

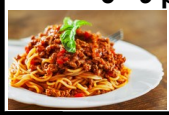


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
3	<p><u>8 - Breakfast with Fran at Cracker Barrel</u></p> <p>9 - Bridge</p> <p>10 - Bingo with Avenues Home Care</p> <p>11 - Spite & Malice Card Game</p> <p>11 - Sevens Card Game</p> <p><u>12 - Beginning Mahjong</u></p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>1:30 - Beginning Line Dancing</p> <p><u>2 - New Member Orientation</u></p> <p>2 - Pegs & Jokers</p> <p>2 - Line Dancing</p> <p><u>2 - Cribbage</u></p> <p>3:15 - Chair Cardio with CenterWell</p>	4	<p>8:30 - Walking Club</p> <p>9 - Water Color</p> <p>10 - Adult Coloring</p> <p><u>10 - Painting with Flair Pens with Shirley from Middle TN Artists</u></p> <p>11 - Colored Pencil Art</p> <p>12 - Euchre</p> <p><u>1:30 - Creative Writing</u></p> <p>2 - Pinochle</p> <p><u>3 - Grief Relief with Aveanna Hospice</u></p> <p>5 - Line Dancing</p>	5	<p>9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/Crocheting</p> <p>11 - Sevens Card Game</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>	6	<p>9 - Ceramics</p> <p>9 - Chess</p> <p>9 - Floor Yoga</p> <p>10 - Bingo with The Medicare Spot</p> <p>10:00 - Tai Chi</p> <p>11 - Hand & Foot Canasta</p> <p>11:30 - Dominoes</p> <p><u>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</u></p> <p><u>2 - Yellowstone & Wild West Interest Meeting</u></p> <p>2-4 - Ping Pong</p>	7	<p>8:30 - Walking Club</p>	8	
10	<p>9 - Bridge</p> <p>10 - Bingo with Smyrna Care Center</p> <p>11 - Spite & Malice Card Game</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>1:30 - Beginning Line Dancing</p> <p>2 - Line Dancing</p> <p>3:15 - Chair Cardio with CenterWell</p>	11	<p>8:30 - Walking Club</p> <p>9 - Water Color</p> <p><u>11 - Monthly Meeting \$10</u></p>  <p><u>1:00 News Update - Smyrna Police Officer Jonathan Beverly will Talk about Scams</u></p> <p>5 - Line Dancing</p>	12	<p>9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/Crocheting</p> <p><u>8:30 - Trip to Amish Farms & Lunch TBD, Ethridge, TN - \$12</u></p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	13	<p>9 - Ceramics</p> <p>9 - Chess</p> <p>9 - Floor Yoga</p> <p>10 - Bingo with Juan Beraldi</p> <p>10:00 - Tai Chi</p> <p>11 - Hand & Foot Canasta</p> <p>11:30 - Dominoes</p> <p><u>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</u></p> <p><u>2 - Snack & Learn about Nutrition with Payton from CenterWell</u></p> <p>2-4 - Ping Pong</p> <p><u>5:00 - Bunco - Bring a Finger Food to Share -\$5</u></p>	14	<p>8:30 - Walking Club</p>	15	
17	<p>9 - Bridge</p> <p>10 - Bingo with Core Insurance</p> <p>11 - Spite & Malice Card Game</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>1:30 - Beginning Line Dancing</p> <p>2 - Line Dancing</p> <p>3:15 - Chair Cardio with CenterWell</p>	18	<p>8:30 - Walking Club</p> <p>9 - Water Color</p> <p>10 - Adult Coloring</p> <p><u>10 - Coin Collecting 101 with Sam Strong</u></p> <p>11 - Colored Pencil Art</p> <p><u>11:30 - Lunch & Learn - The Hidden Link between Hearing Loss & Brain Health, Daniella with Nova Hearing</u></p> <p>12 - Euchre</p> <p><u>1:30 - Creative Writing</u></p> <p>2 - Pinochle</p> <p><u>2 - Super Bingo - Lauren from Bridgegate Senior Placement</u></p> <p>5 - Line Dancing</p>	19	<p>9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/Crocheting</p> <p><u>9 - Wings of Liberty Museum & Lunch TBD - \$12</u></p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	20	<p>9 - Ceramics</p> <p>9 - Chess</p> <p>9 - Floor Yoga</p> <p>10 - Bingo with The Pavilion</p> <p>10:00 - Tai Chi</p> <p>11 - Hand & Foot Canasta</p> <p>11:30 - Dominoes</p> <p><u>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</u></p> <p><u>2 - Snack & Learn - Taxes in Retirement, Sam with Senior Financial Advisors</u></p> <p>2-4 - Ping Pong</p>	21	<p>8:30 - Walking Club</p>	22	<p>11 - Spaghetti Lunch</p> <p>5 - 9 pm - Spaghetti & Wine Dinner</p> 
24	<p>9 - Bridge</p> <p>10 - Bingo with Woodmen Life</p> <p>11 - Spite & Malice Card Game</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>1:30 - Beginning Line Dancing</p> <p>2 - Line Dancing</p> <p>3:15 - Chair Cardio with CenterWell</p>	25	<p>8:30 - Walking Club</p> <p>9 - Water Color</p> <p>10 - Adult Coloring</p> <p>11 - Colored Pencil Art</p> <p>12 - Euchre</p> <p>2 - Pinochle</p> <p><u>2 - Dessert & Learn - Managing Chronic Pain (Tips & Tricks) with Tracy from Select PT</u></p> <p>5 - Line Dancing</p>	26	<p>9 - Quilting</p> <p>9 - Bible Study</p> <p>9 - Bridge</p> <p>9 - Crafts Knitting/Crocheting</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>2 - Rhythmic Drumming</p> <p>2:30 - Chair Yoga</p> <p>2:30 - Trivia</p>	27	<p>9 - Ceramics</p> <p>9 - Chess</p> <p>9 - Floor Yoga</p> <p>10 - Bingo with Woodfin Funeral Home</p> <p>10:00 - Tai Chi</p> <p>11 - Hand & Foot Canasta</p> <p>11:30 - Dominoes</p> <p><u>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</u></p> <p>2-4 - Ping Pong</p> <p><u>2 - Book Club - The Briar Club by Kate Quinn</u></p>	28	<p>8:30 - Walking Club</p>	29	
31	<p>9 - Bridge</p> <p>10 - Bingo with Life Care Center at Hickory Woods</p> <p>11 - Spite & Malice Card Game</p> <p>11 - Sevens Card Game</p> <p>12 - Dominoes</p> <p>12:30 - Mahjong</p> <p>1:30 - Beginning Line Dancing</p> <p>2 - Line Dancing</p> <p>3:15 - Chair Cardio with CenterWell</p>	