



June 2026



Dickson Senior Activity Center

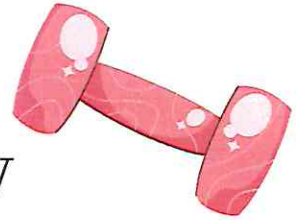
www.cityofdickson.com

STAY ACTIVE THIS SUMMER

Additional class to keep you moving - Strength & Balance with Rachael!



Thursdays at 9:00
during June and July
Begins June 4



Dementia Support Group

June Topic: Music & Movement
June 3 at 12:30

Sponsored by: Home Care Solutions
& Elder Law of Nashville PLC

Summer Wreath Craft



June 16
12:30

Sign-up Required

Summer Mini Camp Watercolor June 29 - July 1

sign-up required



Medicare Info Table

June 17
9:30 - 11:30



Dickson Senior Activity Center

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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 & 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
8	9	10	11	12
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 & 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
15	16	17	18	19
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 & 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
22	23	24	25	26
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 & 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
29	30	<p>CITY OF DICKSON SENIOR ACTIVITY CENTER <i>The Fun Begins at 55!</i></p>		
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