

CITY OF DICKSON

SENIOR ACTIVITY CENTER

The Fun Begins at 55!



October 2025

Facebook: *Dickson Senior Activity Center*

www.cityofdickson.com

Fall Fashion

Show



Thursday, October 23
12:45

Senior Center Models will be escorted by City of Dickson Police Officers.

Halloween Festivities

Thursday, October 30

9:45—Halloween Costume Contest

10:00— Halloween Bingo

Sponsored by: Exit Realty



100 Payne Springs Rd.

8:00 - 4:00 Monday - Friday

615-446-9350

LUNCH AND LEARN

Wednesday

October 29

11:00

Learn about heart health from Jennifer Law, a Cardiology Nurse Practitioner, with Centennial Heart at Horizon.

Sponsored by: TriStar Horizon Medical Center

Free and Unbiased Medicare Counseling



October 15

9:15 - 1:00

Sign up required. Register at front desk.

ALZHEIMER'S DISEASE FUNDAMENTALS

Clear up common myths about Alzheimer's, learn how to focus on risk reduction, and explore ways to support healthy aging.

**Vanderbilt Memory
& Alzheimer's Center**

October 20

12:30

VANDERBILT  UNIVERSITY
MEDICAL CENTER

Starting Tuesday, October 28

NEW CLASS

Strength & Balance

11:00

Tuesdays

**MEDICARE
DOS AND DON'TS**

October 2

9:30

SENIOR ELITE
services LLC

Protecting Your Health & Wealth

**Wound
Care**

October 6

12:30

Presented by: Esperta Health

Get Your Flu Shot

October 13

and

October 27

9:00 - 11:00

Administered by DMA

Bring your insurance card.

Smartphone

HELP

October 13 &

October 27

2:00

Sponsored by: Woodmen Life

FIRE CHAT

OCTOBER 27

12:30

Wear **PINK** for
Breast Cancer Awareness

Thursday
October 16



Tuesday, October 21

9:00 – 10:00

DEMENTIA SUPPORT GROUP

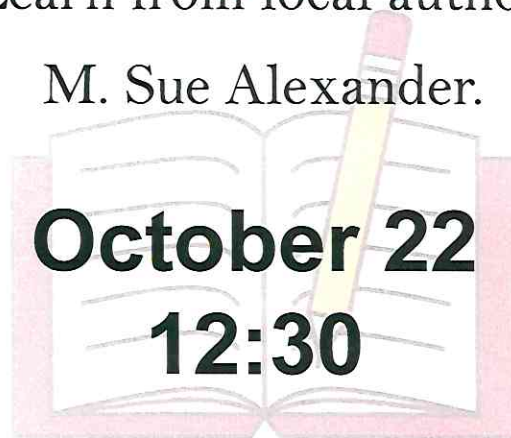
Sponsored by: Home Care Solutions
and Elder Law of Nashville PLC.

How to Write a Book

Learn from local author,

M. Sue Alexander.

October 22
12:30



Coffee talk

October 22

9:00 - 10:00



Sponsored by:
American Republic
Insurance Services®

Health Talk

October 23

9:30



PAINTED FALL DOORMAT

**Thursday
October 2
12:30**

Bring your own Coir Doormat
Sign up Required



Beaded Bracelet Craft



**Wednesday
October 8
12:30**

Sign up Required

Wooden Block Scarecrow

**Thursday
October 16
12:30**

Sign up Required



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 <i>Memories Matter – Dementia Support Group</i> 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

Monday-Friday 8:00-4:00

Enjoy Lunch Monday – Thursday 11:00 – 12:30.