

ELIZABETH SENIOR CENTER  
1701 ARTHUR AVE. NASHVILLE, TN. 37208  
615-862-8449

FALL/WINTER 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 style="text-align: center;"><b>SCHEDULE</b> "SUBJECT TO CHANGE"</p> <p style="text-align: center;"><u>PROGRAM COORDINATOR</u>  MELISSA RUCKER</p> <p style="text-align: center;"><u>RECREATION LEADER</u>  BRANDIESHA MITCHELL PATRICIA BOSEMAN</p> <p style="text-align: center;"><u>INDEPENDENT NUTRITION SITE</u> "SEE STAFF"</p>	TEA TIME 8:00AM	TEA TIME 8:00AM	TEA TIME 8:00AM	TEA TIME 8:00AM	TEA TIME 8:00AM	<p style="text-align: center;"><b>SPECIAL PROJECT</b></p> <p style="text-align: center;"><b>BIRTHDAY CELEBRATIONS</b> 4<sup>TH</sup> THURSDAY DURING LUNCH</p> <p style="text-align: center;">MUSIC FOR SENIORS EVERY 4<sup>TH</sup> 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	
	9:00AM – 9:30AM ARTHRITIS STRETCHES	9:30-10:00 AM. SIT & FIT FOR SENIORS	9:00AM – 9:30AM ARTHRITIS STRETCHES	SIT & FIT FOR SENIORS 9:30AM – 10:00 AM	9:30AM – 10:00AM LINE DANCING CLASS	
	10:00-11:00 1 <sup>ST</sup> MONDAY BOOK CLUB	10:00-11:00 CERAMIC CLASS	10:00-11:00 BINGO 1 <sup>ST</sup> WEDNESDAY.	9:30AM – 10:45AM HOUSE MEETING 1 <sup>ST</sup> THURSDAY	10:00AM – 11:00AM LINE DANCING	
	10:00-11:00 2 <sup>ND</sup> , 3 <sup>RD</sup> , 4 <sup>TH</sup> MONDAY BINGO	LUNCH 11:15AM- 12:00PM	BOARD GAMES 2 <sup>ND</sup> WEDNESDAY 10:00AM-11:00AM	GUEST SPEAKERS 2 <sup>ND</sup> ,3 <sup>RD</sup> ,4 <sup>TH</sup> THURSDAY	LUNCH 11:15AM- 12:00PM	
LUNCH 11:15AM- 12:00PM	12:15PM-12:45PM STEP CLUB (KEEPING UP WITH OUR STEP BY WALKING)	LUNCH 11:15AM- 12:00PM	LUNCH 11:15AM- 12:00PM	12:15PM-12:45PM STEP CLUB (KEEPING UP WITH OUR STEP BY WALKING)		
11:00-12:00 ELIZABETH DANCERS 12:00-1:00 CRAFT CLASS	1:00PM – 3:00PM QUILTERS	1:00PM-2:00PM SELF-CARE 1 <sup>ST</sup> WEDNESDAY	12:15PM-12:45PM STEP CLUB (KEEPING UP WITH OUR STEP BY WALKING)	1:00PM – 3:00PM QUILTERS		
		1:00PM-3:00PM 2 <sup>ND</sup> & 4 <sup>TH</sup> WEDNESDAY COOKING CLASS	ADULT COLORING 3:00- 3:45 PM			

