




# January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>REMINDER:</b> Our Exercise Room and Billiards Tables are open Monday through Friday 9am to 4pm.</p>	<p><b>Blood Pressure &amp; Glucose checks available 10am-noon MTWF</b></p> <p>*Checks performed by licensed nurses. Glucose checks available Mondays, Wednesdays, Fridays.</p>	<p>1</p> <p><b>CLOSED</b></p> <p>New Years</p>	<p>2</p> <p><b>CLOSED</b></p>	<p>3</p> <p><b>CLOSED</b></p>
<p>Chair Yoga 9:15-9:45am 6</p> <p>Silver Sneakers 10am</p> <p>Chicks w/Sticks 10am <i>Special music w/Randy</i></p> <p>Bridge Club</p> <p>Kindness Crew Noon <i>Dandurand</i></p> <p>Line Dancing 1pm</p> <p></p> <p>New Years Party 11am-1pm</p>	<p>Quilting Bees 9am 7</p> <p>Bible Study 9am (Ray Branch)</p> <p>Arthritis Class 10am</p> <p>Trivia w/Sharlynn</p> <p>Senior Songfest Noon</p> <p>Bunco 1pm (Summer theme) (Don't forget your item for Rescue Dog!)</p> <p>WMCT: Frank Bass – Vet Café</p>	<p>8</p> <p><b>CLOSED</b></p> <p>Veterans' Café 11am</p>	<p>9</p> <p>Arthritis Class 10am</p> <p>Cardmaking/Adult Coloring 10am</p> <p>Tabletop Games</p> <p>Improv Club 12:30pm</p> <p>Line Dancing 1pm</p>	<p>10</p> <p>Silver Sneakers 10am</p> <p>Tabletop Games</p> <p>Writing Club 1:30pm</p> <p><b>Abingdon Walmart &amp; Cracker Barrel Trip \$5</b></p>
<p>Chair Yoga 9:15-9:45am 13</p> <p>Silver Sneakers 10am</p> <p>Chicks w/Sticks 10am</p> <p>Bridge Club</p> <p>Kindness Crew Noon</p> <p>Line Dancing 1pm</p>	<p>14</p> <p>Quilting Bees 9am</p> <p>Bible Study 9am (Steven Spencer)</p> <p>Arthritis Class 10am</p> <p>Senior Songfest Noon</p> <p>WMCT: Quilting Bees</p>	<p>15</p> <p>Chair Yoga 9:15-9:45am</p> <p>Silver Sneakers 10am</p> <p>Senior Jam 11am</p> <p>Adult Coloring &amp; activities</p>	<p>16</p> <p>Arthritis Class 10am</p> <p>Cardmaking/Adult Coloring 10am</p> <p>Tabletop Games</p> <p>Line Dancing 1pm</p>	<p>17</p> <p>Silver Sneakers 10am</p> <p>Tabletop Games</p> <p>Writing Club 1:30pm</p> <p><i>Special music w/Steve Dunfee</i></p> <p></p> <p>w/Mtn. City Care Center</p>
<p>20</p> <p><b>CLOSED</b></p> <p>Martin Luther King Jr. Day</p>	<p>21</p> <p>Quilting Bees 9am</p> <p>Bible Study 9am (Rick Thomason)</p> <p>Arthritis Class 10am</p> <p>Senior Songfest Noon</p> <p>Bunco 1pm (Summer theme) (Don't forget your item for Rescue Dog!)</p> <p>WMCT: Pam Steinke</p>	<p>22</p> <p>Chair Yoga 9:15-9:45am</p> <p>Silver Sneakers 10am</p> <p>Senior Jam 11am</p> <p>Adult Coloring &amp; activities</p>	<p>23</p> <p>Arthritis Class 10am</p> <p>Cardmaking/Adult Coloring 10am</p> <p>Tabletop Games</p> <p>Improv Club 12:30pm</p> <p>Line Dancing 1pm</p>	<p>24</p> <p>Silver Sneakers 10am</p> <p>Tabletop Games</p> <p>Writing Club 1:30pm</p>
<p>27</p> <p>Chair Yoga 9:15-9:45am</p> <p>Silver Sneakers 10am</p> <p>Chicks w/Sticks 10am</p> <p>Bridge Club</p> <p>Cards w/Lynda 11am</p> <p>Kindness Crew Noon</p> <p>Book Club Noon</p> <p>Line Dancing 1pm</p>	<p>28</p> <p>Quilting Bees 9am</p> <p>Bible Study 9am (Tyler Fenner)</p> <p>Arthritis Class 10am</p> <p>Trivia w/Sharlynn</p> <p>Senior Songfest Noon</p> <p>WMCT: Robin Proffitt</p>	<p>29</p> <p>Chair Yoga 9:15-9:45am</p> <p>Silver Sneakers 10am</p> <p>Senior Jam 11am</p> <p>Adult Coloring &amp; activities</p> <p><i>Special music w/Nowhere Valley</i></p> <p></p> <p>w/Gentiva</p>	<p>30</p> <p>Arthritis Class 10am</p> <p>Cardmaking/Adult Coloring 10am</p> <p>Tabletop Games</p> <p>Line Dancing 1pm</p>	<p>31</p> <p>Silver Sneakers 10am</p> <p>Tabletop Games</p> <p>Writing Club 1:30pm</p>