



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

OPEN
Monday – Friday
8am-4:30pm

monroeseniors@gmail.com
monroeooa@gmail.com

	Monday	Tuesday	Wednesday	Thursday	Friday	
	2	3	4	5	6	
Lunch Menu Served Monday-Friday 11:30-12:00	Tai Chi for Arthritis 10-30-11:30 Minute to Win It 12-1 Bingo 2-3 Walk With Ease 3:00 Beg Line Dance 5-6 Mountain Music 6-8	Bible Study 9:30-10:30 Diamond Art:10-11:30 Choir 10:30-11:30 Computer Class 12-1 **Kiwanis 12-1 (2nd floor) Rummikub 12-2 Sewing 1-3 Ask the Lawyer 1:30 Physical Therapy Assessment 1-5 IMP Line dancing 5:30-6:30	Chair Yoga 9:00-10:00 Beauty Salon 10-3:30 Tai Chi for Arthritis and Falls Prevention 10:30 Diamond Art: 12-1 BP Checks 12-1 Walk With Ease 3:00 Absolute Beginners Line dancing 5:30-6 :30	Absolute Beg Line Dance with Jan – 10 AM Safepath Lunch & Learn – health In your hands 11:30 Crochet 1-2 Rook 2-4	Chair Yoga 9-10 Bingo 10:30-11:30 Painting 9-11 Walk With Ease 3:00 Cornhole – 6:30-9:30 \$5.00 play donation	
	9	10	11	12	13	
Daylight Savings begins Sunday, March 8, 2026	Tai Chi for Arthritis 10-30-11:30 Minute to Win It 12-1 Bingo 2-3 Caregiver Support Group 2:00-3:00 Walk With Ease 3:00 Beg. Line Dance 5-6 Mat Yoga 5:30 Mountain Music 6-8	Bible Study 9:30-10:30 Diamond Art:10-11:30 Choir 10:30-11:30 Computer Class 12-1 **Kiwanis 12-1 (2ND floor) Rummikub 12-2 Sewing 1-3 Diabetic Support 2:30-3:30 IMP Line dancing 5:30-	Chair Yoga 9:00-10:00 Beauty Salon 10-3:30 Tai Chi for Arthritis and Falls Prevention 10:30-11:30 Diamond Art: 12-1 Nutrition Class 2:00 Walk With Ease 3:00 Absolute Beginners line dancing 5:30-6:30	Absolute Beg Line Dance with Jan – 10 AM Crochet 1-2 Dr. Kanabar - Health Topic: Arthritis 2-3 Rook 2-4 Karaoke 6:00-8:00	Chair Yoga 9-10 MACA Painting 12-3 Bingo 10:30-11:30 Walk With Ease 3:00 Cornhole – 6:30-9:30 \$5.00 play donation	
	16	17	18	19	20	
Hair Salon Open on Wednesday Sign up at front desk for appointment	Tai Chi for Arthritis 10-30-11:30 Community Circle – 11:30 Minute to Win It 12-1 Bingo 2-3 Walk With Ease 3:00 Beg Line Dance 5-6 Mountain Music 6-8	Bible Study 9:30-10:30 Diamond Art:10-11:30 Choir 10:30-11:30 Computer Class 12-1 **Kiwanis 12-1 (2nd floor) St Patrick's Day Party 12:00 Sewing 1-3 Physical Therapy Assessment 1-5 Ask the Lawyer 1:30 IMP Line dancing 5:30	Chair Yoga 9:00-10:00 Beauty Salon 10-3:30 Tai Chi for Arthritis and Falls Prevention 10:30 Diamond Art: 12-1 Exercise with Mitzi-1:00 Book Club – 2:00 Walk With Ease 3: 00 Absolute Beginners Line dancing 5:30-6 :30	Absolute Beg Line Dance with Jan – 10 AM Bean Bag Baseball – 12:00 Crochet 1-2 Nutrition for Body Systems:Digestion-1:30 Rook 2-4 Board Meeting 4:30	Chair Yoga 9-10 Painting 9-11 Bingo 10:30-11:30 Name That Tune 12:00 Walk With Ease 3:00 Cornhole – 6:30-9:30 \$5.00 play donation	Cornhole daily 12:00 Pool and Snooker daily
	23	24	25	26	27	
**NO ACTIVITY UPSTAIRS ON TUESDAY 5:11:30-1:30 FOR KIWANIS	Tai Chi for Arthritis 10-30-11:30 Minute to Win It 12-1 Bingo 2-3 Walk With Ease 3:00 Beg Line Dance 5-6 Mat Yoga 5:30 Mountain Music 6-8	Bible Study 9:30-10:30 Diamond Art:10-11:30 Choir 10:30-11:30 Computer Class 12-1 **Kiwanis 12-1 (2nd floor) Rummikub 12-2 Sewing 1-3 IMP Line dancing 5:30-6:30	Chair Yoga 9:00-10:00 Beauty Salon 10-3:30 Tai Chi for Arthritis and Falls Prevention 10:30 Diamond Art: 12-1 Exercise with Mitzi-1-2 Nutrition for Body System:Nervous system-1:30 Walk With Ease 3:00 Absolute Beginners Line dancing 5:30-6 :30	Absolute Beg Line Dance with Jan – 10 AM Crochet 1-2 Rook 2-4 Karaoke 6:00-8:00	Chair Yoga 9-10 CPR Class 9-2 Bingo 10:30-11:30 MACA Painting 12-3 Walk With Ease 3:00 Cornhole – 6:30-9:30 \$5.00 play donation	Line Dance Instructor Janet Anderson
	30	31				
	Tai Chi for Arthritis 10-30-11:30 Minute to Win It 12-1 Bingo 2-3 Walk With Ease 3:00 Beg Line Dance 5-6 Mountain Music 6-8	Bible Study 9:30-10:30 Diamond Art:10-11:30 Choir 10:30-11:30 Computer Class 12-1 **Kiwanis 12-1 (2nd floor) Rummikub 12-2 Sewing 1-3 IMP Line dancing 5:30-6:30				

