


Monday	Tuesday	Wednesday	Thursday	Friday
<div>Calendar Key:</div> <div>...Closing Announcements or Altered Classes</div> <div>... New or Infrequent Classes, or Special Events</div> <div>... Trips</div> <div>...Scheduled Activities meeting at Lincoln Park</div>	<div>UPDATED</div> <div>1/6/26</div>		<div>1</div> <div>CLOSED</div> <div></div>	<div>2</div> <div>9A: 8-Ball Tournament</div> <div>9A: Silver Sneakers Classic</div> <div>10A: Silver Sneakers Circuit</div> <div>10A: Bridge</div> <div>10:30A: Fun with Trivia</div> <div>1P: Joyful Women’s Bible Study</div> <div>1P: Beginner Double-Deck Pinochle</div> <div>1P: Scrabble</div> <div>1P: Parkour Silver</div> <div>1:30P: ROOK</div>
<div>5</div> <div>8A: Silver Sneakers Splash</div> <div>9A: Silver Sneakers Classic</div> <div>9:30A: Stitch Therapy</div> <div>10A: Instructional Shuffleboard</div> <div>10A: Silver Sneakers Circuit</div> <div>10:30A-11:30A: “Coffee &amp; Chat with Kathy”</div> <div>12:30P: BINGO sponsored by AssureSource</div> <div>1P: Mahjong</div> <div>1:30P: Healthy Eating Every Day – Classroom</div> <div>1:30P: ROOK</div> <div>2P: Life Fit</div> <div>3P: Gentle Yoga</div>	<div>6</div> <div>8A: Balance &amp; Stretch</div> <div>9A: Silver Sneakers Ener-Chi</div> <div>9A: Lincoln Loopers</div> <div>10A: Chair Yoga</div> <div>10A-2P: Massage Therapy</div> <div>10A: Bridge</div> <div>12:30P: Cribbage</div> <div>1P: Movement w/ Intention</div> <div>1:30P: Knit Pickers</div> <div>2P: Zumba Class</div> <div>3P: Yogalates</div> <div>6:15P: WERQ - Group Fitness Room</div> <div>7P: Flow &amp; Yin Yoga – Group Fitness Room</div>	<div>7</div> <div>9A: Silver Sneakers Classic</div> <div>10A: Silver Sneakers Circuit</div> <div>11:30A: Café Connection</div> <div>12P: Hand &amp; Foot</div> <div>1P: Scrabble</div> <div>1:30P: Meditation with Lotus – in the Senior Center Classroom</div> <div>2P: Fun Pump</div> <div>2P-4:30P: Chess – in the Dining Room</div> <div>2:45P: Fitness Equipment Orientation</div> <div>3P: Chair Yoga</div>	<div>8</div> <div>8A: Balance &amp; Stretch</div> <div>8A: Silver Sneakers Splash</div> <div>9A: Silver Sneakers Ener-Chi</div> <div>9:30A: Veteran’s Meet &amp; Greet – Arts &amp; Crafts Room</div> <div>10A: Writers Group</div> <div>10A-2P: Massage Therapy</div> <div>10A: Gentle Yoga</div> <div>1P: Bridge</div> <div>1:30P: Jonesborough Dulcimer Players – in the Arts &amp; Crafts Room</div> <div>2P: Kickboxing Class</div> <div>3P: Yogalates</div> <div>4:30P: Line Dancing</div> <div>6P: Join the Jam – in the Arts &amp; Crafts Room</div> <div>6:15P: WERQ - Group Fitness Room</div>	<div>9</div> <div>9A: Silver Sneakers Classic</div> <div>9:30A: Cooking Class with Mary &amp; Tracy</div> <div>10A: Silver Sneakers Circuit</div> <div>10A: Bridge</div> <div>10:30A: Fun with Trivia</div> <div>1P: Joyful Women’s Bible Study</div> <div>1P: Beg. Double-Deck Pinochle</div> <div>1P: Scrabble</div> <div>1P: Parkour Silver</div> <div>1:30P: ROOK</div>

Flip over, to see the rest of the month

<div>12</div> <div>8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee &amp; Chat with Kathy” 12:30P: BINGO sponsored by <u>Abundant Christian Living</u> 1P: Mahjong 1:30P: ROOK <b>1:30P: <u>Healthy Eating Every Day</u> – Classroom</b> 2P: Life Fit 3P: Gentle Yoga</div>	<div>13</div> <div>8A: Balance &amp; Stretch 9A: Silver Sneakers Ener-Chi <b>9A: Lincoln Loopers</b> 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage <b>1P: <u>Trivia with Budds by Jonesborough Funeral Home</u></b> 1P: Movement w/ Intention 1:30P: Knit Pickers <b>*1P-2P: General Technology Assistance (time change)</b> 2P: Zumba Class <b>2P: Alzheimer’s TN</b> 3P: Yogalates <b>6:15P: <u>WERQ</u> - Group Fitness Room</b> <b>7P: <u>Flow &amp; Yin Yoga</u> – Group Fitness Room</b></div>	<div>14</div> <div>9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand &amp; 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</div>	<div>15</div> <div>8A: Balance &amp; Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi <b>9A: Funshine:</b> 10A: Gentle Yoga 10A-2P: Massage Therapy <b>11A: Lunch Bunch:</b> 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts &amp; Crafts Room 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam – in the Arts &amp; Crafts Room <b>6:15P: <u>WERQ</u> - Group Fitness Room</b></div>	<div>16</div> <div><b>9A: <u>9-Ball Tournament</u></b> 9A: Silver Sneakers Classic <b>9:30A: <u>Not Your Mother’s Sewing Guild</u></b> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Joyful Women’s Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble <b>1P: Parkour Silver</b> 1:30P: ROOK</div>
<div>19</div> <div><div>CLOSED</div><div></div></div>	<div>20</div> <div>8A: Balance &amp; Stretch 9A: Silver Sneakers Ener-Chi <b>9A: Lincoln Loopers</b> 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 <b>6:15P: <u>WERQ</u> - Group Fitness Room</b> <b>7P: <u>Flow &amp; Yin Yoga</u> – Group Fitness Room</b></div>	<div>21</div> <div>9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit <b>10A: Book Crazyies</b> 11:30A: Café Connection 12P: Hand &amp; 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</div>	<div>22</div> <div>8A: Balance &amp; Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi <b>9:30A-10:45A: <u>Draw Your World: NEW CLASS by Tania Dirks in the Arts &amp; Crafts Room</u></b> 10A: Writers Group 10A-2P: Massage Therapy 10A: Gentle Yoga 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts &amp; Crafts Room 2P: Kickboxing Class 3P: Yogalates <b>4P: Advisory Board Meeting</b> 4:30P: Line Dancing 6P: Join the Jam – in the Arts &amp; Crafts Room <b>6:15P: <u>WERQ</u> - Group Fitness Room</b></div>	<div>23</div> <div>9A: Silver Sneakers Classic <b>9:30A: <u>Concrete Candle Class w/ Mary Regen</u></b> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Joyful Women’s Bible Study 1P: Beginner Double-Deck Pinochle 1P: Scrabble <b>1P: Parkour Silver</b> 1:30P: ROOK</div>
<div>26</div> <div>8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee &amp; Chat with Kathy” 12:30P: BINGO sponsor <u>Visiting Angels</u> 1P: Mahjong 1:30P: ROOK <b>1:30P: <u>Healthy Eating Every Day</u> – in the Classroom</b> 2P: Life Fit 3P: Gentle Yoga</div>	<div>27</div> <div>8A: Balance &amp; Stretch 9A: Silver Sneakers Ener-Chi <b>9A: Lincoln Loopers</b> 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers <b>2P-3P: General Technology Assistance</b> 2P: Zumba Class 3P: Yogalates <b>6:15P: <u>WERQ</u> - Group Fitness Room</b> <b>6:30P: Coin Club - Music Room</b> <b>7P: <u>Flow &amp; Yin Yoga</u> – Group Fitness Room</b></div>	<div>28</div> <div>9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit <b>10:45A: <u>Card Making w/Donna Beckett</u></b> 11:30A: Café Connection 12P: Hand &amp; 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</div>	<div>29</div> <div><b><u>Line Dancing will not meet this evening</u></b> 8A: Balance &amp; Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Gentle Yoga 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts &amp; Crafts Room 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam – in the Arts &amp; Crafts Room <b>6:15P: <u>WERQ</u> - Group Fitness Room</b></div>	<div>30</div> <div>9A: Silver Sneakers Classic <b>9:30A: Bowling &amp; Lunch</b> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Joyful Women’s Bible Study 1P: Beginner Double-Deck Pinochle 1P: Scrabble <b>1P: Parkour Silver</b> 1:30P: ROOK</div>

*January 2026*



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