

# MCMINN SENIOR ACTIVITY CENTER

## JANUARY 2025

LIVE ACTIVE | LIVE WELL

205 McMinn Ave | PO Box 1005 | Athens, TN 37303

www.mcminnseniors.com | 423-745-6830

Open 8:30 am-2 pm | Mon-Fri

## January HIGHLIGHTS

*Please remember, the calendar is subject to change.*

**\*Please register for event.**

### Estate Planning Workshop\*

Tuesday, January 7 @ 12pm

### Japanese Calligraphy Class\*

Tuesday, January 7 @ 6pm

### National Bubble Bath Day\*

Make Shower Sothers

Wednesday, January 8 @ 9am

### Town Hall Meeting

Thursday, January 9 @ 9am

### Mexican Domino Train

Thursday, January 9 @ 12pm

### National Bean Day

Bean Auction

Monday, January 13 @ 10am

### Lewis Carroll UnBirthday\*

Tea Party

Tuesday, January 14 @ 9:30am

### January Trivia

Wednesday, January 15 @ 10am

### Volunteer Meeting

Thursday, January 16 @ 12pm

### Watercolor Painting\*

Friday, January 17 @ 9:30am

### Center Closed

Martin Luther King Jr Day

Monday, January 20

### National Polka Dot Day

Wednesday, January 22

### Jewelry Class\*

Wednesday, January 22 @ 9am

### Board Meeting

Thursday, January 23 @ 12pm

### Lunar New Year\*

Paper Lantern Class

Wednesday, January 29 @ 9am



## Happy January Birthday to...

Melvin C, Larry M, Sonja H,  
Doni H, Loal B, Cynthia M

Please let us know if we accidentally left you off the list!

# Have you RENEWED YOUR MEMBERSHIP?

## Individual \$35 | Couple \$65

The Center is kicking-off its annual membership drive for 2025 and we would love your support! All the income from Membership goes toward supporting the day-to-day "things" that are vital to ensuring the Center is able to open its doors...like turning on the lights and having staff to organize and find funding so that most of the programs offered at the Center remain free.



### Do you want to WIN FREE GROCERIES?

Whoever brings in the most Center Members (new or past that just haven't renewed yet) starting January 1-February 28 will win a \$25 gift card from Food City!

**DID YOU KNOW....** 62% of Americans make New Year's Resolutions but not that many stick it out. 8% of people continue with their resolutions for the whole year, with as high as 80% throwing in the towel by February. Here are some fun facts and trivia about New Year's resolutions:



- The tradition of making resolutions dates back over 4,000 years to the Babylonians.
- Eating black-eyed peas is a southern tradition believed to bring economic prosperity.
- In Spain, the tradition is to eat 12 grapes for good luck.
- Eating lobster and chicken are considered bad luck foods.

1.2.25

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
9:30am - Zion OP Church 12pm - Ch of God 5pm - Zion OP Church	10am - Bingo Terra Bella 11am - Chess Club 11:30am - Lunch 12pm - Chair Yoga 6pm - Easy Yoga	Center Closed	National Bubble Bath Day 9am - Shower Soothers 10am - Bingo 10:30am - Crocheting 10:30am - Knitting 11:30am - Lunch	9am - Town Hall 10am - Bingo 11:30am - Lunch 12pm - Dominoes MTrain 2pm - Card Club 6:30pm - Card Class	8:30am - Friday Flick 10am - Card Class 11am - Chair Yoga 11:30am - Lunch	Call 423-745-6830 today! Did you know you can rent the Center?
5	6	7	8	9	10	11
9:30am - Zion OP Church 12pm - Ch of God 5pm - Zion OP Church	10am - Bingo Terra Bella 11am - Chess Club 11:30am - Lunch 12pm - Chair Yoga 6pm - Easy Yoga	9am - BP w/Starr 9:30am - Choir 11:30am - Lunch 12pm - Estate Planning 6pm - Calligraphy	National Bubble Bath Day 9am - Shower Soothers 10am - Bingo 10:30am - Crocheting 10:30am - Knitting 11:30am - Lunch	9am - Town Hall 10am - Bingo 11:30am - Lunch 12pm - Dominoes MTrain 2pm - Card Club 6:30pm - Card Class	8:30am - Friday Flick 10am - Card Class 11am - Chair Yoga 11:30am - Lunch	Call 423-745-6830 today! Did you know you can rent the Center?
12	13	14	15	16	17	18
9:30am - Zion OP Church 12pm - Ch of God 5pm - Zion OP Church	National Bean Day 9am - Rug Making 10am - Bean Auction 11:30am - Lunch 12pm - Chair Yoga 6pm - Easy Yoga	Unbirthday Day 9am - Blood Pressure 9:30am - Tea Party 10am - Choir 11am - Chess Club 11:30am - Lunch M	10am - Trivia 10:30am - Crocheting 10:30am - Knitting 11:30am - Lunch 12pm - Chair Yoga 6pm - Game Night	10am - Bingo 11am - Card Club 11:30am - Lunch Starr R 12pm - Volunteer Mtg 2pm - Card Club	8:30am - Friday Flick 9:30am - Watercolor 11am - Chair Yoga 11:30am - Lunch	Call 423-745-6830 today! Did you know you can rent the Center?
19	20	21	22	23	24	25
9:30am - Zion OP Church 12pm - Ch of God 5pm - Zion OP Church	Center Closed Inauguration Day Martin Luther King Jr.	9am - Blood Pressure 9:30am - Choir 10:30am - Bingo 11am - Chess Club 11:30am - Lunch 2pm - Card Club	Nat Polka Dot Day 9am - Jewelry Class 10am - Bingo 10:30am - Crocheting 10:30am - Knitting 11:30am - Lunch	10am - Bingo 11am - Card Club 11:30am - Lunch 12pm - Board Mtg 2pm - Card Club	8:30am - Friday Flick 9am - Rock Painting 11am - Chair Yoga 11:30am - Lunch	Call 423-745-6830 today! Did you know you can rent the Center?
26	27	28	29	30	31	1
9:30am - Zion OP Church 12pm - Ch of God 5pm - Zion OP Church	10am - Bingo Beltone 11:30am - Lunch 12pm - Chair Yoga 6pm - Card Class 6pm - Easy Yoga?	9am - Blood Pressure 9:30am - Choir 11am - Card Club 11am - Chess Club 11:30am - Lunch 2pm - Card Club	Lunar New Year 9am - Paper Lanterns 10am - Bingo 10:30am - Crocheting 10:30am - Knitting 11:30am - Lunch	10am - Bingo 11am - Card Club 11:30am - Lunch 2pm - Card Club	Nat Hot Chocolate Day 8:30am - Friday Flick 11am - Chair Yoga 11:30am - Lunch	Call 423-745-6830 today! Did you know you can rent the Center?