



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	Walk Across America Competition: Ends: May 30th	Updated April 30th	1 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Veteran's Meet & Greet 10A: Bocce Ball 10A-2P: Massage Therapy 10A: Gentle Yoga 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam	2 9A: <u>8-Ball Tournament</u> 9A: Silver Sneakers Classic 9A: <u>Select-Care Chiropractic: Foot & Ankle Seminar</u> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: <u>Rockin' with Robin: Holston Lake / Lunch: TBD</u> 1P: <u>Parkour Silver</u> 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women's Bible Study 1:30P: ROOK
5 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 1:30P: <u>H. E. E. D.</u> 2P: Life Fit 3P: Gentle Yoga	6 8A: Balance & Stretch 9A: <u>Lincoln Loopers</u> 9A-11A: Scrapbooking 9A: <u>Instructional Cornhole</u> 9A: Silver Sneakers Ener-Chi 9A: <u>Pickleball</u> 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: <u>Crochet Group</u> 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates	7 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10:45A: <u>Card Making / Donna Beckett</u> 11:30A: Café Connection 12P: Hand & Foot 1P: An Encouraging Word 1P: Scrabble 1:30P: <u>Meditation with Lotus</u> 2P: Fun Pump 3P: Chair Yoga	8 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A-2P: Massage Therapy 10A-11A: <u>Touch-A-Truck "No-Zone" safety course</u> 10A: Gentle Yoga 10A: <u>Bocce Ball</u> 10A: Writers Group 10:30A: <u>Lunch Bunch: Boonie's Restaurant & Pizzeria</u> 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4:30P: <u>Line Dancing Level 1</u> 5:30P-7P: <u>Senior Financial Presentation</u> 6P: Join the Jam 6P: <u>Line Dancing Level 2</u>	9 Not Meeting This Day: Joyful Women's Bible Study 9A: Silver Sneakers Classic 9:30A: <u>Cooking Class with Mary & Susan: Country of Interest = Germany</u> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: <u>Muscle 101</u> 12P: <u>Kickboxing 101</u> 1P: <u>Parkour Silver</u> 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: <u>Habits of Health by Delora Bennett in the Music Room</u> 1:30P: ROOK 2P: <u>Fitness Equipment</u>

Flip over, to see the rest of the month

12 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 1:30P: <u>H. E. E. D.</u> 2P: Life Fit 3P: Gentle Yoga	13 8A: Balance & Stretch 9A: Lincoln Loopers 9A-11A: Scrapbooking 9A: Instructional Cornhole 9A-12P: “Jimmy Neil Smith” Story Collecting 9A: Silver Sneakers Ener-Chi 9A: Pickleball 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Trivia with Budds by Hubs Paint & Design 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 2P: Alzheimer’s TN Support Gr. 3P: Yogalates 5:30P-7P: Senior Financial Presentation	14 9A: Silver Sneakers Classic 9:30A: Painting with Tania: “Country Landscape” 10A: Silver Sneakers Circuit 10A: Container Gardening Class 11:30A: Café Connection 12P: Hand & Foot 1P: An Encouraging Word 12:50P: Lauren’s Ridges & Roots: 1P: Scrabble 1:30P: Meditation with Lotus 2P: Fun Pump 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	15 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Red Liner’s Hiking Group: 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 6P: Join the Jam 6P: Line Dancing Level 2	16 9A: 9-Ball Tournament 9A: Silver Sneakers Classic 9:30A: Not Your Mother’s Sewing Guild 10A: Silver Sneakers Circuit 10:30A: Fun with Trivia 11AM-Volunteer Appreciation Luncheon-By Invitation & RSVP Only 1P: Parkour Silver 1P: Joyful Women’s Bible Study Not Meeting this day: • Bridge • Beg. Double-Deck Pinochle • Scrabble • ROOK
19 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: <u>H. E. E. D.</u> 2P: Life Fit 3P: Gentle Yoga	20 8A: Balance & Stretch 9A: Lincoln Loopers 9A-11A: Scrapbooking 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 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	21 9A: Silver Sneakers Classic 10A: Garden Walk Class 10A: Silver Sneakers Circuit 10A: Book Crazies 11:30A: Café Connection 12P: Hand & Foot 1P: An Encouraging Word 1P: Scrabble 1:30P: Meditation with Lotus 2P: Fun Pump 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	22 No Massage Therapy Today 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A-10:45A: Gratitude Journal 10A: Gentle Yoga 10A: Bocce Ball 10A: Writers Group 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4P: Advisory Board 4:30P: Line Dancing Level 1 5:30P-7P: Senior Financial Presentation 6P: Join the Jam 6P: Line Dancing Level 2	23 9A: Silver Sneakers Classic 9A-10:30A: Bridge 9:30A-10:30A: Fun with Trivia 10A: Silver Sneakers Circuit The Senior Center will be Closing at 11am: for the Town of Jonesborough Employee Memorial Day Picnic
26 CLOSED For Memorial Day  THANK YOU	27 8A: Balance & Stretch 9A: Lincoln Loopers 9A-11A: Scrapbooking 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 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	28 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 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	29 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Mid-South Financial 10A: Bocce Ball 10A: Gentle Yoga 10A-2P: Massage Therapy 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 6P: Join the Jam 6P: Line Dancing Level 2	30 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