



# MARCH 2023

**McMinn Senior Activity Center**

A United Way Agency

Monday-Friday 8:30am-2pm

423-745-6830 | 205 McMinn Ave | Athens, Tn 37303

[www.mcminnseniors.com](http://www.mcminnseniors.com)

FB: McMinn Senior Activity Center

Daily Events: Maneuvers & Billiards | Library | Computer Room | Exercise Room

Events/Dates/Programs are subject to change. Nutrition Outreach Daily

Effective March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
The Senior Center Mailing Address is:  PO Box 1005 Athens, TN 37371-1005		1 	2 11:00 Bingo at Morning Pointe	3 11:00 Yoga at Athens Martial Arts located at 505 Decatur Pike Athens TN (\$3)
6 11:00 Bingo at Morning Pointe 12:00 Yoga at Athens Martial Arts located at 505 Decatur Pike Athens TN (\$3)	7	8	9 11:00 Bingo at Morning Pointe  1:30 RIBBON CUTTING CEREMONY	10 11:00 Yoga at Athens Martial Arts located at 505 Decatur Pike Athens TN (\$3)  Grand Reopening 5-7 7-9 Band/Dance
13 10:00 Bingo 11:30 Lunch (Senior Center) 12:00 Yoga (\$3)	14 9:00 Blood Pressure Checks 10:00 Choir 11:30 Lunch (Morning Pointe) PI DAY Let's Celebrate with Pie!! Sign up with Regina if you want to bring your favorite pie to share.	15 9-10 Wii 10:00 Bingo 10:30-12 Crocheting/Knitting 11:30 Lunch (Senior Center) 12:00 Yoga (\$3)	16 9:00 Brain Games 9:30 Brain Game Competition 10:00 Bingo 11:30 Lunch (Starr Regional)	17 9:30-10:30 Jam Session 11:00 Yoga (\$3) 11:30 Lunch (Senior Center) 7-9 PM Band/Dance Doors Open at 6:45 PM Singles \$5/Couples \$8
20 9:00-10 Wii 10 Bingo 11:30 Lunch (Senior Center) 12:00 Yoga  First Day of Spring!!!	21 9:00 Blood Pressure Checks 9:30 Town Hall 10:00 Choir 11:30 Lunch (Senior Center)	22 9-10 Wii 10:00 Bingo 10:30-12 Crocheting/Knitting 11:30 Lunch (Senior Center) 12:00 Yoga	23 9:00 Brain Games 9:30 Brain Game Competition 10:00 Bingo 11:30 Lunch (Senior Center) 12:00 Board Meeting National Chip & Dip Day!!! Yes, We Will Have Chips & Dip!!	24 9:30-10:30 Jam Session 11:00 Yoga (\$3) 11:30 Lunch (Senior Center) 7-9 PM Band/Dance Doors Open at 6:45 PM Singles \$5/Couples \$8
27 9:00-10 Wii 10 Bingo (Belton) 11:30 Lunch (Senior Center) 12:00 Yoga	28 9:00 Blood Pressure Checks 10:00 Choir 11:30 Lunch (Senior Center)	29 9-10 Wii 10:00 Bingo 10:30-12 Crocheting/Knitting 11:30 Lunch (Senior Center) 12:00 Yoga	30 9:00 Brain Games 9:30 Brain Game Competition 10:00 Bingo 11:30 Lunch (Senior Center)	31 9:30-10:30 Jam Session 11:00 Yoga (\$3) 11:30 Lunch - Pot Luck See Ida for signup sheet 7-9 PM Band/Dance Doors Open at 6:45 PM Singles \$5/Couples \$8  National Crayon Day!! Let's color!!!

Thanks so much for being patient with us during our temporary closure. We are so happy to be back, and we invite you to our **GRAND REOPENING** on March 10th from 5-7. We can't wait to see all of you!



## 2023 MEMBERSHIP

Your membership to the Senior Center is a vital part of continuing the programs and services offered to seniors in our community.

Ask about membership card & benefits.

Membership is open to age 50+  
Individual -- \$35  
Couple--\$65  
(Residing in same household)

*Thank you for your continued support of our Senior Center.*

## SENIOR FRIENDLY TECH HUB



### New Computers Coming Soon

West End Home Foundation/Senior Trust Reducing Social Isolation and Increasing Access to Essential Services Through Digital Literacy and Inclusion for Older Tennesseans Grant. The grant funds originated from the court cases involving dissolution of two nursing homes in TN. (The State of TN vs Senior Trust/Elder Trust of Florida).



Tech Goes Home