

February



2024



**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
				Acrylic Painting 9:00-11:15 Veteran Support Group-9-10 Lunch 11:30-12 Crochet 1-2 Rook 2-4	Woodburning class 9:00-10:30 Bingo 10:30-11:30 Lunch 11:30-12:00	
4	5	6	7	8	9	10
	Tai Chi 10:30-11:30 Card Making 12-1 Sail Exercise 1-2 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 Lunch 11:30-12:00 Computer Class 12-1 Beginner Sew 1-2	Diamond Art:10-11:30 Tai Chi for Memory 10:30-11:30 Lunch 11:30-12:00 Sail Exercise 1-2 IMP L Dancing 5:30	Oil Painting 8-11 Veteran Support Group-9-10 Lunch 11:30-12 Lunch & Learn-Pt Portal (Hlth Info) 12 Crochet 1-2 Rook 2-4 Karaoke 6-8	Woodburning Class 9:00-10:30 Bingo 10:30 11:30 Lunch 11:30-12:00 Corn Hole 12-1 Pool	Corn Hole Tournament 10:00-12:00
11	12	13	14	15	16	17
	Tai Chi 10:30-11:30 Comm. Cir.11:30-12:30 Card Making 12-1 Sail Exercise 1-2 Bingo 2-3 Beg. Line Danci 5-6 Mountain Music 6-8	Bible Study 9:30-10:30 Diamond Art:10-11:30 Choir 10:30-11:30 Lunch 11:30-12 :00 Computer Class 12-1 Beginner Sewing 1-2 Diabetic Support 2:30-3:30 Oil Painting 4-7	Diamond Art:10-11:30 Tai Chi for Memory 10:30-11:30 Lunch 11:30-12 Sail Exercise 1-2 IMP L Dancing 5:30 Vaccine Event – 9:30-2:30 Valentine Dance 6-9	Acrylic Painting 9-11:15 Veteran Support Group-9-10 Lunch 11:30-12:00 Crochet 1-2 Rook 2-4 Board Meeting 5:00 Acrylic Painting 1-4	Woodburning Class 9:00-10:30 Bingo 10:30-11:30 Lunch 11:30:12:00 Name That Tune 12-1 Pool	
18	19	20	21	22	23	24
	President's Day CLOSED	Bible Study 9:30-10:30 Diamond Art:10-11:30 Choir 10:30-11:30 Fire Dept 11:15 Lunch 11:30-12:00 Computer Class 12-1 Beginner Sewing 1-2	Taking meds correctly- Dr. Kanabar 9:30-10:30 Diamond Art:10-11:30 Tai Chi for memory 10:30-11:30 Lunch 11:30-12 Sail Exercise 1-2 IMP L Dancing 5:30	Oil Painting 8-11 Veteran Support Group-9-10 Lunch 11:30-12 Crochet 1-2 Rook 2-4 Karaoke 6-8	Woodburning Class 9:00-10:30 Bingo 10:30-11:30 Lunch 11:30-12:00 Pictionary 12-1 Pool	
25	26	27	28	29		
	Tai Chi 10:30-11:30 Card Making 12-1 Sail Exercise 1-2 Bingo 2-3 Beg. Line Dance 5-6 Mountain Music 6-8	Bible Study 9:30-10:30 Diamond Art:10-11:30 Diam Art 10-11:30 Choir 10-30-11:30 Belltone 11:00-2:00 Lunch 11:30-12:00 Computer 12-1 Beginner Sew 1-2	Diamond Art:10-11:30 Tai Chi for memory 10-30-11:30 Lunch 11:30-12 Sail Exercise 1-2 IMP L Dancing 5:30	Acrylic Painting 9:00-11:15 Veteran Support Group-9-10 Lunch 11:30-12:00 Crochet 1-2 Rook 2-4		