



October 2022

Monday-Friday 8:30am-2pm
[423-745-6830](tel:423-745-6830) | [205 McMinn Ave](https://www.mcminnseniors.com)
 Athens, Tn 37303
www.mcminnseniors.com
 FB: McMinn Senior Activity Center

Weekly Events: Maneuvers & Billiards | Library | Computer Room | Exercise Room: Daily
Shuffleboard/Horseshoes/Cornhole tournaments begin October 31 at 9:00 am. Please sign up by October 26.

Events/Dates/Programs/Sponsors are subject to change. Nutrition Outreach Daily Effective Oct 1, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Art Class (Sculpture) 10:00 Bingo 11:30 Lunch (Senior Center) ** No Yoga	4 9:00 BP 9:00 Pet Path Rescue ** Dogs Shadow and Sparky 10:00 Choir 11:30 Lunch (Senior Center) National Cinnamon Roll Day	5 9:00 BP/STARR REGIONAL 10:00 Bingo 10:30-12 Crocheting/Knitting 11:30 Lunch (Senior Center) 12:00 Yoga (\$3)	6 9:00 Brain Games & Puzzles 9:30 Brain Games Competition 10:00 Bingo **Kindred Hospice** 11:30 Lunch (Senior Center)/ Birthday Bash 6:30PM Ceramic Painting w/Penny (Sign up at front desk) Nutrition Education	7 9:30 - 10:45 Dance/Jam Session 11:00 Yoga (\$3) 11:30 Lunch w/Friends **Allyson Kirkland w/Crye-Leike Realtors** 7-9 PM Band/Dance Doors Open at 6:45PM Singles \$5/Couples \$8 FREE COFFEE FRIDAY
10 CLOSED FOR COLUMBUS DAY	11 9:00 BP 10:00 Choir 11:30 Lunch w/Friends **Morning Pointe**	12 9:15 STARR REGIONAL Wellness Wednesday 10:00 Bingo **Hospice of Chattanooga** 10:30-12 Crocheting/Knitting 11:30 Lunch w/Friends **Hospice of Chattanooga** 12:00 Yoga (\$3)	13 9:00 Brain Games & Puzzles 9:30 - 10:30 Music w/Felix and Ron 10:30 - 11:30 Bingo 11:30 Lunch (Senior Center) 12:15 Wreath Making w/Theresa (Sign up at front desk)	14 9:30 - 10:45 Dance/Jam Session 11:00 Yoga (\$3) 11:30 Lunch (Senior Center) 7-9 PM Band/Dance Doors Open at 6:45PM Singles \$5/Couples \$8
17 9:00 Art Class w/Diane - Sculpture (Sign up at front desk) 10:00 Bingo 11:30 Lunch w/Friends **John & Bonnie Elliott** 12:00 Yoga (\$3)	18 9:00 BP 10:00 Choir 11:30 Lunch (Senior Center) Tennessee Wesleyan Day of Caring	19 9:00 Ceramic Painting w/Penny (Sign up at front desk) 10:00 Bingo **Athens Lutheran Church** 10:30-12 Crocheting/Knitting 11:30 Lunch w/Friends **Athens Lutheran Church** 12:00 Yoga (\$3) Medicare Part D Prescription Plans **Appointments Only	20 No Planned Activities 11:30 Lunch w/Friends **STARR Regional** United Way Day of Caring	21 9:30 - 10:45 Dance/Jam Session 11:00 Yoga (\$3) 11:30 Lunch (Senior Center) 7-9 PM Band/Dance Doors Open at 6:45PM Singles \$5/Couples \$8
24 9:30 Senior Center Town Hall 10:00 Bingo with Lunch to follow in Memory of Effaleda Lee by Teresa Whitener 12:00 Yoga (\$3)	25 9:00 BP 9:15 Bean Auction 10:00 Choir 11:30 Lunch (Senior Center) National I Care About You Day	26 9:00 Ceramic Painting w/Penny (Sign up at front desk) 10:00 Bingo 10:30-12 Crocheting/Knitting 11:30 Lunch (Senior Center) 12:00 Yoga (\$3)	27 9:00 Brain Games & Puzzles 9:30 Brain Games Competition 10:00 Bingo 11:30 Lunch (Senior Center) 1:00 PM Senior Olympics Meeting 6:30PM Art Class w/Diane - Sculpture (Sign up at front desk)	28 9:30 - 10:45 Dance/Jam Session 11:00 Yoga (\$3) 11:30 Lunch (Senior Center) 7-9 PM Halloween Dance & Costume Contest Doors Open at 6:45PM Singles \$5/Couples \$8
31 9:00 Shuffleboard, Horseshoes, & Cornhole tournaments (Please sign up by October 26) 9:00 - 10:00 Crafts w/Theresa Bless You Jars 10:00 Bingo 11:30 Lunch (Senior Center) 12:00 Yoga (\$3) 6PM - 7:30PM Trick or Treating HAPPY HALLOWEEN				

OCTOBER EVENTS

- 5th - BP Screening w/STARR REGIONAL 9:00
- 6th - Birthday Bash 11:30
- 12th - Wellness Wednesday Speaker & Breakfast 9:15
- 24th - Bingo in Memory of Effaleda Lee by Teressa Whitener
- 31st - Trick or Treating

2022 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 -- \$30
 Couple--\$55
 (Residing in same household)

Thank you for your continued support of our Senior Center.

Senior Center Town Hall

We will be holding a Senior Center Town Hall meeting Thursday, **October 24th at 9:30 AM**. We invite all of you to participate. This meeting is part of our desire to have more frequent communications with each of you, and to regularly update you on our plans and progress. We want to give you the opportunity to discuss what you feel would benefit the center, what you would change, or ideas and suggestions that you feel would make the center a better place.

We hope each and every one of you can attend! Your voice matters!