

# Senior Calendar for March

## Daily Activities and Events for March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Monthly Veterans Meet &amp; Greet Share Time</p> <p>If you are a Veteran, you are invited to join the group on Thursday, March 2nd at 9:30-11:00 in the classroom. This meeting is open to all Veterans in our community. Topic TBD, Ken Shepard is the point of contact. We hope you will join this group as we look ahead to create a strong group that will be meeting monthly at the center. Refreshments will be served.</p> <p><i>Special Thank you to Dillow-Taylor Funeral Home for sponsoring the monthly Veterans Meeting</i></p>	<p>Key: Grp/Ex= Group Exercise Room Wel/Res = Wellness Resource Rec/Rm = Recreation Room Cls/Rm = Class Room Conf/Rm=Conference Room</p>	<p>1 9:00 Canasta-Card Room 9:00-12 Quilter's Circle-Arts/Crafts 9:00 Silver Sneakers Classic-Grp/Ex 9:45 Silver Sneakers Circuit-Grp/Ex 10:00-3:00 "Bob Ross" with Jay Holdway-Arts/Craft Rm 10:30 Active &amp; Healthy Living-Ava Foster with Dominion Senior Living-Cls/Rm - 1:00 Let's Play Scrabble or Sequence Card Rm 1:00-2:30 Story Collecting Training-Cls/Rm 2:00-2:45 LifeFit-Cross Fit-Grp/Ex</p>	<p>2 8 Silver Sneaker Splash-Country Inn 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00 Canasta-Card Room 9:00-11:00 Chess-Card Room 9:00-2:30 Massage Therapy-Wel/Res 9:30-11:00 Monthly Veterans Meet &amp; Greet Share Time- Arts/Craft 9:30 Rotographic Card Class -Conf/Rm 10:00-11:00 Aortic Stenosis Heart Presentation with Janey Owens -Cls/Rm 10:00-11:00 Beginner Tai Chi-Grp/Ex 11:30-12:30 Ukulele Lessons with Terry Countermine-Cls/Rm 2:00 Zumba Gold &amp; Tone-Grp/Ex 2:00 SALT Meeting at Johnson City Seniors Center -Cls/Rm 2:45 Yogalates Stretch-Grp/Ex 3:30 Ballroom Dancing-Grp/Ex 4:45-5:45 Couples Dance Instruction &amp; Practice-Grp/Ex</p>	<p>3 9:00-2:00 Shuffle Board instruction 9:00 Silver Sneakers Classic-Grp/Ex 9:45 Silver Sneaker Circuit-Grp/Ex 10:00 Bible Study - Cls/Rm 10:00 - Open Craft -Arts/Craft 10:00-12:00 Bridge Club-Card Rm 11:30-1:00 "Lunch Bunch" @ Jason's Deli - Johnson City 11:00 Fun With Trivia - Cls/Rm 12:00 Let's Play Scrabble or Sequence Card Rm</p> <p>Computer Instruction with Amara-call for an appointment - Computer Lab/Cls</p>
<p>6 8 Silver Sneaker Splash-Country Inn 9:00-12 Quilter's Circle-Arts/Crafts 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00-4:00 Stitch Therapy-Arts/Crafts 10:00-11:00 Healthy Veins with Penni Baker from The Vein Co. - Cls/Rm 10:00-11:30 Bunco-Card Rm 10:15 Silver Sneakers Circuit-Grp/Ex 12:30 Bingo-Four Oaks Healthcare-Dining Rm 2:00 Gentle Yoga-Grp/Ex 2:00-4:00 Computer Instruction with Gabe-call 753-4852 for an appointment - Computer Lab/Cls 2:30Choral Group-Dining Rm 3:00 Chair Yoga-Grp/Ex</p>	<p>7 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00-11:00 Blood Pressure &amp; Blood Sugar Checks-Wel/Res 9:00-11:00 Chess-Card Room 9:30-10:45 Bible Study with Dava Lee Russell-Cls/Rm 10:00 Photo Editing with Richard Griffin-Computer Rm 10:00-11 Beginner Tai Chi-Grp/Ex 10:00 - 12:00 Bridge Club-Card Room 1:00-3:00 Mahjong-Card Room 2:00 Bible Study with Tony Smith-"Beatitudes" - Cls/Rm 2:00 Kickboxing Class-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30-4:00 Beginner Line Dance -Grp/Ex 4:00-5:15 Line Dancing-Grp/Ex</p>	<p>8 9:00 Canasta-Card Room 9:00-12 Quilter's Circle- Arts/Crafts 9:00 Silver Sneakers Classic-Grp/Ex 9:00-10:00 Walgreen's Event- Cls/Rm 9:45 Silver Sneakers Circuit-Grp/Ex 10:30 Active &amp; Healthy Living with Tracy Buckles - Cls/Rm 12:00"Main Street" lunch- Dining Rm Advance Sign up required 1:00 Let's Play Scrabble or Sequence Card Rm 2:00-2:45 LifeFit-Barre-Grp/Ex</p>	<p>9 8 Silver Sneaker Splash-Country Inn 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00 Canasta-Card Room 9:00-11:00 Chess-Card Room 9:00-2:30 Massage Therapy-Wel/Res 9:30 Rotographic Card Class-Conf/Rm 10:00-11:00 Beginner Tai Chi-Grp/Ex 11:30-12:30 Book Signing at the Corner Cup in Jonesborough 1:00-3:00 Writer's &amp; Poet's Group Cls/Rm 2:00 Zumba Gold &amp; Tone-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30 Ballroom Dancing- Grp/Ex 4:45-5:45 Couples Dance Instruction &amp; Practice-Grp/Ex</p>	<p>10 9:00-2:00 Shuffle Board instruction 9:00 Silver Sneakers Classic-Grp/Ex 9:30-11:30 Square Foot Gardening Class With Scott Thompson - Arts/Crafts 9:45 Silver Sneaker Circuit-Grp/Ex 10:00 Bible Study - Cls/Rm 10:00 - Open Craft -Arts/Craft 10:00-12:00 Bridge Club-Card Rm 11:00 Fun With Trivia - Cls/Rm 12:00 Let's Play Scrabble or Sequence Card Rm</p> <p>2:00 Open Keyboard-Arts/Craft Computer Instruction with Amara-call for an appointment - Computer Lab/Cls 7:00-10:45 JRT-You Can't Take It With You</p>
<p>13 8 Silver Sneaker Splash-Country Inn 9:00-12 Quilter's Circle-Arts/Crafts 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00-4:00 Stitch Therapy-Arts/Crafts 10:00 Spring Wreath with Lorie Hibbs of Avalon Hospice Cls/Rm- (sign up) 10:00-11:30 Bunco-Card Rm 10:15 Silver Sneakers Circuit-Grp/Ex 12:30 Bingo-Home Instead-Dining Rm 2:00 Gentle Yoga-Grp/Ex 2:00-4:00 Computer Instruction with Gabe-call 753-4852 for an appointment - Computer Lab/Cls 2:30Choral Group-Dining Rm</p> <p>3:00 Chair Yoga-Grp/Ex</p>	<p>14 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00-11:00 Blood Pressure &amp; Blood Sugar Checks-Wel/Res 9:00-11:00 Chess-Card Room 9:30-10:45 Bible Study with Dava Lee Russell-Cls/Rm 9:30-11 Adult Coloring-Arts/Crafts 10:00-11 Beginner Tai Chi-Grp/Ex 10:00 - 12:00 Bridge Club-Card Room 11:00 Organizational Meeting for 2017 craft sale at the center-Cls/Rm 11:30 - 1:00 Jewelry Class with Chickie Renfro-Arts/Craft Rm 1:00-3:00 Mahjong-Card Rm 2:00 Bible Study with Tony Smith 2:00 Kickboxing Class-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30-4:00 Beginner Line Dance -Grp/Ex 4:00-5:15 Line Dancing-Grp/Ex</p>	<p>15 9:00 Massage Therapy-Wel/Res 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00-12 Quilter's Circle Arts/Crafts 9:15-10:15 Story Circle with Jules Corriere-Classroom 9:45 Silver Sneakers Circuit-Grp/Ex 10:30 Active &amp; Healthy Living-with Nurse Terri -Cls/Rm 1:00 Let's Play Scrabble or Sequence Card Rm 2:00-2:45 LifeFit-Step-Grp/Ex</p> <p>2:00-4:00 Book Club Meeting-Cls/Rm March's Book- "Highest Duty" by Captain Chesley Sullenberger</p>	<p>16 8 Silver Sneaker Splash-Country Inn 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00 Canasta-Card Room 9:00 Visit Davy Crocket High School Cosmetology Department 9:00-11:00 Chess-Card Room 9:00-2:30 Massage Therapy-Wel/Res 9:30 Rotographic Card Class -Conf/Rm 10:00-11:00 Beginner Tai Chi-Grp/Ex 11:30-12:30 Ukulele Lessons with Terry Countermine-Cls/Rm 2:00 Zumba Gold &amp; Tone-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30 Ballroom Dancing-Grp/Ex 4:45-5:45 Couples Dance Instruction &amp; Practice-Grp/Ex</p>	<p>17 9:00-2:00 Shuffle Board instruction 9:00 Silver Sneakers Classic-Grp/Ex 9:00 "I'm an artist" Marbling on Canvas #1 with Roy Krauss-Arts/Craft 9:45 Silver Sneaker Circuit-Grp/Ex 10:00 Bible Study - Cls/Rm 10:00 - Open Craft -Arts/Craft 10:00-12:00 Bridge Club-Card Rm 10:00-2:00 Not Your Mother's Sewing Guild-Arts/Craft 11:00 Fun With Trivia - Cls/Rm 11:30-1:00 "Pot O Luck" carry in meal &amp; St. Patrick's Day Costume Contest 1:00-2:00 Bingo with Judy DeBord - United Healthcare - Dining Rm 12:00 Let's Play Scrabble or Sequence Card Rm</p> <p>Computer Instruction with Amara-call for an appointment - Computer Lab/Cls 2:00 Open Keyboard-Arts/Craft</p>
<p>20 8 Silver Sneaker Splash-Country Inn 9:00-12 Quilter's Circle-Arts/Crafts 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00 Homemade Soap Class with Mary Sanger-Cls/Rm 9:00-4:00 Stitch Therapy-Arts/Crafts 10:00-11:30 Bunco-Card Rm 10:15 Silver Sneakers Circuit-Grp/Ex 12:30 Bingo-Dillow-Taylor Funeral Home-Dining Rm 1:30-2:30 Heritage Alliance-Cls/Rm 2:00 Gentle Yoga-Grp/Ex 2:00-4:00 Computer Instruction with Gabe-call 753-4852 for an appointment - Computer Lab/Cls 2:30Choral Group-Cornerstone 3:00 Chair Yoga-Grp/Ex</p>	<p>21 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00-11:00 Blood Pressure Checks-Wel/Res 9:00-11:00 Chess-Card Room 10:00-11 Beginner Tai Chi-Grp/Ex 10:00 - 12:00 Bridge Club-Card Room 1:00-3:00 Mahjong-Card Room 2:00 Bible Study with Tony Smith 2:00 Kickboxing Class-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30-4:00 Beginner Line Dance -Grp/Ex 4:00-5:15 Line Dancing-Grp/Ex</p>	<p>22 9:00-12:00 Medication Review Event-Students at Bill Gatton College of Pharmacy -Wel/Res 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00-12 Quilter's Circle Arts/Crafts 9:45 Silver Sneakers Circuit-Grp/Ex 10:30 Active &amp; Healthy Living-with Kim Howell of Visiting Angels-Cls/Rm 12:00 Birthday Covered Dish Luncheon 1:00 Let's Play Scrabble or Sequence Card Rm 2:00-2:45 LifeFit-Cross fit-Grp/Ex</p>	<p>23 8 Silver Sneaker Splash-Country Inn 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00 Canasta-Card Room 9:00-11:00 Chess-Card Room 9:00-2:30 Massage Therapy-Wel/Res 9:30 Rotographic Card Class-Conf/Rm 9:45-1:30 Ladies Trip to Becca's in Gray 10:00 Heritage Quest-Genealogy family history program with Richard Griffin - Computer Rm 10:00-11:00 Beginner Tai Chi-Grp/Ex 11:30-12:30 Ukulele Lessons with Terry Countermine-Cls/Rm 1:00-3:00 Writer's &amp; Poet's Group Cls/Rm 2:00 Zumba Gold &amp; Tone-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30 Ballroom Dancing- Grp/Ex 4:45-5:45 Couples Dance Instruction &amp; Practice-Grp/Ex</p>	<p>24 9:00-2:00 Shuffle Board instruction 9:00 Silver Sneakers Classic-Grp/Ex 9:00 "I'm an artist" Marbling on Canvas #2 with Roy Krauss-Arts/Craft 9:45 Silver Sneaker Circuit-Grp/Ex 10:00 Bible Study - Cls/Rm 10:00 - Open Craft -Arts/Craft 10:00-12:00 Bridge Club-Card Rm 11:00 Fun With Trivia - Cls/Rm 12:00 Let's Play Scrabble or Sequence Card Room</p> <p>Computer Instruction with Amara-call for an appointment - Computer Lab/Cls 1:30-3:15 Fitness Sampler with Robin Grp/Ex</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Fourth Friday Dance 6:30 - 10:00 see pg. 13 for more details.</p> </div> <p>Saturday, 25th-Carters Fold-Carson Peters &amp; Iron Mountain 6:15-11:15</p>
<p>27 (Main Street Sign-up) today 8 Silver Sneaker Splash-Country Inn 9:00-12 Quilter's Circle-Arts/Crafts 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00-4:00 Stitch Therapy-Arts/Crafts 10:00-10:45 What is the difference in Skilled Nursing, Assisted Living and other Long Term Care options with with D. Simerly-Cls/Rm 10:00-11:00 Braided Ribbon Bookmark With Reta Kinley &amp; Pat Kirkpatrick-Arts/Craft Rm 10:00-11:30 Bunco-Card Rm 10:15 Silver Sneakers Circuit-Grp/Ex 12:30 Bingo-Courtyard Senior Living-Dining Rm 2:00 Gentle Yoga-Grp/Ex 2:30Choral Group-Four Oaks Healthcare 3:00 Chair Yoga-Grp/Ex 6:45-8:45 Yarn Exchange Radio Show At Storytelling Center</p>	<p>28 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00-11:00 Blood Pressure &amp; Sugar Checks-Wel/Res 9:00-11:00 Chess-Card Room 10:00-11 Beginner Tai Chi-Grp/Ex 10:00 - 12:00 Bridge Club-Card Room 11:30 - 1:00 Jewelry Class with Chickie Renfro-Arts/Craft 1:00-3:00 Mahjong-Card Room 1:00-3:00 Easter Basket Centerpiece with Sue Sauer-Arts/Crafts 2:00 Bible Study with Tony Smith 2:00 Kickboxing Class-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30-4:00 Beginner Line Dance -Grp/Ex 4:00-5:15 Line Dancing-Grp/Ex</p>	<p>29 9:00 Canasta-Card Room 9:00 Silver Sneakers Classic-Grp/Ex 9:00-12 Community Balance Screening with Dr. Allison Wehunt-Arts/Craft 9:00-12 Quilter's Circle Arts/Crafts 9:45 Silver Sneakers Circuit-Grp/Ex 10:30 Active &amp; Healthy Living-with Robin Beals-Cls/Rm 1:00 Let's Play Scrabble or Sequence Card Rm 1:00-2:30 Story Collecting-Cls/Rm 2:00-2:45 LifeFit-Pound-Grp/Ex</p>	<p>30 8 Silver Sneaker Splash-Country Inn 8:00-7:00 Dollywood-Festival of Nations 8:45-9:45 Advanced Tai Chi-Grp/Ex 9:00 Canasta-Card Room 9:00-11:00 Chess-Card Room 9:00-11:30 Stained Glass Class-Arts/Craft 9:00-2:30 Massage Therapy-Wel/Res 9:30 Rotographic Card Class-Conf/Rm 10:00-11:00 Beginner Tai Chi-Grp/Ex 11:30-12:30 Ukulele Lessons with Terry Countermine-Cls/Rm 2:00 Zumba Gold &amp; Tone-Grp/Ex 2:45 Yogalates Stretch-Grp/Ex 3:30 Ballroom Dancing- Grp/Ex 4:45-5:45 Couples Dance Instruction &amp; Practice-Grp/Ex</p>	<p>31 9:00-2:00 Shuffle Board instruction 9:00 Silver Sneakers Classic-Grp/Ex 9:00 - 8 Ball Tournament Rec/Rm 9:45 Silver Sneaker Circuit-Grp/Ex 10:00 Bible Study - Cls/Rm 10:00 - Open Craft -Arts/Craft 10:00-12:00 Bridge Club-Card Rm 11:00 Fun With Trivia - Cls/Rm 12:00 Let's Play Scrabble or Sequence Card Room</p> <p>Computer Instruction with Amara-call for an appointment - Computer Lab/Cls</p>

For 87 years, our family has offered compassionate advice during your most difficult times of loss. It is our privilege and promise to continue to offer our services to your family for many more generations to come.

*Howard Alexander, Owner*



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