Jonesborough Senior Center

*Your place to be "Active, Fit and Connected"*

# October 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| **Calendar Key:**<br><br>**...Closing Announcements or Altered Classes**<br>... New or Infrequent Classes, or **Special Events**<br>**... Trips**<br>**...Scheduled Activities meeting at Lincoln Park** | ****SATURDAY, Oct. 24th Fall Craft Fair at the Jonesborough Senior Center 10AM-2PM OPEN TO THE PUBLIC NO FEE**** | **CALENDAR**<br><br>**UPDATED 9/30/26** | **1**<br>**7A: *Robin's Early Birds* at Lincoln Park**<br>**8A: Silver Sneakers Splash**<br>**9A: Bus departs for *Rocky Mount & Coastal Bites***<br>**9A: Silver Sneakers Ener-Chi**<br>**9:30A: Veteran's Meet & Greet -in the Arts & Crafts Room**<br>**10A: Bocce Ball at Lincoln Park**<br>**10A-2P: Massage Therapy Today**<br>**10A: Gentle Yoga**<br>**12P: Mexican Train Game – Card Room**<br>**1P: Bridge**<br>**1:30P: Jonesborough Dulcimer Players**<br>**2P: Kickboxing Class**<br>**3P: Yogalates**<br>**6P: Join the Jam**<br>**6:15P: *WERQ* - $5** | **2**<br><br>**CLOSED**<br>**Town of Jonesborough Storytelling Festival** |
| **5**<br>**8A: Silver Sneakers Splash**<br>**9A: Silver Sneakers Classic**<br>**9:30A: Stitch Therapy**<br>**10A: Instructional Shuffleboard**<br>**10A: Silver Sneakers Circuit**<br>**10:30A-11:30A: "Coffee & Chat with Kathy"**<br>**12:30P: BINGO sponsored by *AssureSource***<br>**1P: Mahjong**<br>**1:30P: ROOK**<br>**1:30P-3:30P: *The Artist's Way* – in the Classroom**<br>**2P: Life Fit**<br>**3P: Gentle Yoga**<br>**6P-6:45P: *Vintage Prod.*** | **6**<br>**7A: Parkour Silver**<br>**8A: Lincoln Loopers**<br>**9A: Pickleball at Tiger Park**<br>**9A: Instructional Cornhole**<br>**9A: Silver Sneakers Ener-Chi**<br>**9A: Bus leaves for *Spirits of Appalachia***<br>**10A: Chair Yoga**<br>**10A: AssureSource *Medicare Seminar* - Classroom**<br>**10A-2P: Massage Therapy**<br>**10A: Bridge**<br>**12:30P: Cribbage**<br>**1:30P: Knit Pickers**<br>**2P-3P: General Technology Assistance – in the Classroom**<br>**2P: Zumba Class**<br>**2P-4P: Grief Share Music Room**<br>**3P: Yogalates**<br>**5P: AssureSource *Medicare Seminar* - Classroom**<br>**6:15P: *WERQ* - $5** | **7**<br>**8:30A: Bus departs for *Grandad's Apples***<br>**9A: Silver Sneakers Classic**<br>**10A-1:45P: Express Custom Facials**<br>**10A-11:30A: *Mid-South Financial* Medicare Seminar**<br>**10A: Silver Sneakers Circuit**<br>**11A-3P: ETSU Clinical Health Screenings – A & C Room**<br>**11:30A: Café Connection**<br>**12P: Hand & Foot**<br>**1P: Scrabble**<br>**1P: An Encouraging Word for Women**<br>**1:30P: Meditation with Lotus – at Lincoln Park**<br>**2P: Fun Pump**<br>**2P-4:30P: Chess – in the Dining Room**<br>**2:45P: Fitness Equipment Orientation**<br>**3P: Chair Yoga** | **8**<br>**7A: *Robin's Early Birds* at Lincoln Park**<br>**8A: Silver Sneakers Splash**<br>**8A: Bus leaves for *Red-Liner's Hike***<br>**9A: Silver Sneakers Ener-Chi**<br>**10A: Bocce Ball at Lincoln Park**<br>**NO Massage Therapy this day**<br>**10A: Gentle Yoga**<br>**12P: Mexican Train Game – Card Room**<br>**1P: Bridge**<br>**1:30P: Jonesborough Dulcimer Players**<br>**2P: Kickboxing Class**<br>**3P: Yogalates**<br>**6P: Join the Jam**<br>**6:15P: *WERQ* - $5** | **9**<br>**9A: Bus departs for *WPBA Billiard Tournament* in Bristol**<br>**9A: Silver Sneakers Classic**<br>**10A: *Metabolic Reset Event* by Delora Bennett**<br>**10A: Silver Sneakers Circuit**<br>**10A: Bridge**<br>**10:30A: Fun with Trivia**<br>***11:30A-1P: "Experienced" Line Dancing* No Fee**<br>**1P: Joyful Women's Bible Study**<br>**1P: Beg. Double-Deck Pinochle**<br>**1P: Scrabble**<br>***1:30P-2:30P: Beginner Line Dance Instruction* No Fee**<br>**1:30P: ROOK** |

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

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| **12**<br>8A: Silver Sneakers Splash<br>9A: Silver Sneakers Classic<br>9:30A: Stitch Therapy<br>10A: Instructional Shuffleboard<br>10A: Silver Sneakers Circuit<br>10:30A-11:30A: "Coffee & Chat with Kathy"<br>12:30P: BINGO sponsored by *Abundant Christian Living*<br>1P: Mahjong<br>1:30P: ROOK<br>1:30P-3:30P: *The Artist's Way* – in the Classroom<br>2P: Life Fit<br>3P: Gentle Yoga<br>6P-6:45P: *Vintage Prod* | **13**<br>7A: Parkour Silver<br>8A: Lincoln Loopers<br>9A: Pickleball at Tiger Park<br>9A: Instructional Cornhole<br>9A: Silver Sneakers Ener-Chi<br>10A: Chair Yoga<br>10A-2P: Massage Therapy<br>Bridge will not meet this day<br>10A-12P: *My Ride Luncheon* - in Dining Room<br>12:30P: Cribbage<br>1:30P: Knit Pickers<br>2P: Alzheimer's TN – in the Classroom<br>2P: Zumba Class<br>2P-4P: Grief Share Music Room<br>3P: Yogalates<br>6:15P: *WERQ* - $5 | **14**<br>9A: Silver Sneakers Classic<br>10A: Silver Sneakers Circuit<br>11:30A: Café Connection<br>12P: Hand & Foot<br>1P: Scrabble<br>1P: An Encouraging Word for Women<br>1:30P: Meditation with Lotus – at Lincoln Park<br>2P: Fun Pump<br>2P-4:30P: Chess – in the Dining Room<br>2:45P: Fitness Equipment Orientation<br>3P: Chair Yoga | **15**<br>7A: *Robin's Early Birds* at Lincoln Park<br>8A: Silver Sneakers Splash<br>9A: Bus leaves for *Leaf Peeping & Scenic Seeking*<br>9A: Silver Sneakers Ener-Chi<br>10A: Gentle Yoga<br>10A: Bocce Ball at Lincoln Park<br>NO Massage Therapy this day<br>12P: Mexican Train Game – Card Room<br>1P: Bridge<br>1:30P: Jonesborough Dulcimer Players<br>2P: Kickboxing Class<br>3P: Yogalates<br>6P: Join the Jam<br>6:15P: *WERQ* - $5 | **16**<br>9A: *Billiards Tournament*<br>9A: Silver Sneakers Classic<br>9:30A: Not Your Mother's Sewing Guild<br>10A: Silver Sneakers Circuit<br>10A: Bridge<br>10:30A: Fun with Trivia<br>11:30A-1P: *"Experienced" Line Dancing* No Fee<br>1P: Joyful Women's Bible Study<br>1P: Beg. Double-Deck Pinochle<br>1P: Scrabble<br>1:30P-2:30P: *Beginner Line Dance Instruction* No Fee<br>1:30P: ROOK<br>5P: Bus leaves for *Sycamore Shoals* "Death Comes to Sabine Hill" |
| **19**<br>8A: Silver Sneakers Splash<br>9A: Silver Sneakers Classic<br>9:30A: Stitch Therapy<br>10A: Instructional Shuffleboard<br>10A: Silver Sneakers Circuit<br>10:30A-11:30A: "Coffee & Chat with Kathy"<br>12:30P: BINGO sponsored by *Dillow-Taylor*<br>1P: Mahjong<br>1:30P: ROOK<br>1:30P-3:30P: *The Artist's Way* – in the Classroom<br>2P: Life Fit<br>3P: Gentle Yoga<br>6P-6:45P: *Vintage Prod.* | **20**<br>7A: Parkour Silver<br>8A: Lincoln Loopers<br>9A: Pickleball at Tiger Park<br>9A: Instructional Cornhole<br>9A: Silver Sneakers Ener-Chi<br>10A: Chair Yoga<br>10A-2P: Massage Therapy<br>10A: Bridge<br>12:30P: Cribbage<br>1P: *Trivia with Budds sponsored by United HealthCare*<br>1:30P: Knit Pickers<br>2P-3P: General Technology Assistance – in the Classroom<br>2P: Zumba Class<br>2P-4P: Grief Share Music Room<br>3P: Yogalates<br>6:15P: *WERQ* - $5 | **21**<br>9A: Silver Sneakers Classic<br>10A-1:45P: Express Custom Facials<br>10A: Silver Sneakers Circuit<br>10A: Book Crazies – in the Classroom<br>11:30A: Café Connection<br>12P: Hand & Foot<br>1P: Scrabble<br>1P: An Encouraging Word for Women<br>1:30p: *Painting with Tania* - in the A&C Room<br>1:30P: Meditation with Lotus– at Lincoln Park<br>2P: Fun Pump<br>2P-4:30P: Chess – in the Dining Room<br>2:45P: Fitness Equipment Orientation<br>3P: Chair Yoga | **22**<br>7A: *Robin's Early Birds* at Lincoln Park<br>8A: Silver Sneakers Splash<br>8:30A: Bus leaves for *Spooky* - Mystery Hike<br>9A: Silver Sneakers Ener-Chi<br>9:30A-10:45A: *Draw Your World: at Lincoln Park*<br>NO Massage Therapy this day<br>10A: Gentle Yoga<br>10A: Bocce Ball at Lincoln Park<br>12P: Mexican Train Game – Card Room<br>1P: Bridge<br>1:30P: Jonesborough Dulcimer Players<br>2P: Kickboxing Class<br>3P: Yogalates<br>4P: Advisory Board Meeting<br>6P: Join the Jam<br>6:15P: *WERQ* - $5 | **23**<br>9A: Silver Sneakers Classic<br>10A: Bowling: meet at Holiday Lanes *PLEASE NOTE DATE CHANGE*<br>10A: Silver Sneakers Circuit<br>11A: Bus leaves for *Rockin' with Robin*<br><br>**No activities will be held this day in the upstairs of the Center due to Craft Fair Set Up**<br><br>Lunch will still be served in the Dining Room. |
| **26**<br>8A: Silver Sneakers Splash<br>9A: Silver Sneakers Classic<br>9:30A: Stitch Therapy<br>10A: Instructional Shuffleboard<br>10A: Silver Sneakers Circuit<br>10:30A-11:30A: "Coffee & Chat with Kathy"<br>12:30P: BINGO sponsored by *Visiting Angels*<br>1P: Mahjong<br>1:30P: ROOK<br>1:30P-3:30P: *The Artist's Way* – in the Classroom<br>2P: Life Fit<br>3P: Gentle Yoga<br>6P-6:45P: *Vintage Prod.* | **27**<br>7A: Parkour Silver<br>8A: Lincoln Loopers<br>9A: Pickleball at Tiger Park<br>9A: Instructional Cornhole<br>9A: Silver Sneakers Ener-Chi<br>10A: Chair Yoga<br>10A-2P: Massage Therapy<br>10A: Bridge<br>12:30P: Cribbage<br>1:30P: Knit Pickers<br>2P: Zumba Class<br>2P-4P: Grief Share Music Room<br>3P: Yogalates<br>3:30P: *Coin Club* – in the Classroom<br>6:15P: *WERQ* - $5 | **28**<br>9A: Silver Sneakers Classic<br>10A: Silver Sneakers Circuit<br>10A-11:30A: *Elder Fraud Prevention* Seminar presented by the FBI with the JPD<br>11:30A: Café Connection<br>12P: Hand & Foot<br>1P: Scrabble<br>1P: An Encouraging Word for Women<br>1:30P: Meditation with Lotus– at Lincoln Park<br>2P: Fun Pump<br>2P-4:30P: Chess – in the Dining Room<br>2:45P: Fitness Equipment Orientation<br>3P: Chair Yoga | **29**<br>7A: *Robin's Early Birds* at Lincoln Park<br>8A: Silver Sneakers Splash<br>9A: Silver Sneakers Ener-Chi<br>10A: Bocce Ball at Lincoln Park<br>10A-2P: Massage Therapy Today<br>10A: Gentle Yoga<br>12P: Mexican Train Game – Card Room<br>1P: Bridge<br>1:30P: Jonesborough Dulcimer Players<br>2P: Kickboxing Class<br>3P: Yogalates<br>6P: Join the Jam<br>6:15P: *WERQ* - $5 | **30**<br>9A: *Billiards Tournament*<br>9A: Silver Sneakers Classic<br>9:30A: Cooking Class with Mary & Tracy<br>10A: Silver Sneakers Circuit<br>10A: Bridge<br>10:30A: Fun with Trivia<br>11:30A-1P: *"Experienced" Line Dancing* No Fee<br>1:30P-2:30P: *Beginner Line Dance Instruction* No Fee<br>The following groups will not meet this day due to rewaxing of the floors:<br><br>Joyful Women's Bible Study<br>Beg. Double-Deck Pinochle<br>Scrabble<br>ROOK |