Dickson Senior Activity Center March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 12:30 Boaz Blessings Presentation 1:00 *Bingo – Dickson Funeral Home*	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:00 Folk Dance 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 Chat 10:00 Total Fitness 10:00 *Bingo – Metrican* 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
9	**10**	**11**	**12**	**13**
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 *Bingo – Dickson Co. Help Center*	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:00 Folk Dance 11:30 Camera Class 1:00 Cardio Drumming	9:00 Yoga 9:30 – 11:30 TN SHIP Lobby Table 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 12:30 Spring Carrot Décor Craft (Sign-up Required) 1:00 Strength & Balance	9:00 Cardio Drumming 9:30 Dickson Community Clinic Presentation 10:00 Total Fitness 10:00 *Bingo – Homecare Solutions* 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 Ichiro
16	**17**	**18**	**19**	**20**
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 Bingo – NHC Homecare 2:00 Smartphone Help	St. Patrick's Day Wear Green 9:00 Cardio 9:00 Memories Matter – Dementia Support Group 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:00 Folk Dance 1:00 Cardio Drumming 	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga *11:00 Lunch and Learn – TriStar Horizon* 11:30 Cross Stitch 1:00 Strength & Balance	9:00 Cardio Drumming (Video) 9:30 Senior Elite Services Presentation 10:00 Total Fitness 10:00 *Bingo –Senior Elite Services* 11:00 Total Fitness 1:00 PomFit (Video) 1:00 Volleyball	9:00 Cardio 9:00 Diamond Art 10:00 Floor Yoga 10:00 Gentle Chair Yoga (Video) 11:00 Strength & Balance (Video) 11:00 Bowling at Thunder Alley
23	**24**	**25**	**26**	**27**
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold (Video) 11:00 Yoga 11:30 Crochet 12:30 Decluttering Tips – Turning Leaf Transitions *1:00 Bingo – Turning Leaf Transitions*	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:00 Folk Dance 1:00 Cardio Drumming	9:00 Yoga 10:00 Zumba Gold (Video) 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance 1:00 Grief Support	9:00 Cardio Drumming (Video) 9:30 United Healthcare Presentation 10:00 Total Fitness 10:00 *Bingo – United Health Care* 11:00 Total Fitness 1:00 PomFit (Video) 1:00 Volleyball	9:00 Cardio 9:00 Diamond Art 10:00 Floor Yoga 10:00 Gentle Chair Yoga (Video) 11:00 Strength & Balance 11:00 Bowling at Thunder Alley
30	**31**			
9:00 Yoga (Video) 10:00 Yoga (Video) 10:00 Zumba Gold 11:00 Yoga (Video) 1:00 *Bingo – Kona Ice* 2:00 Smartphone Help	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:00 Folk Dance 1:00 Cardio Drumming			

CITY OF DICKSON
SENIOR ACTIVITY CENTER
The Fun Begins at 55!

Hours: Monday-Friday 8:00-4:00 **100 Payne Springs Rd. Dickson, TN** **615.446.9350**

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