

Dickson Senior Activity Center September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 1:00 Cardio Drumming	2 9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 12:30 Dementia Support Group 1:00 Strength & Balance	3 9:00 Cardio Drumming 9:00 Strength & Balance 10:00 Total Fitness 10:00 <i>Bingo – Estate House Law</i> 11:00 Total Fitness 1:00 PomFit 1:00 Volleyball	4 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
7 Closed For Labor Day	8 9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 11:30 Camera Class 1:00 Cardio Drumming	9 9:00 Yoga (video) 10:00 Zumba Gold 10:00 Yoga (video) 11:00 Yoga (video) 12:30 Soul Talk with Pastor Stan Smith 1:00 Strength & Balance	10 9:00 Cardio Drumming 9:00 Strength & Balance 10:00 Total Fitness 10:00 <i>Bingo – LoRita's Open Door</i> 11:00 Total Fitness (video) 1:00 PomFit 1:00 Volleyball	11 9:00 Cardio 9:00 Diamond Art 10:00 No Floor Yoga 10:00 Gentle Chair Yoga 11:00 Strength & Balance 11:00 Bowling-at Thunder Alley 12:00 Lunch Bunch meet at 1881 Smokehouse & Grill, White bluff
14 9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 12:30 Fall Prevention-Results/ Benchmark PT 1:00 <i>Bingo – Simms Insurance Agency</i> 2:00 Smartphone Help	15 9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 12:30 Craft – Fall Wreath (Sign-up Required) 1:00 Cardio Drumming	16 9:00 Yoga 9:30-11:30 TN SHIP 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:30 Cross Stitch 1:00 Strength & Balance	17 9:00 Cardio Drumming (video) 9:00 Strength & Balance 9:30 Fall Prevention Senior Elite Services Presentation 10:00 Total Fitness 10:00 <i>Bingo – Senior Elite Services</i> 11:00 Total Fitness 1:00 PomFit (video) 1:00 Volleyball	18 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
21 9:00 Yoga 10:00 Yoga 10:00 Zumba Gold 11:00 Yoga 11:30 Crochet 1:00 <i>Bingo – The Lodge at Natchez Trace</i>	22 9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 1:00 Cardio Drumming	23 9:00 Yoga 10:00 Zumba Gold 10:00 Yoga 11:00 Yoga 11:00 Lunch and Learn – TriStar Horizon Medical Center 11:30 Cross Stitch 1:00 Strength & Balance	24 9:00 Cardio Drumming 9:00 Strength & Balance 10:00 Total Fitness 10:00 <i>Bingo – Harmony at Bellevue</i> 11:00 Total Fitness 1:00 PomFit 1:00 Volleyball	25 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
28 9:00 Yoga 10:00 Yoga 10:00 Zumba Gold (video) 11:00 Yoga 11:30 Crochet 1:00 <i>Bingo – Dickson Health and Rehab</i>	29 9:00 Cardio 10:00 Strength & Balance 10:00 Line Dancing 11:00 Strength & Balance 1:00 Cardio Drumming	30 9:00 Yoga 10:00 Zumba Gold (video) 10:00 Yoga 11:00 Yoga 1:00 Strength & Balance (video)	<i>The Fun Begins at 55!</i>	

100 Payne Springs Rd

Dickson, TN

615.446.9350

Monday-Friday 8:00-4:00

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