

CITY OF DICKSON

SENIOR ACTIVITY CENTER

The Fun Begins at 55!



September 2025

Facebook: *Dickson Senior Activity Center*

www.cityofdickson.com

DECADES WEEK

Celebrate a different era each day . . . come dressed in styles from the decade and enjoy reminiscing with friends.

MONDAY, SEPTEMBER 15 – FABULOUS 50S

12:30 — Root Beer Float Social



TUESDAY, SEPTEMBER 16—SWINGING 60S



**12:30 — ‘Name that Tune’
60s Edition**

WEDNESDAY, SEPTEMBER 17—GROOVY 70S

10:00 — Best of Disco Dance Class



THURSDAY, SEPTEMBER 18—ELECTRIC 80S



9:30 — Arcade Games

TRY SOMETHING NEW

Check out our updated exercise class schedule*
with new classes and new class times.

| M | Tu | W | Th | F |
|--|--|--------------------------------|--|---|
| 9:00 Yoga | 9:00 Cardio | 9:00 Yoga | NEW CLASS TIME 9:00 Cardio Drumming | 9:00 Cardio |
| 10:00 Yoga NEW CLASS TIME 10:00 Zumba Gold | NEW CLASS TIME 10:00 Strength & Balance 10:00 Line Dancing | 10:00 Yoga 10:00 Zumba Gold | 10:00 Total Fitness with Philene | 10:00 Gentle Chair Yoga 10:00 Floor Yoga |
| 11:00 Yoga | | 11:00 Yoga | 11:00 Total Fitness | 11:00 Strength & Balance |
| | 1:00 Cardio Drumming | 1:00 Strength & Balance | 1:00 Volleyball | |

*Reference the September 2025 Calendar for our full list of activities.

Beginning Tuesday, September 9

Piano Lessons

**Tuesdays
12:30 or 1:00**

Instructed by:
Chris Greene Music

Space is limited. Sign up required. No experience or equipment needed.
Made possible by a grant from the Community Foundation of Dickson County.

Folk Dance

Starting Tue

POSTPONED

September 9

Let's Do-Si-Do!

Learn about and perform folk dances with an emphasis on early
American and Appalachian traditions!

'Grandparents on the Move'

Join other grandparents who have relocated to the beautiful
Dickson area to be closer to their children and
grandchildren. Newcomers meet other newcomers.

September 23 at 9:00

Medicare Dos & Don'ts

September 4

9:30



Wealth Management Info

Kyle Scott, Financial Advisor

September 18

9:30



Tuesday, September 16

9:00 – 10:00

DEMENTIA SUPPORT GROUP

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

Medicare Info Table



September 17

9:30 – 11:30

Smartphone HELP

September 15 &

September 29

2:00

Sponsored by: Woodmen Life

What is Hospice?

September 25

9:30





Helping Mature Drivers Find Their Safest Fit

CarFit is a free, interactive program where trained volunteers will help ensure the safest fit for you in your vehicle.

Stay confident and comfortable behind the wheel!

September 24

1:00 – 3:00

Sponsored by:

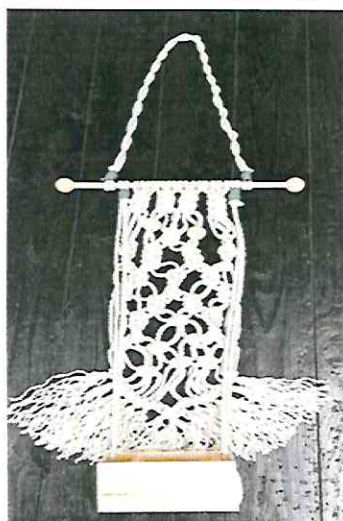


FALL Vase

September 10

12:30

Sign up Required



MACRAME Wall Hanging

September 17

12:30

Sign up Required

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 | <div>  </div> | | |

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