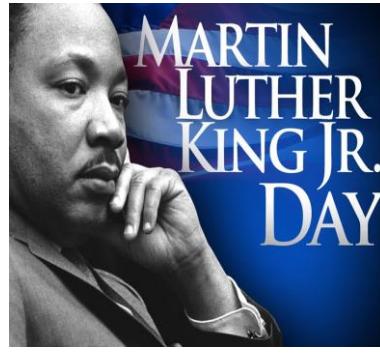


January 2026

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 1/6/26</p>		<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>9A: 8-Ball Tournament</p> <p>9A: Silver Sneakers Classic</p> <p>10A: Silver Sneakers Circuit</p> <p>10A: Bridge</p> <p>10:30A: Fun with Trivia</p> <p>1P: Joyful Women's Bible Study</p> <p>1P: Beginner Double-Deck Pinochle</p> <p>1P: Scrabble</p> <p>1P: Parkour Silver</p> <p>1:30P: ROOK</p>
<p>5</p> <p>8A: Silver Sneakers Splash</p> <p>9A: Silver Sneakers Classic</p> <p>9:30A: Stitch Therapy</p> <p>10A: Instructional Shuffleboard</p> <p>10A: Silver Sneakers Circuit</p> <p>10:30A-11:30A: "Coffee & Chat with Kathy"</p> <p>12:30P: BINGO sponsored by <u>AssureSource</u></p> <p>1P: Mahjong</p> <p>1:30P: Healthy Eating Every Day – Classroom</p> <p>1:30P: ROOK</p> <p>2P: Life Fit</p> <p>3P: Gentle Yoga</p>	<p>6</p> <p>8A: Balance & Stretch</p> <p>9A: Silver Sneakers Ener-Chi</p> <p>9A: Lincoln Loopers</p> <p>10A: Chair Yoga</p> <p>10A-2P: Massage Therapy</p> <p>10A: Bridge</p> <p>12:30P: Cribbage</p> <p>1P: Movement w/ Intention</p> <p>1:30P: Knit Pickers</p> <p>2P: Zumba Class</p> <p>3P: Yogalates</p> <p>6:15P: WERQ - Group Fitness Room</p> <p>7P: Flow & Yin Yoga – Group Fitness Room</p>	<p>7</p> <p>9A: Silver Sneakers Classic</p> <p>10A: Silver Sneakers Circuit</p> <p>11:30A: Café Connection</p> <p>12P: Hand & Foot</p> <p>1P: Scrabble</p> <p>1:30P: Meditation with Lotus – in the Senior Center Classroom</p> <p>2P: Fun Pump</p> <p>2P-4:30P: Chess – in the Dining Room</p> <p>2:45P: Fitness Equipment Orientation</p> <p>3P: Chair Yoga</p>	<p>8</p> <p>8A: Balance & Stretch</p> <p>8A: Silver Sneakers Splash</p> <p>9A: Silver Sneakers Ener-Chi</p> <p>9:30A: Veteran's Meet & Greet – Arts & Crafts Room</p> <p>10A: Writers Group</p> <p>10A-2P: Massage Therapy</p> <p>10A: Gentle Yoga</p> <p>1P: Bridge</p> <p>1:30P: Jonesborough Dulcimer Players – in the Arts & Crafts Room</p> <p>2P: Kickboxing Class</p> <p>3P: Yogalates</p> <p>4:30P: Line Dancing</p> <p>6P: Join the Jam – in the Arts & Crafts Room</p> <p>6:15P: WERQ - Group Fitness Room</p>	<p>9</p> <p>9A: Silver Sneakers Classic</p> <p>9:30A: Cooking Class with Mary & Tracy</p> <p>10A: Silver Sneakers Circuit</p> <p>10A: Bridge</p> <p>10:30A: Fun with Trivia</p> <p>1P: Joyful Women's Bible Study</p> <p>1P: Beg. Double-Deck Pinochle</p> <p>1P: Scrabble</p> <p>1P: Parkour Silver</p> <p>1:30P: ROOK</p>

Flip over, to see the rest of the month

<p>12</p> <p>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: ROOK 1:30P: <u>Healthy Eating Every Day</u> – Classroom 2P: Life Fit 3P: Gentle Yoga</p>	<p>13</p> <p>8A: Balance & Stretch 9A: Silver Sneakers Ener-Chi 9A: Lincoln Loopers 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Trivia with Budds by Jonesborough Funeral Home 1P: Movement w/ Intention 1:30P: Knit Pickers *1P-2P: General Technology Assistance (time change) 2P: Zumba Class 2P: Alzheimer's TN 3P: Yogalates 6:15P: WERQ - Group Fitness Room 7P: Flow & Yin Yoga – Group Fitness Room</p>	<p>14</p> <p>9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1:30P: Meditation with Lotus – in the Senior Center Classroom 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>15</p> <p>8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9A: Funshine: 10A: Gentle Yoga 10A-2P: Massage Therapy 11A: Lunch Bunch: 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: WERQ - Group Fitness Room</p>	<p>16</p> <p>9A: 9-Ball Tournament 9A: Silver Sneakers Classic 9:30A: Not Your Mother's Sewing Guild 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>
<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>8A: Balance & Stretch 9A: Silver Sneakers Ener-Chi 9A: Lincoln Loopers 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6:15P: WERQ - Group Fitness Room 7P: Flow & Yin Yoga – Group Fitness Room</p>	<p>21</p> <p>9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Book Crazies 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1:30P: Meditation with Lotus – in the Senior Center Classroom 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>22</p> <p>8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A-10:45A: Draw Your World: NEW CLASS by Tania Dirks in the Arts & Crafts Room 10A: Writers Group 10A-2P: Massage Therapy 10A: Gentle Yoga 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yogalates 4P: Advisory Board Meeting 4:30P: Line Dancing 6P: Join the Jam – in the Arts & Crafts Room 6:15P: WERQ - Group Fitness Room</p>	<p>23</p> <p>9A: Silver Sneakers Classic 9:30A: Concrete Candle Class w/ Mary Regen 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: Parkour Silver 1:30P: ROOK</p>
<p>26</p> <p>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 <u>Visiting Angels</u> 1P: Mahjong 1:30P: ROOK 1:30P: <u>Healthy Eating Every Day</u> – in the Classroom 2P: Life Fit 3P: Gentle Yoga</p>	<p>27</p> <p>8A: Balance & Stretch 9A: Silver Sneakers Ener-Chi 9A: Lincoln Loopers 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers 2P-3P: General Technology Assistance 2P: Zumba Class 3P: Yogalates 6:15P: WERQ - Group Fitness Room 6:30P: Coin Club - Music Room 7P: Flow & Yin Yoga – Group Fitness Room</p>	<p>28</p> <p>9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10:45A: Card Making w/Donna Beckett 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1:30P: Meditation with Lotus – in the Senior Center Classroom 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>29</p> <p>Line Dancing will not meet this evening</p> <p>8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Gentle Yoga 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam – in the Arts & Crafts Room 6:15P: WERQ - Group Fitness Room</p>	<p>30</p> <p>9A: Silver Sneakers Classic 9:30A: Bowling & Lunch 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: Parkour Silver 1:30P: ROOK</p>

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