

REGULAR ACTIVITIES

SENIOR ACTIVITY CENTER OF SMYRNA





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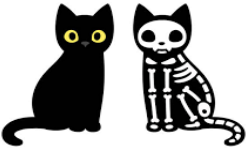

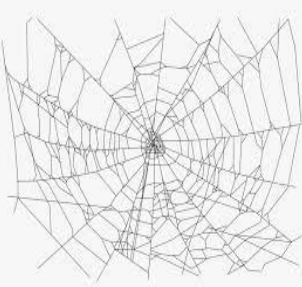
(615) - 459 - 4839

October, 2023

Mon. - Thurs.

9:00 - 4:00

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
2	8:00 - Breakfast With Fran at Cracker Barrel 9:00 - Bridge 9:00 - Ceramics 10:00 - Bingo with Paul Right At Home 12:00 - Dominoes 12:00 - Beginning Mahjong 12:30 - Mahjong 2:00 - Line Dancing	3	9:00 - Watercolor 10:00 - Adult Coloring 12:00 - 3:00 - Ping Pong 1:00 - Euchre 1:00 - Geneology at Smyrna Library 1:30 - Creative Writing 5:00 - Line Dancing	4	9:00 - Bible Study 9:00 - Bridge 12:00 - Dominoes 2:00 - Pegs and Jokers 2:00 - Board Games 2:00 - Rhythmic Drumming 2:30 - Chair Yoga 2:30 - Trivia	5	9:00 - Ceramics 9:00 - Crafts / Knitting and Crocheting 10:00 - Bingo with Tammy The Medicare Spot 12:00 - 3:00 - Ping Pong 12:30 - Hand and Foot Canasta	6	11:00 - Choir Practice		
9	9:00 - Bridge 9:00 - Ceramics 10:00 - Bingo with Autumn Touching Hearts 12:00 - Dominoes 12:30 - Mahjong 2:00 - Line Dancing	10	11:00 - October Monthly Meeting \$5.00  1:00 - News Update 5:00 - Line Dancing	11	9:00 - Quilting Group 9:00 - Bible Study 9:00 - Bridge 12:00 - Dominoes 2:00 - Pegs and Jokers 2:00 - Board Games 2:00 - Rhythmic Drumming 2:30 - Chair Yoga 2:30 - Trivia	12	9:00 - Ceramics 9:00 - Crafts / Knitting and Crocheting 10:00 - Bingo with Brandon MASA 12:00 - 3:00 - Ping Pong 12:30 - Hand and Foot Canasta 5:30 - Bunco - \$5.00 Bring a finger Food to Share	13	11:00 - Choir Practice	14	
16	9:00 - Bridge 9:00 - Ceramics 10:00 - Bingo with Margie Smith Family Funeral and Cremations 12:00 - Dominoes 12:30 - Mahjong 2:00 - Line Dancing	17	9:00 - Watercolor 10:00 - Adult Coloring 12:00 - 3:00 - Ping Pong 1:00 - Geneology at Smyrna Library 1:00 - Euchre 2:00 - Scrapbooking 5:00 - Line Dancing	18	9:00 - Bible Study 9:00 - Bridge 12:00 - Dominoes 2:00 - Pegs and Jokers 2:00 - Board Games 2:00 - Rhythmic Drumming 2:30 - Chair Yoga 2:30 - Trivia	19	9:00 - Ceramics 9:00 - Crafts / Knitting and Crocheting 10:00 - Bingo with Jill The Pavillion 12:00 - 3:00 - Ping Pong 12:30 - Hand and Foot Canasta	20	1:00 a.m - Choir Practice HALLOWEEN DANCE 7:00 P.M. - 9:00 P.M. Music Provided by Humana Light refreshments (\$5.00)	21	
23	9:00 - Bridge 9:00 - Ceramics 10:00 - Bingo with Debbie LifeCare of Hickory Woods 12:00 - Dominoes 12:30 - Mahjong 2:00 - Line Dancing	24	9:00 - Watercolor 10:00 - 1:00 - Info Expo Center Closed For Activities 5:00 - Line Dancing	25	9:00 - Quilting Group 9:00 - Bible Study 9:00 - Bridge 12:00 - Dominoes 2:00 - Pegs and Jokers 2:00 - Board Games 2:00 - Rhythmic Drumming 2:30 - Chair Yoga 2:30 - Trivia	26	9:00 - Ceramics 9:00 - Crafts / Knitting and Crocheting 10:00 - Bingo with Ashley Synergy Home Care 12:00 - 3:00 - Ping Pong 12:30 - Hand and Foot Canasta 2:00 - Book club	27	11:00 - Choir Practice	28	
30	9:00 - Bridge 9:00 - Ceramics 10:00 - Bingo with Misty Azalea Court 12:00 - Dominoes 12:30 - Mahjong 2:00 - Line Dancing	31	9:00 - Watercolor 10:00 - Adult Coloring 12:00 - 3:00 - Ping Pong 1:00 - Euchre 5:00 - Line Dancing  HAPPY HALLOWEEN								

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	8:00 - Breakfast With Fran at Cracker Barrel	3	10:30 - Eating Smart on the Run - Convenience Foods vs Eating Out With Brittany, Rutherford County Ag Extension Class 3 of 6	4	10:30 - Lunch at Liberty's Station and Shopping at Belk \$6.00	5		6	
								7	
9		10	11:00 - October Monthly Meeting \$5.00  1:00 - News Update 5:00 - Line Dancing	11		12	1:00 - Walkers to Check In and Log Your Steps with Amanda or Mark Core Insurance Advisors 2:00 - Super Bingo with Amanda, Core Insurance 5:30 - Bunco - \$5.00 Bring a finger Food to Share	13	
								14	
16		17	10:30 - Eating Smart on the Run - Convenience Foods vs Eating Out With Brittany, Rutherford County Ag Extension Class 4 of 6 2:00 - Meeting for Bahamas / Jamaica Cruise	18		19	2:30 - Medicare 101 With Eddie Schott - Secure Family Benefits	20	HALLOWEEN DANCE 7:00 P.M. - 9:00 P.M. Music Provided by Humana Light refreshments \$5.00
								21	
23		24	10:00 - 1:00 - Info Expo Come visit with Representatives from Different Agencies and Organizations that Provide Services For Seniors There will be door prizes and food! Center Closed For Activities	25	9:45 - Tour of Studio B and Country Music Hall of Fame / Lunch \$55.00 	26	1:00 - Acrylic Painting Class with Middle Tennessee Artists - Christmas Reindeer- Limit of 15 People	27	
								28	
								29	
30		31	10:30 - Eating Smart on the Run - Convenience Foods vs Eating Out With Brittany, Rutherford County Ag Extension Class 5 of 6 12:00 - Pizza and Ice Cream \$6.00 Come Dressed up for HALLOWEEN	