

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



Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30a- Chair Volleyball 9:30a- Computer Class 10a- Table Tennis 11a- Ladies Bible Study 11a- Beginners Crochet 11a- Stay Strong, Stay Healthy 11:30a- Mah Jongg 12p-Happy Strummin Ukulele 1p- Beginner Dulcimer Group 12p- Card Games 2:30p-Chair Aerobics w/Laura	4 8a- BINGOcize 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 5p- Building Reserved for Avalon	5 10:30a- Bingo w/ Laura's Table 11a- Ladies Bible Study CALL: 586-212-7148 11a - Lunch 12p- Corn Hole 2p- Open Jam 2:30p-Chair Aerobics w/Laura 6p- Line Dancing	6 8a- BINGOcize 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi 6p- Plateau Corvette Club	7 9:30a- Jim Trease Singing 10a-Birthday, Anniversary, & Newcomer Celebration. 10:30- Bingo w/ Eye Centers 11a- Lunch 12p- Hand & Foot and Bridge 6:30- Line dancing
10 8:30a- Chair Volleyball 9:30a- Computer Class 10a- Table Tennis 11a- Ladies Bible Study 11a- Beginners Crochet 11a- Stay Strong, Stay Healthy 11:30a- Mah Jongg 12p-Happy Strummin Ukulele 1p- Beginner Dulcimer Group 12p- Card Games 2:30p-Chair Aerobics w/Laura	11 8a- BINGOcize 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11a- Lunch & Learn with Silver Angels 11:30a- Line Dancing 1p- Crochet Class 2:30p- Brain Health Class - \$5 5:30p- HAM Radio Club	12 10a- Fall Prevention Seminar 10:30a- Bingo w/ Jason Reed 11a- Ladies Bible Study CALL: 586-212-7148 11a- Lunch 12p- Corn Hole 2p- Open Jam 2:30p-Chair Aerobics w/Laura 6p- Line Dancing	13 8a- BINGOcize 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 10:30a- Lunch and Learn Trip with Staff (MUST SIGN UP) 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi	14 8a-10:30- Socializing and Puzzles 10:30- Bingo w/ Quality 11a- Lunch 12p- Hand & Foot and Bridge 6p-Beginners Line Dancing 6:30- Line dancing
17 8:30a- Chair Volleyball 9:30a- Computer Class 10a- Table Tennis 11a- Ladies Bible Study 11a- Beginners Crochet 11a- Stay Strong, Stay Healthy 11:30a- Mah Jongg 12p-Happy Strummin Ukulele 1p- Beginner Dulcimer Group 12p- Card Games 2:30p-Chair Aerobics w/Laura	18 8a- BINGOcize 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 2:30p- Brain Health Class - \$5 5:15p- Open Bible Study CALL: 501-206-9770	19 10:30a- Bingo w/ Cindy's Table 11a- Ladies Bible Study CALL: 586-212-7148 11a- Lunch 12p- Corn Hole 2p- Open Jam 2:30p-Chair Aerobics w/Laura 6p- Line Dancing	20 8a- BINGOcize 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Tulip Farm Trip with Staff (MUST SIGN UP) 12p- Mah Jongg 12:30p- Tai Chi	21 8a-10:30- Socializing and Puzzles 10:30- Bingo w/ Life Care 11a- Lunch 12p- Hand & Foot and Bridge 6p-Beginners Line Dancing 6:30- Line dancing
24 8:30a- Chair Volleyball 9:30a- Computer Class 10a- Table Tennis 11a- Ladies Bible Study 11a- Beginners Crochet 11a- Stay Strong, Stay Healthy 11:30a- Mah Jongg 12p-Happy Strummin Ukulele 1p- Beginner Dulcimer Group 12p- Card Games 2:30p-Chair Aerobics w/Laura	25 8a- BINGOcize 9a-Breakfast 9:30a- Computer Class 10a- TOPS Group 11:30a- Line Dancing 1p- Crochet Class 2:30p- Brain Health Class - \$5 5:15p- Open Bible Study CALL: 501-206-9770	26 10:30a- Bingo w/ Little Angels 11a- Ladies Bible Study CALL: 586-212-7148 11a- Lunch 12p- Corn Hole 2p- Open Jam 2:30p-Chair Aerobics w/Laura 6p- Line Dancing	27 8a- BINGOcize 8:30a- Chair Volleyball 9a-Breakfast 10a- Table Tennis 11a- Drums Alive 11:40a- Chair Yoga 12p- Mah Jongg 12:30p- Tai Chi	28 8a-10:30- Socializing and Puzzles 10:30- Bingo w/ ExacCare 11a- Lunch 12p- Hand & Foot and Bridge 1p- Art Class with PCA 6p-Beginners Line Dancing 6:30- Line dancing
31 8:30a- Chair Volleyball 9:30a- Computer Class 10a- Table Tennis 11a- Ladies Bible Study 11a- Beginners Crochet 11a- Stay Strong, Stay Healthy 11:30a- Mah Jongg 12p-Happy Strummin Ukulele 1p- Beginner Dulcimer Group 12p- Card Games 2:30p-Chair Aerobics w/Laura				

Fair Park Activity Center

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

March 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!

Friday, March 28th – 1p – Rosie Hufford from the Plateau Creative Arts will be doing a Spring Watercolor. She is working on an upside-down umbrella with flowers done in watercolor. The finished picture will be 8x10 on a canvas board. This class can take 15 participants and has a \$5 material fee due to the instructor at the time of the class!

Be on the lookout for POP-UP classes done with the staff! These classes are posted on Facebook!

Special Events and Seminars for March

Tuesday, March 11th – 11a – Join us for a Lunch & Learn with Jennah Borders from Silver Angels, where she will share valuable information about in-home services, including personal care, homemaking, companion care, PERS units, and home-delivered meals. Enjoy a meal while learning how these services can support independent living. You must sign up at the front desk to reserve your spot. Attendance is limited, and only those who have signed up will be able to attend. Come hungry and ready to learn!

Wednesday, March 12th – 10a – Educational Seminar with Alicia: Fall Prevention. Join us for an informative seminar on fall prevention, presented by Alicia, who will share expert tips on staying safe, active, and independent. Learn how to improve balance, reduce home hazards, and make simple lifestyle adjustments to lower your risk of falls. Don't miss this opportunity to take proactive steps toward a healthier, more confident future!

Trips Planned for March

Thursday, March 13th – Leaving Fair Park at 10:30a – Caring for a loved one with a chronic illness or recent diagnosis can be overwhelming. Join us for a supportive presentation to help caregivers navigate this journey with confidence and peace of mind. Afterward, we'll enjoy a delicious meal at **Willow Cafe**, a local favorite known for its fast service and diverse menu. There is no cost for this trip, but space is limited, so please sign up to reserve your spot.

Thursday, March 20th – Leaving Fair Park at 12p – Join us for a trip to the tulip farm in Sparta, TN! Enjoy a relaxing day surrounded by beautiful blooms, fresh air, and great company. You'll have the chance to stroll through vibrant tulip fields, take photos, and even pick a couple flowers to bring home. We will leave Fair Park at 12p and stop for lunch, then make our way to the farm! This trip is \$15 which covers admission to the Farm, 2 picked Tulips to take home, and the van fee!

New Program Highlights

Mondays at 1p beginning in March - We're excited to introduce a new musical opportunity at our center! Branching off from our weekly ukulele group, we're starting a **Beginner Dulcimer Group**. This is a casual, no-teaching, just-playing group.

Details: No formal instruction – just playing and learning together. You must bring your own dulcimer. Open to beginners and enthusiasts alike. Come strum along and enjoy the joy of music with us!

Tuesdays at 2:30p beginning in March - Join us for a **6-week Brain Health Class**, starting **Tuesday, March 11th at 2:30 PM**. This class will be led by a retired PE teacher, certified personal trainer, group fitness instructor, and certified brain health coach. Participants will engage in a combination of **physical activity** and **cognitive challenges** to boost brain function and overall well-being. Each class is \$5 paid to the instructor. Take this opportunity to improve both your physical fitness and brain health over the next six weeks!

A Special Thank You to Our Sponsors!

