

July 2022

Open Monday-Friday 8:30am-2:00pm
 (423)745-6830 | www.mcminnseniors.com
 205 McMinn Ave | Athens, TN 37303
 PO Box 1005 | Athens, TN 37371

SUN	MON	TUE	WED	THU	FRI	SAT
Weekly events & programs are subject to change. Call for questions.					1 9:30 Dance/Jam Session 11:30 Lunch	2
3	4 CLOSED for Independence Day	5 9:00 Blood Pressure 9:30 Quilting 10:00 Choir 11:30 Lunch	6 8:30 Blood Pressure 10:00 Bingo 11:30 Lunch 12:00 Yoga \$3	7 9:00 Birthday Bash 10:00 Brain Games & Puzzles 11:30 Lunch & Nutrition Education	8 9:30 Dance/Jam Session 11:30 Lunch	9
10	11 10:00 Bingo 11:30 Lunch 12:00 Yoga \$3 7:00p-9:00p Band/Dance Doors open @ 6:45p	12 9:00 Blood Pressure 9:30 Quilting 10:00 Choir 11:30 Lunch	13 9:15 Wellness Wed: Stroke Awareness & Breakfast w/ Starr Regional 10:00 Bingo 11:30 Lunch 12:00 Yoga \$3	14 9:00 Bingo 10:00 Brain Games & Puzzles 11:30 Lunch	15 9:30 Dance/Jam Session 11:30 Lunch	16
17	18 10:00 Bingo 11:30 Lunch 12:00 Yoga \$3 7:00p-9:00p Band/Dance (Doors open @ 6:45p)	19 9:00 Blood Pressure 9:30 Quilting 10:00 Choir 11:30 Lunch	20 10:00 Bingo 11:30 Lunch 12:00 Yoga \$3	21 9:00 Bingo 10:00 Brain Games & Puzzles 11:30 Lunch w/ Friends by Starr Regional	22 9:30 Dance/Jam Session 11:30 Lunch	23
24	25 10:00 Bingo 11:30 Lunch 12:00 Yoga \$3 7:00p-9:00p Band/Dance (Doors open @ 6:45p)	26 9:00 Blood Pressure 9:30 Quilting 10:00 Choir 11:30 Lunch	27 10:00 Bingo 11:30 Lunch 12:00 Yoga \$3	28 9:00 Bingo 10:00 Brain Games & Puzzles 11:30 Lunch	29 9:30 Dance/Jam Session 11:30 Lunch	30
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