

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



Monday	Tuesday	Wednesday	Thursday	Friday
The Billiards Room is open Monday – Thursday from 8am to 4pm and Friday from 8-3!	SCHEDULE CHANGES ARE HIGHLIGHTED FOR YOUR CONVENIENCE!		1 8:30am – Chair Volleyball 9:00am – Breakfast (Sign Up) 9:30am – Computer Class 10:00am – Table Tennis 10:00am – Private Bridge Group 10:00am – Beginners Bridge 12:00pm – Mah Jongg 12:30pm – Tai Chi 1:30pm – Beginners Tai Chi 6:00pm – Corvette Club **There will be no Drums Alive & Chair Yoga**	2 9:00am – Singing w/ Jim Trease 9:45am – Birthday, Anniversary, Newcomer Celebration 9:30am – Computer Class 10:00am – Bingo w/ Eye Centers of TN 10:00am – 11:00am – Lunch 12:00pm – Hand & Foot and Bridge 4:00pm – Line Dancing
5 9:30am – Computer Class 10:00am – Bingo w/ Fair Park 10:00am – Table Tennis 10:00am – 11:00am – Lunch 10:00am – Ladies Bible Study CALL: 586-212-7148 12:00pm – Happy Strummin’ Ukulele 12:00pm – Card Games 12:00pm – Stay Strong, Stay Healthy 1:00pm – Chair Volleyball 1:30pm – Mah Jongg Open Play	6 8:00am – 10:00am – Socializing & Puzzles 9:00am – Breakfast (Sign Up) 9:30am – Trip w/ Staff (Must Sign up in Advance) 9:30am – Computer Class 9:30am – Bingo w/ Kathy/Barb/Crystal table 11:00am – Line Dancing 12:30pm – Mah Jongg 1:00pm – Crochet Class 1:30pm – Chair Yoga 5:00pm – Open Bible Study	7 8:30am – Chair Volleyball 9:30am – Computer Class 11:00am – Chair Aerobics 12:00pm – Corn Hole 12:00pm – Card Games 2:00pm – Open Jam 4:00pm – Line Dancing	8 8:30am – Chair Volleyball 9:00am – Breakfast (Sign Up) 9:30am – Computer Class 10:00am – Table Tennis 10:00am – Private Bridge Group 10:00am – Beginners Bridge 12:00pm – Mah Jongg 12:30pm – Tai Chi 1:30pm – Beginners Tai Chi **There will be no Drums Alive & Chair Yoga**	9 8:00am - 10:00am – Socializing & Puzzles 9:30am – Computer Class 10:00am – Bingo w/ Cindy’s Table 10:00am – 11:00am – Lunch 12:00pm – Hand & Foot and Bridge 4:00pm – Line Dancing
12 9:30am – Computer Class 10:00am – Bingo w/ Laura’s Table 10:00am – Table Tennis 10:00am – 11:00am – Lunch 10:00am – Ladies Bible Study CALL: 586-212-7148 12:00pm – Happy Strummin’ Ukulele 12:00pm – Card Games 1:00pm – Chair Volleyball 1:30pm – Mah Jongg Open Play **No Stay Strong, Stay Healthy**	13 8:00am – 10:00am – Socializing & Puzzles 9:00am – Breakfast (Sign Up) 9:30am – Computer Class 9:30am – Bingo w/ Amedysis 11:00am – Line Dancing 12:30pm – Mah Jongg 1:00pm – Art Class w/ Staff (Must Sign up in Advance) 1:00pm – Crochet Class 5:00pm –HAM Radio Club **No Chair Yoga**	14 8:30am – Chair Volleyball 9:30am – Computer Class 11:00am – Chair Aerobics 12:00pm – Corn Hole 12:00pm – Card Games 2:00pm – Open Jam 4:00pm – Line Dancing	15 8:30am – Chair Volleyball 9:00am – Breakfast (Sign Up) 9:30am – Computer Class 10:00am – Table Tennis 10:00am – Private Bridge Group 10:00am – Beginners Bridge 12:00pm – Mah Jongg 12:30pm – Tai Chi 1:30pm – Beginners Tai Chi **There will be no Drums Alive & Chair Yoga**	16 THE CENTER WILL BE CLOSED FOR AN EVENT HELD HERE AT THE CENTER ALL DAY! THERE WILL ALSO BE NO LINE DANCING!
19 9:30am – Computer Class 10:00am – Bingo w/ Lil’ Angels 10:00am – Table Tennis 10:00am – 11:00am – Lunch 10:00am – Ladies Bible Study CALL: 586-212-7148 12:00pm – Happy Strummin’ Ukulele 12:00pm – Card Games 12:00pm – Stay Strong, Stay Healthy 1:00pm – Chair Volleyball 1:30pm – Mah Jongg Open Play	20 8:00am – 10:00am – Socializing & Puzzles 9:00am – Breakfast (Sign Up) 9:30am – Trip w/ Staff (Must Sign up in Advance) 9:30am – Computer Class 9:30am – Bingo w/ Spring Arbor 11:00am – Line Dancing 12:30pm – Mah Jongg 1:00pm – Crochet Class 1:30pm – Chair Yoga 5:00pm – Open Bible Study	21 8:30am – Chair Volleyball 9:30am – Computer Class 11:00am – Chair Aerobics 12:00pm – Corn Hole 12:00pm – Card Games 2:00pm – Open Jam 4:00pm – Line Dancing	22 8:30am – Chair Volleyball 9:00am – Breakfast (Sign Up) 9:30am – Computer Class 10:00am – Table Tennis 10:00am – Private Bridge Group 10:00am – Beginners Bridge 11:00am – Drums Alive 11:40am – Chair Yoga 12:00pm – Mah Jongg 12:30pm – Tai Chi 1:30pm – Beginners Tai Chi	23 8:00am - 10:00am – Socializing & Puzzles 9:30am – Computer Class 10:00am – Bingo w/ ExacCare 10:00am – 11:00am – Lunch 12:00pm – Hand & Foot and Bridge **There will be no Lince Dancing due to center rental**
26 9:30am – Computer Class 10:00am – Bingo w/ Quality 10:00am – Table Tennis 10:00am – 11:00am – Lunch 10:00am – Ladies Bible Study CALL: 586-212-7148 12:00pm – Happy Strummin’ Ukulele 12:00pm – Card Games 12:00pm – Stay Strong, Stay Healthy 1:00pm – Chair Volleyball 1:30pm – Mah Jongg Open Play	27 8:00am – 10:00am – Socializing & Puzzles 9:00am – Breakfast (Sign Up) 9:00am – Trip w/ Staff (Must Sign up in Advance) 9:30am – Computer Class 9:30am – Bingo w/ Fair Park 11:00am – Line Dancing 12:30pm – Mah Jongg 1:00pm – Crochet Class 1:30pm – Chair Yoga 5:00pm – Open Bible Study	28 8:30am – Chair Volleyball 9:30am – Computer Class 11:00am – Chair Aerobics 12:00pm – Corn Hole 12:00pm – Card Games 2:00pm – Open Jam 4:00pm – Line Dancing	29 8:30am – Chair Volleyball 9:00am – Breakfast (Sign Up) 9:30am – Computer Class 10:00am – Table Tennis 10:00am – Private Bridge Group 10:00am – Beginners Bridge 11:00am – Drums Alive 11:40am – Chair Yoga 12:00pm – Mah Jongg 12:30pm – Tai Chi 1:30pm – Beginners Tai Chi	30 8:00am - 10:00am – Socializing & Puzzles 9:30am – Computer Class 10:00am – Bingo w/ Taranto Table 10:00am – 11:00am – Lunch 12:00pm – Hand & Foot and Bridge 1:00pm – FFG Art Class (Must Sign up in Advance) 4:00pm – Line Dancing

Fair Park Activity Center

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

October 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!

- **Tuesday, October 13th 1PM** - Get creative with us as we make beautiful fall wreaths to add a little autumn charm to your home! All supplies will be provided, so just bring yourself and get ready for an afternoon of fall fun! Spots are limited, so be sure to sign up and secure yours! We can't wait to create with you! Spots are \$12 each and we have room for 10 people to do this class! More information about the class is posted on the front information wall!
- **Friday, October 30th 1PM** - Join us for a fun afternoon of jewelry making! Learn how to wire wrap a beautiful herringbone pattern and create your very own pendant necklace. No artistic ability or experience required, and all supplies are included! \$10 per person and Limited to 8 participants! Stop by the information wall for more details and be sure to sign up before all spots are filled!

Trips Planned for October-

- **Tuesday, October 6th 9:30am** - Join Fair Park for a fun fall outing to Muddy Pond! We'll spend the day visiting the Mennonite stores, checking out the sorghum mill, and enjoying lunch at the Country Porch! We may even make a sweet stop at Sunrise Dairy on the way home! \$10 per person (van fee) and Limited to 9 participants! Lunch and any purchases are on your own. No refunds unless your spot can be filled from the waiting list. Sign up at Fair Park and come enjoy a beautiful fall day with us!
- **Tuesday, October 20th** - Join us for a fun-filled day at Kimbro Farms! We will depart from Fair Park at 9:30 AM and spend the day enjoying everything the farm has to offer, including a 10.3-acre corn maze (if you wish), pumpkin patch, sunflower patch, petting zoo, jumping pad, corn pit, pumpkin house, apple cannon, general store, and concession stand. A wagon ride to the pumpkin patch is included in admission, and each participant will get to pick out a pumpkin to bring back for our annual Pumpkin Decorating Competition & Fundraiser. After decorating, the pumpkins will be placed on display for donations, and the pumpkin with the most donations will win a prize! The cost for this trip is \$20 per person, due at the time of registration.
- **Tuesday, October 27th** - Don't miss out on the Upper Cumberland Senior & Caregiver Expo on Tuesday, October 27th at Life Church in Cookeville! This year's theme is "Welcome to Resource City". This event is always a favorite, with a TON of vendors offering valuable information and resources, plus free lunch, live entertainment, activities, and games! We will depart from Fair Park at 9:15 AM sharp—you won't want to be late for this fun and informative day. The trip is free, but a \$5 fee is required at registration to hold your spot on the bus. This will be refunded when you board. If you don't show, your \$5 will be donated to the Center!

Thanksgiving Basket Giveaway-

If you or someone you know needs an uncooked Thanksgiving meal basket to prepare at home, sign-ups will begin on Monday, October 5th at 8:00 AM. Please note that sign-ups must be done in person and are limited to one basket per household. Baskets will include all the fixings for a traditional holiday meal: a whole turkey, stuffing, instant potatoes, yams, marshmallows, cranberry sauce, green beans, corn, gravy, mac and cheese, dessert, and a beverage. *Eligibility Reminder:* You are not eligible if you reside in a nursing home or assisted living facility. Baskets will be delivered on Saturday, November 21st!

A Special Thank You to Our Sponsors!

