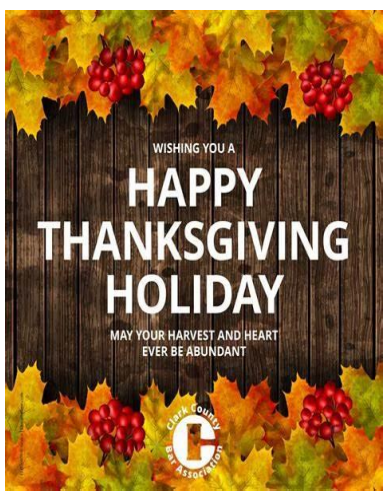
Jonesborough Senior Center
Your place to be "Active, Fit and Connected"

November 2026

November

Monday	Tuesday	Wednesday	Thursday	Friday
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 ***AssureSource*** 1P: Mahjong 1:30P: ROOK 1:30P-3:30P: *The Artist's Way* – in the Music Room 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: *Vintage Prod.*	**3** **CLOSED** Town of Jonesborough City Elections	**4** 9A: Silver Sneakers Classic 9A: *Red Liner's Hike/Trails & Tales* Doe River Gorge 10A-1:45P: Express Custom Facials 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women – in the Music Room 1:30P: Meditation with Lotus – Classroom Senior Center 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	**5** 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Bus leaves for *Fall Book Crawl* 10A-2P: Massage Therapy 10A: Gentle Yoga NO Mexican Train Game today NO Bridge today 1P: *Brain Olympics* in Dining Room (lunch for teams at 11:30AM - in Card Room) 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam 6:15P: ***WERQ*** - $5	**6** 9A: *Billiards Tournament* 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: Bus leaves for *Rockin' with Robin* 11:30A-1P: *"Experienced" Line Dancing* No Fee 1P: Joyful Women's Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P: ROOK
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 ***Abundant Christian Living*** 1P: Mahjong 1:30P: ROOK 1:30P-3:30P: *The Artist's Way* – in the Music Room 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: *Vintage Prod.*	**10** 9A: Silver Sneakers Ener-Chi 10A: Chair Yoga 10A-12P: *Surviving the Holidays*: Special Grief Share Session – Music Room 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: *Trivia with Budds* sponsored by *United HealthCare* 1:30P: Knit Pickers 2P: Zumba Class 2P: Alzheimer's TN Support Group – in the Classroom 2P-4P: Grief Share – in the Music Room 3P: Yogalates 6:15P: ***WERQ*** - $5	**11** **CLOSED** In Observation of Veteran's Day 	**12** 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9A-12P: Listening Day with the McKinney Center – Classroom 10A-2P: Massage Therapy 10A: Gentle Yoga 10:30A: Lunch Bunch 12P: Mexican Train Game – Card Room 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam 6:15P: ***WERQ*** - $5	**13** 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10:30A: Fun with Trivia 11A: *Veteran's Luncheon* -Dining Room & Card Room (***Must RSVP***) 1P: Joyful Women's Bible Study NO Bridge today NO Beg. Double-Deck Pinochle today NO Scrabble today NO ROOK today

Flip over, to see the rest of the month

16	17	18	19	20
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 ***Dillow-Taylor*** 1P: Mahjong 1:30P: ROOK 1:30P-3:30P: *The Artist's Way* – in the Music Room 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: *Vintage Prod*	9A: Silver Sneakers Ener-Chi 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Charleston Trip PML Zoom Travel Meeting – in the Dining Room 1:30P: Knit Pickers 2P: Zumba Class 2P-4P: Grief Share – in the Music Room 3P: Yogalates 6:15P: ***WERQ*** - $5	9A: Silver Sneakers Classic 10A-1:45P: Express Custom Facials 10A: *The Ready's* by the TN Dept of Health – in the Classroom 10A: Silver Sneakers Circuit 10A: Book Crazies – in the A&C Room 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women – in the Music Room 1:30P: Meditation with Lotus – Classroom Senior Center 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	8A: Silver Sneakers Splash 9A-2P: SHIP Open Enrollment - Music Room 9A: Silver Sneakers Ener-Chi 9:30A: Cooking Class with Mary & Tracy 10A: Gentle Yoga 10A: Seniors Helping Seniors – Arts & Crafts Room 10A-2P: Massage Therapy 12P: Mexican Train Game – Card Room 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam 6:15P: ***WERQ*** - $5	8A: Buses leave for "*A Timeless Vintage Christmas*" Vintage Market Days 9A: *Billiards Tournament* 9A: Silver Sneakers Classic 9:30A: Not Your Mother's Sewing Guild 10A: Silver Sneakers Circuit 10A: Bowling: meet at Holiday Lanes 10A: Bridge 10:30A: Fun with Trivia 11:30A-1P: *"Experienced" Line Dancing* No Fee 1P: Joyful Women's Bible Study 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1:30P: ROOK
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 ***Visiting Angels*** 1P: Mahjong 1:30P: ROOK 1:30P-3:30P: *The Artist's Way* – in the Music Room 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: *Vintage Prod.*	**24** 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 Dining Room 2P: Zumba Class 2P-4P: Grief Share – in the Music Room 3P: Yogalates 3:30P: *Coin Club* – in the Classroom 6:15P: ***WERQ*** - $5	**25** 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 11:30A: Thanksgiving Meal Served in the Dining Room 12P: Hand & Foot 1P: Scrabble An Encouraging Word for Women will not meet today 1:30P: Meditation with Lotus – Classroom Senior Center 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	**26** **CLOSED** 	**27** **CLOSED** Enjoy Your Holiday weekend! Safe Travels!!
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 NO BINGO on this day 1P: Mahjong 1:30P: ROOK 1:30P-3:30P: *The Artist's Way* – in the Music Room 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: *Vintage Prod.*			**UPDATED 10/26/26**	**Calendar Key:** …Closing Announcements or Altered Classes … New or Infrequent Classes, or **Special Events** … Trips …Scheduled Activities meeting at Lincoln Park