

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
2	8 - Breakfast with Fran at Cracker Barrel 9 - Bridge 10 - Bingo with Avenues Home Care 11 - Spite & Malice Card Game 11 - Sevens Card Game 12 - Beginning Mahjong 12 - Dominoes 12:30 - Mahjong 1:30 - Beginning Line Dancing 2 - Pegs & Jokers 2 - Line Dancing 2 - Cribbage 3:15 - Chair Cardio with CenterWell	3	8:45 - Walking Club 9 - Water Color 9:30 - French Class 10 - Adult Coloring 10 - Medicare 101 with Kandy Kayl - Fruit & Yogurt Buffet 11 - Color Pencil Art 12 - Euchre 1:30 - Creative Writing 2 - Super Bingo with Jenna from Woodfin 2 - Pinochle 3 - Grief Relief with Aveanna Hospice 5 - Line Dancing	4	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Open Crafting with a Take-Home Craft 10:15 Lunch at Monell's - \$8 11 - Sevens Card Game 12 - Dominoes 2 - Pegs & Jokers 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:30 - Trivia	5	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with The Medicare Spot 11 - Hand & Foot Canasta 11:30 - Dominoes 1 - Open Art Class (any medium except oils & pastels) 2 - How to Interpret Long Term Care Insurance with Joe from HoneyHill HomeCare 2-4 - Ping Pong	6	8:30 - Walking Club 10:45 - Choir Rehearsal	7	
9	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 - Pegs & Jokers 2 - Line Dancing 2 - New Member Orientation 3:15 - Chair Cardio with CenterWell	10	8:45 - Walking Club 9 - Water Color 11 - Monthly Meeting \$10  1:30 News Update 5 - Line Dancing	11	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/Crocheting 11 - Sevens Card Game 12 - Dominoes 2 - Pegs & Jokers 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:30 - Trivia 	12	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with The Bridge at Hickory Woods 11 - Hand & Foot Canasta 11:30 - Dominoes 1 - Open Art Class (any medium except oils & pastels) 1 - Mid Cumberland Electric Assistance 2-4 - Ping Pong 5:00 - Bunco - Bring a Finger Food to Share -\$5	13	8:30 - Walking Club 10:00 - Choir Rehearsal 7 - Murfreesboro Little Theater - Elvis Has Left The Building	14	
16	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 - Pegs & Jokers 2 - Line Dancing 3:15 - Chair Cardio with CenterWell	17	8:45 - Walking Club 9 - Water Color 9:30 - French Class 10 - Adult Coloring 11 - Lunch & Learn - Benefits of Exercise with Peyton from CenterWell 11 - Color Pencil Art 12 - Euchre 1:30 - Creative Writing 2 - Pinochle 2 - Healthy Cooking with Shay from Rutherford County Ag Ext. 5 - Line Dancing 	18	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/Crocheting 9:30 - GasLamp Antiques & Lunch at Rafferty's Restaurant - \$8 11 - Sevens Card Game 12 - Dominoes 2 - Pegs & Jokers 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:30 - Trivia	19	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with The Pavilion 11 - Hand & Foot Canasta 11:30 - Dominoes 1 - Open Art Class (any medium except oils & pastels) 2-4 - Ping Pong	20	8:30 - Walking Club 10:45 - Choir Rehearsal 	21	
23	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 - Pegs & Jokers 2 - Line Dancing 3:15 - Chair Cardio with CenterWell	24	8:45 - Walking Club 9 - Water Color 9:30 - French Class 10 - Adult Coloring 11 - Lunch & Learn - Big Brothers Big Sisters with Paige Brown 11 - Color Pencil Art 12 - Euchre 2 - Pinochle 2 - Writing Your Novel 2 - Card Making with Barbara Tenpenny - \$5 5 - Line Dancing	25	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/Crocheting 11 - Sevens Card Game 12 - Dominoes 2 - Pegs & Jokers 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:30 - Trivia	26	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with Synergy Home Care 11 - Hand & Foot Canasta 11:30 - Dominoes 2-4 - Ping Pong 2 - Book Club - Clock Dance by Ann Tyler	27	8:30 - Walking Club 10:45 - Choir Rehearsal	28	
30	9 - Bridge 10 - Bingo with Avenues Home Care 11 - Spite & Malice Card Game 11 - Sevens Card Game 12 - Dominoes 12:30 - Mahjong 1:30 - Beginning Line Dancing 2 - Pegs & Jokers 2 - Line Dancing 3:15 - Chair Cardio with CenterWell	31	8:45 - Walking Club 9 - Water Color 9:30 - French Class 9:30 - Hydration Presentation with Fruit & Veggie Infused Water with Blake from Rutherford Co Health Dept. 10 - Adult Coloring 11 - Color Pencil Art 12 - Euchre 2 - Pinochle 5 - Line Dancing								