



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 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>AssureSource</u> 1P: Mahjong 1:30P: <u>Healthy Eating Every Day</u> – Classroom 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>3 8A: Balance & Stretch 9A: Silver Sneakers Ener-Chi 9A: <u>Lincoln Loopers</u> 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 10A: <u>Assure Source Medicare 101 - Classroom</u> 12:30P: Cribbage 1P: Movement w/ Intention 1P: <u>Crochet Group - Classroom</u> 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 5P: <u>Assure Source Medicare 101 - Classroom</u> 5P: <u>Flow & Yin Yoga</u> – Group Fitness Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>4 9A: Silver Sneakers Classic 9:30A: <u>Kindness Rock Painting</u> – A&C Room 10A: Silver Sneakers Circuit 10:30A: <u>ETSU Audiology Hearing Screenings</u> – A&C Room 11:30A: Café Connection 12P: Hand & Foot 1P: An Encouraging Word for Women 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>5 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: <u>Veteran's Meet & Greet</u> – Arts & Crafts Room 10A: Cards & Games 10A-2P: Massage Therapy 10A: Gentle Yoga 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</p>	<p>6 9A: <u>8-Ball Tournament</u> 9A: Silver Sneakers Classic 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: <u>Parkour Silver</u> 1:30P: ROOK 2:30P: <u>Buses leave for Knoxville Ice Bears</u></p>
<p>9 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: <u>H.E.E.D.</u> – Classroom 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>10 8A: Balance & Stretch 9A: Silver Sneakers Ener-Chi 9A: <u>Lincoln Loopers</u> 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Movement w/ Intention 1P: <u>Trivia with Budds by Christian Assisted Living</u> 1:30P: Knit Pickers 2P: <u>Alzheimer's TN</u> 2P-3P: <u>General Technology Assistance</u> 3P: Yogalates 5P: <u>Flow & Yin Yoga</u> – Group Fitness Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>11 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 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>12 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Writers Group 10A: Cards & Games 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: <u>"Elder Law" by Legal Aid of East TN</u> – A&C Room 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: <u>WERQ</u> - Group Fitness Room</p>	<p>13 9A: Silver Sneakers Classic 9:30A: <u>Cooking Class with Mary & Tracy</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 1P: <u>Parkour Silver</u> 1:30P: ROOK</p>

Flip over, to see the rest of the month

<p>16 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>Dillow-Taylor</u> 1P: Mahjong 1:30P: <u>H.E.E.D.</u> – Classroom 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>17 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: <u>WERQ</u> - Group Fitness Room</p>	<p>18 9A: Silver Sneakers Classic 10A-11:30A: <u>Painting with Tania:</u> 10A: Silver Sneakers Circuit 10A: Book Crazyies 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 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>19 No Massage Therapy Today 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A-12P: Listening Day by the McKinney Center – Music Room 9A: Silver Sneakers Ener-Chi 9A: Funshine: 10A: Gentle Yoga 10A: Cards & Games 11A: Bus leaves for 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: <u>WERQ</u> - Group Fitness Room</p>	<p>20 9A: <u>9-Ball Tournament</u> 9A: Silver Sneakers Classic 9:30A: <u>Not Your Mother's Sewing Guild</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 1P: Parkour Silver 1:30P: ROOK</p>
<p>23 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>Visiting Angels</u> 1P: Mahjong 1:30P: <u>H.E.E.D.</u> – Classroom 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>24 8A: Balance & Stretch 9A: Silver Sneakers Ener-Chi 9A: Lincoln Loopers 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 10:15A: Buses leave for "<u>PICKLEBALL</u>" Barter Theatre 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 2P-3P: Gen. Tech. Assistance 3P: Yogalates *3:30-5:30P: Coin Club -Music Room 5P: <u>Flow & Yin Yoga</u> – Group Fitness Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p>25 9A: Silver Sneakers Classic 9A: Bus leaves for Veteran's Fair 10A: Silver Sneakers Circuit 10:45A: <u>Card Making with Donna Beckett - A&C Room</u> 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 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>26 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Bus leaves for Welcome Home: Getting to Know Our Area 9A: Silver Sneakers Ener-Chi 9:30A-10:45A: <u>Draw Your World: NEW CLASS by Tania Dirks in the Arts & Crafts Room</u> 10A: Writers Group 10A: Cards & Games 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: <u>WERQ</u> - Group Fitness Room</p>	<p>27 9A: Silver Sneakers Classic 9:30A: <u>Bowling & Lunch</u> 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>30 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 Home Instead 1P: Mahjong 1:30P: <u>H.E.E.D.</u> – Classroom 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>31 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 5P: Flow & Yin Yoga – Group Fitness Room 6:15P: <u>WERQ</u> - Group Fitness Room</p>	<p style="text-align: center;">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 style="text-align: center;">UPDATED <u>2/26/26</u></p>

March 2026

