

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	8:30 - Walking Club 9 - Water Color 10 - Adult Coloring 11 - Colored Pencil Art <u>11 - Lunch & Learn - Helping Seniors Downsize with Ease - Tiffany Nolan</u> 12 - Euchre <u>1:30 - Creative Writing</u> <u>2 - Document Meeting for Great Canadian Cities Trip</u> 2 - Pinochle <u>3 - Grief Relief with Aveanna Hospice</u> 5 - Line Dancing	2	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 11 - Sevens Card Game 12 - Dominoes 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	3	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with The Medicare Spot 11 - Hand & Foot Canasta 11:30 - Dominoes <u>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</u> <u>2 - Super Bingo - Allen with Lowe's Home Care Plus</u> 2-4 - Ping Pong	4	8:30 - Walking Club <u>9 - The Mint Gaming Hall in Kentucky- \$12</u>
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								6	
7	CENTER IS CLOSED 	8	8:30 - Walking Club 9 - Water Color <u>9-11 Flu Shot Clinic with Walgreens</u> <u>11 - Monthly Meeting \$10</u>  <u>1:00 News Update - The State of the Town with Mayor Mary Esther Reed</u> 5 - Line Dancing	9	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 11 - Sevens Card Game 12 - Dominoes 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	10	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with Juan Beraldi Insurance 11 - Hand & Foot Canasta 11:30 - Dominoes <u>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</u> 2-4 - Ping Pong <u>5:00 - Bunco - Bring a Finger Food to Share -\$5</u>	11	8:30 - Walking Club
14	<u>8 - Breakfast with Fran at Cracker Barrel</u> 9 - Bridge 10 - Bingo with Smyrna Care Center 11 - Spite & Malice Card Game 11 - Sevens Card Game <u>11:45 - Beginning Mahjong</u> 12 - Dominoes 12:30 - Mahjong 1:30 - Beginning Line Dancing <u>2 - New Member Orientation</u> 2 - Line Dancing <u>2 - Cribbage</u> <u>2 - Card Making with Barbara Tenpenny - \$5</u> 3:15 - Chair Cardio with CenterWell	15	8:30 - Walking Club 9 - Water Color 10 - Adult Coloring 11 - Colored Pencil Art <u>11 - Lunch & Learn - The Truth about Peripheral Neuropathy - Causes, Myths & Natural Solutions by Tori from Health & Wellness Center of Franklin</u> 12 - Euchre <u>1:30 - Creative Writing</u> 2 - Pinochle 5 - Line Dancing	16	<u>8 - Breakfast & Tour at Traditions of Smyrna</u> 9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/Crocheting 11 - Sevens Card Game 12 - Dominoes 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	17	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with The Pavilion 11 - Hand & Foot Canasta 11:30 - Dominoes <u>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</u> 2-4 - Ping Pong	18	8:30 - Walking Club 10:30 - Choir Practice
21	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	22	8:30 - Walking Club 9 - Water Color 10 - Adult Coloring 11 - Colored Pencil Art 12 - Euchre <u>2 - Dr. Mark from Rock Springs Family Chiropractic - Brain Health Seminar with Fresh Smoothies</u> 2 - Pinochle 5 - Line Dancing	23	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting <u>10:30 Lunch & Shopping in Murfreesboro—\$6</u> 11 - Sevens Card Game 12 - Dominoes 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	24	9 - Ceramics 9 - Chess 9 - Floor Yoga 10 - Bingo with Woodfin Funeral Home 11 - Hand & Foot Canasta 11:30 - Dominoes <u>1 - Diamond Art with Geri Brink (\$3 to \$5 per project)</u> 2-4 - Ping Pong <u>2 - Book Club - This Book Made Me Think of You by Libby Page</u>	25	8:30 - Walking Club 10:30 - Choir Practice
								26	
								27	
28	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	29	8:30 - Walking Club 9 - Water Color 10 - Adult Coloring 11 - Colored Pencil Art 12 - Euchre <u>1 - LUAU Party - Dress Tropical</u>  2 - Pinochle 5 - Line Dancing	30	9 - Quilting 9 - Bible Study 9 - Bridge 9 - Crafts Knitting/ Crocheting 11 - Sevens Card Game 12 - Dominoes 2 - Rhythmic Drumming 2:30 - Chair Yoga 2:15 - Trivia	 <i>Honoring Our Past • Celebrating Our Future • 55 Years Strong</i>			