Key payment dates

- SSI (1st of month rule): May 1, 2026 (Friday)
- Social Security paid on the 3rd (pre-May 1997 / both SS & SSI): May 1, 2026 (Friday)
- Wednesday group: birthdays 1–10 (2nd Wed): May 13, 2026 (Wednesday)
- Wednesday group: birthdays 11–20 (3rd Wed): May 20, 2026 (Wednesday)
- Wednesday group: birthdays 21–31 (4th Wed): May 27, 2026 (Wednesday)

Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Dates boxed on the calendar are payment dates that fall within this month.

Disclaimer

If you don't receive your payment on the expected date, please allow three additional mailing days before contacting Social Security.

Source: SSA Publication No. 05-10031 (Schedule of Social Security Benefit Payments 2026).

Official PDF: <https://www.ssa.gov/pubs/EN-05-10031-2026.pdf>