

July 2021

McMINN SENIOR ACTIVITY CENTER
 205 McMinn Ave | Athens, TN 37303
 Mon-Fri | 8:30a-12:30p 423-745-6830 | www.mcminnseniors.com

Monday	Tuesday	Wednesday	Thursday	Friday
New Lunch Guidelines- If you plan on eating a congregate meal at the Center at 11:30am you will not be eligible for congregate frozen meals on Friday.	Please scan your MySeniorCenter card to participate in any of the activities. If you do not have a card, please see one of the Center staff.	The pool room, library, exercise, and card rooms are open. The Center also has a great walking trail.	1 9:30a-11a Games 11:30a-12p Lunch 11:45a-The Afternoon Stretch-exercise your mind, body, & spirit.	2 9:30a-11a Jam Session 10a-Coloring Club 11:30a-12p Lunch 11:45a-Nutrition Education
5 Center will be closed for Fourth of July holiday. ★ ★ ★	6 9:30a-11a Quilting 10a-11a Choir 11:30a-12p Lunch 12p Knitting	7 <i>Happy National World Chocolate Day!</i> 9a-Walking Club 9:30a-11a Bingo 11:30a-12p Lunch 12p Crafts	8 9:30a-11a Games 11:30a-12p Lunch 11:45a-The Afternoon Stretch-exercise your mind, body, & spirit.	9 9:30a-11a Jam Session 10a-Coloring Club 11:30a-12p Lunch
12 9:30a-11a Bingo 11:30a-12p Lunch 11:45a Brain Games 12p Yoga w/Nancy	13 9:30a-11a Quilting 10a-11a Choir 11:30a-12p Lunch 12p Knitting	14 9a-Walking Club 9:30a-11a Bingo 11:30a-12p Lunch 12p Crafts	15 9:30a-11a Games 11:30a-12p Lunch 11:45a-The Afternoon Stretch-exercise your mind, body, & spirit.	16 9:30a-11a Jam Session 10a-Coloring Club 11:30a-12p Lunch
19 9:30a-11a Bingo 11:30a-12p Lunch 11:45a Brain Games 12p Yoga w/Nancy	20 9:30a-11a Quilting 10a-11a Choir 11:30a-12p Lunch 12p Knitting	21 9a-Walking Club 9:30a-11a Bingo 11:30a-12p Lunch 12p Crafts	22 9:30a-11a Games 11:30a-12p Lunch 11:45a-The Afternoon Stretch-exercise your mind, body, & spirit.	23 9:30a-11a Jam Session 10a-Coloring Club 11:30a-12p Lunch
26 9:30a-11a Bingo 11:30a-12p Lunch 11:45a Brain Games 12p Yoga w/Nancy	27 9:30a-11a Quilting 10a-11a Choir 11:30a-12p Lunch 12p Knitting	28 9a-Walking Club 9:30a-11a Bingo 11:30a-12p Lunch 12p Crafts	29 9:30a-11a Games 11:30a-12p Lunch 11:45a-The Afternoon Stretch-exercise your mind, body, & spirit.	30 9:30a-11a Jam Session 10a-Coloring Club 11:30a-12p Lunch