



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calendar Key:</p> <p>...Closing Announcements or Altered Classes</p> <p>... New or Infrequent Classes, or Special Events</p> <p>... Trips</p> <p>...Scheduled Activities meeting at Lincoln Park</p>	<p>UPDATED 3/26/26</p>	<p>1 9A: Silver Sneakers Classic 9:30A: Kindness Rock Painting – A&C Room 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: Meditation with Lotus – at Lincoln Park 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>2 8A: Silver Sneakers Splash 9A: Red Liner's: Advanced Hike 9A: Silver Sneakers Ener-Chi 9:30A: Veteran's Meet & Greet – Arts & Crafts Room 10A: Bocce Ball 10A-2P: Massage Therapy 10A: Gentle Yoga 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yoyalates 4:30P: Line Dancing 6P: Join the Jam – in the Arts & Crafts Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>3</p> <p>As a government / town of Jonesborough entity, The Senior Center will be Closed in Honor of Good Friday today</p>
<p>6 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: "Coffee & Chat with Kathy" 12:30P: BINGO sponsored by <u>AssureSource</u> 1P: Mahjong 1:30P: Healthy Eating Every Day – Classroom 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>7 9A: Silver Sneakers Ener-Chi 9A: Instructional Cornhole 9A: Lincoln Loopers 9A: Pickleball at Lincoln Park 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Crochet Class – in Classroom 1:30P: Knit Pickers 2P: Zumba Class 3P: Yoyalates 5P: <u>Flow & Yin Yoga</u> – Group Fitness Room 5:30P-7P: Senior Financial Group: Medicare Seminar – in the Arts & Crafts Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>8 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Select-Care Chiropractic - Arts & Crafts Room 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: Meditation with Lotus – at Lincoln Park 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>9 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: "Home Sweet Home" presented by Oasis and ReMax - Classroom 10A: Bocce Ball 10A-2P: Massage Therapy 10A: Gentle Yoga 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yoyalates 4:30P: Line Dancing 6P: Join the Jam – in the Arts & Crafts Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>10 9A: 8-Ball Tournament 9A: Silver Sneakers Classic 9:30A: Cooking Class with Mary & Tracy 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Joyful Women's Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Parkour Silver 1:30P: ROOK</p>

Flip over, to see the rest of the month

<p>13 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: "Coffee & Chat with Kathy" 12:30P: BINGO sponsored by <u>Abundant Christian Living</u> 1P: Mahjong 1:30P: <u>Healthy Eating Every Day – Classroom</u> 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>14 9A: Silver Sneakers Ener-Chi 9A: Instructional Cornhole 9A: Lincoln Loopers 9A: Pickleball at Lincoln Park 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: <u>Trivia with Budds by Olde Towne Pharmacy</u> 1:30P: Knit Pickers 2P-3P: General Technology Assistance 2P: Zumba Class 2P: <u>Alzheimer's TN</u> 3P: Yogalates 5P: <u>Flow & Yin Yoga</u> – Group Fitness Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>15 9A-12P: Coordinated School Health: <u>School Bus Drivers only</u> CPR training - Classroom 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: <u>Book Crazyes – in Arts & Crafts Room</u> 11A: <u>Mid-South Financial Medicare Seminar – Music Room</u> 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women *1P-3p: <u>Painting with Tania - in Arts & Crafts Room</u> 1:30P: <u>Meditation with Lotus – at Lincoln Park</u> 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>16 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Gentle Yoga 10A: Bocce Ball 10A-2P: Massage Therapy 10:30A: <u>Lunch Bunch: Lakeview Marina</u> 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 5:30P-7P: <u>Senior Financial Group: Medicare Seminar</u> 6P: Join the Jam – in the Arts & Crafts Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>17 9A: <u>9-Ball Tournament</u> 9A: Silver Sneakers Classic 9:30A: <u>Not Your Mother's Sewing Guild</u> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: <u>Bus leaves for Rockin' with Robin</u> 1P: Joyful Women's Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: <u>Parkour Silver</u> 1:30P: ROOK</p>
<p>20 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: "Coffee & Chat with Kathy" 12:30P: BINGO sponsored by <u>Dillow-Taylor</u> 1P: Mahjong 1:30P: <u>Healthy Eating Every Day – Classroom</u> 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>21 <u>The following will not meet this Day due to the Spring Expo/ Health Fair set up:</u> Cribbage Knit Pickers 9A: <u>Jen's Trails & Tales: Beginner Hike</u> 9A: Silver Sneakers Ener-Chi 9A: Instructional Cornhole 9A: Lincoln Loopers 9A: Pickleball at Lincoln Park 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 2P: Zumba Class 3P: Yogalates 5P: <u>Flow & Yin Yoga</u> – Group Fitness Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>22 <u>The following will not meet this Day due to the Spring Expo/Health Fair:</u> Café Connection Silver Sneakers Classic Silver Sneakers Circuit Hand & Foot Scrabble Chess 9A-12P: <u>Spring Expo/Health Fair</u> 1P: An Encouraging Word for Women 1:30P: <u>Meditation with Lotus– at Lincoln Park</u> 2P: Fun Pump 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>23 8A: Silver Sneakers Splash 9A: <u>Funshine - in the Music Room</u> 9A: <u>Hamrick's Bus Trip and Lunch</u> 9A-12P: <u>Stained Glass Class – Arts & Crafts Room</u> 9A: Silver Sneakers Ener-Chi 9:30A-10:45A: <u>Draw Your World: at Lincoln Park</u> 10A: Gentle Yoga 10A: Bocce Ball 10A-2P: Massage Therapy 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yogalates 4P: <u>Advisory Board Meeting</u> 4:30P: Line Dancing 6P: Join the Jam – in the Arts & Crafts Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>24 9A-10:30A: <u>Spring Door Hanger painting class</u> 9A: Silver Sneakers Classic 9:30A: <u>Bowling & Lunch</u> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Joyful Women's Bible Study 1P: Beginner Double-Deck Pinochle 1P: Scrabble 1P: <u>Parkour Silver</u> 1:30P: ROOK</p>
<p>27 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: "Coffee & Chat with Kathy" 12:30P: BINGO sponsored by <u>Visiting Angels</u> 1P: Mahjong 1:30P: <u>Healthy Eating Every Day – Classroom</u> 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 3:30P: <u>Coin Club – in the Music Room</u></p>	<p>28 Senior Center Closed: Staff Attending FTAAAD Aging Conference</p>	<p>29 9A-12P: Coordinated School Health: <u>School Bus Drivers only</u> CPR training - Classroom 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10:45A: <u>Card Making with Donna Beckett - A&C Room</u> 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: <u>Meditation with Lotus– at Lincoln Park</u> 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>30 <u>No Massage Therapy today</u> 8A: Silver Sneakers Splash 9A: <u>Bus leaves for Welcome Home: Getting to Know Our Area (Carter County for those who didn't get to go in March)</u> 9A: Silver Sneakers Ener-Chi 9A-12P: <u>Stained Glass Class – Arts & Crafts Room</u> 10A: Gentle Yoga 10A: Bocce Ball 10A: <u>Researching Family History - Classroom</u> 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam – in the Arts & Crafts Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>Walk Across America Competition: Starts: April 1st Ends: May 30th</p>



April 2026

