

Monday	Tuesday	Wednesday	Thursday	Friday
<i>The Fun Begins at 55!</i> 				
3	4	5	6	7
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 1:00 Bingo – Bank of Dickson	9:00 Cardio 10:00 Line Dancing 10:00 Strength & Balance 11:00 Strength & Balance 11:30 Camera Class 12:30 Piano Lessons 1:00 Piano Lessons 1:00 Cardio Drumming	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:00 Lunch and Learn – Dr. Sarb, Orthopedics 1:00 Strength & Balance	Wear Purple for Alzheimer's Awareness 8:30 – 11:30 Laps for Awareness 9:00 Cardio Drumming 9:00 – 11:00 Alzheimer's Info Tables 9:30 Alzheimer's Presentation – Senior Elite Services 10:00 Total Fitness 10:00 Bingo – Senior Elite Services 11:00 Total Fitness 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 1:00 Volleyball
10	11	12	13	14
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 Bingo – Shane Smith Insurance 2:00 Smartphone Help	9:00 Veterans Day Coffee – Caris 9:00 Cardio 10:00 Line Dancing 10:00 Strength & Balance 11:00 Strength & Balance 12:30 Piano Concert 1:00 Cardio Drumming	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 12:30 Craft – Smashed Can 1:00 Strength & Balance	9:00 Cardio Drumming 9:30 Fire/Police Chat 10:00 Total Fitness 10:00 Bingo – Select PT 11:00 Total Fitness 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 Ginger Hibachi 1:00 Volleyball
17	18	19	20	21
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Veterans Services Presentation – Avenues Homecare 1:00 Bingo – Avenues Homecare	9:00 Cardio 9:00 Memories Matter – Dementia Support Group 10:00 Line Dancing 10:00 Strength & Balance 11:00 Strength & Balance 12:30 Craft – Mosaic Christmas Ornament 1:00 Cardio Drumming	9:00 Yoga 9:15 – 1:00 TN SHIP 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance	9:00 Cardio Drumming 9:30 Presentation – Caris 10:00 Total Fitness 10:00 Bingo – Caris 11:00 Total Fitness 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 1:00 Volleyball
24	25	26	27	28
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Smile on 65+ Presentation 1:00 Bingo – Ignite Broadband 2:00 Smartphone Help	9:00 Cardio 10:00 Line Dancing 10:00 Strength & Balance 11:00 Strength & Balance 1:00 Cardio Drumming	9:00 Yoga 9:15 – 1:00 TN SHIP 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance	Closed For Thanksgiving 	Closed For Thanksgiving