

ELIZABETH SENIOR CENTER

ACTIVITY CALENDAR JULY-DECEMBER 2026

2026 WINTER/SPRING 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
<i>Schedule "Subject to Change"</i>	THE BOTTOMLESS CUP 8:30am	THE BOTTOMLESS CUP 8:30am	THE BOTTOMLESS CUP 8:30	THE BOTTOMLESS CUP 8:30	THE BOTTOMLESS CUP 8:30	SPECIAL PROJECT
<u>PROGRAM COORDINATOR</u> Melissa Rucker	ALL DAY ACTIVITIES Walking program Exercise Machines	ALL DAY ACTIVITIES Walking program Exercise Machines	ALL DAY ACTIVITIES Walking program Exercise Machines	ALL DAY ACTIVITIES Walking Program Exercise Machines	ALL DAY ACTIVITIES Walking Program Exercise Machines	HOUSE MEETING 1 ST Thursday of the month 9:30-11:00 am.
<u>RECREATION LEADER</u> Brandiesha Mitchell Patricia Boseman	TABLE BAMES SkipBo, Gin Rummy, Spades, Puzzles All Day!	TABLE ACTIVITES SkipBo, Gin Rummy, Spades, Puzzles All Day!	TABLE GAMES SkipBo, Gin Rummy, Spades, Puzzles All Day!	TABLE GAMES SkipBo, Gin Rummy, Spades, Puzzles All Day!	TABLE GAMS SkipBo. Gin Rummy, Spades, Puzzles All Day!	BIRTHDAY CELEBRATIONS 4 TH FRIDAY
<u>INDEPENDENT NUTRITION SITE</u> "SEE STAFF"	MORNING GROUP ACTIVITIES Strengthening Class 9:30-9:45 Bingo 10:00-11:00 LUNCH 11:15am- 12:00pm Must be signed up for Lunch Program. SENIORS EVENING ACTIVITIES Colors and Convos' 12:15pm-1:30pm (Multipurpose Room)	MORNING GROUP ACTIVITIES CHAIR YOGA 9:30-9:45 A.M S.T.I.R. "STORIES THAT INSPIRE RESILIENCE" 10:00am-11:00am (Large Activity Room) LUNCH 11:15am- 12:00pm Must be signed up for Lunch Program. SENIORS EVENING ACTIVITIES CRAFT Class 1 ST & 3RD 12:00PM-12:45PM	MORNING GROUP ACTIVITIES Strengthening Class 9:30-9:45 a.m. (Large Activity Room) Vanderbilt Alzheimer's with Ms. Amber 10:00-11:30 a.m. 1 st Wednesday LUNCH 11:15am- 12:00pm Must have signed up for Lunch Program. SENIORS EVENING ACTIVITIES MINDFUL MEDITATION 2 ND & 4 TH 12:00- 1:00PM	MORNING GROUP ACTIVITIES SIT & Fit FOR SENIORS 9:30-9:45 A.M. Ceramic Class 9:30-11:00 LUNCH 11:15am- 12:00pm SENIORS EVENING ACTIVITIES Must have signed up for Lunch Program QUILTING CLASS 2 nd & 4 th 12:00-2:00PM	MORNING GROUP ACTIVITIES TEACHING LINE DANCING STEPS 9:00-10:00 LINE DANCING 10:00am-11:00am (Large Activity Room) LUNCH 11:15am- 12:00pm Must have signed up for Lunch Program. SENIORS EVENING ACTIVITIES LAST THURSDAY OF THE MONTH MOVIE 12:00P.M.	MONTHLY SPECIAL ACTIVITIES TBA GUEST SPEAKER 3 RD THURSDAY OF THE MONTH

