



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	1 7A: Parkour Silver 8A: Lincoln Loopers 9A-11A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Crochet Group – in the Classroom 1:30P: Knit Pickers 2P-3P: General Technology Assistance – in the Dining Room 2P: Zumba Class 2P-4P: Grief Share Music Room 3P: Yogalates 6:15P: WERQ - \$5	2 9A: Silver Sneakers Classic 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 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 4:45P: Bus leaves for Knoxville Smokies game	3 7A: Robin’s Early Birds at Lincoln Park 8A: Silver Sneakers Splash 9A: Bus leaves for Jen’s Trails & Tales 9A: Silver Sneakers Ener-Chi 9:30A: Veteran’s Meet & Greet -in the Arts & Crafts Room 10A: Bocce Ball at Lincoln Park No 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	4 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 9A: Bridge 9:30A: Fun with Trivia Center will be Closing at 11:30AM
7 CLOSED FOR Labor Day	8 Fitness Center & Group Exercise Room CLOSED 8th-10th 7A: Parkour Silver 8A: Lincoln Loopers 9A-11A: Pickleball at Tiger Park 9A: Instructional Cornhole 9:30A: Stitch Therapy 10A: Bus leaves for “The Social Escape” 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Trivia with Budds sponsored by The Courtyards Senior Living 1:30P: Knit Pickers 2P: Alzheimer’s TN – in the Classroom 2P-4P: Grief Share Music Room 6P-7P: Sage Financial: Medicare Workshop - Classroom	9 Fitness Center & Group Exercise Room CLOSED 8th-10th 10A-1:45P: Express Custom Facials 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1P: An Encouraging Word for Women 1:30P: Meditation with Lotus – at Lincoln Park 2P-4:30P: Chess – in the Dining Room	10 Fitness Center & Group Exercise Room CLOSED 8th-10th 7A: Robin’s Early Birds at Lincoln Park 8A: Silver Sneakers Splash 10A: Bocce Ball at Lincoln Park 10A-2P: Massage Therapy 10:15A: Bus leaves for Lunch Bunch Hard Rock Café/Casino 12P: Mexican Train Game – Card Room 1P: Bridge 1:30P: Jonesborough Dulcimer Players 6P: Join the Jam 6P-7P: Sage Financial: Medicare Workshop – Classroom	11 9A: 8-Ball Tournament 9A: Silver Sneakers Classic 9:30A: Cooking Class with Mary & Tracy 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11:30A-1:30P: “Pop-in” Line Dancing (Experienced Line Dancers) 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

14 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” – in the Classroom 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: Vintage Productions @ Robin Beals DPR Studio 216 Headtown Rd	15 7A: Parkour Silver 8A: Lincoln Loopers 9A-11A: 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 6:15P: <u>WERQ</u> - \$5	16 9A: Silver Sneakers Classic 10A-2:15P: Express Custom Facials 10A: Book Crazies – in the Classroom 10A: Silver Sneakers Circuit 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 1:30P: Painting with Tania - in the A&C Room 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	17 7A: Robin’s Early Birds at Lincoln Park 8A: Silver Sneakers Splash 8:30A: Bus leaves for Red-Liner’s Hike 9A: Silver Sneakers Ener-Chi 10A: Pumpkin Painting by Seniors Helping Seniors 10A: Gentle Yoga 10A: Bocce Ball at Lincoln Park 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 WERQ will not meet tonight	18 9A: Silver Sneakers Classic 9:30A: Not Your Mother’s Sewing Guild 10A: Silver Sneakers Circuit 10A: Bridge 10:30A: Fun with Trivia 11A: Bus departs for Rockin’ With Robin 11:30A-1:30P: “Pop-in” Line Dancing (Experienced Line Dancers) 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
21 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”- in the Classroom 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: Vintage Productions @ Robin Beals DPR Studio 216 Headtown Rd	22 7A: Parkour Silver 8A: Lincoln Loopers 9A-11A: Pickleball at Tiger Park 9A: Instructional Cornhole 9A: Silver Sneakers Ener-Chi 9A-12P: Flu Clinic by Olde Towne Pharmacy -in the Classroom 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 Music Room 3P: Yogalates 3:30P: Coin Club – in the Classroom WERQ will not meet tonight	23 9A: Silver Sneakers Classic 10A-1:45P: Express Custom Facials 10A: Silver Sneakers Circuit 10:45A: Card Making with Donna Beckett - 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	24 7A: Robin’s Early Birds at Lincoln Park 8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30A-10:45A: Draw Your World: at Lincoln Park 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball at Lincoln Park 12P: Mexican Train Game – Card Room 12:40P: Bus leaves for Greene County Gun Range 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Kickboxing Class 3P: Yogalates 4P: Advisory Board Meeting - Classroom 6P: Join the Jam 6:15P: <u>WERQ</u> - \$5	25 9A: 9-Ball Tournament 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Bridge 10A: Bowling: meet at Holiday Lanes 10:30A: Fun with Trivia 11:30A-1:30P: “Pop-in” Line Dancing (Experienced Line Dancers) 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
28 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”- in the Classroom 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: Vintage Productions @ Robin Beals DPR Studio 216 Headtown Rd	29 7A: Parkour Silver 8A: Lincoln Loopers 9A-11A: Pickleball at Tiger Park 8:30A: Bus leaves for Main Streets & Hidden Treats 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 6:15P: <u>WERQ</u> - \$5	30 9A: Silver Sneakers Classic 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 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	UPDATED 8/26/26	