



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Color-Coded Calendar Key:</b></p> <p><b>...Closing Announcements or Altered Classes</b></p> <p><b>... New or Infrequent Classes, or Special Events</b></p> <p><b>... Trips</b></p> <p><b>...Scheduled Activities meeting at Lincoln Park</b></p>	<p><b>1</b> 8A: Balance &amp; Stretch 9A: <b>Lincoln Loopers</b> 9A-11A: Scrapbooking 9A: Silver Sneakers Ener-Chi 9A: <b>Pickleball</b> 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: <b>Crochet Group</b> 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6P: Partner Dance</p>	<p><b>2</b> 9A: Silver Sneakers Classic 9A: <b>Foot &amp; Ankle Seminar</b> 10A: Silver Sneakers Circuit 10:45A: <b>Card Making / Donna Beckett</b> 11:30A: Café Connection 12P: Hand &amp; Foot 12:30P: An Encouraging Word 1P: Scrabble 1:30P: <b>Meditation with Lotus</b> 2P: Fun Pump 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p><b>3</b> 8A: Balance &amp; Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: <b>Veteran's Meet &amp; Greet</b> 9:30A: <b>Mid-South Financial</b> 10A: <b>Bocce Ball</b> 10A-2P: Massage Therapy 10A: Gentle Yoga 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam</p>	<p><b>4</b> 9A: <b>8-Ball Tournament</b> 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: <b>Parkour Silver</b> 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women's Bible Study 1P-2:30P: <b>Grief Support Group wk 4</b> 1:30P: ROOK</p>
<p><b>7</b> 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instruct. Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: "Coffee &amp; Chat with Kathy" 12:30P: BINGO by <i>AssureSource</i> 1P: Mahjong 1:30P: ROOK 1:30P: <u>H. E. E. D.</u> 2P: Life Fit 3P: Gentle Yoga</p>	<p><b>8</b> 8A: Balance &amp; Stretch 9A: <b>Lincoln Loopers</b> 9A-11A: Scrapbooking 9A: Silver Sneakers Ener-Chi 9A: <b>Pickleball</b> 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Movement w/ Intention 1P: <b>Trivia with Budds by Olde Towne Pharmacy</b> 1:30P: Knit Pickers 2P: Zumba Class 2P: <b>Alzheimer's TN</b> 3P: Yogalates 4:30P-7P: <b>Art Instruction Class with Judy O'Hara</b> 6P: Partner Dance</p>	<p><b>9</b> 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: <b>Stroke Education Seminar: Encompass Health</b> 11:30A: Café Connection 12P: Hand &amp; Foot 12:30P: An Encouraging Word 1P: Scrabble 1:30P: <b>Meditation with Lotus</b> 2P: Fun Pump 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p><b>10</b> 8A: Balance &amp; Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A-10:30A: <b>Yellow Dot Education Program</b> 9:30A: <b>Funshine:</b> 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: <b>Bocce Ball</b> 10A: Writers Group 10:30A: <b>Lunch Bunch: "Mustard Seed" in Kingsport &amp; visit to the "Carousel"</b> 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam</p>	<p><b>11</b> 9A: <b>9-Ball Tournament</b> 9A: Silver Sneakers Classic 9:30A: <b>Cooking Class with Mary &amp; Susan</b> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: <b>Rockin' with Robin: "Greenville Linear Trail &amp; Lunch at Mt. View"</b> 1P: <b>Parkour Silver?? TBD</b> 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women's Bible Study 1P-2:30P: <b>Grief Support Group wk 5</b> 1:30P: ROOK</p>

**Flip over, to see the rest of the month**

<p><b>14</b>        8A: Silver Sneakers Splash        9A: Silver Sneakers Classic        9:30A: Stitch Therapy        10A: Instruct. Shuffleboard        10A: Silver Sneakers Circuit        10:30A-11:30A: "Coffee &amp; Chat with Kathy"        12:30P: BINGO by <i>Abundant Christian Living</i>        1P: Mahjong        1:30P: ROOK        1:30P: <u>H. E. E. D.</u>        2P: Life Fit        3P: Gentle Yoga</p>	<p><b>15</b>  <u>Not Meeting this day:</u>    <u>Balance &amp; Stretch and Movement with Intention</u>        9A: Lincoln Loopers        9A-11A: Scrapbooking        9A: Silver Sneakers Ener-Chi        9A: Pickleball        10A: Chair Yoga        10A-2P: Massage Therapy        10A: Bridge        12:30P: Cribbage        1:30P: Knit Pickers        2P: Zumba Class        3P: Yogalates        6P: Partner Dance</p>	<p><b>16</b>        9A: Silver Sneakers Classic        9:30A: Painting with Tania "Nest"        10A: Silver Sneakers Circuit        10A: Book Crazies        11:30A: Café Connection        12P: Hand &amp; Foot        12:30P: An Encouraging Word        12:50P: <u>Lauren's Ridges &amp; Roots: "Luke's Trail"</u>        1P: Scrabble        1:30P: Meditation with Lotus        2P: Fun Pump        2:45P: Fitness Equipment Orientation        3P: Chair Yoga</p>	<p><b>17</b>        8A: Balance &amp; Stretch        8A: Silver Sneakers Splash        9A: Silver Sneakers Ener-Chi        9:30A: <u>Red Liner's Hiking Group: "Rocky Fork"</u>        10A-2P: Massage Therapy        10A: Gentle Yoga        10A: Bocce Ball        1P: Bridge        1:30P: Jonesborough Dulcimer Players        2P: Chess        2P: Kickboxing Class        3P: Yogalates        4:30P: Line Dancing        6P: Join the Jam</p>	<p><b>18</b></p> <p style="text-align: center;"><b>Closed in observance of Good Friday</b></p>
<p><b>21</b>        8A: Silver Sneakers Splash        9A: Silver Sneakers Classic        9:30A: Stitch Therapy        10A: Instruct. Shuffleboard        10A: Silver Sneakers Circuit        10:30A-11:30A: "Coffee &amp; Chat with Kathy"        12:30P: BINGO by <i>Dillow-Taylor</i>        1P: Mahjong        1:30P: ROOK        1:30P: <u>H. E. E. D.</u>        2P: Life Fit        3P: Gentle Yoga</p>	<p><b>22</b>  <u>Not Meeting this day DUE to Spring Expo set up:</u>    <u>Bridge, Cribbage &amp; Knit Pickers</u>          8A: Balance &amp; Stretch        9A: Lincoln Loopers        9A-11A: Scrapbooking        9A: Silver Sneakers Ener-Chi        9A: Pickleball        10A: Chair Yoga        10A-2P: Massage Therapy        1P: Movement w/ Intention        2P: Zumba Class        3P: Yogalates        6P: Partner Dance</p>	<p><b>23</b>        9A: Silver Sneakers Classic        10A: Silver Sneakers Circuit        2P: Fun Pump        2:45P: Fitness Equipment Orientation        3P: Chair Yoga    <u>9A-12P: SPRING EXPO &amp; HEALTH FAIR:</u>  <u>Cancelled on this Day:</u>        Café Connection        Hand &amp; Foot        Scrabble        An Encouraging Word        Meditation with Lotus</p>	<p><b>24</b>        8A: Balance &amp; Stretch        8A: Silver Sneakers Splash        9A: Silver Sneakers Ener-Chi        9:30A-10:45A <u>"Gratitude Journal Drawing Class"</u>        10A-2P: Massage Therapy        10A: Gentle Yoga        10A: Bocce Ball        10A: Writers Group        10A: Quilt Block Making with Rebecca Tolley        1P: Bridge        1:30P: Jonesborough Dulcimer Players        2P: Chess        2P: Kickboxing Class        3P: Yogalates        4P: Advisory Board        4:30P: Line Dancing        6P: Join the Jam</p>	<p><b>25</b>        9A: Silver Sneakers Classic        9:30A: Bowling &amp; Lunch        10A: Silver Sneakers Circuit        10A: Bridge        10A: Watercolor Class with Judy O'Hara        10:30A: Fun with Trivia        1P: Parkour Silver        1P: Beginner Double-Deck Pinochle        1P: Scrabble        1P: Joyful Women's Bible Study        1P-2:30P: Grief Support Group wk 6        1:30P: ROOK</p>
<p><b>28</b>        8A: Silver Sneakers Splash        9A: Silver Sneakers Classic        9:30A: Stitch Therapy        10A: Instruct. Shuffleboard        10A: Silver Sneakers Circuit        10:30A-11:30A: "Coffee &amp; Chat with Kathy"        12:30P: BINGO by <i>Visiting Angels</i>        1P: Mahjong        1:30P: ROOK        1:30P: <u>H. E. E. D.</u>        2P: Life Fit        3P: Gentle Yoga</p>	<p><b>29</b></p> <p style="text-align: center;"><b>Closed Staff Attending FTAAAD Aging Conference</b></p>	<p><b>30</b>        9A: Silver Sneakers Classic        10A: Silver Sneakers Circuit        11:30A: Café Connection        12P: Hand &amp; Foot        12:30P: An Encouraging Word        1P: Scrabble        1:30P: Meditation with Lotus        2P: Fun Pump        2:45P: Fitness Equipment Orientation        3P: Chair Yoga</p>	<p style="text-align: center;"><b>Updated 4/9/25</b></p>	<p style="text-align: center;"><b>Walk Across America Competition:</b>  <b>Starts: April 1<sup>st</sup></b>  <b>Ends: May 30<sup>th</sup></b></p>

*APRIL 2025*

