

November



2023



**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
			Tai Chi for Memory 10:30-11:30 Lunch 11:30-12:00 Diamond Art:10-11:30 Sail Exercise 1-2 IMP L Dancing 5:30	Beginners Sewing 9-11 Acrylic Painting 8:00-11:30 Lunch 11:30-12 Crochet 2-3 Rook 2-4 Karaoke 6-8	Everyone Grows Older Class 10:00-11:00 Acrylic Painting 8-11:30 Bingo 10:30-11:30 Lunch 11-30-12:00 Making Flowers 1-2	
5	6	7	8	9	10	11
	Tai Chi 10:30-11:30 Card Making 12-1 Sail Exercise 1-2 Bingo 2-3 Absolute LD 4-5 Beg. Line dancing 5-6 Mountain Music 6-8	Bible Study 9:30-10:30 Choir 10:30-11:30 Lunch 11:30-12:00 Diam Art 10-11:30 Computer 12-1 Diabetic Support 2:30-3:30	Tai Chi for Memory 10:30-11:30 Lunch 11:30-12:00 Diamond Art:10-11:30 Sail Exercise 1-2 IMP L Dancing 5:30	Beginners sewing 9-11 Acrylic Painting 8:00-11:30 Medicare 10-11 Lunch 11:30-12 Crochet 2-3 Rook 2-4	Acrylic Painting 8-11:30 Everyone Grows Older Class 10:00-11:00 Medicare Bingo 10:30 11:30 Lunch 11:30-12:00 Name That Tune 12-1 Corn Hole 12-1 Making Flowers 1-2	Veterans Day Lunch 11:30 for Veterans plus one Corn Hole Tournament 10:00-12:00
12	13	14	15	16	17	18
	Tai Chi 10:30-11:30 Card Making 12-1 Sail Exercise 1-2 Bingo 2-3 Absolute L.D. 4-5 Beg. Line Dancing 5-6 Mountain Music 6-8	Bible Study 9:30-10:30 Choir 10:30-11:30 Lunch 11:30-12 :00 Diamond Art 10-11:30 Computer 12-1 Oil Painting 4-7	Bake Sale 10-2 Tai Chi for Memory 10:30-11:30 Lunch 11:30-12 Diamond Art 10-11:30 Sail Exercise 1-2 IMP L Dancing 5:30	BeginSewing 9-11 Acrylic Painting 8:00- 11:30 Lunch 11:30-12:00 Crochet 2-3 Rook 2-4 Acrylic Paint 1-4 Karaoke 6-8 Christmas Craft Show – 10A-4P	Acrylic Painting 8-11:30 Everyone Grows Older Class 10:00-11:00 Bingo 10:30-11:30 Lunch 11:30:12:00 Pictionary 12-1 Making Flowers 1-2 Pool Christmas Craft Show – 10A-4P	
19	20	21	22	23	24	25
	Tai Chi 10:30-11:30 Comm. Cir.11:30-12:30 Card Making 12-1 Sail Exercise 1-2 Bingo 2-3 Absolute L.D. 4-5 Beg. Line Dancing 5-6 Mountain Music 6-8	Bible Study 9:30-10:30 Choir 10:30-11:30 Bell-Tone 11-2 Lunch 11:30-12:00 Lunch&Learn 12-1 Computer 12-1 Diamond Art 10-11:30 Corn Hole 12-1	Tai Chi for memory 10:30-11:30 Lunch 11:30-12 Diamond Art 10-11:30 Sail Exercise 1-2 IMP L Dancing 5:30	CLOSED Thanksgiving Day	CLOSED	
26	27	28	29	30		
	Tai Chi 10:30-11:30 am Card Making 12-1 Sail Exercise 1-2 Bingo 2-3 Absolute L.D. 4-5 Beg. Line Dancing 5-6 Mountain Music 6-8	Bible Study 9:30-10:30 Choir 10-30-11:30 Lunch 11:30-12:00 Computer 12-1 Diamond Art 10-11:30	Tai Chi for memory 10-30-11:30 Lunch 11:30-12 Diamond Art 10-11:30 Sail Exercise 1-2 IMP L Dancing 5:30	Beginners Sewing 9-11 Acrylic Painting 8-11:30 Lunch 11-30-12 Crochet 2-3 Rook 2-4 Shred-It 10A-1P For members only! Karaoke 6-8		

