

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 12 - Euchre 1:30 - Creative Writing 2 - Pinochle 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 1 - Spanish Class 2 - French Class 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 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 1 - Spanish Class 2 - French Class 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) 1 - 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		
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 - 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 1:30 - Creative Writing 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 1 - Spanish Class 2 - French Class 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 1 - Diamond Art with Geri Brink (\$3 to \$5 per project) 2-4 - Ping Pong 2:30 - Tai Chi	20	8:30 - Walking Club 10:30 Choir Practice	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 - 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 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 1 - Spanish Class 2 - French Class 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	26	CENTER IS CLOSED 		27	8:30 - Walking Club	28	
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									29		
												