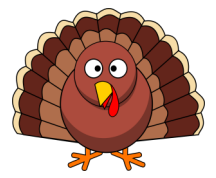
(615)-459-4839
www.smyrnaseniorcenter.org

Senior Activity Center of Smyrna

NOVEMBER 2026

Monday - Thursday 9:00 - 4:00

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 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	**3** 8:30 - Walking Club 9 - Watercolor 9:30 - Fall Prevention & Exercise - Pastries with NeuMotion Physical Therapy 10 - Adult Coloring 11 - Colored Pencil Art 11:45 - Lunch & Tour at Evelyn June Senior Housing 12 - Euchre 1 - Spanish Class 1:30 - Creative Writing 2 - French Class 2 - Pinochle 2 - Islands of New England Trip Information 3 - Grief Relief with Aveanna Hospice 5 - Line Dancing	**4** 9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 11 - Sevens Card Game 12 - Dominoes 12 - Advanced Quilting 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15- Trivia	**5** CENTER IS CLOSED FOR CRAFT FAIR PREP	**6** 8:30 - Walking Club  **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 - Line Dancing 3:15 - Chair Cardio with CenterWell	**10** 8:30 - Walking Club 9 - Watercolor 11 - Monthly Meeting $10  1:00 News Update 1 - Spanish Class 2 - French Class 2:00 Columbus, MS Trip Document Meeting 5 - Line Dancing	**11** VETERANS DAY 9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/Crocheting 10:30 - Lunch & Shopping in Nolensville - $6 11 - Sevens Card Game 12 - Dominoes 12 - Advanced Quilting 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	**12** 9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with Juan Beraldi Insurance 11 - Hand & Foot Canasta 11:30 - Dominoes 1 - Diamond Art with Geri Brink ($3 to $5 per project) 2 - Dessert & Learn - Downsizing & Decluttering with Jenny Smith 2-4 - Ping Pong 2:30 - Tai Chi 5:00 - Bunco - Bring a Finger Food to Share -$5	**13** 8:30 - Walking Club 10:30 Choir Practice **14**  **15**
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 - Cribbage 2 - Line Dancing 3:15 - Chair Cardio with CenterWell	**17** 8:30 - Walking Club 9 - Watercolor 9 - Medicare Kandy presenting Muffins and Diabetes Workshop with Naomi Morrison from Vanderbilt 9 - 12:30 Wills & Power of Attorney with John & Addie Toy - $25 per document 10 - Adult Coloring 11 - Colored Pencil Art 12 - Euchre 1 - Spanish Class 1:30 - Creative Writing 2 - French Class 2 - Pinochle 5 - Line Dancing	**18** 9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 11 - Sevens Card Game 12 - Dominoes 12 - Advanced Quilting 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	**19** 9 - Ceramics 9 - Chess 9 - Floor Yoga 9 - 12:45 Wills & Power of Attorney Document Review 10 - Bingo with The Pavilion 11 - Hand & Foot Canasta 11:30 - Dominoes 2 - Snack & Learn, Medicare Update & Options - Ron Cronwell 2 - Book Club - Planning Meeting 2-4 - Ping Pong 2:30 - Tai Chi	**20** 8:30 - Walking Club 10:30 Choir Practice **21**  **22**
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 - Line Dancing 3:15 - Chair Cardio with CenterWell	**24** 8:30 - Walking Club 8:30 - Breakfast & Shopping at Cool Springs - $9 9 - Watercolor 10 - Adult Coloring 11 - Lunch & Learn - Getting a Leg Up on Knee Pain with Wellness Center of Franklin 11 - Colored Pencil Art 12 - Euchre 1 - Spanish Class 2 - French Class 2 - Pinochle 5 - Line Dancing	**25** 9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 11 - Sevens Card Game 12 - Dominoes 12 - Advanced Quilting 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	**26** CENTER IS CLOSED 	**27** 8:30 - Walking Club 9 - Decorate the Center for Christmas (Snacks & Beverages Provided) **28** **29**
30 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 4:00 Choir Practice				