



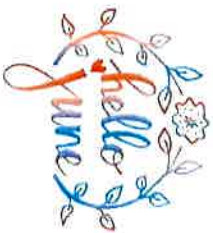

JUNE 2023



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
FB: McMinn Senior Activity Center

Daily Events: Snooker & Billiards | Library | Computer Room | Exercise Room
Events/Dates/Programs are subject to change. Nutrition Outreach Daily

Effective June 1, 2023

Edited 4/18/23

Monday	Tuesday	Wednesday	Thursday	Friday
Attention: The Senior Center Mailing Address is: PO Box 1005 Athens, TN 37371-1005			1 9:00 Brain Games 10:00 Bingo 10:00-12:00 Threat Response Class w/ Joe Guy 11:30 Lunch (Senior Center) Nutrition Education	2 9:30-10:45 Jam Session 11:30 Lunch (Senior Center) 11:00 Yoga (\$3) 7-9 PM Band/Dance Doors Open at 6:45 PM Singles \$5/Couples \$8 Children under 18 \$1
5 9:00 Wii Bowling 10:00 Eat Well Feel Well w/Samantha 11:30 Lunch (Senior Center) NO YOGA	6 9:00 Blood Pressure 10:00 Choir 11:30 Lunch (Senior Center)	7 8:30 Blood Pressure & Sugar Checks **Starr Regional** 9:00 Wii 10:00 Bingo 10:30-12 Crocheting & Knitting 11:30 Lunch (Senior Center) 12:00 Yoga	8 9:00 Brain Games 10:00 Bingo 10:45-11:30 SNAP w/Wendy 11:30 Lunch (Senior Center) 12:00 Happy Hikers meet at Library Parking Lot	9 9:30-10:45 Jam Session 11:30 Lunch (Senior Center) 11:00 Yoga (\$3) 7-9 PM Band/Dance Doors Open at 6:45 PM Singles \$5/Couples \$8 Children under 18 \$1
12 9:00 Wii Bowling 9:30-10:00 Town Hall 10:00 Bingo w/Tonya @ Humana 11:30 Lunch (Senior Center) 12:00 Yoga (\$3) 1:00-3:00 Chronic Disease Self- Management	13 9:00 Blood Pressure 10:00 Choir 11:30 Lunch (Morning Pointe) 12:00 Senior Olympic Meeting 12:00-1:15 Amedisys Grief Support w/Renee	14 9:00-10:00 Wii Bowling 9:15 Wellness Wednesday w/Starr Regional 10:00 Bingo w/Hospice of Chattanooga 10:30-12 Crocheting & Knitting 11:30 Lunch (Senior Center) 11:30 Speaker Pam Breedwell 3 Time Stroke Survivor 12:00 Yoga (\$3)	15 9:00 Brain Games 10:00 Bingo 10:45-11:15 Passport to Wellness Spain 11:30 Lunch w/Starr Regional	16 9:30-10:45 Jam Session 11:30 Lunch w/Russell Repkie 11:00 Yoga (\$3) 7-9 PM Band/Dance Doors Open at 6:45 PM Singles \$5/Couples \$8 Children under 18 \$1

Monday	Tuesday	Wednesday	Thursday	Friday
19 9:00 Wii Bowling 10:00 Eat Well Feel Well w/Samantha 11:30 Lunch (Senior Center) 12:00 Yoga	20 9:00 Blood Pressure 10:00 Choir 11:30 Lunch (Senior Center)	21 9:00-10:00 Wii Bowling 10:00 Bingo 10:30-12 Crocheting & Knitting 11:30 Lunch (Senior Center) 12:00 Yoga (\$3)	22 9:00 Brain Games 10:00 Bingo 10:45-11:15 Passport to Wellness China 11:30 Lunch (Senior Center) 12:00 Board Meeting	23 9:30-10:45 Jam Session 11:30 Lunch (Senior Center) 11:00 Yoga (\$3) 7-9 PM Band/Dance Doors Open at 6:45 PM Singles \$5/Couples \$8 Children under 18 \$1
26 9:00 Wii Bowling 10:00 Eat Well Feel Well w/Samantha 11:30 Lunch (Senior Center) 12:00 Yoga 1:00-3:00 Chronic Disease Self- Management	27 9:00 Blood Pressure 10:00 Choir 11:30 Lunch (Senior Center) Amedisys Grief Support w/Renee 12:30 Movie & Popcorn	28 9:00-10:00 Wii Bowling 10:00 Bingo 10:30-12 Crocheting & Knitting 11:30 Lunch 12:00 Yoga (\$3)	29 9:00 Brain Games 10:00 Bingo 10:45-11:15 Passport to Wellness Germany 11:30 Lunch (Senior Center)	30 9:30-10:45 Jam Session 11:30 Lunch (Senior Center) 11:00 Yoga (\$3) 7-9 PM Band/Dance Doors Open at 6:45 PM Singles \$5/Couples \$8 Children under 18 \$1
<div>  <p>VOLUNTEERS NEEDED</p> <p>If you are interested in volunteering, please come see us or give us a call. It could be something as simple as a craft, donating a lunch, or calling Bingo. There's always a need for Volunteers!</p> </div>				
<div> <p><u>2023 MEMBERSHIP</u></p> <p>Your membership to the Senior Center is a vital part of continuing the programs and services offered to seniors in our community.</p> <p>Ask about membership card & benefits.</p> <p>Membership is open to age 50+</p> <p>Individual -- \$35</p> <p>Couple--\$65</p> <p>(Residing in same household)</p> <p><i>Thank you for your continued support of our Senior Center.</i></p> </div>				
<div>  <p>Happy Father's Day</p> </div>				