

Dickson Senior Activity Center October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 CITY OF DICKSON SENIOR ACTIVITY CENTER <i>The Fun Begins at 55!</i>			1 9:00 Cardio Drumming (video) 9:30 Presentation-Senior Elite Services 10:00 Total Fitness 10:00 Bingo – Senior Elite Services 1:00 PomFit (video) 1:00 Volleyball	2 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
5 9:00 Yoga 9:00-11:00 Flu Shots 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 1:00 Bingo- Shane Smith Insurance	6 9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance (video) 12:30 Craft – Beginners Diamond Art (sign-up required) 1:00 Cardio Drumming	7 9:00 Yoga 9:00-11:00 Hearing Screening- Audio Nova 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 12:30 Memories Matter-Dementia Support Group 1:00 Strength & Balance	8 9:00 Cardio Drumming 9:30 Fire Chat 10:00 Total Fitness 10:00 Bingo – Fire Dept. 1:00 PomFit 1:00 Volleyball	9 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 Slyms BBQ in Bon Aqua
12 9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 Bingo – Adoration Hospice 2:00 Smartphone Help	13 9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:30 Camera Class 1:00 Cardio Drumming	14 9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 1:00 Strength & Balance	15 Wear Pink for Breast Cancer Awareness 9:00 Cardio Drumming 10:00 Total Fitness 10:00 Bingo – Enrichment at Home 1:00 PomFit 1:00 Volleyball 	16 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
19 9:00 Yoga 9:00-11:00 Flu Shots 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 Bingo – Simms Insurance Agency	20 9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 12:30 How to Write a Book 1:00 Cardio Drumming	21 9:00 Yoga 9:00-1:00- TN SHIP (sign-up required) 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance	22 9:00 Cardio Drumming 9:30 Presentation- Caris 10:00 Total Fitness 10:00 Bingo- Caris 1:00 PomFit 1:00 Volleyball	23 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
26 9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Presentation- Boaz Blessings 12:30-2:30 Ukelele Mini Camp (sign-up required) 1:00 Bingo- Bank of Dickson 2:00 Smartphone Help	27 9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 12:30-2:30 Ukelele Mini Camp (sign-up required) 1:00 Cardio Drumming	28 9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance	29 9:00 Cardio Drumming 9:15 Presentation- Comfort Keepers 9:45 Halloween Costume Contest 10:00 Total Fitness 10:00 Halloween Bingo – Tristar Bank 1:00 PomFit 1:00 Volleyball	30 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.