

# June 2026

Senior Nutrition Lunch is served daily from 12pm to 1pm Monday through Friday

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| 1   | 2   | 3  | 4   | 5  |
| 9am Mandolin Class<br>9:30am-12pm Sewing & Quilting<br>10am Guitar Class<br>11:15am <b>Strength with a Smile with Tiny Barbells</b><br><b>1:30pm BINGO</b> by Sarah with Emory Ridge<br>2:30-3:30pm Intermediate Line Dancing | 10am The Crafty Patch<br>11am Bible Study<br>12pm Music by Wade<br>1-2pm Intermediate Line Dance<br><b>1pm Acrylic Paint Class: Bald Eagle part 2</b><br><b>1:30pm BINGO with Morning Pointe</b><br>2-3pm Beginner Line Dancing | 10am Crochet & Knit<br>11am <b>Strength with a Smile with Tiny Barbells</b><br>1-3pm Intermediate Line Dancing<br><b>1:30pm BINGO</b> by Jessica with Senior Solutions | 10am Technology with Jesse from the Library<br>10am Beginner Calligraphy and Handwriting<br>11am Bible Study<br>11am Chair Yoga<br><b>12:30-3:30pm Google Chromebook Class</b><br><b>1pm Painting Class</b> | 10am Mandolin Class<br>10am Woodburning Art Class<br>11am <b>Strength with a Smile with Tiny Barbells</b><br><b>12:30-3:30pm Google Chromebook Class</b><br><b>1pm Mahjong</b> |

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| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| 8  | 9  | 10  | 11   | 12   |
| <p>9am Mandolin Class</p> <p>9:30am-12pm Sewing &amp; Quilting</p> <p>10am Guitar Class</p> <p>10am <b>Pet Food Pantry</b><br/>Distribution provided by SARG and AC-ARF</p> <p>11:15am <b>Strength with a Smile with Tiny Barbells</b></p> <p><b>1:30pm BINGO</b> by Jimmy Matlock</p> <p>12:30-2:30pm Bridge</p> <p>2:30-3:30pm Intermediate Line Dancing</p> | <p>10am The Crafty Patch</p> <p>11am Bible Study</p> <p>12pm Music by Wade</p> <p>1-2pm Intermediate Line Dance</p> <p>2-3pm Beginner Line Dancing</p> | <p><b>9am UT Audiology (appt required)</b></p> <p>10am Crochet &amp; Knit</p> <p><b>10:30am Breakfast BINGO</b> by Jones Mortuary</p> <p><b>11-2 Hair by Heather</b></p> <p>11am <b>Strength with a Smile with Tiny Barbells</b></p> <p>1-3pm Intermediate Line Dancing</p> | <p>10am Technology with Jesse from the Library</p> <p>10am Basic Drawing Techniques with Graphite Pencils</p> <p>11am Bible Study</p> <p><b>11a.m.-3p.m. AARP Smart Driver Course (bible study room)</b></p> <p><b>12:30-3:30pm Google Chromebook Class</b></p> <p><b>1pm Painting Class</b></p> <p><b>Due to lack of participation, the AARP course has been cancelled.</b></p> | <p>10am Mandolin Class</p> <p>10am Woodburning Art Class</p> <p>11am Choir</p> <p>11am <b>Strength with a Smile with Tiny Barbells</b></p> <p><b>11a.m.-3p.m. AARP Smart Driver Course (bible study room)</b></p> <p><b>12:30-3:30pm Google Chromebook Class</b></p> <p><b>1pm Mahjong</b></p> <p><b>Due to lack of participation, the AARP course has been cancelled.</b></p> |

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| Monday   | Tuesday   | Wednesday  | Thursday   | Friday                           |
|--|---|--|--|----------------------------------|
| 15   | 16  | 17   | 18   | 19 CLOSED                        |
| <p>9am Mandolin Class</p> <p>9:30am-12pm Sewing &amp; Quilting</p> <p>10am Guitar Class</p> <p>11:15am <b>Strength with a Smile with Tiny Barbells</b></p> <p>12:30pm <b>GROW YOUR KNOW: How to Prepare for Disasters and Emergencies</b> presented by Star from Medical Reserve Corps. <b>Bring a family member to help with preparations! Free raffle for Emergency Kit Bags offered.</b></p> <p><b>1:30pm estimated time: SINGO DISCO</b> by Rebecca from Wisdom Insurance</p> <p>2:30-3:30pm Intermediate Line Dancing</p> | <p>10am The Crafty Patch</p> <p>11am Bible Study</p> <p>12pm Music by Wade</p> <p>1-2pm Intermediate Line Dance</p> <p><b>1:30pm BINGO</b> by American Senior Benefits</p> <p>2-3pm Beginner Line Dancing</p> | <p>10am Crochet &amp; Knit</p> <p>11am <b>Strength with a Smile with Tiny Barbells</b></p> <p><b>1pm GROW YOUR KNOW: Hospital Indemnity Presentation</b> by Ja'el</p> <p><b>1:30pm BINGO</b> by Ja'el</p> <p>1-3pm Intermediate Line Dancing</p> | <p>10am Technology with Jesse from the Library</p> <p>10am Basic Colored Pencils</p> <p>11am Bible Study</p> <p><b>12:30-3:30pm Google Chromebook Class</b></p> <p><b>1pm Painting Class</b></p> | <p><b>Juneteenth Holiday</b></p> |


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| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| 22  | 23   | 24   | 25  | 26   |
| 9am Mandolin Class<br>9:30am-12pm Sewing & Quilting<br>10am Guitar Class<br>11:15am <b>Strength with a Smile with Tiny Barbells</b><br>12pm <b>Father's Day Potluck-sign up with Judy</b><br>12:30-2:30pm Bridge<br>2:30-3:30pm Intermediate Line Dancing | 10am The Crafty Patch<br>11am Bible Study<br>12pm Music by Wade<br>1-2pm Intermediate Line Dance<br>12:30 <b>GROW YOUR KNOW: Cooking for One</b> presented by <b>Derrick Johnson</b><br>1:30pm <b>BINGO</b> by <b>Derrick Johnson</b><br>2-3pm Beginner Line Dancing | 10am Crochet & Knit<br>11am <b>YOU'RE YOUR KNOW</b> <i>Protecting Tennessee Seniors from Mortgage Fraud</i> presented by the U.S. Department of Housing and Urban Development via main room TV<br>11am <b>Strength with a Smile with Tiny Barbells</b><br>11-2 Hair by Heather<br><b>Sweet Surprise for Judy's Birthday!</b><br>12:30pm <b>GROW YOUR KNOW: Cognitive Wellness and Alzheimer's Awareness</b> with Jim from Heritage Healthpro<br>1:30 <b>BINGO</b> by Judy<br>1-3pm Intermediate Line Dancing | 10am Technology with Jesse from the Library<br>10am Basic Pen Ink Hatching<br>11am Community Paint<br>11am Bible Study<br>12pm Midway Baptist Singers<br>12:30-3:30pm <b>Google Chromebook Class (make up class)</b><br>1pm <b>Painting Class</b> | 10am Mandolin Class<br>10am Woodburning Art Class<br>11am Choir<br>11am <b>Strength with a Smile with Tiny Barbells</b><br>12-4pm <b>Mexican Train</b><br>12:30-3:30pm <b>Google Chromebook Class (make up class)</b> in bible study room<br>1pm Mahjong |

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| Monday  | Tuesday  |   |
|---|--|---|
| 29  | 30   | <p>Join us July 1<sup>st</sup> to celebrate the 250<sup>th</sup> birthday of the United States of America!</p> <p>See Judy to sign up for this special lunch and festivities</p>  |
| <p>9am Mandolin Class</p> <p>9:30am-12pm Sewing &amp; Quilting</p> <p>10am Guitar Class</p> <p>11:15am <b>Strength with a Smile with Tiny Barbells</b></p> <p><b>1:30pm Bean Auction by OOA with Auctioneer Bear Stephenson!</b></p> <p>2:30-3:30pm Intermediate Line Dancing</p> | <p>10am The Crafty Patch</p> <p>11am Bible Study</p> <p>12pm Music by Wade</p> <p>1-2pm Intermediate Line Dance</p> <p>12:30pm <b>GROW YOUR KNOW: No More Worries; Letting Stress Go presented by Derrick Johnson</b></p> <p>1:30pm <b>BINGO by Derrick Johnson</b></p> <p>2-3pm Beginner Line Dancing</p> |   |