

# Dickson Senior Activity Center

# June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 1:00 <i>Bingo – Simms Insurance Agency</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 12:30 <i>Memories Matter – Dementia Support Group</i> 1:00 Strength & Balance	9:00 Cardio Drumming 9:00 <i>Strength &amp; Balance</i> 10:00 Total Fitness 10:00 <i>Bingo – Shelter Insurance</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
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 NHC Homecare Presentation 1:00 <i>Bingo – NHC Homecare</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 9:00 <i>Strength &amp; Balance</i> 9:30 <i>Fire Chat</i> 10:00 Total Fitness 10:00 <i>Bingo – Miracle Ear</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 Otts BBQ in Charlotte
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 <i>Bingo – Results/Benchmark PT</i>	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 12:30 <i>Craft – Summer Wreath (Sign-up Required)</i> 1:00 Cardio Drumming	9:00 Yoga 9:30 – 11:30 <i>TN SHIP</i> 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance	9:00 Cardio Drumming 9:00 <i>Strength &amp; Balance</i> 10:00 Total Fitness 10:00 <i>Bingo – Cornerstone Caregiving</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
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 <i>Bingo – Dickson Funeral Home</i> 2:00 Smartphone Help	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 1:00 Cardio Drumming (Video)	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 9:00 <i>Strength &amp; Balance</i> 10:00 Total Fitness 10:00 <i>Bingo – Enrichment at Home</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
<b>29</b>	<b>30</b>			
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 12:30 – 2:30 <i>Summer Mini Camp- Watercolor (Sign-up Required)</i> 1:00 <i>Bingo – Vantage Pointe Village</i>	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 1:00 Cardio Drumming 12:30 – 2:30 <i>Summer Mini Camp- Watercolor (Sign-up Required)</i>			

Hours: Monday-Friday 8:00-4:00

100 Payne Springs Rd. Dickson, TN

615.446.9350

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