


ELIZABETH SENIOR CENTER
1701 ARTHUR AVE. NASHVILLE, TN. 37208
HOME OF THE PANTHERS
JUNE, JULY & AUGUST

SUMMER/FALL 2024 PROGRAM SCHEDULE	MONDAY 8:00am-4:30pm	TUESDAY 8:00am-4:30pm	WEDNESDAY 8:00am-4:30pm	THURSDAY 8:00am-4:30pm	FRIDAY 8:00am-4:30pm	MONTHLY SPECIAL ACTIVITIES
<p>SCHEDULE "SUBJECT TO CHANGE"</p> <p>PROGRAM COORDINATOR MELISSA RUCKER</p> <p>RECREATION LEADER BRANDIESHA MITCHELL PATRICIA BOSEMAN</p> <p>INDEPENDENT NUTRITION SITE "SEE STAFF"</p>	TEA TIME 8:00AM	TEA TIME 8:00AM	TEA TIME 8:00AM	TEA TIME 8:00AM	TEA TIME 8:00AM	<p>SPECIAL PROJECT</p> <p>BIRTHDAY CELEBRATIONS 4TH THURSDAY DURING LUNCH</p> <p>ALZHEIMER CLASS 2ND FRIDAY 10:30 11:30AM</p> <p>2ND Thursday Craft with Social Services 10:00-11:00am</p> <p>MUSIC FOR SENIORS EVERY 4TH FRIDAY 12:00P.M.</p> 
	ALL DAY ACTIVITIES	ALL DAY ACTIVITIES	ALL DAY ACTIVITIES	ALL DAY ACTIVITIES	ALL DAY ACTIVITIES	
	EXERCISE MACHINES & TABLE GAMES	EXERCISE MACHINES & TABLE GAMES	EXERCISE MACHINES & TABLE GAMES	EXERCISE MACHINES & TABLE GAMES	EXERCISE MACHINES & TABLE GAMES	
	MORNING GROUP ACTIVITIES	MORNING GROUP ACTIVITIES	MORNING GROUP ACTIVITIES	MORNING GROUP ACTIVITIES	MORNING GROUP ACTIVITIES	
	INSPIRATIONAL HOUR 9:00-9:45A.M.	NUTRITION EDUCATION 9:00-10:00A.M.	9:00AM – 9:30AM ARTHRITIS STRETCHES	9:00AM – 9:30AM ARTHRITIS STRETCHES	9:30AM – 10:00AM LINE DANCING CLASS	
	10:00-11:00 MONDAY BINGO	CERAMIC CLASS	FREE BINGO MS. CHIDA & MEDICARE 2 ND WEDNESDAY 10:00AM-11:00AM	GUEST SPEAKERS TBA	10:00AM – 11:00AM LINE DANCING Alzheimer CA	
	LUNCH 11:15AM- 12:00PM	LUNCH 11:15AM- 12:00PM	LUNCH 11:15AM- 12:00PM	LUNCH 11:15AM- 12:00PM	LUNCH 11:15AM- 12:00PM	
CRAFT ASHLEY MATINZ 12:00PM	12:00PM – 12:30PM ARTHRITIS STRETCHES	12:15PM-12:45PM STEP CLUB (KEEPING UP WITH OUR STEP BY WALKING)	12:15PM-12:45PM STEP CLUB (KEEPING UP WITH OUR STEP BY WALKING)	12:15PM-12:45PM STEP CLUB (KEEPING UP WITH OUR STEP BY WALKING)		
12:15PM-12:45PM STEP CLUB (KEEPING UP WITH OUR STEP BY WALKING)	PUZZLES 1:00PM – 2:00PM	1:00PM-2:00PM SELF-CARE 1 ST WEDNESDAY	1:00PM-3:00PM THURSDAYESDAY MOVIE DAY	1:00PM – 2:30PM MINDFUL MEDITATION		