

MAY



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

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1	2	3
	<p>Cornhole daily 12:00</p> <p>Pool and Snooker Daily</p> <p>Walk About Town 1-2</p>	<p><i>Lunch - \$5.00 per person</i></p> <p><i>Served – Monday-Friday 11:30-12</i></p> <p><i>Must call by 9:30 AM to get your name on the list for lunch the same day.</i></p>	<p>BEAUTY SALON OPEN WEDNESDAYS FROM 10:30:30 BY APPOINTMENT- REGISTER AT FRONT DESK. RATES ARE REASONABLE.</p>	<p>Living Well With Chr Conditions 9:30-11:30</p> <p>Qi Gong Therapeutic Postures Class 10:30-11:15</p> <p>Crochet 1-2</p> <p>Take Chrg Diabetes 1-3</p> <p>Rook 2-4</p> <p>Bingo (Amedisys) 5:30</p>	<p>Painting 9-11</p> <p>Bingo 10:30-11:30</p> <p>Cornhole 6:00</p>	
4	5	6	7	8	9	10
	<p>Eat Well, Feel Well 9:30-10:30</p> <p>Tai Chi 10:30-11:30</p> <p>Card Making 12-1:00</p> <p>SAIL Exercise 1-2</p> <p>Walk About Town 1-2</p> <p>Bingo 2-3</p> <p>Beg. Line Dance 5-6</p> <p>Mountain Music 6-8</p>	<p>Bible Study 9:30-10:30</p> <p>Diamond Art:10-11:30</p> <p>Choir 10:30-11:30</p> <p>Computer Class 12-1</p> <p>Rummikub 12-2:00</p> <p>Sewing 1-3</p> <p>Ask the Lawyer 1:30</p> <p>IMP Line dancing 5:30-6:30</p>	<p>Beauty Salon 10-3:30</p> <p>Tai Chi for Memory 10:30-11:30</p> <p>Alz Art with Pam 11:30 -1:00</p> <p>Diamond Art: 12-1</p> <p>SAIL Exercise 1-2</p> <p>Absolute Beginners line dancing 5:30-6:30 (\$5.00 per class)</p>	<p>Living Well With Chr Conditions 9:30-11:30</p> <p>Qi Gong Therapeutic Postures Class 10:30-11:15</p> <p>Crochet 1-2</p> <p>Take Chrg Diabetes 1-3</p> <p>Rook 2-4</p> <p>Karaoke 6-8</p>	<p>Painting 9-11</p> <p>Mother's Day Tea 10-11</p> <p>Bingo 10:30-11:30</p> <p>Cornhole 6:00</p>	
11	12	13	14	15	16	17
	<p>Eat Well Feel Well 9:30</p> <p>Tai Chi 10:30-11:30</p> <p>Card Making 12-1</p> <p>SAIL Exercise 1-2</p> <p>Bingo 2-3</p> <p>Alz Support Group 2:00</p> <p>Beg. Line Dance 5-6</p> <p>Mountain Music 6-8</p>	<p>Bible Study 9:30-10:30</p> <p>Diamond Art:10-11:30</p> <p>Choir 10:30-11:30</p> <p>Computer Class 12-1</p> <p>Diabetes Support 2:30-3:30</p> <p>Sewing 1-3</p> <p>IMP Line dancing 5:30-</p>	<p>Beauty Salon 10-3:30</p> <p>Tai Chi for Memory 10:30-11:30</p> <p>Diamond Art: 12-1</p> <p>SAIL Exercise 1-2</p> <p>Absolute beginners Line dancing 5:30-6 :30 (\$5.00 per class)</p>	<p>Dr. Kanabar/ 9:00</p> <p>Qi Gong Therapeutic Postures Class 10:30</p> <p>Farmer's Mkt-12-1 with Penny from Humana</p> <p>Crochet 1-2</p> <p>Take Chrg Diabetes 1-3</p> <p>Rook 2-4</p> <p>Board Meeting 4:30</p>	<p>Painting 9-11</p> <p>Bingo 10:30-11:30</p> <p>Name That Tune 12:00</p> <p>Cornhole Tournament 6:30-9:30</p> <p>Band – Country Connection 6-9</p>	
18	19	20	21	22	23	24
	<p>Eat Well, Feel Well 9:30-10:30</p> <p>Comm Circle 10:30</p> <p>Tai Chi 10-30-11:30</p> <p>Card Making 12-1</p> <p>Sail Exercise 1-2</p> <p>Bingo 2-3</p> <p>Beg Line Dance 5-6</p> <p>Mountain Music 6-8</p>	<p>Bible Study 9:30-10:30</p> <p>Diamond Art:10-11:30</p> <p>Choir 10:30-11:30</p> <p>Computer Class 12-1</p> <p>Rummikub 12-2</p> <p>Sewing 1-3</p> <p>Ask the Lawyer 1:30</p> <p>IMP Line dancing 5:30-6:30</p>	<p>Beauty Salon 10-3:30</p> <p>Tai Chi for Memory 10:30-11:30</p> <p>Alz Art with Pam 11:30-1:00</p> <p>Diamond Art: 12-1</p> <p>SAIL Exercise 1-2</p> <p>Book Club 2:00</p> <p>Absolute beginners Line dancing 5:30-6 :30 (\$5.00 per class)</p>	<p>Qi Gong Therapeutic Postures Class 10:30-11:15</p> <p>How to Transfer Assets to the next generation with Alex Dalton, Financial Advisor = 12:00</p> <p>Take Chrg Diabetes 1-3</p> <p>Crochet 1-2</p> <p>Rook 2-4</p> <p>Karaoke 6-8</p>	<p>Bingo 10:30-11:30</p> <p>Wreath Making with Veronica – 1-3</p> <p>Cornhole 6:00</p>	
25	26	27	28	29	30	31
	<p>MEMORIAL DAY</p> <p>CLOSED</p>	<p>Bible Study 9:30-10:30</p> <p>Diamond Art:10-11:30</p> <p>Choir 10:30-11:30</p> <p>Computer Class 12-1</p> <p>Rummikub 12-2</p> <p>Sewing 1-3</p> <p>IMP Line dancing 5:30-6:30</p>	<p>Beauty Salon 10-3:30</p> <p>Tai Chi for Memory 10:30-11:30</p> <p>Diamond Art:12-1</p> <p>PHS Lunch and Learn 12</p> <p>SAIL Exercise 1-2</p> <p>Absolute Beginners Line Dancing 5:30-6:30 (\$5.00)</p>	<p>Qi Gong Therapeutic Postures Class 10:30-11:15</p> <p>Crochet 1-2</p> <p>Rook 2-4</p>	<p>Painting 9-11</p> <p>Bingo 10:30-11:30</p> <p>Cornhole 6:00</p>	

