

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>9 - Water Color</p> <p>10 - Adult Coloring</p> <p><u>10- Brunch & Learn with Woodmen Life Insurance</u></p> <p>11 - Color Pencil Art</p> <p>12-3 - Ping Pong</p> <p>1 - Eucre</p> <p><u>1:30 - Creative Writing</u></p> <p>5 - Line Dancing</p>	<p>2</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/ Crocheting</p> <p><u>10:30- Lunch at Buster's & Shopping at Painted Tree Boutique \$6.00</u></p> <p>12 - Dominoes</p> <p>2 - Pegs & Jokers</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	<p>3</p> <p>9 - Ceramics</p> <p>9 - Chess</p> <p><u>9-11:30 - Christmas Tree Ornament Craft with Middle Tennessee Artists</u></p> <p>9:30 - Walking Club Check-In</p> <p>10 - Bingo with The Medicare Spot</p> <p>11:30 - Dominoes</p> <p>12-3 - Ping Pong</p> <p>12:30 - Hand & Foot Canasta</p> <p><u>2- Super Bingo with Cornerstone Caregiving</u></p>	<p>4</p> <p>11- Christmas Concert Rehearsal</p> 
<p>7</p> <p><u>8 - Breakfast with Fran at Cracker Barrel</u></p> <p>9 - Bridge</p> <p>9 - Ceramics</p> <p>10 - Bingo with Helping Hearts</p> <p><u>12 - Beginning Mahjong</u></p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>2 - Pegs & Jokers</p> <p>2 - Line Dancing</p> <p>3:15 - Chair Cardio with CenterWell</p>	<p>8</p> <p>9 - Water Color</p> <p><u>11 - October Monthly Meeting Pay When You Sign Up \$10.00</u></p>  <p>2 - French</p> <p>5 - Line Dancing</p>	<p>9</p> <p>9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/ Crocheting</p> <p>12 - Dominoes</p> <p>2 - Pegs & Jokers</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	<p>10</p> <p>9 - Ceramics</p> <p>9 - Chess</p> <p>10 - Bingo with The Bridge at Hickory Woods</p> <p>11:30 - Dominoes</p> <p>12-3 - Ping Pong</p> <p>12:30 - Hand & Foot Canasta</p> <p><u>2- Super Bingo with Intrepid</u></p> <p><u>5:30 - Bunco - Bring a Food to Share -\$5</u></p>	<p>11</p> <p>11- Christmas Concert Rehearsal</p>
<p>14</p> <p>9 - Bridge</p> <p>9 - Ceramics</p> <p>10 - Bingo with Seniors Helping Seniors</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>2 - Pegs & Jokers</p> <p>2 - Line Dancing</p> <p><u>2 - New Member Orientation</u></p> <p>3:15 - Chair Cardio with CenterWell</p>	<p>15</p> <p>9 - Water Color</p> <p>10 - Adult Coloring</p> <p><u>10:30 - "Is Your Body Preventing You From Doing The Things You Love?" with Proactive Kinetics</u></p> <p>11 - Color Pencil Art</p> <p>12-3 - Ping Pong</p> <p>1 - Eucre</p> <p>2 - French</p> <p><u>2- Document Meeting for England, Scotland & Wales</u></p> <p>5 - Line Dancing</p>	<p>16</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/ Crocheting</p> <p><u>10- Cooking with Chefs for Seniors</u></p> <p>12 - Dominoes</p> <p>2 - Pegs & Jokers</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	<p>17</p> <p><u>8:30- Buc-ee's, Gondola Pizza & Cumberland County Playhouse to see "Beautiful" \$46 -Pay When You "Sign Up</u></p> <p>9 - Ceramics</p> <p>9 - Chess</p> <p>10 - Bingo with The Pavilion</p> <p>11:30 - Dominoes</p> <p>12-3 - Ping Pong</p> <p>12:30 - Hand & Foot Canasta</p>	<p>18</p> <p>Lions Club Bean Dinner 10:00—1:00</p> <p>3:30- Christmas Concert Rehearsal</p> 
<p>21</p> <p>9 - Bridge</p> <p>9 - Ceramics</p> <p>10 - Bingo with Core Insurance</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>2 - Pegs & Jokers</p> <p>2 - Line Dancing</p> <p>3:15 - Chair Cardio with CenterWell</p>	<p>22</p> <p>9 - Water Color</p> <p>10 - Adult Coloring</p> <p>11 - Color Pencil Art</p> <p>12-3 - Ping Pong</p> <p>1 - Eucre</p> <p>2 - French</p> <p><u>2- Card Making \$5.00</u></p> <p>5 - Line Dancing</p> 	<p>23</p> <p>9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/ Crocheting</p> <p>12 - Dominoes</p> <p>2 - Pegs & Jokers</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	<p>24</p> <p>9 - Ceramics</p> <p>9 - Chess</p> <p>10 - Bingo with Synergy Home Care</p> <p>11:30 - Dominoes</p> <p>12-3 - Ping Pong</p> <p><u>2- Ireland Trip Presentation</u></p> <p><u>2:00 - Book Club Reading "West with Giraffes" by Lynda Rutledge</u></p>	<p>25</p> <p>11- Christmas Concert Rehearsal</p>
<p>28</p> <p>9 - Bridge</p> <p>9 - Ceramics</p> <p>10 - Bingo with Woodmen Life Insurance Co.</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>2 - Pegs & Jokers</p> <p>2 - Line Dancing</p> <p>3:15 - Chair Cardio with CenterWell</p>	<p>29</p> <p>10-1- INFO EXPO</p> <p>Center Closed for all Activities except</p> <p>5 - Line Dancing</p> 	<p>30</p> <p>9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/ Crocheting</p> <p>12 - Dominoes</p> <p>2 - Pegs & Jokers</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	<p>31</p> <p>9 - Ceramics</p> <p>9 - Chess</p> <p>10 - Bingo with Traditions of Smyrna</p> <p>11:30 - Dominoes</p> <p>12-3 - Ping Pong</p> <p>12:30 - Hand & Foot Canasta</p> <p><u>1:30- 3:00 Halloween Costume Party</u></p> 	