

## Fair Park Activity Center – March 2025 Calendar

If you have any questions or would like to sign up for special events or classes, please call 931-484-7416.

### Monday, March 3

- 8:30am – Chair Volleyball
- 9:30am – Computer Class
- 10am – Table Tennis
- 11am – Ladies Bible Study
- 11am – Beginners Crochet
- 11am – Stay Strong, Stay Healthy
- 11:30am – Mah Jongg
- 12pm – Happy Strummin' Ukulele
- 12pm – Card Games
- 1pm – Beginner Dulcimer Group
- 2:30pm – Chair Aerobics with Laura

### Tuesday, March 4

- 8am - BINGOcize
- 9am – Breakfast (Sausage, Hashbrowns, Peppers and Onions, Whole Grain Biscuit with Gravy, Milk, Butter, and a Fruit Cup)
- 9:30am – Computer Class
- 10am – TOPS Weight Loss Group
- 11:30am – Line Dancing Class
- 1pm – Crochet Class
- 5pm – Building Reserved for Avalon

### Wednesday, March 5

- 10:30am – Bingo with Laura's Table
- 11am – Ladies Bible Study, if interested in joining call 586-212-7148
- 11am – Lunch (Baked Chicken, Au Gratin Potatoes, Green Beans, Whole Grain Roll, Milk, Butter, and a Fruit Cup)
- 12pm – Corn Hole
- 2pm – Open Jam
- 2:30pm – Chair Aerobics with Laura
- 6pm – Line Dancing

### Thursday, March 6

- 8am - BINGOcize
- 8:30am – Chair Volleyball
- 9am – Breakfast (Sausage, Hashbrowns, Peppers and Onions, Whole Grain Pancake, Milk, Butter, and a Fruit Cup)
- 10am – Table Tennis
- 11am – Drums Alive

- 11:40am – Chair Yoga
- 12pm – Mah Jongg
- 12:30pm – Tai Chi
- 6pm – Building Reserved for The Plateau Corvette Club

#### Friday, March 7

- 8am – Socializing and Puzzles
- 9:30am – Jim Trease Singing
- 10am – Birthday, Anniversary, Newcomer Celebration
- 10:30am – Bingo with Eye Centers of Tennessee
- 11am – Lunch (Chili with Ground Beef, Diced Tomatoes, Chili Beans, WG Crackers, Milk, Butter, and a Fruit Cup)
- 12pm – Hand and Foot, Bridge
- 6:30pm – Line Dancing

#### Monday, March 10

- 8:30am – Chair Volleyball
- 9:30am – Computer Class
- 10am – Table Tennis
- 11am – Ladies Bible Study
- 11am – Beginners Crochet
- 11am – Stay Strong, Stay Healthy
- 11:30am – Mah Jongg
- 12pm – Happy Strummin' Ukulele
- 12pm – Card Games
- 1pm – Beginner Dulcimer Group
- 2:30pm – Chair Aerobics with Laura

#### Tuesday, March 11

- 8am - BINGOcize
- 9am – Breakfast (Sausage, Hashbrowns, Peppers and Onions, Whole Grain Biscuit with Gravy, Milk, Butter, and a Fruit Cup)
- 9:30am – Computer Class
- 10am – TOPS Weight Loss Group
- 11am – Lunch and Learn with Silver Angels (You must sign up in advance)
- 11:30am – Line Dancing Class
- 1pm – Crochet Class
- 2:30pm – Brain Health Class
- 5:30pm – Building Reserved for The Ham Radio Club

#### Wednesday, March 12

- 10:30am – Bingo with Jason Reed from Dave Kirk Automotive
- 11am – Ladies Bible Study, if interested in joining call 586-212-7148
- 11am – Lunch (Chicken Noodle Soup with Mixed Vegetables, Corn, Whole Grain Pasta, Milk, Butter, and a Fruit Cup)

- 12pm – Corn Hole
- 2pm – Open Jam
- 2:30pm – Chair Aerobics with Laura
- 6pm – Line Dancing

#### Thursday, March 13

- 8am - BINGOcize
- 8:30am – Chair Volleyball
- 9am – Breakfast (Sausage, Hashbrowns, Peppers and Onions, Whole Grain Pancake, Milk, Butter, and a Fruit Cup)
- 10am – Table Tennis
- 10:30am – Lunch and Learn Trip with Staff (You must sign up in advance)
- 11am – Drums Alive
- 11:40am – Chair Yoga
- 12pm – Mah Jongg
- 12:30pm – Tai Chi

#### Friday, March 14

- 8am – Socializing and Puzzles
- 10:30am – Bingo with The Quality Family
- 11am – Lunch (Pulled Pork, Mashed Potatoes, Baked Beans, Whole Grain Bun, Milk, Butter, and a Fruit Cup)
- 12pm – Hand and Foot, Bridge
- 6:30pm – Line Dancing

#### Monday, March 17

- 8:30am – Chair Volleyball
- 9:30am – Computer Class
- 10am – Table Tennis
- 11am – Ladies Bible Study
- 11am – Beginners Crochet
- 11am – Stay Strong, Stay Healthy
- 11:30am – Mah Jongg
- 12pm – Happy Strummin' Ukulele
- 12pm – Card Games
- 1pm – Beginner Dulcimer Group
- 2:30pm – Chair Aerobics with Laura

#### Tuesday, March 18

- 8am - BINGOcize
- 9am – Breakfast (Sausage, Hashbrowns, Peppers and Onions, Whole Grain Cinnamon Roll, Milk, Butter, and a Fruit Cup)
- 9:30am – Computer Class
- 10am – TOPS Weight Loss Group
- 11:30am – Line Dancing Class

- 1pm – Crochet Class
- 2:30pm – Brain Health Class
- 5pm – Open Bible Study, call 501-206-9770 if Interested in Joining

#### Wednesday, March 19

- 10:30am – Bingo with Little Angels
- 11am – Ladies Bible Study, if interested in joining call 586-212-7148
- 11am – Lunch (Vegetable Beef Stew with Potatoes, Mixed Vegetables, Whole Grain Crackers, Milk, Butter, and a Fruit Cup)
- 12pm – Corn Hole
- 2pm – Open Jam
- 2:30pm – Chair Aerobics with Laura
- 6pm – Line Dancing

#### Thursday, March 20

- 8am - BINGOcize
- 8:30am – Chair Volleyball
- 9am – Breakfast (Sausage, Hashbrowns, Peppers and Onions, Whole Grain Oatmeal, Milk, Butter, and a Fruit Cup)
- 10am – Table Tennis
- 11am – Drums Alive
- 11:40am – Chair Yoga
- 12pm – Tulip Farm Trip with Staff (You must sign up in advance)
- 12pm – Mah Jongg
- 12:30pm – Tai Chi

#### Friday, March 21

- 8am – Socializing and Puzzles
- 10:30am – Bingo with Life Care Center of Crossville
- 11am – Lunch (Chicken Fajitas, Peppers and Onions, Black Beans, Whole Grain Tortilla, Milk, Butter, and a Fruit Cup)
- 12pm – Hand and Foot, Bridge
- 6:30pm – Line Dancing

#### Monday, March 24

- 8:30am – Chair Volleyball
- 9:30am – Computer Class
- 10am – Table Tennis
- 11am – Ladies Bible Study
- 11am – Beginners Crochet
- 11am – Stay Strong, Stay Healthy
- 11:30am – Mah Jongg
- 12pm – Happy Strummin' Ukulele
- 12pm – Card Games
- 1pm – Beginner Dulcimer Group

- 2:30pm – Chair Aerobics with Laura

#### Tuesday, March 25

- 8am - BINGOcize
- 9am – Breakfast (Sausage, Hashbrowns, Peppers and Onions, Whole Grain Pancake, Milk, Butter, and a Fruit Cup)
- 9:30am – Computer Class
- 10am – TOPS Weight Loss Group
- 11:30am – Line Dancing Class
- 1pm – Crochet Class
- 2:30pm – Brain Health Class
- 5pm – Open Bible Study, call 501-206-9770 if Interested in Joining

#### Wednesday, March 26

- 10:30am – Bingo with Cindy's Table
- 11am – Ladies Bible Study, if interested in joining call 586-212-7148
- 11am – Lunch (Smoked Sausage, Sauerkraut, Mixed Vegetables, Whole Grain Roll, Milk, Butter, and a Fruit Cup)
- 12pm – Corn Hole
- 2pm – Open Jam
- 2:30pm – Chair Aerobics with Laura
- 6pm – Line Dancing

#### Thursday, March 27

- 8am - BINGOcize
- 8:30am – Chair Volleyball
- 9am – Breakfast (Sausage, Hashbrowns, Peppers and Onions, Whole Grain Biscuit with Gravy, Milk, Butter, and a Fruit Cup)
- 10am – Table Tennis
- 11am – Drums Alive
- 11:40am – Chair Yoga
- 12pm – Mah Jongg
- 12:30pm – Tai Chi

#### Friday, March 28

- 8am – Socializing and Puzzles
- 10:30am – Bingo with Exac Care
- 11am – Lunch Orange Chicken, Mixed Vegetables, Vegetable Spring Roll, WG Lo Mein Noodles, Milk, Butter, and a Fruit Cup)
- 12pm – Hand and Foot, Bridge
- 1pm – Art Class with The Plateau Creative Arts – Painting with Watercolor
- 6:30pm – Line Dancing

#### Monday, March 31

- 8:30am – Chair Volleyball

- 9:30am – Computer Class
- 10am – Table Tennis
- 11am – Ladies Bible Study
- 11am – Beginners Crochet
- 11am – Stay Strong, Stay Healthy
- 11:30am – Mah Jongg
- 12pm – Happy Strummin' Ukulele
- 12pm – Card Games
- 1pm – Beginner Dulcimer Group
- 2:30pm – Chair Aerobics with Laura