

CITY OF DICKSON
**SENIOR
ACTIVITY
CENTER**
The Fun Begins at 55!



April 2026



Dickson Senior Activity Center

www.cityofdickson.com

Old Timers Day presents :
Ms. Senior Dickson County
April 29 at 1:00



Lunch & Learn

April 8 11:00

Sponsored by: Select Physical Therapy

**Crafts!
Crafts!
Crafts!**

Sign up required



Fitness Equipment Orientation

April 14 at 9:00

April 22 at 2:00

Learn the basics of how to safely and effectively use the weight machines and cardio equipment

Dementia Support Group

Games for Brain Power

April 8 12:30

Dickson Senior Activity Center

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><i>The Fun Begins at 55!</i></p>		1	2	3
		9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 12:30 Stuffed Bunny Craft (Sign-up Required) 1:00 Strength & Balance	9:00 Cardio Drumming 9:30 Ankle Foot Center Presentation 10:00 Total Fitness 10:00 <i>Bingo – Ankle Foot Center</i> 11:00 Total Fitness 1:00 PomFit 1:00 Volleyball	Closed For Good Friday 
6	7	8	9	10
9:00 Yoga 9:00 – 11:00 Traditions Bank Lobby Table 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 1:00 <i>Bingo- Shane Smith Insurance</i>	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:00 Folk Dance 12:30 Craft – Birdhouse Décor (Sign-up Required) 1:00 Cardio Drumming	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:00 Lunch and Learn – Select Physical Therapy 12:30 Memories Matter – Games for Brain Power 1:00 Strength & Balance	9:00 Cardio Drumming 9:30 Caption Call Presentation 10:00 Total Fitness 10:00 <i>Bingo – Esperta Health</i> 11:00 Total Fitness 1:00 PomFit 1:00 Volleyball	9:00 Cardio 9:00 Diamond Art 10:00 Floor Yoga 10:00 Gentle Chair Yoga 11:00 Strength & Balance 11:00 Bowling- at Thunder Alley 12:00 Lunch Bunch meet at 055 Pizza- Downtown Dickson
13	14	15	16	17
9:00 Yoga 9:00 – 11:00 Old Timers Day Info Table 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 <i>Bingo – Avenues Homecare</i> 2:00 Smartphone Help	9:00 Equipment Orientation 9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:00 Folk Dance 11:30 Camera Class 1:00 Cardio Drumming	9:00 Yoga 9:30-11:30 TN SHIP 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 12:30 Craft – Spring Flower Cards (Sign-up Required) 1:00 Strength & Balance	9:00 Cardio Drumming 10:00 Total Fitness 10:00 <i>Bingo – Carenet</i> 11:00 Total Fitness 1:00 PomFit 1:00 Volleyball	9:00 Cardio 9:00 Diamond Ard 10:00 Floor Yoga 10:00 Gentle Chair Yoga 11:00 Strength & Balance 11:00 Bowling- at Thunder Alley
20	21	22	23	24
9:00 Yoga 9:00 – 11:00 Humana Info Table 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 <i>Bingo – Silver Angels</i>	9:00 Cardio 9:00 Memories Matter – Dementia Support Group 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:00 Folk Dance 12:30 How to Write a Book 1:00 Cardio Drumming	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance 2:00 Equipment Orientation Cancer Auction Day	9:00 Cardio Drumming 9:30 Senior Elite Services Presentation 10:00 Total Fitness 10:00 <i>Bingo – Senior Elite Services</i> 11:00 Total Fitness 1:00 PomFit 1:00 Volleyball	9:00 Cardio 9:00 Diamond Art 10:00 Floor Yoga 10:00 Gentle Chair Yoga 11:00 Strength & Balance 11:00 Bowling- at Thunder Alley
27	28	29	30	
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 <i>Bingo – Bank of Dickson</i> 2:00 Smartphone Help	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 12:30 Folk Dance Performance 1:00 Cardio Drumming	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 1:00 No Strength & Balance 1:00 Ms. Senior Dickson County Pageant	National Tie Dye Day Wear Tie Dye 9:00 Cardio Drumming 9:30 Caris Presentation 10:00 Total Fitness 10:00 <i>Bingo – Caris</i> 11:00 Total Fitness 1:00 PomFit 1:00 Volleyball 	

100 Payne Springs Rd

Dickson, TN

615.446.9350

Monday-Friday 8:00-4:00

Enjoy Lunch Monday – Thursday 11:00 – 12:30.