

(615)- 459-4839







www.smyrnaseniorcenter.org

Senior Activity Center Of Smyrna

November, 2023

Monday - Thursday

9:00 - 4:00

Monday		Tuesday		Wednesday		Thursday		Friday	
		1		9 - Bible Study	2	9 - Crafts Knitting / Crocheting	3		
				9 - Bridge		9 - Ceramics	4		
				11:30 - Dominoes		10 - Bingo with The Medicare Spot			
				2 - Board Games		<u>10:45 - Amanda Check in with Walkers</u>	5		
				2 - Pegs and Jokers		12 - 3:30 - Ping Pong			
		2 - Rhythmic Drumming		2:30 - Trivia		12:30 - Hand & Foot Canasta			
		3:15 - Hula				<u>2 - Devoted Give Back Medicare Plan Get \$100 Back From Your Plan, Part B, Each Month Amanda With Core Insurance Advisors</u>			
6	8 - Breakfast With Fran at Cracker Barrel	7	9 - Watercolor	8	9 - Bible Study	9	<p>CENTER CLOSED FOR ALL ACTIVITIES</p> <p>SET UP FOR CRAFT SALE & Christmas Yard Sale Please Bring in Your Baked Goods Today!</p> 	10	 9 AM - 2 PM
	9 - Bridge	10 - Adult Coloring	9 - Bridge	9 - Quilting	11	 9 AM - 2 PM			
	9 - Ceramics	<u>10:30 - "Eating Smart On The Run" w/Brittany Rutherford County Ag Extension Class 6 of 6</u>	11:30 - Dominoes	2 - Board Games	12				
	10 - Bingo with Right At Home	11:30 - Color Pencil Art	2 - Pegs and Jokers	2 - Rhythmic Drumming					
	12 - Dominoes	12 - 3:30 - Ping Pong	2 - Rhythmic Drumming	2:30 - Trivia					
	<u>12 - Beginning Mahjong</u>	1 - Euchre	3:15 - Hula						
	12:30 - Mahjong	<u>1:30 - Creative Writing</u>							
	2 - Line Dancing	<u>2 - Card Making</u>							
		5 - Line Dancing							
13	9 - Bridge	14	9 - Watercolor	15	9 - Bible Study	16	9 - Crafts Knitting / Crocheting	17	
		<u>11 - November Monthly Meeting - Pay When You Sign Up \$5.00</u>		9 - Bridge		9 - Ceramics			
	10 - Bingo with Touching Hearts	1 - News Update		<u>10:15 - Lunch at Paula Deen's and Walk Around Opryland Hotel \$9.00</u>		10 - Bingo with The Pavilion of Smyrna			
	12 - Dominoes	5 - Line Dancing		11:30 - Dominoes		12 - 3 - Ping Pong			
	12:30 - Mahjong			2 - Board Games		12:30 - Hand & Foot Canasta			
	<u>2 - New Member Orientation</u>			2 - Pegs and Jokers		<u>2 - Trip Meeting for Helen, GA Trip</u>			
	2 - Line Dancing			2 - Rhythmic Drumming					
				2:30 - Trivia					
				3:15 - Hula					
20	9 - Bridge	21	9 - Watercolor	22	9 - Bible Study	23	<p>Center Closed</p> 	24	<p><u>9 - Please Come Help Decorate the Center for Christmas! We Need Everyones Help! Snacks provided</u></p>
	9 - Ceramics	10 - Adult Coloring		9 - Bridge		9 - Ceramics		25	
	10 - Bingo with Core Insurance	<u>10:45 - Tour and Lunch at Traditions of Smyrna</u>		9 - Quilting		10 - Bingo with Traditions of Smyrna		26	
	12 - Dominoes	11:30 - Color Pencil Art		<u>9:30 - Shopping and Lunch at Cool Springs Mall \$9.00</u>		12 - 3:30 - Ping Pong			
	12:30 - Mahjong	12 - 3:30 - Ping Pong		11:30 - Dominoes		12:30 - Hand & Foot			
	2 - Line Dancing	1 - Euchre		2 - Board Games					
		<u>1 - Geneology Class Meets at the Library</u>		2 - Pegs and Jokers					
		<u>1:30 - Creative Writing</u>		2 - Rhythmic Drumming					
		2 - Scrapbooking		2:30 - Trivia					
		5 - Line Dancing		3:15 - Hula					
27	9 - Bridge	28	9 - Watercolor	29	9 - Bible Study	30	9 - Crafts Knitting / Crocheting		
	9 - Ceramics	10 - Adult Coloring		9 - Bridge		9 - Ceramics			
	10 - Bingo with LifeCare Center of Hickory Woods	11:30 - Color Pencil Art		11:30 - Dominoes		10 - Bingo with Traditions of Smyrna			
	12 - Dominoes	12 - 3:30 - Ping Pong		2 - Board Games		12 - 3:30 - Ping Pong			
	12:30 - Mahjong	1 - Euchre		2 - Pegs and Jokers		12:30 - Hand & Foot			
		<u>2 - Super Bingo w/</u>		2 - Rhythmic Drumming					



2 - Line Dancing

Barbara and Bob Larson

5 - Line Dancing

2:30 - Trivia

3:15 - Hula

Canasta

NOVEMBER