



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>CLOSED</b> <b>Labor Day</b></p>	<p><b>3</b></p> <p>9A: Lincoln Loopers 9A: Pickleball 9:30: <u>Spanish I</u> wk 5 9A: Silver Sneakers Ener-Chi 10A: Chair Yoga 10A-2P: Massage Therapy 10A-12P: Bridge 12:30P-3:30P: Cribbage 1:30-3P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6P-7:45P: Partner Dance</p>	<p><b>4</b></p> <p>9A: Silver Sneakers Classic 9:30A-11A: Mid-South Financial Medicare Education Seminar 10A: Silver Sneakers Circuit 10A-11A: General Technology 11:30A: Café Connection 12-4:45P: Hand &amp; Foot (card game) 1-4P: Scrabble 1P: <u>Dr. Rx Wound Care Seminar</u> 2P: Fun Pump 2:45P: Orientation 3P: Chair Yoga</p>	<p><b>5</b></p> <p><b>NO Line Dancing This Evening</b> 8A: Silver Sneakers Splash 9A: Hike <u>The Channels Lunch at Jack's 128 Pecan</u> 9A: Silver Sneakers Ener-Chi 9:30: <u>Spanish I</u> wk 5 9:30A: VETERAN'S Meet &amp; Greet 10A-2P: Massage Therapy 10A: Gentle Yoga 10A: Bocce Ball 1-3P: Bridge 1:30-3P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 6P: Join the Jam</p>	<p><b>6</b></p> <p>9A: <u>8-Ball Billiards Tournament</u> 9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: Fun with Trivia 10A-12P: Bridge 11A: Parkour Silver 1P: Joyful Women's Bible Study 1P: Beginner Double-Deck Pinochle 1-4P: Scrabble 1:30-4:30P: Play ROOK</p>
<p><b>9</b></p> <p>8A: Silver Sneakers Splash 9A: Silver Sneakers Classic 9:30A-4P: Stitch Therapy 10A: Instructional Shuffleboard 10A: SS Circuit 12:30P: BINGO by <u>Abundant Christian Living Community</u> 1-3:30P: Mahjong 1:30P: <u>Active Living Everyday</u> w/Gayle Hawley 1:30-4:30P: ROOK 2P: <u>Homemade Ice Cream Social</u> 2P: Life Fit 3P: Gentle Yoga</p>	<p><b>10</b></p> <p>9A: Lincoln Loopers 9A: Pickleball 9:30: <u>Spanish I</u> wk 1 9A: Silver Sneakers Ener-Chi 10A: Chair Yoga 10A-2P: Massage Therapy 10A-12P: Bridge 12:30P-3:30P: Cribbage 1P: <u>Trivia with Budds by Olde Towne Pharmacy</u> 1:30-3P: Knit Pickers 2P: Zumba Class 3P: Yogalates 6P-7:45P: Partner Dance</p>	<p><b>11</b></p> <p>9A: Silver Sneakers Classic 10A: Silver Sneakers Circuit 10A: <u>Is it safe to lose weight after 65?</u> by <u>Dr. Licup-Taylor</u> 10A-11A: General Technology 11:30A: Café Connection 12-4:45P: Hand &amp; Foot (card game) 1-4P: Scrabble 1P: <u>Drama Class w/Jules Corriere</u> wk 1 2P: Fun Pump 2:45P: Orientation 3P: Chair Yoga</p>	<p><b>12</b></p> <p>8A: Silver Sneakers Splash 9A: Silver Sneakers Ener-Chi 9:30: <u>Spanish I</u> wk 1 10A: Gentle Yoga 10A: Bocce Ball 10A-12P: Writers Group 10A-1P: Massage Therapy 11A: <u>Lunch Bunch Boonies</u> 1-3P: Bridge 1:30-3P: Jonesborough Dulcimer Players 2P: Chess 2P: Kickboxing Class 3P: Yogalates 4:30P: Line Dancing 6P: Join the Jam</p>	<p><b>13</b></p> <p>9A: Silver Sneakers Classic 9:30A: <u>Cooking Class w/ Mary &amp; Susan</u> 10A: Silver Sneakers Circuit 10A-12P: Bridge 10:30A: Fun with Trivia 11A: Parkour Silver 1P: Joyful Women's Bible Study 1P: Beginner Double-Deck Pinochle 1-4P: Scrabble 1:30-4:30P: Play Rook</p>

**Flip over to back side in order to see the rest of the month**

<p><b>16</b>  8A: Silver Sneakers Splash  9A: Silver Sneakers Classic  9:30A-4P: Stitch Therapy  <b>10A: Instructional Shuffleboard</b>  10A: Silver Sneakers Circuit  10A: Bible Study  12:30P: BINGO by <u>Dillow-Taylor</u>  1-3:30P: Mahjong  <b>1:30P: <u>Active Living Everyday</u> w/Gayle Hawley</b>  1:30-4:30P: ROOK  2P: Life Fit  3P: Gentle Yoga</p>	<p><b>17</b>  <b>9A: Lincoln Loopers</b>  9A: Pickleball  9:30: <u>Spanish I</u> wk 7  <b>9A: Silver Sneakers Ener-Chi</b>  <b>10A: Chair Yoga</b>  10A-2P: Massage Therapy  10A-12P: Bridge  <b>11A: <u>Bright's Zoo &amp; Lunch: pick up lunch from Troyer's Mountain View Deli</u></b>  12:30P-3:30P: Cribbage  1:30-3P: Knit Pickers  2P: Zumba Class  3P: Yogalates  <b>4:30P-5:30P: Beginner Line Dancing wk 1 (\$30 for all 6 weeks)</b>  6P-7:45P: Partner Dance</p>	<p><b>18</b>  9A: Silver Sneakers Classic  10A: Silver Sneakers Circuit  10A-11A: General Technology  <b>10A-12P: Book Crazies</b>  11:30A: Café Connection  12-4:45P: Hand &amp; Foot (card game)  1-4P: Scrabble  <b>1P: Drama Class w/Jules Corriere wk 2</b>  2P: Fun Pump  2:45P: Orientation  3P: Chair Yoga</p>	<p><b>19</b>  8A: Silver Sneakers Splash  9A: Silver Sneakers Ener-Chi  <b>9A: <u>Hamrick's Shopping / Lunch at Cracker Barrell</u></b>  9:30: <u>Spanish I</u> wk 7  10A: Gentle Yoga  <b>10A: Bocce Ball</b>  <b>11A-2P: Massage Therapy</b>  1-3P: Bridge  1:30-3P: Jonesborough Dulcimer Players  2P: Chess  2P: Kickboxing Class  3P: Yogalates  4:30P: Line Dancing  6P: Join the Jam</p>	<p><b>20</b>  <b>9A: <u>9-Ball Billiards Tournament</u></b>  9A: Silver Sneakers Classic  <b>9:30A: <u>Not Your Mother's Sewing Guild</u></b>  10A: Silver Sneakers Circuit  10A: Fun with Trivia  10A-12P: Bridge  <b>11A: <u>Parkour Silver</u></b>  1P: Joyful Women's Bible Study  <b>1P: Beginner Double-Deck Pinochle</b>  1-4P: Scrabble  1:30-4:30P: ROOK</p>
<p><b>23</b>  8A: Silver Sneakers Splash  9A: Silver Sneakers Classic  9:30A-4P: Stitch Therapy  <b>10A: Instructional Shuffleboard</b>  10A: Silver Sneakers Circuit  10A: Bible Study  12:30P: BINGO by <u>Visiting Angels</u>  1-3:30P: Mahjong  <b>1:30P: <u>Active Living Everyday</u> w/Gayle Hawley</b>  1:30-4:30P: ROOK  2P: Life Fit  3P: Gentle Yoga</p>	<p><b>24</b>  <b>9A: Lincoln Loopers</b>  9A: Pickleball  <b>9A-11A: <u>Take charge of your Diabetes: presented by the Health Department</u></b>  9:30: <u>Spanish I</u> wk 8  <b>9A: Silver Sneakers Ener-Chi</b>  <b>10A: Chair Yoga</b>  10A-2P: Massage Therapy  10A-12P: Bridge  12:30P-3:30P: Cribbage  1:30-3P: Knit Pickers  2P: Zumba Class  3P: Yogalates  <b>4:30P-5:30P: Beginner Line Dancing wk 2 (\$30 for all 6 weeks)</b>  6P-7:45P: Partner Dance</p>	<p><b>25</b>  9A: Silver Sneakers Classic  <b>9:30A-11A: <u>Painting with Tania: Sunflower</u></b>  10A: Silver Sneakers Circuit  10A-11A: General Technology  11:30A: Café Connection  12-4:45P: Hand &amp; Foot (card game)  <b>12:30P: <u>Nutrition &amp; Physical Activity</u> w/Gayle Hawley</b>  1-4P: Scrabble  <b>1P: Drama Class w/Jules Corriere wk 3</b>  2P: Fun Pump  2:45P: Orientation  3P: Chair Yoga</p>	<p><b>26</b>  8A: Silver Sneakers Splash  9A: Silver Sneakers Ener-Chi  9:30: <u>Spanish I</u> wk 8  10A-12P: Writers Group  10A-2P: Massage Therapy  10A: Gentle Yoga  <b>10A: Bocce Ball</b>  1-3P: Bridge  1:30-3P: Jonesborough Dulcimer Players  2P: Chess  2P: Kickboxing Class  3P: Yogalates  <b>4P: Advisory Board</b>  4:30P: Line Dancing  6P: Join the Jam</p>	<p><b>27</b>  9A: Silver Sneakers Classic  <b>9:30A: <u>Bowling &amp; Lunch</u></b>  <b>10A: <u>Pillared Candle Making</u> w/Mary Regen</b>  10A: Silver Sneakers Circuit  10A-12P: Bridge  10:30A: Fun with Trivia  <b>11A: <u>Walk w/Ease Erwin Linear Trail &amp; Lunch at Clinchfield Sub Station</u></b>  <b>11A: <u>Parkour Silver</u></b>  1P: Joyful Women's Bible Study  <b>1P: Beginner Double-Deck Pinochle</b>  1-4P: Scrabble  1:30-4:30P: Play Rook</p>
<p><b>30</b>  8A: Silver Sneakers Splash  9A: Silver Sneakers Classic  9:30A-4P: Stitch Therapy  <b>10A: Instructional Shuffleboard</b>  10A: Silver Sneakers Circuit  12:30P: BINGO by <u>Home Instead</u>  1-3:30P: Mahjong  <b>1:30P: <u>Active Living Everyday</u> w/Gayle Hawley</b>  1:30-4:30P: ROOK  2P: Life Fit  3P: Gentle Yoga</p>	<p><b>Calendar Key:</b></p> <p><b>...Closing Announcements or Altered Classes</b></p> <p><b>... New or Infrequent Classes, or Special Events</b></p> <p><b>... Trips</b></p> <p><b>...Scheduled Activities meeting at Lincoln Park</b></p>			



September 2024

