



September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED FOR LABOR DAY	2 8A: Balance & Stretch 8A: Lincoln Loopers 9A: Silver Sneakers Ener-Chi 9A-11A: Pottery: C. Tomko 9A: Pickleball 9A: Instructional Cornhole 9:30A: Spanish I wk 5 9:30A: Stitch Therapy 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Movement w/ Intention 1P: Crochet Group 1:30P: Knit Pickers 2P: Zumba Class 2P-3P: General Technology Assistance 3P: Yogalates	3 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 2P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	4 8A: Balance & Stretch 8A: Silver Sneakers Splash 9:30A: Veteran's Meet & Greet -Arts & Crafts Room 9:30A: Spanish I wk 5 9:30A: Medicare Education Mid-South Financial – Music Room 9A: Silver Sneakers Ener-Chi 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball 12:30P: Dementia Navigators program by the TN Dept of Disability and Aging Classroom 1P: Bridge 1:30P: J. Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 6P: Join the Jam	5 9A: 8-Ball Tournament 9A: Silver Sneakers Classic 9A-12P: Intermediate Watercolor Class w/ Ginny Wall 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Parkour Silver 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women's Bible Study 1:30P: ROOK
8 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 by <i>Abundant Christian Living</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 2P: Homemade Ice Cream Social 3P: Gentle Yoga	9 8A: Balance & Stretch 8A: Lincoln Loopers 9A: Bible Study w/ Dava Lee 9A: Silver Sneakers Ener-Chi 9A-11A: Pottery: C. Tomko 9A: Pickleball 9A: Instructional Cornhole 9:30A: Spanish I wk 6 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Trivia with Budds by Olde Towne Pharmacy 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 2P: Alzheimer's TN 3P: Yogalates	10 9A: Silver Sneakers Classic 9:30A: Kindness Rock Painting 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 2P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	11 No Massage Therapy this day 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Spanish I wk 6 10A: Gentle Yoga 10A: "The READYS" Disaster Preparedness: seminar led by the TN Dept. of Health 10A: Bocce Ball 10A: Writers Group 1P: Bridge 1:30P: J. Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 6P: Join the Jam	12 9A: Silver Sneakers Classic 9A-12P: Intermediate Watercolor Class w/ Ginny Wall 9:30A: Cooking Class with Mary & Susan 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 1P: Parkour Silver 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women's Bible Study 1:30P: ROOK

Flip over, to see the rest of the month

15 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 by <i>Dillow-Taylor</i> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	16 8A: Balance & Stretch 8A: Lincoln Loopers 9A: Bible Study w/ Dava Lee 9A: Silver Sneakers Ener-Chi 9A-11A: Pottery: C. Tomko 9A: Pickleball 9A: Instructional Cornhole 9:30A: Spanish I wk 7 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Movement w/ Intention 1:30P: Knit Pickers 2P: Zumba Class 2P-3P: General Technology Assistance 3P: Yogalates	17 9A: Silver Sneakers Classic 10A: Book Crazies 10A: Silver Sneakers Circuit 10:45A: Card Making w Donna Beckett 11:30A: Café Connection 12P: Hand & Foot 12:30P: Bus leaves for Lauren’s Ridges & Roots Hiking Group 1P: Scrabble 1P: An Encouraging Word 1:30P: Meditation with Lotus 2P: Fun Pump 2P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	18 No Massage Therapy this day 8A: Balance & Stretch 8A: Silver Sneakers Splash 8A: Bus leaves for Red Liner’s Hike 9A: Silver Sneakers Ener-Chi 9:30A: Fall in Love with Medicare by AssureSource – in the Arts & Crafts Room 9:30A: Spanish I wk 7 10A: Gentle Yoga 10A: Bocce Ball 1P: Bridge 1:30P: J. Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing Level 1 6P: Join the Jam	19 9A: 9-Ball Tournament 9A: Silver Sneakers Classic 9A: New Testament Survey led by Michael Owens 9A-12P: Intermediate Watercolor Class w/ Ginny Wall 9:30A: Not Your Mother’s Sewing Guild 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: Rockin’ with Robin 1P: Parkour Silver - No instructor 1P: Beg. Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women’s Bible Study 1:30P: ROOK
22 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 by <i>Visiting Angels</i> 1P: Mahjong 1:30P: Active Living Every Day w/ Gayle Hawley wk 1 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	23 8A: Balance & Stretch 8A: Lincoln Loopers 9A: Bible Study w/ Dava Lee 9A: Silver Sneakers Ener-Chi 9A-11A: Pottery: C. Tomko 9A: Pickleball 9A-12P: Listening Day by the McKinney Center -Music Room 9A: Instructional Cornhole 9:30A: Spanish I wk 8 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	24 9A: Silver Sneakers Classic 9:30A: Painting with Tania: 10A: Silver Sneakers Circuit 10:30A: Identity Theft Prevention by Lisa Friday 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word 1:30P: Meditation with Lotus 2P: Fun Pump 2P: Chess 2:45P: Fitness Equipment Orientation 3P: Chair Yoga	25 8A: Balance & Stretch 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A: Spanish I wk 8 10A: Gentle Yoga 10A: Spooky Changes to Long Term Care by AssureSource -A&C Room 10A: Bocce Ball 10A-2P: Massage Therapy 10A: Bus leaves for Lunch Bunch 10A: Writers Group 1P: Bridge 1:30P: J. Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4P: Advisory Board 4:30P: Line Dancing Level 1 6P: Join the Jam	26 9A: Silver Sneakers Classic 9A: New Testament Survey led by Michael Owens 9A-12P: Intermediate Watercolor Class w/ Ginny Wall 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
29 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 by <i>AssureSource</i> 1P: Mahjong 1:30P: Active Living Every Day w/ Gayle Hawley wk 2 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga	30 8A: Balance & Stretch 8A: Lincoln Loopers 9A: Bible Study w/ Dava Lee 9A: Silver Sneakers Ener-Chi 9A-11A: Pottery: C. Tomko 9A: Pickleball 9A: Instructional Cornhole 9:30A: Spanish I wk 9 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		UPDATED 9/4/25 *Tania Dirks informed us that she will not have her Gratitude Journal class in September.	Color-Coded Calendar Key: ...Closing Announcement s or Altered Classes ... New or Infrequent Classes, or Special Events ... Trips ...Scheduled Activities meeting at Lincoln Park



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