



Monday	Tuesday	Wednesday	Thursday	Friday
2 No Healthy Eating Every Day on this day 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 AssureSource 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	3 8A: Balance & Stretch 9A: Lincoln Loopers 9A-11A: Scrapbooking 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A-11A: Pottery: C. Tomko 9A: Pickleball 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	4 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10:45A: Card Making / Donna Beckett 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	5 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 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 5:30P-7P: Sr Financial 6P: Join the Jam 6P: Line Dancing Level 2	6 9A: 8-Ball Tournament 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: Rockin' with Robin: 1P: Parkour Silver (no instructor this week) 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women's Bible Study 1:30P: ROOK
9 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 Abundant Christian Living 1P: Mahjong 1:30P: ROOK 1:30P: H. E. E. D. 2P: Life Fit 3P: Gentle Yoga	10 8A: Balance & Stretch 9A: Lincoln Loopers 9A-11A: Scrapbooking 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A-11A: Pottery: C. Tomko 9A: Pickleball 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Crochet Group In Music Room 1P: Movement w/ Intention 1P: Trivia with Budds by Home Instead 1:30P: Knit Pickers 2P: Zumba Class 2P: Alzheimer's TN 3P: Yogalates 5:30P-7P: Sr Financial	11 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	12 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Red Liner's Hiking Group: 10A-12P: Canning Class: led by the UT Extension Office 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball 10A: Writers Group 1P: Bridge 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 6P: Join the Jam 6P: Line Dancing Level 2	13 9A: Silver Sneakers Classic 9:30A: Cooking Class with Mary & Susan: 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Parkour Silver 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women's Bible Study 1:30P: ROOK

Flip over, to see the rest of the month

16 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 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 1:30P: <i>H. E. E. D.</i> 2P: Life Fit 3P: Gentle Yoga	17 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 8A: Balance & Stretch 9A: Lincoln Loopers 9A-11A: Scrapbooking 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A-11A: <i>Pottery: C. Tomko</i> 9A: Pickleball 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 5:30P-7P: <i>Sr Financial</i>	18 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 9A: Silver Sneakers Classic 9:30A: Identity Theft & Fraud Prevention: with Lisa Friday 9:30A: <i>Painting with Tania: “All American Front Porch”</i> 10A: Silver Sneakers Circuit 10A: Book Crazyies 11:30A: Café Connection 12P: Hand & Foot 1P: An Encouraging Word 12:30P: <i>Lauren’s Ridges & Roots:</i> 1P: Scrabble 1:30P: Meditation with Lotus 2P: Fun Pump 2P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	19 CLOSED in observance of Juneteenth	20 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 9A: 9-Ball Tournament 9A: Silver Sneakers Classic 9A-12P: <i>Listening Day</i> by the McKinney Center 9:30A: <i>Not Your Mother’s Sewing Guild</i> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Parkour Silver 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women’s Bible Study 1:30P: ROOK
23 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 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 1:30P: <i>H. E. E. D.</i> 2P: Life Fit 3P: Gentle Yoga	24 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 8A: Balance & Stretch 9A: Lincoln Loopers 9A-11A: Scrapbooking 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A-11A: <i>Pottery: C. Tomko</i> 9A: Pickleball 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	25 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 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	26 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL No Massage Therapy Today 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A-10:45A <i>Gratitude Journal</i> 10A: Gentle Yoga 10A: Bocce Ball 10A: Writers Group 10:30A: <i>Lunch Bunch:</i> 1P: Bridge 2P: Kickboxing Class 3P: Yogalates 4P: Advisory Board 4:30P: Line Dancing Level 1 6P: Join the Jam 6P: Line Dancing Level 2	27 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 9A: Silver Sneakers Classic 9:30A: Bowling & Lunch 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Parkour Silver 1P: Beginner Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women’s Bible Study 1:30P: ROOK
30 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 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>Home Instead</i> 1P: Mahjong 1:30P: ROOK 1:30P: <i>H. E. E. D.</i> 2P: Life Fit 3P: Gentle Yoga	UPDATED 6/2/25		Early Membership renewal will be offered Daily June 16th – June 30th from 8AM-12PM Break for Lunch from 12P-1P And resumes from 1PM-4PM	Color-Coded Calendar Key: ...Closing Announcements or Altered Classes ... New or Infrequent Classes, or Special Events ... Trips ...Scheduled Activities meeting at Lincoln Park



June 2025

