

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
				8:30 - Walking Club at College St Trailhead, Murfreesboro
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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 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	4	8:45 - Walking Club at the Smyrna Library 9 - Water Color 9:30 - French Class 10 - Adult Coloring 10 - Medicare 101 - Coffee & Muffins with Medicare Kandy 11 - Color Pencil Art 12 - Euchre 1 - Christmas Art with Mid TN Artists 1:30 - Creative Writing 2 - Pinochle 5 - Line Dancing	5	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	6	Center Closed for CRAFT FAIR Set-up 	7	8:30 - Walking Club at College St Trailhead, Murfreesboro CRAFT FAIR 9-2
						8	CRAFT FAIR 9-2		
						9			

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 - Pegs & Jokers 2 - Line Dancing 2 - New Member Orientation 3:15 - Chair Cardio with CenterWell	11 8:45 - Walking Club at the Smyrna Library 9 - Water Color 11 - Monthly Meeting \$10  1:00 News Update 5 - Line Dancing 	12 9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/Crocheting 9:30 - Shopping at McKay's & Lunch at Mestizo's - \$9 11 - Sevens Card Game 12 - Dominoes 2 - Pegs & Jokers 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:30 - Trivia	13 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) 2 - Super Bingo with Azalea Ct. 2-4 - Ping Pong 5:00 - Bunco - Bring a Finger Food to Share -\$5	14 8:30 - Walking Club at College St Trailhead, Murfreesboro 10:45 - Choir Practice 15 16 
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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 - Pegs & Jokers 2 - Line Dancing 3:15 - Chair Cardio with CenterWell 3:15 - Choir Practice	18	8:45 - Walking Club at the Smyrna Library 9 - Water Color 9:30 - French Class 10 - Adult Coloring 11 - Color Pencil Art 12 - Euchre <u>1:30 - Creative Writing</u> 2 - Pinochle <u>2 - Super Bingo with RX Healing</u> 5 - Line Dancing	19	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	20	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 - <u>Coffee & Conversation - Budgeting in Crisis & Planning for a Rainy day with Truist Bank</u> 2-4 - Ping Pong 2 - <u>Book Club - "Demon Copperhead " by Barbara Kingsolver</u>	21	8:30 - Walking Club at College St Trailhead, Murfreesboro 10:45 - Choir Practice	22		23	
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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 - Pegs & Jokers 2 - Line Dancing 3:15 - Chair Cardio with CenterWell	25	8:45 - Walking Club at the Smyrna Library 8:30 - <u>Breakfast at Puffy Muf- fin & Shopping at Cool Springs Mall - \$9</u> 9 - Water Color 9:30 - French Class 10 - Adult Coloring 10:30 - <u>"Exercising Your Memory" with Blake from Rutherford Co. Health Dept.</u> 11 - Color Pencil Art 12 - Euchre 2 - Pinochle 2 - Writing Your Novel 2:30 - <u>Holly Dolly Christmas Trip Meeting</u> 5 - Line Dancing	26	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	27	CENTER CLOSED FOR THANKSGIVING 	28	8:30 - Walking Club at College St Trailhead, Murfreesboro <u>9 - Decorate the Center for Christmas - Snacks Provided</u>
						29			
						30			