



# September 2022

Monday-Friday 8:30am-2pm  
 423-745-6830 | 205 McMinn Ave  
 Athens, Tn 37303

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

FB: McMinn Senior Activity Center

**Weekly Events: Maneuvers & Billiards | Library | Computer Room: Daily**

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

Effective Sept 1, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b>            10:00 Brain Games, Puzzles, &amp; Cornhole            11:30 Lunch (Senior Center)/            Birthday Bash</p> <p>Nutrition Education</p>	<p><b>2</b>            9:30 Dance/Jam Session            11:30 Lunch (Senior Center)            7-9 PM Band/Dance            Doors Open at 6:45PM            Singles \$5/Couples \$8</p> <p><b>FREE COFFEE FRIDAY</b></p>
<p><b>5</b>            CLOSED FOR            LABOR DAY</p>	<p><b>6</b>            9:00 BP            10:00 Choir            11:30 Lunch (Senior Center)</p>	<p><b>7</b>            9:00 BP/STARR REGIONAL            10:00 Bingo **Dominion**            10:30-12 Crocheting/Knitting            11:30 Lunch (Senior Center)            12:00 Yoga (\$3)</p>	<p><b>8</b>            9:00 Brain Games &amp; Puzzles            9:30 Senior Center Town Hall            10:00 Bingo            11:00 Scarecrow Earrings Class            w/Theresa (Sign up at front desk)            11:30 Lunch (Senior Center)</p>	<p><b>9</b>            9:30 Dance/Jam Session            11:30 Lunch (Senior Center)            7-9 PM Band/Dance            Doors Open at 6:45 PM            Singles \$5/Couples \$8</p>
<p><b>12</b>            10:00 Bingo            11:30 Lunch w/Friends            **John &amp; Bonnie Elliott**            12:00 Yoga (\$3)</p>	<p><b>13</b>            9:00 BP            10:00 Choir            11:30 Lunch w/Friends            **Morning Pointe**</p>	<p><b>14</b>            9:15 Wellness Wednesday            –Speaker/Breakfast            **STARR REGIONAL**            10:00 Bingo            **Hospice of Chattanooga**            10:30-12 Crocheting/Knitting            11:30 Lunch (Senior Center)            12:00 Yoga (\$3)</p>	<p><b>15</b>            9:00 Brain Games &amp; Puzzles            9:00 Ceramic Painting w/Penny            Breedlove (sign up at front desk)            10:00 Bingo            11:30 Lunch w/Friends            **Starr Regional**</p>	<p><b>16</b>            9:30 Dance/Jam Session            11:30 Lunch (Senior Center)            7-9 PM Band/Dance            Doors Open at 6:45 PM            Singles \$5/Couples \$8</p>

Monday	Tuesday	Wednesday	Thursday	Friday
19 10:00 Bingo 11:30 Lunch (Senior Center) 12:00 Yoga (\$3)	20 9:00 BP 10:00 Choir 11:30 Lunch (Senior Center)	21 10:00 Bingo 10:30-12 Crocheting/Knitting 11:30 Lunch w/Friends ** Athens Lutheran Church** 12:00 Yoga (\$3)	22 9:00 Brain Games & Puzzles 10:00 Bingo 11:30 Lunch (Senior Center) **Celebrating National Ice Cream Cone Day** YES, WE WILL HAVE ICECREAM CONES!!! 12:00 Board Meeting	23 9:30 Dance/Jam Session 11:30 Lunch (Senior Center) 7-9 PM Band/Dance Doors Open at 6:45 PM Singles \$5/Couples \$8
26 10:00 Bingo 11:30 Lunch w/Friends **Bonnie & John Elliott** 12:00 Yoga (\$3)	27 9:00 BP 10:00 Choir 11:30 Lunch (Senior Center)	28 10:00 Bingo 10:30-12 Crocheting/Knitting 11:30 Lunch (Senior Center) 12:00 Yoga (\$3)	29 9:00 Brain Games & Puzzles 10:00 Bingo with Lunch to follow in Memory of Effaleda Lee by Teresa Whitener	30 9:30 Dance/Jam Session 11:30 Lunch (Senior Center) 7-9 PM Band/Dance Doors Open at 6:45 PM Singles \$5/Couples \$8

### SEPTEMBER EVENTS

- 1<sup>st</sup> - Birthday Bash 11:30
- 7<sup>th</sup> - BP Screening w/STARR REGIONAL 9:00
- 14<sup>th</sup> - Wellness Wednesday Speaker & Breakfast 9:15
- 22<sup>nd</sup> - National Ice Cream Cone Day
- 29<sup>th</sup> - Bingo in Memory of Effaleda Lee by Teresa Whitener

### 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, **September 8<sup>th</sup> 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!*