



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Calendar Key:</b></p> <p>...Closing Announcements or Altered Classes</p> <p>... New or Infrequent Classes, or <b>Special Events</b></p> <p>... Trips</p> <p>...Scheduled Activities meeting at Lincoln Park</p>	<p><b>Walk Across America Competition</b></p> <p><b>Ends: May 31<sup>st</sup></b></p>	<p><b>UPDATED</b></p> <p><b>4/23/26</b></p>		<p><b>1</b></p> <p><b>8A: Honor Flight Leaves from Senior Center Parking Lot</b></p> <p><b>9A: 8-Ball Tournament</b></p> <p><b>9A: Silver Sneakers Classic</b></p> <p><b>10A: Silver Sneakers Circuit</b></p> <p><b>10A: Bridge</b></p> <p><b>10:30A: Fun with Trivia</b></p> <p><b>1P: Joyful Women's Bible Study</b></p> <p><b>1P: Beg. Double-Deck Pinochle</b></p> <p><b>1P: Scrabble</b></p> <p><b>1P: Parkour Silver</b></p> <p><b>1:30P: ROOK</b></p>
<p><b>4</b></p> <p><b>8A: Silver Sneakers Splash</b></p> <p><b>9A: Silver Sneakers Classic</b></p> <p><b>9:30A: Stitch Therapy</b></p> <p><b>10A: Instructional Shuffleboard</b></p> <p><b>10A: Silver Sneakers Circuit</b></p> <p><b>10:30A-11:30A: "Coffee &amp; Chat with Kathy"- in the Classroom</b></p> <p><b>12:30P: BINGO sponsored by AssureSource</b></p> <p><b>1P: Mahjong</b></p> <p><b>1:30P: <u>Healthy Eating Every Day</u> - Classroom</b></p> <p><b>1:30P: ROOK</b></p> <p><b>2P: Life Fit</b></p> <p><b>3P: Gentle Yoga</b></p>	<p><b>5</b></p> <p><b>9A: Instructional Cornhole</b></p> <p><b>9A: Lincoln Loopers</b></p> <p><b>9A: Silver Sneakers Ener-Chi</b></p> <p><b>9A: Pickleball at Lincoln Park</b></p> <p><b>10A: Chair Yoga</b></p> <p><b>10A-2P: Massage Therapy</b></p> <p><b>10A: Bridge</b></p> <p><b>12:30P: Cribbage</b></p> <p><b>1P: Crochet Group - in the Classroom</b></p> <p><b>1:30P: Knit Pickers</b></p> <p><b>2P-4P: Grief Share- in the Music Room</b></p> <p><b>2P: Zumba Class</b></p> <p><b>3P: Yogalates</b></p> <p><b>5P: <u>Flow &amp; Yin Yoga</u> - Group Fitness</b></p> <p><b>6P-7P: Sage Financial Group: Medicare Seminar - in the Classroom</b></p> <p><b>6:15P: <u>WERQ</u> - Group Fitness</b></p>	<p><b>6</b></p> <p><b>9A: Silver Sneakers Classic</b></p> <p><b>10A-3:15P: Express Custom Facials</b></p> <p><b>10A: Silver Sneakers Circuit</b></p> <p><b>11:30A: Café Connection</b></p> <p><b>12P: Hand &amp; Foot</b></p> <p><b>1P: Scrabble</b></p> <p><b>1P: An Encouraging Word for Women</b></p> <p><b>1:30P: Meditation with Lotus - at Lincoln Park</b></p> <p><b>2P: Fun Pump</b></p> <p><b>2P-4:30P: Chess - in the Dining Room</b></p> <p><b>2:45P: Fitness Equipment Orientation</b></p> <p><b>3P: Chair Yoga</b></p>	<p><b>7</b> <u>Line Dancing will not have a formal class this Evening</u></p> <p><b>7A: Robin's Early Birds at Lincoln Park</b></p> <p><b>8A: Silver Sneakers Splash</b></p> <p><b>9A: Bus leaves for Red-Liner's Hike</b></p> <p><b>9A: Silver Sneakers Ener-Chi</b></p> <p><b>9A-12P: Stained Glass Class - Arts &amp; Crafts Room</b></p> <p><b>9:30A: Veteran's Meet &amp; Greet -in the Classroom</b></p> <p><b>10A: Bocce Ball</b></p> <p><b>10A-2P: Massage Therapy</b></p> <p><b>10A: Gentle Yoga</b></p> <p><b>12P: Mexican Train Game - Card Room</b></p> <p><b>1P: Bridge</b></p> <p><b>1:30P: Jonesborough Dulcimer Players - in the Arts &amp; Crafts Room</b></p> <p><b>2P: Kickboxing Class</b></p> <p><b>3P: Yogalates</b></p> <p><b>6P-7P: Sage Financial Group: Medicare Seminar - in the Classroom</b></p> <p><b>6P: Join the Jam - in the Arts &amp; Crafts Room</b></p> <p><b>6:15P: <u>WERQ</u> - Group Fitness Room</b></p>	<p><b>8</b></p> <p><b>9A: Silver Sneakers Classic</b></p> <p><b>9:30A: Cooking Class with Mary &amp; Tracy</b></p> <p><b>10A: Silver Sneakers Circuit</b></p> <p><b>10A: Bridge</b></p> <p><b>10:30A: Fun with Trivia</b></p> <p><b>1P: Joyful Women's Bible Study</b></p> <p><b>1P: Beg. Double-Deck Pinochle</b></p> <p><b>1P: Scrabble</b></p> <p><b>1P: Parkour Silver</b></p> <p><b>1:30P: ROOK</b></p>

**Flip over, to see the rest of the month**

<p><b>11</b> 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: <b>Instructional Shuffleboard</b> 10A: Silver Sneakers Circuit 10:30A-11:30A: "Coffee &amp; Chat with Kathy" – in the Classroom 12:30P: BINGO sponsored by <u>Abundant Christian Living</u> 1P: Mahjong 1:30P: <b>Healthy Eating Every Day – Classroom</b> 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p><b>12</b> 9A: <b>Instructional Cornhole</b> 9A: <b>Lincoln Loopers</b> 9A: Silver Sneakers Ener-Chi 9A: <b>Pickleball at Lincoln Park</b> 9:30A: <b>Back to Basics: Cooking 101 – in the Dining Room</b> 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: <b>Trivia with Budds by Hubs Paint &amp; Design</b> 1:30P: Knit Pickers 2P-4P: <b>Grief Share- in the Music Room</b> 2P: Zumba Class 2P: <b>Alzheimer's TN – in the Classroom</b> 3P: Yogalates 5P: <b>Flow &amp; Yin Yoga – Group Fitness</b> 5:30P-7P: <b>Senior Financial Group: Medicare Seminar -Dining Room</b> 6:15P: <b>WERQ - Group Fitness</b></p>	<p><b>13</b> 9A: Silver Sneakers Classic 10A-3:15P: <b>Express Custom Facials</b> 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand &amp; Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: <b>Meditation with Lotus – at Lincoln Park</b> 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p><b>14</b> <b>Line Dancing will not have a formal class this Evening</b> 7A: <b>Robin's Early Birds at Lincoln Park</b> 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9A-12P: <b>Stained Glass Class – Arts &amp; Crafts Room</b> 10A: Gentle Yoga 10A: <b>Bocce Ball</b> 10A-2P: Massage Therapy 10:30A: <b>Lunch Bunch: Hale Springs Inn - Rogersville</b> 12P: <b>Mexican Train Game – Card Room</b> 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts &amp; Crafts Room 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam – in the Arts &amp; Crafts Room 6:15P: <b>WERQ - Group Fitness Room</b></p>	<p><b>15</b> 9A: <b>9-Ball Tournament</b> 9A: Silver Sneakers Classic 9:30A: <b>Not Your Mother's Sewing Guild</b> 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11AM-<b>Volunteer Appreciation Luncheon-(By Invitation &amp; RSVP Only)</b> 1P: Joyful Women's Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: <b>Parkour Silver</b> 1:30P: ROOK</p>
<p><b>18</b> 8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: <b>Instructional Shuffleboard</b> 10A: Silver Sneakers Circuit 10:30A-11:30A: "Coffee &amp; Chat with Kathy" – in the Classroom 12:30P: BINGO sponsored by <u>Dillow-Taylor</u> 1P: Mahjong 1:30P: <b>Healthy Eating Every Day – Classroom</b> 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p><b>19</b> 9A: <b>Instructional Cornhole</b> 9A: <b>Lincoln Loopers</b> 9A: Silver Sneakers Ener-Chi 9A: <b>Pickleball at Lincoln Park</b> 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 1:30P: Knit Pickers 2P-3P: <b>General Technology Assistance – in the Classroom</b> 2P: Zumba Class 2P-4P: <b>Grief Share- in the Music Room</b> 3P: Yogalates 5P: <b>Flow &amp; Yin Yoga – Group Fitness</b> 6:15P: <b>WERQ -Group Fitness</b></p>	<p><b>20</b> 9A: Silver Sneakers Classic 10A-11:30A: <b>Painting with Tania - in the Arts &amp; Crafts Room</b> 10A-3:15P: <b>Express Custom Facials</b> 10A: Silver Sneakers Circuit 10A: <b>Book Crazyies – in the Classroom</b> 11:30A: Café Connection 12P: Hand &amp; Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: <b>Meditation with Lotus– at Lincoln Park</b> 2P: Fun Pump 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p><b>21</b> <b>Line Dancing will not have a formal class this Evening</b> 7A: <b>Robin's Early Birds at Lincoln Park</b> 8A: Silver Sneakers Splash 9A: <b>Bus leaves for Jen's Trails &amp; Tales</b> 9A: Silver Sneakers Ener-Chi 9A-12P: <b>Stained Glass Class – Arts &amp; Crafts Room</b> 10A: <b>Bocce Ball</b> 10A-2P: Massage Therapy 10A: Gentle Yoga 12P: <b>Mexican Train Game – Card Room</b> 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts &amp; Crafts Room 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam – in the Arts &amp; Crafts Room 6:15P: <b>WERQ - Group Fitness Room</b></p>	<p><b>22</b> 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 9A-10:30A: <b>Bridge</b> 9A-10:30A: <b>Fun with Trivia</b></p> <p style="text-align: center;"><b>The Senior Center will be Closing at 11am: for the Town of Jonesborough Employee Memorial Day Picnic</b></p>
<p><b>25</b></p> <p style="text-align: center;"><b>CLOSED In Observance of Memorial Day</b></p> 	<p><b>26</b> 9A: <b>Instructional Cornhole</b> 9A: <b>Lincoln Loopers</b> 9A: Silver Sneakers Ener-Chi 9A: <b>Pickleball at Lincoln Park</b> 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 1:30P: Knit Pickers 2P-3P: <b>General Technology Assistance – in the Classroom</b> 2P: Zumba Class 2P-4P: <b>Grief Share- in the Music Room</b> 3P: Yogalates 3:30P: Coin Club – in the Music Room 5P: <b>Flow &amp; Yin Yoga – Group Fitness</b> 6:15P: <b>WERQ -Group Fitness</b></p>	<p><b>27</b> 9A: Silver Sneakers Classic 10A-3:15P: <b>Express Custom Facials</b> 10A: Silver Sneakers Circuit 10:45A: <b>Card Making with Donna Beckett - A&amp;C Room</b> 11:30A: Café Connection 12P: Hand &amp; Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: <b>Meditation with Lotus– at Lincoln Park</b> 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p><b>28</b> <b>Line Dancing will not have a formal class this Evening</b> 7A: <b>Robin's Early Birds at Lincoln Park</b> 8A: Silver Sneakers Splash 9A: <b>Bus leaves for Welcome Home: Getting to Know Our Area</b> 9A: Silver Sneakers Ener-Chi 9A-12P: <b>Stained Glass Class – Arts &amp; Crafts Room</b> 9:30A-10:45A: <b>Draw Your World: at Lincoln Park</b> 10A: <b>Bocce Ball</b> 10A: Gentle Yoga 12P: <b>Mexican Train Game – Card Room</b> 1P: Bridge 1:30P: Jonesborough Dulcimer Players – in the Arts &amp; Crafts Room 2P: Kickboxing Class 3P: Yogalates 4P: <b>Advisory Board Meeting</b> 5:30P-7P: <b>Senior Financial Group: Medicare Seminar – Dining Room</b> 6P: Join the Jam – in the Arts &amp; Crafts Room 6:15P: <b>WERQ - Group Fitness Rm</b></p>	<p><b>29</b> 9A: Silver Sneakers Classic 9:30A: <b>Bowling &amp; Lunch</b> 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: <b>Parkour Silver</b> 1:30P: ROOK</p>