

Dickson Senior Activity Center September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED 	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:30 Camera Class 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 <i>Medicare Do's and Don'ts – Senior Elite Services</i> 10:00 Total Fitness 10:00 <i>Bingo – Senior Elite Services</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
8	9	10	11	12
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Karaoke with Christian 1:00 Bingo – Shane Smith Insurance	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 12:30 <i>Piano Lessons</i> 1:00 Cardio Drumming 1:00 <i>Piano Lessons</i>	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 12:30 Craft – Fall Vase 1:00 Strength & Balance	Closed for Election	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 – Salt & Pepper Grill, White Bluff
15	16	17	18	19
<i>Fabulous 1950s Day</i> 9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 <i>Root Beer Float Social</i> 1:00 Bingo – Dickson Funeral Home 2:00 Smartphone Help	<i>Swinging 60s Day</i> 9:00 Cardio 9:00 <i>Memories Matter – Dementia Support Group</i> 10:00 Strength & Balance 10:00 Line Dancing 12:30 <i>Piano Lessons</i> 12:30 <i>'Name that Tune' 60s Edition</i> 1:00 Cardio Drumming 1:00 <i>Piano Lessons</i>	<i>Groovy 70s Day</i> 9:00 Yoga 9:30 – 11:30 TN SHIP 10:00 <i>Zumba Gold - Best of Disco Dance Class</i> 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 12:30 Craft – Macrame Wall Hanging 1:00 Strength & Balance	<i>Electric 80s Day</i> 9:00 Cardio Drumming 9:30 <i>Presentation – Kyle Scott, Edward Jones</i> 9:30 <i>Arcade Games</i> 10:00 Total Fitness 10:00 <i>Bingo – Kyle Scott, Edward Jones</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
22	23	24	25	26
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 Bingo – Accent Care	9:00 Cardio 9:00 <i>Grandparents on the Move</i> 10:00 Strength & Balance 10:00 Line Dancing 12:30 <i>Piano Lessons</i> 1:00 Cardio Drumming 1:00 <i>Piano Lessons</i>	9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance 1:00 – 3:00 <i>Car Fit – TN Trucking Association</i>	9:00 Cardio Drumming 9:30 <i>Presentation – Caris</i> 10:00 Total Fitness 10:00 <i>Bingo – Caris</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
29	30			
9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 1:00 Bingo – TN Quality Care Hospice 2:00 Smartphone Help	9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 12:30 <i>Piano Lessons</i> 1:00 Cardio Drumming 1:00 <i>Piano Lessons</i>			

Hours: Monday-Friday 8:00-4:00 100 Payne Springs Rd. Dickson, TN 615.446.9350
 Enjoy Lunch Monday-Thursday 11:00-12:30