

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	8 - Breakfast with Fran at Cracker Barrel 9 - Bridge 10 - Bingo with Avenues Home Care 11 - Spite & Malice Card Game 11 - Sevens Card Game 11:45 - Beginning Mahjong 12 - Dominoes 12:30 - Mahjong 1:30 - Beginning Line Dancing 2 - New Member Orientation 2 - Line Dancing 2 - Cribbage 3:15 - Chair Cardio with CenterWell	4	8:30 - Walking Club 9 - Water Color 10 - Adult Coloring 10 - Painting with Flair Pens with Shiralee from Middle TN Artists 11 - Colored Pencil Art 12 - Euchre 1:30 - Creative Writing 2 - Pinochle 3 - Grief Relief with Aveanna Hospice 5 - Line Dancing	5	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 11 - Sevens Card Game 12 - Dominoes 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	6	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with The Medicare Spot 11 - Hand & Foot Canasta 11:30 - Dominoes 1 - Diamond Art with Geri Brink (\$3 to \$5 per project) 2 - Yellowstone & Wild West Interest Meeting 2-4 - Ping Pong	7	8:30 - Walking Club
10	9 - Bridge 10 - Bingo with Smyrna Care Center 11 - Spite & Malice Card Game 11 - Sevens Card Game 12 - Dominoes 12:30 - Mahjong 1:30 - Beginning Line Dancing 2 - Line Dancing 3:15 - Chair Cardio with CenterWell	11	8:30 - Walking Club 9 - Water Color 11 - Monthly Meeting \$10  1:00 News Update - Smyrna Police Officer Jonathan Beverly will Talk about Scams 5 - Line Dancing	12	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 8:30 - Trip to Amish Farms & Lunch TBD, Ethridge, TN - \$12 11 - Sevens Card Game 12 - Dominoes 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	13	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with Juan Beraldi 11 - Hand & Foot Canasta 11:30 - Dominoes 1 - Diamond Art with Geri Brink (\$3 to \$5 per project) 2 - Snack & Learn about Nutrition with Payton from CenterWell 2-4 - Ping Pong 5:00 - Bunco - Bring a Finger Food to Share -\$5	14	8:30 - Walking Club
17	9 - Bridge 10 - Bingo with Core Insurance 11 - Spite & Malice Card Game 11 - Sevens Card Game 12 - Dominoes 12:30 - Mahjong 1:30 - Beginning Line Dancing 2 - Line Dancing 3:15 - Chair Cardio with CenterWell	18	8:30 - Walking Club 9 - Water Color 10 - Adult Coloring 10 - Coin Collecting 101 with Sam Strong 11 - Colored Pencil Art 11:30 - Lunch & Learn - The Hidden Link between Hearing Loss & Brain Health, Daniella with Nova Hearing 12 - Euchre 1:30 - Creative Writing 2 - Pinochle 2 - Super Bingo - Lauren from Bridgegate Senior Placement 5 - Line Dancing	19	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 11 - Sevens Card Game 12 - Dominoes 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	20	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with The Pavilion 11 - Hand & Foot Canasta 11:30 - Dominoes 1 - Diamond Art with Geri Brink (\$3 to \$5 per project) 2 - Snack & Learn - Taxes in Retirement, Sam with Senior Financial Advisors 2-4 - Ping Pong	21	8:30 - Walking Club
24	9 - Bridge 10 - Bingo with Woodmen Life 11 - Spite & Malice Card Game 11 - Sevens Card Game 12 - Dominoes 12:30 - Mahjong 1:30 - Beginning Line Dancing 2 - Line Dancing 3:15 - Chair Cardio with CenterWell	25	8:30 - Walking Club 9 - Water Color 10 - Adult Coloring 11 - Colored Pencil Art 12 - Euchre 2 - Pinochle 2 - Dessert & Learn - Managing Chronic Pain (Tips & Tricks) with Tracy from Select PT 5 - Line Dancing	26	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 9 - Wings of Liberty Museum & Lunch TBD - \$12 11 - Sevens Card Game 12 - Dominoes 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	27	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with Woodfin Funeral Home 11 - Hand & Foot Canasta 11:00 - Battery Replacement for your Watch (free) 11:30 - Dominoes 1 - Diamond Art with Geri Brink (\$3 to \$5 per project) 2-4 - Ping Pong 2 - Book Club - The Briar Club by Kate Quinn	28	8:30 - Walking Club
31	9 - Bridge 10 - Bingo with Life Care Center at Hickory Woods 11 - Spite & Malice Card Game 11 - Sevens Card Game 12 - Dominoes 12:30 - Mahjong 1:30 - Beginning Line Dancing 2 - Line Dancing 3:15 - Chair Cardio with CenterWell								