(615)-459-4839
www.smyrnaseniorcenter.org

Senior Activity Center of Smyrna

May 2026

Monday - Thursday 9:00 - 4:00

Honoring Our Past ♦ Celebrating Our Future ♦ 55 Years Strong

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:30 - Walking Club 11:00 – 2:00 Open House and Outdoor Expo
				2
				3
4 8 - Breakfast with Fran at Cracker Barrel 9 - Bridge 9 - Open Art Class (any medium except oils & pastels) 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 2 - New Member Orientation 3:15 - Chair Cardio with CenterWell	5 8:45 - Walking Club 9 - Water Color 9:30 - French Class 10 - Continental Breakfast w/ Amanda Kemp 10 - Adult Coloring 11 - Color Pencil Art 12 - Euchre 1:30 - Creative Writing 2 - Pinochle 3 - Grief Relief 5 - Line Dancing	6 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	7 9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with The The Medicare Spot 10:00 - Tai Chi 11 - Hand & Foot Canasta 11:30 - Dominoes 2 - Super Bingo with American Republic Insurance 2-4 - Ping Pong	8 8:30 - Walking Club 10:30 - Choir Rehearsal 7:30-Mystery Trip with Jimmy the Cricket $169
				9
				10
11 9 - Bridge 9 - Open Art Class (any medium except oils & pastels) 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 3:15 - Chair Cardio with CenterWell	12 8:45 - Walking Club 11 - Older Americans Luncheon at Smyrna Event Center - You must sign up with Gail by May 5 5 - Line Dancing	13 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	14 9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with The Bridge at Hickory Woods 10:00- Tai Chi 11 - Hand & Foot Canasta 11:30 - Dominoes 2 –Super Bingo with Kandy 2-4 - Ping Pong 5 - Bunco—Bring a Finger Food to Share—$5	15 8:30 - Walking Club 10:30 –Choir Rehearsal
				16
				17
18 9 - Bridge 9 - Open Art Class (any medium except oils & pastels) 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	19 8:45 - Walking Club 9 - Water Color 9:30 - French Class 10 - Adult Coloring 11 - Color Pencil Art 11 - Lunch and Learn Chili Bowls and Healthy Meals 12 - Euchre 1:30 - Creative Writing 2 - Pinochle 2 - Card Making with Barbara Tenpenny $5 5 - Line Dancing	20 9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 11 - Sevens Card Game 11:15 - Tour of The Hamery and lunch at Demos' - $7.00 12 - Dominoes 2 - Pegs & Jokers 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:30 - Trivia	21 9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with The Pavilion 10:00 - Tai Chi 11 - Hand & Foot Canasta 11:30 - Dominoes 2-4 - Ping Pong 2-Super Bingo with Arianna	22 8:30 - Walking Club 10:30 - Choir Rehearsal
				23
				24
25 	26 8:45 - Walking Club 9 - Water Color 9:30 - French Class 9:30 - Magic Show with Daniel 10 - Adult Coloring 10:30 - Small Business Shopping and lunch at Georgio's Pizza 11 - Color Pencil Art 12 - Euchre 2 - Pinochle 2-Super Bingo with Aveanna Hospice 5 - Line Dancing	27 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	28 9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with TBD 10:00 - Tai Chi 11 - Hand & Foot Canasta 11:30 - Dominoes 2-4 - Ping Pong 2 - KK Fitness 2 - Book Club - Theo of Golden by Allen Levi	29 8:30 - Walking Club 10:30—Choir Rehearsal
				30 5:00 - Sail On: The Beach Boys Tribute at The Art Center of Cannon County - $40
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