

# JUNE



# 2025



**Monroe County Senior  
Citizens & Friends, Inc**  
**144 College Street S**  
**Madisonville, TN 37354**  
**Phone 423-442-2022**

**Monday – Friday**  
**8am-4:30pm**

**[monroeseniors@gmail.com](mailto:monroeseniors@gmail.com)**

| Sunday | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--------|--|--|--|--|--|---|
| 1      | 2  | 3  | 4  | 5  | 6  | 7   |
|        | <b>Eat Well, Feel Well 9:30-10:30</b><br><b>Tai Chi 10:30-11:30</b><br>Card Making 12-1:00<br><b>SAIL Exercise 1-2</b><br>Bingo 2-3<br>Beg. Line Dance 5-6<br>Mountain Music 6-8                     | Bible Study 9:30-10:30<br>Diamond Art:10-11:30<br>Choir 10:30-11:30<br>Computer Class 12-1<br>Rummikub 12:00-2:00<br>Ask the Lawyer 1:30<br>Sewing 1-3<br>IMP Line dancing 5:30-6:30 | <b>Beauty Salon 10-3:30</b><br><b>Tai Chi for Memory 10:30-11:30</b><br>Diamond Art: 12-1<br><b>SAIL Exercise 1-2</b><br>Absolute beginners line dancing 5:30-6:30<br><b>Alz Art with Pam</b>                              | <b>Qi Gong Therapeutic Postures Class 10:30-11:15</b><br>Crochet 1-2<br>Rook 2-4   | Painting 9-11<br>Bingo 10:30-11:30   |   |
| 8      | 9  | 10   | 11   | 12   | 13   | 14  |
|        | <b>Tai Chi 10:30-11:30</b><br>Card Making 12-1:00<br><b>SAIL Exercise 1-2</b><br>Bingo 2-3<br>Alz Support Group 2:00<br>Beg. Line Dance 5-6<br>Mountain Music 6-8                                    | Bible Study 9:30-10:30<br>Diamond Art:10-11:30<br>Choir 10:30-11:30<br>Computer Class 12-1<br>Rummikub 12-2:00<br>Sewing 1-3<br>Diabetes Support 2:30<br>IMP Line dancing 5:30-6:30  | <b>Beauty Salon 10-3:30</b><br><b>Tai Chi for Memory 10:30-11:30</b><br>Diamond Art: 12-1<br><b>SAIL Exercise 1-2</b><br>Absolute Beginners line dancing 5:30-6:30   | <b>Father's Day Party 9-10</b><br><b>Qi Gong Therapeutic Postures Class 10:30-11:15</b><br>Crochet 1-2<br>Rook 2-4<br>Karaoke 6-8<br>Board Meeting 4-6 | Painting 9-11<br>Bingo 10:30-11:30<br>Name That Tune 12:00<br>Medicare by Rebecca<br>Sobus gam – 10 am |   |
| 15     | 16   | 17   | 18   | 19   | 20   | 21  |
|        | <b>Comm Circle 10:30</b><br><b>Tai Chi 10:30-11:30</b><br>Card Making 12-1<br><b>SAIL Exercise 1-2</b><br><b>W&amp;S Garden Party 1:45</b><br>Bingo 2-3<br>Beg. Line Dance 5-6<br>Mountain Music 6-8 | Bible Study 9:30-10:30<br>Diamond Art:10-11:30<br>Choir 10:30-11:30<br>Computer Class 12-1<br>Rummikub 12-2<br>Ask the Lawyer 1:30<br>Sewing 1-3<br>IMP Line dancing 5:30-           | <b>Beauty Salon 10-3:30</b><br><b>Tai Chi for Memory 10:30-11:30</b><br>Diamond Art: 12-1<br><b>SAIL Exercise 1-2</b><br><b>Book Club 2:30-3:30</b><br>Absolute beginners Line dancing 5:30-6 :30                          | <b>CLOSED FOR JUNETEENTH DAY</b>   | <b>Craft Show 8-4</b><br>Painting 9-11<br>Bingo 10:30-11:30<br><b>Cornhole Tournament 6:30-9:30</b>    |   |
| 22     | 23   | 24   | 25   | 26   | 27   | 28  |
|        | <b>Tai Chi 10-30-11:30</b><br><b>Card Making 12-1</b><br><b>Sail Exercise 1-2</b><br>Bingo 2-3<br>Beg Line Dance 5-6<br>Mountain Music 6-8   | Bible Study 9:30-10:30<br>Diamond Art:10-11:30<br>Choir 10:30-11:30<br>Computer Class 12-1<br>Rummikub 12-2<br>Sewing 1-3<br>IMP Line dancing 5:30-6:30                              | <b>Beauty Salon 10-3:30</b><br><b>Health Fair 8-4</b><br><b>Tai Chi for Memory 10:30-11:30</b><br><b>Beltone 11:00-1:00</b><br>Diamond Art: 12-1<br><b>SAIL Exercise 1-2</b><br>Absolute beginners Line dancing 5:30-6 :30 | <b>Qi Gong Therapeutic Postures Class 10:30-11:15</b><br>Crochet 1-2<br>Rook 2-4<br>Karaoke 6-8  | Painting 9-11<br>Bingo 10:30-11:30   | <b>Dinner Fundraiser &amp; Bingo following dinner</b> |
| 29     | 30   |  |  |  |  |   |
|        | <b>Tai Chi 10-30-11:30</b><br><b>Card Making 12-1</b><br><b>Sail Exercise 1-2</b><br>Bingo 2-3<br>Beg line dance 5-6<br>Mountain Music 6-8   | <b>All line dance classes under Janet Anderson are \$5</b>   | Hair Salon<br>Open on Wednesday<br>Sign up at front desk   | <b>Cornhole daily 12:00</b>  | <b>Pool and Snooker Daily</b>  | <b>Lunch Served – Monday-Friday 11:30-12</b>          |