NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ETSU Chat w/ Autumn 9am Chair Yoga 9:30-9:50 Cardio Drum $5 9:50-10:20 Bridge Club 10am Chicks with Sticks 10am Kindness Crew 10am-12pm Silver Sneakers 10:20-10:50am	**3** **FACILITY CLOSED** ELECTION DAY	**4** Open for Veteran's Thanksgiving Bingo with Special Music with Larry Barry & Friends ♪ 11am SPONSORED BY MOUNTAIN CITY FUNERAL HOME **1pm Staff Meeting**	**5** Arthritis Class 10am Cardmaking/Adult Coloring 10am Tabletop Games Tech Thursday 12-2pm **Brain Olympics 11:30am at Jonesborough Senior Center** **Celebrating National Diabetes Awareness Month** (wear your blue & share personal stories)	**6** Silver Sneakers 10am Karaoke Friends 11am **Financial Crimes Against Vulnerable Persons w/ Sherrif Bit Brown 11am** Tabletop Games Brain Games 12pm Team Trivia with Rose 12pm Writing Club 1:30pm
9 ETSU Chat w/ Autumn 9am Chair Yoga 9:30-9:50am Cardio Drum $5 9:50-10:20 Chicks w/Sticks 10am Bridge Club 10am Silver Sneakers 10:20-10:50am Kindness Crew 10am-12pm	**10** Quilting Bees 9am Bible Study 9am (Ray Branch) Arthritis Class 10am **LiHeap 10am (Low Income Energy Assistance)** **"Happy Feet" Walking Club 10:30am/Lunch at Damascus Diner (Rain Date Nov 17th)** Senior Songfest 11am WMCT/Timbra & Center Activities 11am ETSU Focus Group w/ Rachel Dean 12pm Bunco 1pm (Don't forget your item for Rescue Dog!)	**11** **FACILITY CLOSED** Veteran's Day	**12** Arthritis Class 10am Cardmaking/Adult Coloring 10am **Day out to Walmart/Ollies/& Mike's Inland Seafood 10am $5** Tabletop Games Tech Thursday 12pm-2pm Volunteer Book Buddies **ETSU Bridging Bites 3:30pm**	**13** Silver Sneakers 10am Front Porch Pickers 11am Tabletop Games Brain Games 12pm **Movie & Popcorn Day "Coat of Many Colors" The early years of Dolly Parton 12:30pm** Writing Club 1:30pm
16 ETSU Chat w/ Autumn 9am Chair Yoga 9:30-9:50am Cardio Drum $5 9:50-10:20 Bridge Club 10am Chicks with Sticks 10am Kindness Crew 10am-12pm Silver Sneakers 10:20-10:50am **Crafts with Kay, Ethel, & Yvonne (K.E.Y.'s)**	**17** Bible Study 9am (Steven Spencer) Quilting Bees 9am Arthritis Class 10am Walking Club 10:30am Senior Songfest 11am WMCT/Steve & Transportation Info 11am Bunco 1pm (Don't forget your item for Rescue Dog! **Fine Dining with Friends $5 TBD**	**18** Chair Yoga 9:30-9:50am Cardio Drum $5 9:50-10:20am Silver Sneakers 10:20-10:50 am Senior JAM 11am Birthday Babes 10am Adult Coloring & activities **Just Us Ladies Bible Study w/ Monica 1pm** SPONSORED BY BALLAD HEALTH 12pm **Director Meeting 12:30pm**	**19** Arthritis Class 10am Cardmaking Adult Coloring 10am Tabletop Games Tech Thursday noon-2pm **Improv Club 12:30pm w/ Ray Branch**	**20** Silver Sneakers 10am Karaoke Friends 11am Table Top Games Brain Games 12 noon SPONSORED BY GENTIVA HOSPICE 12pm Writing Club 1:30pm
23 ETSU Chat w/ Autumn 9am Chair Yoga 9:30-9:50am Cardio Drum $5 9:50-10:20am Bridge Club 10am Chicks with Sticks 10am Kindness Crew 10am-12pm Silver Sneakers 10:20-10:50am **Friends-Giving 11am** SPONSORED BY MOUNTAIN CITY CARE CENTER	**24** Bible Study 9am (Rick Thompson) Quilting Bees 9am Arthritis Class 10am Walking Club 10:30am Senior Songfest 11am WMCT/Kathy w/ Thanksgiving Outreach 11am Health Council Meeting 11:30am **Story Telling Day Prompt " What are you most grateful for?** **United Way Celebrity Bagging Event at Food City of Elizabethton 4-5pm**	**25** **FACILITY CLOSED** THANKSGIVING BREAK	**26** **THANKSGIVING DAY** **Drive-Thru Meal 11:30-12:30** Danny Herman Trucking Thanksgiving Outreach **You must sign up with DHT to reserve your meals Call (423)727-9061**	**27** **FACILITY CLOSED** THANKSGIVING BREAK
30 ETSU Chat w/ Autumn 9am Chair Yoga 9:30-9:50am Cardio Drum $5 9:50-10:20am Chicks with Sticks 10am Bridge Club 10am Kindness Crew 10am-12pm Silver Sneakers 10:20-10:45am **Book Club12pm Noon *"A Christmas Vanishing" by Anne Perry***				