

Dickson Senior Activity Center

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<i>The Fun Begins at 55!</i> 			1	2
			CLOSED 	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
5	6	7	8	9
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 1:00 <i>Bingo – Silver Angels</i> 2:00 Smartphone Help	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:30 Camera Class 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 <i>Bingo – CareNet</i> 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 Ming Court 1:00 Volleyball
12	13	14	15	16
Cabin Fever Day 8:30 Laps to Beat the Winter Blues 9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Game Time 1:00 <i>Bingo – First Federal</i>	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 12:30 Craft – Painted Snowman Plate (Sign Up Required) 1:00 Cardio Drumming	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 12:30 How to Write a Book 1:00 Strength & Balance	9:00 Cardio Drumming 9:00 Memories Matter – Dementia Support Group 9:30 Presentation – Senior Health & Wellness 10:00 Total Fitness 10:00 <i>Bingo – Senior Health & Wellness</i> 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
19	20	21	22	23
CLOSED for MLK Jr. Day	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 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 Strength & Balance	9:00 Cardio Drumming 9:30 Presentation – Senior Elite Services 10:00 Total Fitness 10:00 <i>Bingo – Senior Elite Services</i> 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
26	27	28	29	30
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Diabetes Management Presentation – NHC Homecare 1:00 <i>Bingo – NHC Homecare</i>	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 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 Strength & Balance	9:00 Cardio Drumming 9:30 Habitat for Humanity Presentation 10:00 Total Fitness 10:00 <i>Bingo – Homecare Solutions</i> 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

100 Payne Springs Rd

Dickson, TN

615.446.9350

Monday-Friday 8:00-4:00

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