

Dickson Senior Activity Center

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Cardio 10:00 Total Fitness 10:00 Line Dancing 11:00 Total Fitness 11:30 Camera Class 1:00 Cardio Drumming	2 9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 1:00 Strength & Balance	3 <i>Red, White & Blue Day</i> 9:00 Kickboxing 9:30 Veterans Program - Gentiva 10:00 Total Fitness 10:00 Bingo – Bank of Dickson 11:00 Total Fitness 1:00 Volleyball	4 CLOSED 
7 9:00 Yoga 10:00 Yoga 10:00 Groovy Line Dance 11:00 Yoga 12:30 Scam Awareness – First Federal Bank 1:00 Bingo – Accent Care 2:00 Smartphone Help	8 9:00 Cardio 10:00 Total Fitness 10:00 Line Dancing 11:00 Total Fitness 11:30 Craft – Painted Wine Glass Snowman 1:00 Cardio Drumming	9 9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 12:30 Craft – Painted Pinecone Christmas Tree 1:00 Strength & Balance	10 <i>Christmas in July</i> 9:00 Kickboxing 9:30 Fire/Police Chat 10:00 Total Fitness 10:00 Bingo and More 11:00 Total Fitness 1:00 Volleyball	11 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 – Bryan's Steakhouse 1:30 Game Time
14 9:00 Yoga 10:00 Yoga 10:00 Groovy Line Dance 11:00 Yoga 11:30 Crochet 1:00 Bingo – Shane Smith Insurance	15 9:00 Cardio 9:00 Memories Matter – Dementia Support Group 10:00 Total Fitness 10:00 Line Dancing 11:00 Total Fitness 11:00 Lunch and Learn – Enrichment at Home 1:00 Cardio Drumming	16 9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance	17 9:00 Kickboxing 9:30 Presentation – Smile on 65+ 10:00 Total Fitness 10:00 Bingo – Senior Health and Wealth Solutions 11:00 Total Fitness 1:00 Volleyball	18 9:00 Cardio 9:00 Diamond Art 10:00 Floor Yoga 10:00 Gentle Chair Yoga 11:00 Strength & Balance (Video) 11:00 Bowling- at Thunder Alley 1:30 Game Time
21 9:00 Yoga 10:00 Yoga 10:00 Groovy Line Dance (Video) 11:00 Yoga 11:30 Crochet 1:00 Bingo – Caris 2:00 Smartphone Help	22 9:00 Cardio 10:00 Total Fitness 10:00 Line Dancing 11:00 Total Fitness 1:00 No Cardio Drumming	23 9:00 Yoga 9:30 – 11:30 TN SHIP 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance	24 9:00 Kickboxing 9:30 Improve Your Hearing Presentation – Audio Nova 10:00 Total Fitness 10:00 Bingo – Audio Nova 11:00 Total Fitness 1:00 Volleyball	25 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 1:30 Game Time
28 9:00 Yoga 10:00 Yoga 10:00 Groovy Line Dance 11:00 Yoga 11:30 Crochet 1:00 Bingo – Ignite Broadband	29 9:00 Cardio 10:00 Total Fitness 10:00 Line Dancing 11:00 Total Fitness 1:00 Cardio Drumming	30 9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 1:00 Strength & Balance	31 9:00 Kickboxing 9:30 Fall Prevention Presentation – NHC Homecare 10:00 Total Fitness 10:00 Bingo – NHC Homecare 11:00 Total Fitness 1:00 Volleyball	<i>The Fun Begins at 55!</i>

100 Payne Springs Rd

Dickson, TN

615.446.9350

Monday-Friday 8:00-4:00

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