

Fair Park Activity Center
 1433 Livingston Road
 Crossville, TN, 38571
 Monday – Friday 8a-4p
 931-484-7416



Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Billiards Room is open Monday – Friday From 8am to 4pm.</p>			<p>1 CLOSED FOR NEW YEAR'S!</p>	<p>2 CLOSED FOR NEW YEAR'S!</p>
<p>5 8:30a- Chair Volleyball 10a- Table Tennis 11a- Ladies Bible Study 11a- Lunch & Learn (SIGN UP) 12p- Mah Jongg 12p-Happy Strummin Ukulele 12p- Card Games 12p- Stay Strong, Stay Healthy 1p- Beginner Dulcimer Group</p>	<p>6 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 5p- Building Reserved for Avalon</p>	<p>7 8a-10a- Socializing and Puzzles 10a- BINGO w/ Lil' Angels 10a-11a- Lunch 11:30a- Corn Hole 2p- Open Jam 6p- Line Dancing</p>	<p>8 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi 1:30p- Beginner Tai Chi 6p- Plateau Corvette Club</p>	<p>9 8a-10a- Socializing and Puzzles 10a- BINGO w/ Quality 10a-11a- Lunch 12p- Hand & Foot and Bridge 6p-Beginners Line Dancing 6:30- Line dancing</p>
<p>12 8:30a- Chair Volleyball 10a- Table Tennis 11a- Ladies Bible Study 12p- Mah Jongg 12p-Happy Strummin Ukulele 12p- Card Games 12p- Stay Strong, Stay Healthy 1p- Beginner Dulcimer Group</p>	<p>13 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 5p- HAM Radio Club</p>	<p>14 8a-10a- Socializing and Puzzles 10a- BINGO w/ Jason Reed 10a-11a- Lunch 11:30a- Corn Hole 2p- Open Jam 6p- Line Dancing</p>	<p>15 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi 1:30p- Beginner Tai Chi 4:30p- After Hours Euchre</p>	<p>16 8a-10a- Socializing and Puzzles 10a- BINGO w/ Life Care 10a-11a- Lunch 12p- Hand & Foot and Bridge 6p-Beginners Line Dancing 6:30- Line dancing</p>
<p>19 8:30a- Chair Volleyball 10a- Table Tennis 11a- Ladies Bible Study 12p- Mah Jongg 12p-Happy Strummin Ukulele 12p- Card Games 12p- Stay Strong, Stay Healthy 1p- Beginner Dulcimer Group</p>	<p>20 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 5p- Open Bible Study CALL: 501-206-9770</p>	<p>21 8a-10a- Socializing and Puzzles 10a- BINGO w/ Laura's Table 10a-11a- Lunch 11:30a- Corn Hole 2p- Open Jam 6p- Line Dancing</p>	<p>22 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi 1:30p- Beginner Tai Chi</p>	<p>23 8a-10a- Socializing and Puzzles 10a- BINGO w/ Exac Care 10a-11a- Lunch 12p- Hand & Foot and Bridge 6p-Beginners Line Dancing 6:30- Line dancing</p>
<p>26 8:30a- Chair Volleyball 10a- Table Tennis 11a- Ladies Bible Study 12p- Mah Jongg 12p-Happy Strummin Ukulele 12p- Card Games 12p- Stay Strong, Stay Healthy 1p- Beginner Dulcimer Group</p>	<p>27 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 5p- Open Bible Study CALL: 501-206-9770</p>	<p>28 8a-10a- Socializing and Puzzles 10a- BINGO w/ Quality 10a-11a- Lunch 11:30a- Corn Hole 2p- Open Jam 6p- Line Dancing</p>	<p>29 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi 1:30p- Beginner Tai Chi</p>	<p>30 8a-10a- Socializing and Puzzles 10a- BINGO w/ Ernie's Table 10a-11a- Lunch 12p- Hand & Foot and Bridge 6p-Beginners Line Dancing 6:30- Line dancing</p>

SCHEDULE CHANGES ARE HIGHLIGHTED FOR YOUR CONVENIENCE!

Fair Park Activity Center

There are no strangers here, just friends you haven't met.

January Special Events & Activities

Artfully Aging with Fair Park- To stay up to date with the newest Art Classes, ask any of our front desk staff or volunteers!

Special Events & Seminars for January-

Join us on **Monday, January 5th at 11:00 AM** for an informative and uplifting Lunch & Learn with **Te Ray-Parks of Amedisys Hospice**. We'll explore common myths and important facts about hospice care, offering clarity and comfort around a topic that is often misunderstood. Learn how hospice focuses on quality of life and compassionate support for both patients and families. Enjoy a **FREE lunch of pizza, salad, and dessert** while gaining valuable information, asking questions, and leaving empowered with knowledge to help you or a loved one make informed decisions with confidence and peace of mind.

Program Highlight: Drums Alive & Chair Yoga

Every Thursday, our seniors are invited to enjoy two uplifting, back-to-back wellness classes — **Drums Alive at 11:00 AM**, followed by **Chair Yoga at 11:40 AM**. These classes are led by the incredible **Crystal Blankenship with UT Extension**, whose passion, knowledge, and genuine heart for our seniors is evident in every session.

Crystal brings more than instruction — she brings encouragement, warmth, and a deep commitment to helping seniors thrive. **Drums Alive** is an energetic, fun-filled class that combines rhythm and movement to improve cardiovascular health, coordination, strength, and cognitive function, all while boosting mood and reducing stress. The laughter and camaraderie in this class make exercise feel joyful rather than intimidating.

Immediately following, **Chair Yoga** offers a calming and restorative experience focused on gentle stretching, balance, flexibility, posture, and mindful breathing. For those who participate regularly, Chair Yoga can help reduce joint stiffness, improve mobility, enhance balance to lower fall risk, and promote relaxation and mental clarity.

Participants who attend these classes consistently often report increased energy, improved endurance, better balance and flexibility, enhanced confidence in movement, and a stronger sense of overall well-being. Just as importantly, these classes foster social connection and routine, which play a vital role in emotional health.

What truly sets these programs apart is **Crystal herself**. She meets each participant where they are, adapts movements as needed, and creates a supportive, welcoming environment where every senior feels capable, encouraged, and valued. Her dedication through UT Extension and her heartfelt care for our seniors has made a lasting and meaningful impact on our community.

A Special Thank You to Our Sponsors!

