



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 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 <u>No Healthy Eating this day</u> 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>2 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-4P: Grief Share- in the Music Room 2P: Zumba Class 3P: Yogalates 5P: <u>Flow & Yin Yoga</u> - Group Fitness \$5 6:15P: <u>WERQ</u> - Group Fitness \$5</p>	<p>3 9A: Silver Sneakers Classic 10A-3:15P: 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</p>	<p>4 7A: Robin's Early Birds at Lincoln Park 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9A-12P: Stained Glass 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 - in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing \$5 6P: Join the Jam - in the Arts & Crafts Room 6:15P: <u>WERQ</u> - Group Fitness Room \$5</p>	<p>5 Joyful Women's Bible Study Will Not Meet this Week 9A: 8-Ball Tournament 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Metabolic Health with Delora Bennett - Arts & Crafts Room 10A: Bridge 10:30A: Fun with Trivia 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P: ROOK</p>
<p>8 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: <u>Healthy Eating Every Day - Classroom</u> 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>9 7A: Parkour Silver 8A: Lincoln Loopers 8A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A: Wooden Door Hanger Painting Class: Summer - A&C Room 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1:30P: Knit Pickers 2P-4P: Grief Share- in the Music Room 2P: Zumba Class 2P: Alzheimer's TN - in the Classroom 3P: Yogalates 5P: <u>Flow & Yin Yoga</u> - Group Fitness \$5 6P-8P: Senior Swim Night at Wetlands \$5 per ticket (must be 50 years of age and up in order to attend) 6:15P: <u>WERQ</u> - Group Fitness \$5</p>	<p>10 9A: Silver Sneakers Classic 10A-3:15P: 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</p>	<p>11 7A: Robin's Early Birds at Lincoln Park 8A: Silver Sneakers Splash 9A: Bus leaves for Red-Liner's Hike 9A: Silver Sneakers Ener-Chi 10A: Bocce Ball at Lincoln Park 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Assure Source Medicare 101 - Classroom 12P: Mexican Train Game - Card Room 1P: Bridge 1:30P: Jonesborough Dulcimer Players - in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing \$5 5p: Assure Source Medicare 101 - Classroom 5:30P-7:30P: Listening Day by the McKinney Center - Music Room 6P: Join the Jam - in the Arts & Crafts Room 6:15P: <u>WERQ</u> - Group Fitness Room \$5</p>	<p>12 9A: 9-Ball Tournament 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: Rockin' with Robin 1P: Joyful Women's Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P: ROOK</p>

Flip over, to see the rest of the month

<p>15 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>Dillow-Taylor</u> 1P: Mahjong 1:30P: <u>Healthy Eating Every Day</u> – Classroom 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>16 7A: Parkour Silver 8A: Lincoln Loopers 8A: Pickleball at Tiger Park 8:30A: Bus leaves for Fort Chiswell Safari: Max Meadows, VA 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-3P: General Technology Assistance – in the Classroom 2P: Zumba Class 2P-4P: Grief Share- in the Music Room 3P: Yogalates 5P: <u>Flow & Yin Yoga</u> – Group Fitness \$5 5:30P-7P: <u>Senior Financial Group: Medicare Seminar</u> – Dining Room 6:15P: <u>WERQ</u> -Group Fitness \$5</p>	<p>17 9A: Silver Sneakers Classic 10A-11:30A: <u>Painting with Tania</u> – in the A&C Room 10A-3:15P: Express Custom Facials 10A: Book Craziess – 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</p>	<p>18 7A: <u>Robin’s Early Birds</u> at Lincoln Park 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: <u>Cooking Class with Mary & Tracy</u> 10A: Gentle Yoga 10A: Bocce Ball at Lincoln Park 10A-2P: Massage Therapy 10:45A: <u>Lunch Bunch</u> 12P: Mexican Train Game – Card Room 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing \$5 6P: Join the Jam – in the A&C Room 6:15P: <u>WERQ</u> - Group Fitness Room \$5</p>	<p>19 CLOSED In Observance of Juneteenth</p>
<p>22 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 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>Visiting Angels</u> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>23 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 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 1P: <u>Trivia with Budds</u> sponsored by <u>Home Instead</u> 1:30P: Knit Pickers 2P-3P: General Technology Assistance – in the Classroom 2P: Zumba Class 2P-4P: Grief Share- in the Music Room 3P: Yogalates 3:30P: Coin Club – in the Music Room 5P: <u>Flow & Yin Yoga</u> – Group Fitness \$5 6:15P: <u>WERQ</u> -Group Fitness \$5</p>	<p>24 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 9A: Silver Sneakers Classic 10A-3:15P: Express Custom Facials 10A: Silver Sneakers Circuit 10:45A: <u>Card Making with Donna Beckett</u> - A&C Room 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble No “An Encouraging Word for Women” this day 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</p>	<p>25 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 7A: <u>Robin’s Early Birds</u> at Lincoln Park 8A: Silver Sneakers Splash 9A: <u>Bus leaves for Jen’s Trails & Tales</u> 9A: Silver Sneakers Ener-Chi 9:30A-10:45A: <u>Draw Your World: at Lincoln Park</u> 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 – in the Arts & Crafts Room 2P: Kickboxing Class 3P: Yogalates 4P: <u>Advisory Board Meeting</u> – Classroom 4:30P: Line Dancing \$5 5:30P-7P: <u>Senior Financial Group: Medicare Seminar</u> – Dining Room 6P: Join the Jam – in the A&C Room 6:15P: <u>WERQ</u> - Group Fitness Room \$5</p>	<p>26 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 9A: Silver Sneakers Classic 9A: <u>Bus leaves for Welcome Home: Getting to Know Your New Backyard</u> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Joyful Women’s Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P: ROOK</p>
<p>29 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 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>Home Instead</u> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>30 8A-12P: & 1P-4P: EARLY MEMBERSHIP RENEWAL 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 2P-4P: Grief Share- in the Music Room 3P: Yogalates 5P: <u>Flow & Yin Yoga</u> – Group Fitness \$5 6:15P: <u>WERQ</u> -Group Fitness \$5</p>	<p>UPDATED 5/28/26</p>	<p>Early Membership renewal will be offered Daily June 22nd – June 30th from 8AM-12PM Staff will Break for Lunch from 12P-1P EACH DAY And will resume from 1PM-4PM</p>	<p>Calendar Key: ...Closing Announcements or Altered Classes ... New or Infrequent Classes, or Special Events ... Trips ...Scheduled Activities meeting at Lincoln Park</p>