



Monday	Tuesday	Wednesday	Thursday	Friday
Color-Coded Calendar Key: ...Closing Announcements or Altered Classes ... New or Infrequent Classes, or Special Events ... Trips ...Scheduled Activities meeting at Lincoln Park	1 8A: Balance & Stretch 8A: Lincoln Loopers 9A: Silver Sneakers Ener-Chi 9A-11A: Pottery: C. Tomko 9A: Pickleball 9A: Instructional Cornhole 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 5P-7P: Open Line Dancing	2 7:15A: Gyrokinesis 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: An Encouraging Word 1P: Scrabble 1:30P: Meditation with Lotus 2P: Fun Pump 2P: Chess 2:45P: Equip. Orientation 3P: Chair Yoga	3 No Massage Therapy Today 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Veteran’s Meet & Greet 10A: Bocce Ball 10A: Gentle Yoga 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 6P: Join the Jam 6P: Line Dancing Level 2	4 CLOSED in observance of Independence Day 
7 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 by AssureSource 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	8 8A: Balance & Stretch 8A: Lincoln Loopers 9A: Silver Sneakers Ener-Chi 9A: Pickleball 9A: Instructional Cornhole 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 11:30 Bethel Housing Residents Only Cookout 12:30P: Cribbage 1P: Movement w/ Intention 1P: Trivia with Budds by Christian Assisted Living 1:30P: Knit Pickers 2P: Zumba Class 2P: Alzheimer’s TN 3P: Yogalates	9 7:15A: Gyrokinesis 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: An Encouraging Word 1P: Scrabble 1:30P: Meditation with Lotus 2P: Fun Pump 2P: Chess 2:45P: Equip. Orientation 3P: Chair Yoga	10 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball 10A: Writers Group 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 6P: Join the Jam 6P: Line Dancing Level 2	11 9A: 8-Ball Tournament 9A: Silver Sneakers Classic 9:30A: Cooking Class with Mary & Susan: 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 12:30P: Sun Safety & Ice Cream Social by Princeton Transitional Care 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women’s Bible Study 1P: Parkour Silver 1:30P: ROOK

Flip over, to see the rest of the month

14 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instruct. Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee & Chat with Kathy” 12:30P: BINGO by <i>Abundant Christian Living</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	15 8A: Balance & Stretch 8A: Lincoln Loopers 9A: Silver Sneakers Ener-Chi 9A: Pickleball 9A: Instructional Cornhole 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 10A: Regions Bank: Preparing A Personal Savings & Spending Plan 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers 2P-3P: General Technology Assistance RETURNS 2P: Zumba Class 3P: Yogalates 5P-7P: Open Line Dancing	16 Not meeting this day “An Encouraging Word” 7:15A: Gyrokinesis 9A: Silver Sneakers Classic 9:30A: Painting with Tania: “” 10A: Silver Sneakers Circuit 10A: Book Crazyies 11:30A: Café Connection 12P: Hand & Foot 12:30P: Lauren’s Ridges & Roots: 1P: Scrabble 1P: An Encouraging Word 1:30P: Meditation with Lotus 2P: Fun Pump 2P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	17 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Mid-South Financial 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 6P: Join the Jam 6P: Line Dancing Level 2	18 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 11A: Rockin’ with Robin: Erwin Linear Trail/ Lunch at Clinchfield Sub Station 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women’s Bible Study 1P: Parkour Silver – No Instructor this day 1:30P: ROOK
21 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instruct. Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee & Chat with Kathy” 12:30P: BINGO by <i>Dillow-Taylor</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	22 8A: Balance & Stretch 8A: Lincoln Loopers 9A: Silver Sneakers Ener-Chi 9A: Pickleball 9A: Instructional Cornhole 1P: Habits of Health by Delora Bennett 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:15p: Bus departs for Jackson Theatre Movie Day: Breakfast at Tiffany’s 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6P-8P: Senior Swim Night at Wetlands \$5	23 Not meeting this day “An Encouraging Word” 7:15A: Gyrokinesis 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10:30A-12P: Christmas in July Card Making 11:30A: Café Connection 12P: Hand & Foot 12:30P-2P: Christmas in July Card Making 1P: Scrabble 1P: An Encouraging Word 1:30P: Meditation with Lotus 2P: Fun Pump 2P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	24 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 8:30A: Red Liner’s Hike 9:30A-10:45A Gratitude Journal 10A: Gentle Yoga 10A: Bocce Ball 10A: Writers Group 10A-2P: Massage Therapy 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4P: Advisory Board 4:30P: Line Dancing Level 1 6P: Join the Jam 6P: Line Dancing Level 2	25 9A: Silver Sneakers Classic 9:30A: Bowling & Lunch 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Beginner Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women’s Bible Study 1P: Parkour Silver 1:30P: ROOK
28 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instruct. Shuffleboard 10A: Silver Sneakers Circuit 10:30A-11:30A: “Coffee & Chat with Kathy” 12:30P: BINGO by <i>Visiting Angels</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	29 8A: Balance & Stretch 8A: Lincoln Loopers 9A: Silver Sneakers Ener-Chi 9A: Pickleball 9A: Instructional Cornhole 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	30 7:15A: Gyrokinesis 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: An Encouraging Word 1P: Scrabble 1:30P: Meditation with Lotus 2P: Fun Pump 2P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	31 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball 10:30A: Lunch Bunch: 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 6P: Join the Jam 6P: Line Dancing Level 2	UPDATED 7/1/25

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