



January 2018

Monday-Friday 8am-4pm 1.4.18
www.mcminnseniors.com
205 McMinn Ave. | Athens, TN 37303
423-745-6830 | mcminnsenior@commcast.net

Weekly Events: Maneuvers & Billiards: Daily | Fiber Arts-Weaving, Crocheting, Knitting, Etc.: Tues 1pm | Rook: Tues 12pm | Pinochle: Thurs 12pm | Duplicate Bridge: Thurs 1pm | Shuffleboard, horseshoes & pool tournaments begin at 9:30 am; you must be signed up by 9:15am to qualify to play.*

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED - New Year Holiday	2 CLOSED— New Year Holiday	3 8:30-9:30 Blood Sugar Check/ Starr Regional 10:00 Bingo/Athens Place 11:20 Lunch / Athens Place 2:00 Yoga 4:00 Pickleball (AMS)	4 Open at 10am due to weather 11:20 Lunch w/Bateman 12:00 Wii Bowling 3:00 Chess Club	5 Open at 10am due to weather 9:30 Dance/Jam Session 11:20 Lunch w/Bateman 6:30 Board Games 7:00-9:00 Friday Night Dance- canceled due to weather
8 10:00 Bingo/Avalon 11:20 Lunch w/Friends/Premier Properties 2:00 Yoga 3:00 Tai Chi 4:30-6:30 Relative Caregiver 6:30 Covered Dish Supper 7:00 Band/Dance	9 9:00 BP/Guardian 9:00 Quilting 9:00 Creekside Chair Massage 10:00 Choir 11:20 Lunch w/Friends/Yvonne Raper	10 10:00 Bingo/Eagle Home Care 11:20 Lunch w/Friends/Intrepid 2:00 Yoga 3:00 Tai Chi 4:00 Pickleball (AMS)	11 10:00 NEW ACTIVITY Beginners Pottery Part I – Sculpting (Sign up in Front Office) 11:20 Lunch w/Bateman 12:00 Wii Bowling 3:00 Chess Club	12 9:30 Dance/Jam Session 11:20 Lunch w/Bateman 6:30 Board Games 7:00-9:00 Friday Night Dance
15 CLOSED – Martin Luther King Jr. Holiday	16 9:00 BP/NHC Home Care 9:00 Quilting 9:00 NEW ACTIVITY Stretching Class – Sponsored by Life Care 10:00 Choir 11:20 Lunch w/Friends/Taco Tuesday 12:00 Newsletter Meeting	17 10:00 Bingo/Etowah Health Care 11:20 Lunch w/Friends/Starr Regional 2:00 Yoga 3:00 Tai Chi 4:00 Pickleball (AMS)	18 9am-2pm – St. Mary’s Clinic 9:30 – Pool Tournament* 10:00 NEW ACTIVITY- Beginners Pottery Part II – Painting 11:20 Lunch w/Bateman 12:00 Wii Bowling 3:00 Chess Club	19 9:30 Dance/Jam Session 11:20 Lunch w/Bateman 1:00 – Free Legal Aid for Seniors (Appt. Required) 6:30 Board Games 7pm-9pm – Friday Night Dance

Monday	Tuesday	Wednesday	Thursday	Friday
22 9:30 Bingo at Shoney's 11:20 Lunch w/Friends – Sub Sandwiches sponsored by MSAC BOD 2:00 Yoga 3:00 Tai Chi 6:30 Covered Dish Supper 7:00 Band/Dance	23 9:00 BP/STARR 9:00 Quilting 10:00 Choir 11:20 Lunch w/Friends/ The Pet Nanny	24 9:00 Wellness Wednesday Sponsored by Starr 10:00 Bingo/Michaels 11:20 Lunch w/Friends/Bob Elliott 2:00 Yoga 3:00 Tai Chi 4:00 Pickleball (AMS	25 9:30-10:30 Bowen Massage 9:30-11:00- Bingo with Friends. Bring your own prize to play. 11:20 Lunch w/Bateman 12:00 Wii Bowling 3:00 Chess Club	26 9:30 Dance/Jam Session 11:20 Lunch w/Bateman 6:30 Board Games 7pm-9pm Friday Night Dance
29 10:00 Bingo 11:20 Lunch w/Friends/Life Care 2:00 Yoga 3:00 Tai Chi for Arthritis I 6:30 Covered Dish Supper 7:00 Band/Dance	30 9:00 – NEW ACTIVITY Seated Volleyball Tournament- Sponsored by: Angela Page – PT Assistant with Innovative Senior Care 9:00 BP/Wilma 9:00 Quilting 10:00 Choir 11:20 Lunch w/Friends/- Lunch and Learn – King Audiology	31 10:00 Bingo/Family Home Care 11:20 Lunch w/Friends 2:00 Yoga 3:00 Tai Chi 4:00 Pickleball (AMS	<h2 style="text-align: center;">Weather Policy</h2> <p style="text-align: center;">If McMinn/Hamilton County Schools are closed due to bad weather, all Senior Center activities/classes/transportation/lunches may be cancelled and the Senior Center closed. Please call before coming out to the Center during inclement weather. 423-745-6830</p>	

Lunch with Friends

Join us each day for a hot, delicious and nutritious meal. Please sign up on the Wednesday the week prior that you plan to eat so that Melody can be sure she has purchased enough food. The Menu is subject to change. Would you like to help with the lunch program- either in the kitchen or as a sponsor? See Melody in the Front Office today!

2018 MEMBERSHIP DRIVE

Your McMinn Senior Activity Center Membership supports the programs and services the Center offers. Center Membership is open to individuals aged 50 and up. Membership is \$30 a year for an Individual Membership or \$55 a year for a Couple. 2018 Membership is from January 1-December 31, 2018.

We are also adding **NEW BENEFITS FOR MEMBERS!** Stay tuned for more details.

If you have already renewed your Membership be sure to come by the Front Office to pick up your new **MEMBERSHIP CARD**. This will give you access to Member Benefits.