



Monday	Tuesday	Wednesday	Thursday	Friday
3 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" - in the Classroom 12:30P: BINGO sponsored by <u>AssureSource</u> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: Vintage Productions @ Robin Beals DPR Studio 216 Headtown Rd	4 7A: Parkour Silver 8A: Lincoln Loopers 8A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A: Department of Health: 4-week Diabetes class series Week 2 A&C Room 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6:15P: <u>WERQ</u> - \$5	5 9A: Silver Sneakers Classic 10A-1:45P: Express Custom Facials 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	6 7A: Robin's Early Birds at Lincoln Park 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9A-10:30A: Fall Door Hanger painting class -A&C Room 9:30A: Veteran's Meet & Greet -in the Classroom 10A: Bocce Ball at Lincoln Park 10A-2P: Massage Therapy 10A: Gentle Yoga 12P: Mexican Train Game – Card Room 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam 6:15P: <u>WERQ</u> - \$5	7 9A: 8-Ball Tournament 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: Rockin' with Robin 11:30A-1:30P: "Pop-in" Line Dancing (multi-level) No Fee Joyful Women's Bible Study Will Not meet this week 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P-2:30P: Beginner Line Dance Instruction No Fee 1:30P: ROOK
10 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" - in the Classroom 12:30P: BINGO sponsored by <u>Abundant Christian Living</u> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: Vintage Productions @ Robin Beals DPR Studio 216 Headtown Rd	11 7A: Parkour Silver 8A: Lincoln Loopers 8A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A: Department of Health: 4-week Diabetes class series Week 3 A&C Room 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Trivia with Budds sponsored by Christian Assisted Living 1:30P: Knit Pickers 2P: Alzheimer's TN – in the Classroom 2P: Zumba Class 2P-3P: General Technology Assistance – in the Music Room 3P: Yogalates 6:15P: <u>WERQ</u> - \$5	12 9A: Silver Sneakers Classic 10A-1:45P: Express Custom Facials 10A: Silver Sneakers Circuit 10A-11:30A: Mid-South Financial Medicare Seminar – in the Music 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	13 7A: Robin's Early Birds at Lincoln Park 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Bocce Ball at Lincoln Park 10A-2P: Massage Therapy 10A: Gentle Yoga 12P: Mexican Train Game – Card Room 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam 6:15P: <u>WERQ</u> - \$5	14 9A: Silver Sneakers Classic 9:30A: Cooking Class with Mary & Tracy 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11:30A-1:30P: "Pop-in" Line Dancing (multi-level) No Fee 1P: Joyful Women's Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P-2:30P: Beginner Line Dance Instruction No Fee 1:30P: ROOK

Flip over, to see the rest of the month

17 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” – in the Classroom 12:30P: BINGO sponsored by <i>Dillow-Taylor</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: Vintage Productions @ Robin Beals DPR Studio 216 Hometown Rd	18 7A: Parkour Silver 8A: Lincoln Loopers 8A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A: Department of Health: 4-week Diabetes class series Week 4 A&C Room 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1:30P: Knit Pickers 2P: Zumba Class 2P-3P: General Technology Assistance – in the Music Room 3P: Yogalates 6:15P: <i>WERQ</i> - \$5 6P-8P: Senior Swim at Wetlands, \$5.00 per person, non-members are allowed, no one under the age of 50 admitted.	19 9A: Silver Sneakers Classic 10A-11:30A: <i>Painting with Tania</i> - in the A&C Room 10A-2:15P: Express Custom Facials 10A: Book Crazies – in the Classroom 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	20 7A: <i>Robin’s Early Birds</i> at Lincoln Park 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: <i>Recipe Swap by Seniors Helping Seniors</i> 10A: Gentle Yoga 10A: Bocce Ball at Lincoln Park 10A-2P: Massage Therapy 10:30A: <i>Lunch Bunch</i> Lakeview Marina Marker 2 Grille 12P: Mexican Train Game – Card Room 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam 6:15P: <i>WERQ</i> - \$5	21 8:30A: Bus leaves for <i>Red-Liner’s Hike</i> 9A: 9-<i>Ball Tournament</i> 9A: Silver Sneakers Classic 9:30A: <i>Not Your Mother’s Sewing Guild</i> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11:30A-1:30P: “Pop-in” Line Dancing (multi-level) No Fee Joyful Women’s Bible Study Will Not meet this week 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P-2:30P: <i>Beginner Line Dance Instruction</i> No Fee 1:30P: ROOK
24 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”- in the Classroom 12:30P: BINGO sponsored by <i>Visiting Angels</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: Vintage Productions @ Robin Beals DPR Studio 216 Hometown Rd	25 7A: Parkour Silver 8A: Lincoln Loopers 8A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 3:30P: Coin Club – in the Music Room 6:15P: <i>WERQ</i> - \$5	26 9A: Silver Sneakers Classic 10A-1:45P: Express Custom Facials 10A: Silver Sneakers Circuit 10:45A: <i>Card Making with Donna Beckett</i> - A&C 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	27 7A: <i>Robin’s Early Birds</i> at Lincoln Park 8A: Silver Sneakers Splash 9A: Bus leaves for <i>Jen’s Trails & Tales</i> 9A: Silver Sneakers Ener-Chi 9:30A-10:45A: <i>Draw Your World: at Lincoln Park</i> 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball at Lincoln Park 12P: Mexican Train Game – Card Room 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4P: <i>Advisory Board Meeting</i> - Classroom 6P: Join the Jam 6P: <i>Laugh-In: Vintage Productions</i> on Lincoln Park Amphitheatre Stage 6:15P: <i>WERQ</i> - \$5	28 9A: Bus leaves for <i>West Town Mall Cheesecake Factory</i> 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10A: <i>Bowling: meet at Holiday Lanes</i> 10:30A: Fun with Trivia 11:30A-1:30P: “Pop-in” Line Dancing (multi-level) No Fee 1P: Joyful Women’s Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P-2:30P: <i>Beginner Line Dance Instruction</i> No Fee 1:30P: ROOK
31 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”- in the Classroom 12:30P: BINGO sponsored by <i>Home Instead</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: Vintage Productions @ Robin Beals DPR Studio 216 Hometown Rd	Updated 7/29/26			Calendar Key: ...Closing Announcements or Altered Classes ... New or Infrequent Classes, or Special Events ... Trips ...Scheduled Activities meeting at Lincoln Park