



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calendar Key:</p> <p>...Closing Announcements or Altered Classes</p> <p>... New or Infrequent Classes, or Special Events</p> <p>... Trips</p> <p>...Scheduled Activities meeting at Lincoln Park</p>		<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>Not meeting this day:</p> <p>Line Dancing</p> <p>8A: Silver Sneakers Splash</p> <p>9A: Silver Sneakers Ener-Chi</p> <p>9:30A: Veteran's Meet & Greet</p> <p>10A-2P: Massage Therapy</p> <p>10A: Gentle Yoga</p> <p>1P: Bridge</p> <p>1:30P: Jonesborough Dulcimer Players</p> <p>2P: Chess</p> <p>2P: Kickboxing Class</p> <p>3P: Yogalates</p> <p>6P: Join the Jam</p>	<p>3</p> <p>9A: 8-Ball Billiards Tournament</p> <p>9A: Silver Sneakers Classic</p> <p>9A-12P: Beginner Watercolor Techniques</p> <p>10A: Silver Sneakers Circuit</p> <p>10:30A: Fun with Trivia</p> <p>10A: Bridge</p> <p>1P: Joyful Women's Bible Study</p> <p>1P: Beginner Double-Deck Pinochle</p> <p>1P: Scrabble</p> <p>1P: Parkour Silver</p> <p>1:30P: ROOK</p>
<p>6</p> <p>8A: Silver Sneakers Splash</p> <p>9A: Silver Sneakers Classic</p> <p>9:30A: Stitch Therapy</p> <p>10A: Instructional Shuffleboard</p> <p>10A: Silver Sneakers Circuit</p> <p>12:30P: BINGO sponsored by <u>Morning Pointe Senior Living</u></p> <p>1P: Mahjong</p> <p>1:30P: Healthy Eating Every Day</p> <p>1:30P: ROOK</p> <p>2P: Life Fit</p> <p>3P: Gentle Yoga</p>	<p>7</p> <p>9A-11A: Scrapbooking</p> <p>10A: Chair Yoga</p> <p>10A-2P: Massage Therapy</p> <p>10A: Bridge</p> <p>12:30P: Cribbage</p> <p>1:30P: Knit Pickers</p> <p>2P: Zumba Class</p> <p>3P: Yogalates</p> <p>6P: Partner Dancing</p>	<p>8</p> <p>9A: Silver Sneakers Classic</p> <p>10A: Silver Sneakers Circuit</p> <p>10A-11A: General Technology Assistance</p> <p>11:30A: Café Connection</p> <p>12P: Hand & Foot</p> <p>1P: Scrabble</p> <p>2P: Fun Pump</p> <p>2:45P: Fitness Equipment Orientation</p> <p>3P: Chair Yoga</p>	<p>9</p> <p>8A: Silver Sneakers Splash</p> <p>9A: Silver Sneakers Ener-Chi</p> <p>10A-2P: Massage Therapy</p> <p>10A: Writers Group</p> <p>10A: Gentle Yoga</p> <p>1P: Bridge</p> <p>1:30P: Jonesborough Dulcimer Players</p> <p>2P: Chess</p> <p>2P: Kickboxing Class</p> <p>3P: Yogalates</p> <p>4:30P: Line Dancing</p> <p>6P: Join the Jam</p>	<p>10</p> <p>9A: Silver Sneakers Classic</p> <p>9A-12P: Beginner Watercolor Techniques</p> <p>9:30A: Cooking Class with Mary & Susan</p> <p>10A: Silver Sneakers Circuit</p> <p>10:30A: Fun with Trivia</p> <p>10A: Bridge</p> <p>1P: Parkour Silver</p> <p>1P: Beginner Double-Deck Pinochle</p> <p>1P: Scrabble</p> <p>1P: Joyful Women's Bible Study</p> <p>1:30P: ROOK</p>

Flip over, to see the rest of the month

<p>13</p> <p>8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 12:30P: BINGO sponsored by <u>Abundant Christian Living</u> 1:30P: <u>Healthy Eating Every Day</u> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>14</p> <p>9A-11A: Scrapbooking 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1P: Trivia with Budds by Jonesborough Funeral Home 1:30P: Knit Pickers 2P: Zumba Class 2P: Alzheimer's TN 3P: Yogalates 6P: Partner Dancing</p>	<p>15</p> <p>9A: Silver Sneakers Classic 9:30A: Legal Aide: "Being an Estate Executor" 10A: Silver Sneakers Circuit 10A-11A: General Technology Assistance 10A: Book Crazies 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 2P: Fun Pump 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>16</p> <p>8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9A: Funshine: "Gratitude Journaling" with Tania Dirks 10A: Gentle Yoga 10A-2P: Massage Therapy 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam</p>	<p>17</p> <p>9A: <u>9-Ball Billiards Tournament</u> 9A: Silver Sneakers Classic 9A-12P: Beginner Watercolor Techniques 9:30A: <u>Not Your Mother's Sewing Guild</u> 10A: Silver Sneakers Circuit 10:30A: Fun with Trivia 10A: Bridge 1P: Parkour Silver 1P: Beginner Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women's Bible Study 1:30P: ROOK</p>
<p>20</p> <p>CLOSED</p>  <p>MARTIN LUTHER KING JR. DAY</p>	<p>21</p> <p>9A-11A: Scrapbooking 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6P: Partner Dancing 6P-7P: Maximizing Social Security Benefits</p>	<p>22</p> <p>9A: Silver Sneakers Classic 9:30A-11A: Painting with Tania: "Northern Lights & Polar Bear" 10A: Silver Sneakers Circuit 10A-11A: General Technology Assistance 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 2P: Fun Pump 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>23</p> <p>8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Writers Group 11A: Lunch Bunch: Blue Gill's 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4P: Advisory Board 4:30P: Line Dancing 6P: Join the Jam 6P-7P: Maximizing Social Security Benefits</p>	<p>24</p> <p>9A: Silver Sneakers Classic 9A-12P: Beginner Watercolor Techniques 10A: Silver Sneakers Circuit 10:30A: Fun with Trivia 10A: Bridge 1P: Parkour Silver 1P: Beginner Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women's Bible Study 1:30P: ROOK</p>
<p>27</p> <p>8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A: Stitch Therapy 10A: Instructional Shuffleboard 10A: Silver Sneakers Circuit 12:30P: BINGO sponsored by <u>Visiting Angels</u> 1:30P: <u>Healthy Eating Every Day</u> 1P: Mahjong 1:30P: ROOK 2P: Life Fit 3P: Gentle Yoga</p>	<p>28</p> <p>9A-11A: Scrapbooking 10A: Chair Yoga 10A-2P: Massage Therapy 10A: Bridge 12:30P: Cribbage 1:30P: Knit Pickers 2P: Zumba Class 3P: Yogalates 5P-7P: Acrylic Art with Judy O'Hara 6P: Partner Dancing</p>	<p>29</p> <p>9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A-11A: General Technology Assistance 10:45A: <u>Card Making w/Donna Beckett</u> 11:30A: Café Connection 12P: Hand & Foot 1P: Scrabble 2P: Fun Pump 2:45P: Fitness Equipment Orientation 3P: Chair Yoga</p>	<p>30</p> <p>Not meeting this day:</p> <p>Massage Therapy</p> <p>8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 10A: Gentle Yoga 1P: Bridge 1:30P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam</p>	<p>31</p> <p>9A: Silver Sneakers Classic 9A-12P: Beginner Watercolor Techniques 9:30A: Bowling & Lunch 10A: Silver Sneakers Circuit 10:30A: Fun with Trivia 10A: Bridge 1P: Parkour Silver 1P: Beginner Double-Deck Pinochle 1P: Scrabble 1P: Joyful Women's Bible Study 1:30P: ROOK</p>



January 2025

