

CITY OF DICKSON

**SENIOR
ACTIVITY
CENTER**

The Fun Begins at 55!



December 2025

Facebook: *Dickson Senior Activity Center*

www.cityofdickson.com

Merry Mondays

Dress festively each Monday in December to spread holiday cheer and kick off the week with sparkle and joy!

December 1 - Festive Monday!

Wear your favorite holiday shirt or sweater.

December 8 - Holiday Cheer!

*Dress in **Red** or **Green**.*

December 15 - Jingle Bell Rock!

“Rock” your holiday accessories.

December 22 - Grinch Day!

Wear Green!



HOLIDAY



Bring a new, wrapped \$5 item to participate.

Monday, December 22

1:00



FIRE CHAT

DECEMBER 11

9:30

Imagination Library Information Table



Learn about the program dedicated to inspiring a love of reading and how you can get involved.

Monday, December 8

9:00 - 11:00

LUNCH AND LEARN

Wednesday, December 3
11:00

Learn about treatment options for joint pain from
Dr. Joseph Niland, an orthopedic surgeon with
TriStar Medical Group.



ARTHRITIS

MANAGEMENT PROGRAM

December 15
12:30



EYE AND VISION CARE PRESENTATION

December 4
9:30



DEMENTIA SUPPORT GROUP



Tuesday, December 16
9:00 – 10:00

December Topic: Support during the Holidays

Sponsored by: Home Care Solutions and Elder Law of Nashville PLC.

SMARTPHONE HELP

December 8 and December 22
2:00

Sponsored by:  **WoodmenLife®**
woodmenlife.org

WOODEN DOOR HANGER



**Wednesday
December 3
12:30**

Sign up Required

Year-end Financial Essentials

Review a list of end-of-year financial
check-ups and to-dos.



**December 1
12:30**

Grief Support for the Holidays

Wednesday, December 17
1:00



Dickson Senior Activity Center

December 2025

<i>Merry Mondays</i>	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<i>Wear your favorite holiday shirt!</i> 9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 12:30 Presentation – Senior Elite Services 1:00 Bingo – Senior Elite Services	CLOSED For Election	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:00 Lunch and Learn - Dr. Niland, Orthopedics 12:30 Craft – Wooden Door Hanger 1:00 Strength & Balance	9:00 Cardio Drumming 9:30 Dickson Eye Health Presentation 10:00 Total Fitness 10:00 Bingo – Dickson Funeral Home 11:00 Total Fitness 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 1:00 Volleyball
8	9	10	11	12
<i>Wear Red or Green!</i> 9:00 Yoga 9:00 – 11:00 Imagination Library Info Table 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 Bingo – Shane Smith Insurance 2:00 Smartphone Help	9:00 Cardio 10:00 Line Dancing (Video) 10:00 Strength & Balance 11:00 Strength & Balance 1:00 Cardio Drumming	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 1:00 Strength & Balance	9:00 Cardio Drumming 9:30 Fire/Police Chat 10:00 Total Fitness 10:00 Bingo – Quick Flow 11:00 Total Fitness 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 Mile Post 42 1:00 Volleyball
15	16	17	18	19
<i>“Rock” your holiday accessories!</i> 9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Arthritis Program – Results/Benchmark PT 1:00 Bingo – Audio Nova	9:00 Cardio 9:00 Memories Matter – Dementia Support Group 10:00 Line Dancing 10:00 Strength & Balance 11:00 Strength & Balance 1:00 Cardio Drumming	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Grief Support for the Holidays - Caris 1:00 Strength & Balance	9:00 Cardio Drumming 10:00 Total Fitness 10:00 Bingo – Enrichment at Home 11:00 Total Fitness 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 1:00 Volleyball
22	23	24	25	26
<i>Grinch Day! Wear Green!</i> 9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 BYOB Holiday Bingo 2:00 Smartphone Help	9:00 Cardio 10:00 Line Dancing 10:00 Strength & Balance 11:00 Strength & Balance 1:00 Cardio Drumming	CLOSED	CLOSED 	CLOSED
29	30	31	<i>The Fun Begins at 55!</i>	
CLOSED	CLOSED	CLOSED		

100 Payne Springs Rd

Dickson, TN

615.446.9350

Monday-Friday 8:00-4:00

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