

OCTOBER



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	Hair Salon Open on Wednesday Sign up at front desk Cornhole daily 12:00 Pool and Snooker Daily		Chair Yoga 9:00-10:30 Beauty Salon 10-3:30 Tai Chi for Memory 10:30-11:30 Diamond Art: 12-1 Absolute beginners Line dancing 5:30-6:30	Absolute Beg Line Dance with Jan – 10 AM Crochet 1-2 Rook 2-4	Chair Yoga 9-10 MACA Painting 12:30-3:30 Starr Regional . 9-10 Cornhole – 6:30-9:30 \$5.00 play donation	
5	6	7	8	9	10	11
	Tai Chi 10:30-11:30 Card Making 12-1:00 Minute to Win It 12-1 Bingo 2-3 Caregiver Café 2-3 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 Medicare Review A & B w/Andrew Bennett 12-1 Rummikub 12-2:00 Sewing 1-3 Memory Motivators 1-2 Ask the Lawyer 1:30 Diabetes Support 2:30-3 IMP Line dancing 5:30-6:30	Chair Yoga 9:00-10:00 Beauty Salon 10-3:30 Tai Chi for Memory 10:30-11:30 Diamond Art: 12-1 Biscuit Making class 4:30-5:30 Absolute Beginners line dancing 5:30-6:30	Absolute Beg Line Dance with Jan – 10 AM Dr. Kanabar speaking on "Stress" 9-10 Crochet 1-2 Rook 2-4 Karaoke 6:00-8:00	Chair Yoga 9-10 Painting 9-11 Bingo 10:30-11:30 Horse Race 12-1 Cornhole – 6:30-9:30 \$5.00 play donation	
12	13	14	15	16	17	18
	Tai Chi 10:30-11:30 Comm Circle 11:30 Minute to Win It 12-1 Card Making 12-1 Caregivers Support Group 2:00 Bingo 2-3 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 REMOTE AREA MEDICAL 11-3 Computer Class 12-1 Rummikub 12-2 Memory Motivators 1-2 Sewing 1-3 Diabetes Support 2:30-3 IMP Line dancing 5:30	Chair Yoga 9:00-10:00 Beauty Salon 10-3:30 Tai Chi for Memory 10:30-11:30 Diamond Art: 12-1 SAIL with Mitzi-1-2 Book Club 2:00 Absolute beginners Line dancing 5:30-6:30	Absolute Beg Line Dance with Jan – 10 AM Bean Bag Baseball 12-1 Crochet 1-2 Rook 2-4 Board Meeting 4:30	Chair Yoga 9-10 Bingo 10:30-11:30 MACA Painting 12:30-3:30 Cornhole – 6:30-9:30 \$5.00 play donation	
19	20	21	22	23	24	25
	Tai Chi 10:30-11:30 Minute to Win It 12-1 Card Making 12-1 Bingo 2-3 Beg Line Dance 5-6 Mountain Music 6-8 Community Circle 11:30	Bible Study 9:30-10:30 Diamond Art:10-11:30 Choir 10:30-11:30 Computer Class 12-1 Rummikub 12-2 Memory Motivators 1-2 Ask the Lawyer 1:30 Sewing 1-3 IMP Line dancing 5:30-6:30	Chair Yoga 9:00-10:00 Beauty Salon 10-3:30 Tai Chi for Memory 10:30-11:30 Belton 11-1 Diamond Art: 12-1 Absolute beginners Line dancing 5:30-6:30	Absolute Beg Line Dance with Jan – 10 AM Bean Auction – by Brandy w/ Our Place 1-2 Crochet 1-2 Rook 2-4 Karaoke 6-8	Chair Yoga 9-10 Bingo 10:30-11:30 MACA Painting 12:30-3:30 Cornhole – 6:30-9:30 \$5.00 play donation	All Line dance classes under Janet Anderson are \$5
26	27	28	29	30	31	
	Tai Chi 10:30-11:30 Minute to Win It 12-1 Card Making 12-1 Bingo 2-3 Beg line dance 5-6 Mountain Music 6-8	Bible Study 9:30-10:30 Diamond Art:10-11:30 Drug Take Back 10-2 Choir 10:30-11:30 Computer Class 12-1 Rummikub 12-2 Memory Motivators 1-2 Sewing 1-3 IMP Line dancing 5:30-	Chair Yoga 9:00-10:00 Beauty Salon 10-3:30 Tai Chi for Memory 10:30-11:30 Diamond Art: 12-1 Absolute beginners Line dancing 5:30-6:30	Absolute Beg Line Dance with Jan – 10 AM Crochet 1-2 Rook 2-4 Halloween Dance (wear costume) 6:30-9:30	Chair Yoga 9-10 Bingo 10:30-11:30 Painting 9-11 Cornhole – 6:30-9:30 \$5.00 play donation Halloween Party – 12	Lunch Served Monday-Friday 11:30-12

