

Dickson Senior Activity Center

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 <i>The Fun Begins at 55!</i>		1	2	3
		9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 12:30 Memories Matter – Dementia Support Group 12:30 – 2:30 Summer Mini Camp Watercolor 1:00 Strength & Balance	Celebrate America! Wear Red, White and Blue 9:00 Cardio Drumming 9:00 Strength & Balance 10:00 Total Fitness 10:00 Red, White and Blue Bingo – The Lodge at Natchez Trace 11:00 Total Fitness 12:30 – 2:30 Summer Mini Camp Watercolor 1:00 PomFit 1:00 Volleyball	Closed for 4 th of July 
6	7	8	9	10
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 1:00 Bingo- Shane Smith Insurance 2:00 Smartphone Help	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 1:00 Strength & Balance	9:00 Cardio Drumming 9:00 Strength & Balance 9:30 Fire Chat 10:00 Total Fitness 10:00 Bingo – Senior Life Insurance Company 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 The Manor
13	14	15	16	17
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 Bingo – Harmony at Bellevue	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 9:30-11:30 TN SHIP 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance	9:00 Cardio Drumming 9:00 Strength & Balance 9:30 Make Your Home Safe Presentation – Delora Care 10:00 Total Fitness 10:00 Bingo – Delora Care 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 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 Bingo – Simms Insurance Agency 2:00 Smartphone Help	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 12:30 Craft – Painted Bag (Sign-up Required) 1:00 Strength & Balance	Christmas in July Wear Red or Green 9:00 Cardio Drumming 9:00 Strength & Balance 10:00 Total Fitness 10:00 Christmas in July Bingo – TriStar Bank 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	31
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 Bingo – Habitat Restore	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 1:00 Strength & Balance	9:00 Cardio Drumming 9:00 Strength & Balance 9:30 Caris Presentation 10:00 Total Fitness 10:00 Bingo – Caris 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

100 Payne Springs Rd

Dickson, TN

615.446.9350

Monday-Friday 8:00-4:00

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