

Dickson Senior Activity Center

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<i>The Fun Begins at 55!</i>		1	2	3
		9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 1:00 Strength & Balance	9:00 Cardio Drumming 9:30 Presentation – Senior Elite Services 10:00 Total Fitness 10:00 <i>Bingo – Senior Elite Services</i> 11:00 Total Fitness 12:30 Craft – Painted Door Mat 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
6	7	8	9	10
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 12:30 Wound Care Presentation – Esperta Health 1:00 <i>Bingo – Chen & Associates Insurance</i>	CLOSED For Election	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 12:30 Craft – Beaded Bracelet 1:00 Strength & Balance (Video)	9:00 Cardio Drumming 10:00 Total Fitness 10:00 <i>Bingo – Quick Flow</i> 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 Las Delicias 1:00 Volleyball
13	14	15	16	17
9:00 Yoga 9:00 – 11:00 Flu Shots 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Karaoke with Christian 1:00 <i>Bingo – Shane Smith Insurance</i> 2:00 Smartphone Help	9:00 Cardio 10:00 Line Dancing 10:00 Strength & Balance 12:30 Piano Lessons 1:00 Piano Lessons 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	Wear PINK for Breast Cancer Awareness  9:00 Cardio Drumming 10:00 Total Fitness 10:00 <i>Bingo – Results/Benchmark PT</i> 11:00 Total Fitness 12:30 Craft – Scarecrow Wooden Block 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
20	21	22	23	24
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Alzheimer's Disease Presentation - Vanderbilt Memory & Alzheimer's Center 1:00 <i>Bingo – CG Travel</i>	9:00 Cardio 9:00 Memories Matter – Dementia Support Group 10:00 Line Dancing 10:00 Strength & Balance 12:30 Piano Lessons 1:00 Piano Lessons 1:00 Cardio Drumming	9:00 Yoga 9:00 <i>Coffee Talk with American Republic Ins.</i> 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 12:30 How to Write a Book 1:00 Strength & Balance	9:00 Cardio Drumming 9:30 Health Talk – CenterWell & Para Insurance 10:00 Total Fitness 10:00 <i>Bingo – CenterWell & Para Insurance</i> 11:00 Total Fitness 12:45 <i>Fall Fashion Show</i> 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
27	28	29	30	31
9:00 Yoga 9:00 – 11:00 Flu Shots 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Fire Chat 1:00 <i>Bingo – Turning Leaf Transitions</i> 2:00 Smartphone Help	9:00 Cardio 10:00 Line Dancing 10:00 Strength & Balance 11:00 <i>Strength & Balance</i> 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 – TriStar Horizon Medical Ctr. 1:00 Strength & Balance	9:00 Cardio Drumming 9:45 <i>Halloween Costume Contest</i> 10:00 Total Fitness 10:00 <i>Halloween Bingo – Exit Realty</i> 11:00 Total Fitness 1:00 Volleyball 	Wear Your Senior Center Shirt Day! 9:00 Cardio (Video) 9:00 Diamond Art 10:00 <i>No Floor Yoga</i> 10:00 Gentle Chair Yoga 11:00 Strength & Balance 11:00 Bowling- at Thunder Alley 1:00 Volleyball

100 Payne Springs Rd

Dickson, TN 615.446.9350
 Enjoy Lunch Monday – Thursday 11:00 – 12:30.

Monday-Friday 8:00-4:00