

MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

Center phone: 379-7222
Transportation: 388-9595

January 2012

Activity Volunteer Coordinator: Jan Nevette
Meal Site Manager: Eleanor McMinnis

MON

TUES

WED

THUR

FRI

2 Center Closed For Holiday	3 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Kerrie White Crockett Hospital 11 Jan's Bingo 11:30Lunch	4 9:30 Walk With Ease 9:45 Coffee & Chatting 10:00 Jan's Dominoes 10:30 Senior Bingo 11:30 Lunch	5 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Music / Wayne Hall & The Ole' Timers 11:30 Lunch	6 9:30 Walk With Ease 9:45 Coffee & Chatting 10:30 Stretch Exercise 11:00 Senior Bingo 11:30 Lunch
9 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Stretch Exercise 10:30 Jan's Scrap Booking 11:00 Senior Bingo 11:30 Lunch	10 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Blood Pressure / Renee Martin from Quality First 10:30 April Mobbs/ Hidden Acres 11:30 Lunch	11 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Wii Exercise 10:30 Crafts by Jan 11:00 Wii 11:30 Lunch	12 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Blood Pressure/ 10: Music/Wayne Hall & The Ole' Timers 11:30 Lunch C Bradford legal aid	13 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Thelma 's Dominoes 11:00 Senior Bingo 11:30 Lunch
16 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Stretch Exercise 10:30 Wii Tennis 11:30 Lunch	17 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Blood Pressure & Emily Hill/ Behavior Health Care 11:30 Lunch 12:30 Word Search	18 9:30 Walk With Ease 9:45 Coffee & Chatting 10:30 Ann's Dominoes 11: Rummy 11:30 Lunch	19 9:30 Walk with Ease 9:45 Coffee & Chatting 10 Music / Wayne Hall & The Ole' Timers 11 Music Ron Perry 11:30 Potluck Birthday Party	20 9:30 Walk With Ease 9:45 Coffee & Chatting 10:00 Wii Bowling 10:30 Bingo 11:30 Lunch
23 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Stretch Exercise 11:00 Snow Bingo 11:30 Lunch	24 9:30 Walk With Ease 9:45 Coffee & Chatting Donna Price/ MRHF 10:30 Autumn Blake Complete Care 11:00 Bingo 11:30 Lunch	25 9:30 Walk With Ease 9:45 Coffee & Chatting 10 Stretch Exercise 10:30 Senior Bingo 11:30 Lunch	26 9:30 Walk with Ease 9:45 Coffee & Chatting 10: Music Wayne Hall & The Ole' Timers 11:30 Lunch 12:30 Word Make-up	27 9:30 Walk With Ease 9:45 Coffee & Chatting 10:30 Wii Exercise 10:30 Senior Bingo 11:30 Lunch
30 9:30 Walk With Ease 9:45 Coffee & Chatting 10: Senior Stepping 11:00 Ann's Dominoes 11:30 Lunch	31 9:30 Walk with Ease 9:45 Coffee & Chatting 10 Blood Pressure 10:30 Word Tournament By Troy Lott 11:30 Lunch	" Pride is A kind of pleasure by a man thinking too well of himself".	Happy Birthday To All January Birthday's	Wayne Hall & The Old Timers Song & Music Thursdays at 10:00 a.m.

Sponsors: *Arthritis Foundation & Maury County Senior Center * Hidden Acres
* Mid Tennessee Bone & Joint Clinic *Quality First Home Health