



Monday	Tuesday	Wednesday	Thursday	Friday
Calendar Key: ...Closing Announcements or Altered Classes ... New or Infrequent Classes, or Special Events ... Trips ...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 UPDATED 10/7/26	1 7A: Robin’s Early Birds at Lincoln Park 8A: Silver Sneakers Splash 9A: Bus departs for Rocky Mount & Coastal Bites 9A: Silver Sneakers Ener-Chi 9:30A: Veteran’s Meet & Greet -in the Arts & Crafts Room 10A: Bocce Ball at Lincoln Park 10A-2P: Massage Therapy Today 10A: Gentle Yoga 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	2 CLOSED Town of Jonesborough Storytelling Festival
5 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 Classroom 2P: Life Fit 3P: Gentle Yoga 6P-6:45P: Vintage Prod.	6 7A: Parkour Silver 8A: Lincoln Loopers 9A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A: Bus leaves for Spirits of Appalachia 10A: Chair Yoga 10A: AssureSource Medicare Seminar - Classroom 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1:30P: Knit Pickers 2P-3P: General Technology Assistance – in the Classroom 2P: Zumba Class 2P-4P: Grief Share Music Room 3P: Yogalates 5P: AssureSource Medicare Seminar - Classroom 6:15P: WERQ - \$5	7 8:30A: Bus departs for Grandad’s Apples 9A: Silver Sneakers Classic 10A-1:45P: Express Custom Facials 10A-11:30A: Mid-South Financial Medicare Seminar 10A: Silver Sneakers Circuit 11A-3P: ETSU Clinical Health Screenings – A & C Room 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: Meditation with Lotus – at Lincoln Park 2P: Fun Pump 2P-4:30P: Chess – in the Dining Room 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	8 7A: Robin’s Early Birds at Lincoln Park 8A: Silver Sneakers Splash 8A: Bus leaves for Red-Liner’s Hike 9A: Silver Sneakers Ener-Chi 10A: Bocce Ball at Lincoln Park NO Massage Therapy this day 10A: Gentle Yoga 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	9 9A: Bus departs for WPBA Billiard Tournament in Bristol 9A: Silver Sneakers Classic 10A: Metabolic Reset Event by Delora Bennett 10A: Silver Sneakers Circuit 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-2:30P: Beginner Line Dance Instruction No Fee 1:30P: ROOK

Flip over, to see the rest of the month

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