


**ELIZABETH SENIOR CENTER**  
**1701 ARTHUR AVE. NASHVILLE, TN. 37208**  
**HOME OF THE PANTHERS**

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><b>SCHEDULE</b> "SUBJECT TO CHANGE"</p> <p><b>PROGRAM COORDINATOR</b>  MELISSA RUCKER</p> <p><b>RECREATION LEADER</b>  BRANDIESHA MITCHELL PATRICIA BOSEMAN</p> <p><b>INDEPENDENT NUTRITION SITE</b> "SEE STAFF"</p>	TEA TIME 8:00AM	TEA TIME 8:00AM	TEA TIME 8:00AM	TEA TIME 8:00AM	TEA TIME 8:00AM	<p><b>SPECIAL PROJECT</b></p> <p><b>BIRTHDAY CELEBRATIONS</b> 4<sup>TH</sup> THURSDAY DURING LUNCH</p> <p>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	FREE BINGO MS. CHIDA & MEDICARE 2 <sup>ND</sup> WEDNESDAY 10:00AM-11:00AM	9:30AM – 10:45AM HOUSE MEETING 1 <sup>ST</sup> THURSDAY	10:00AM – 11:00AM LINE DANCING	
	10:00-11:00 MONDAY BINGO	LUNCH 11:15AM- 12:00PM	LUNCH 11:15AM- 12:00PM	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	LUNCH 11:15AM- 12:00PM		
11:00-12:00 ELIZABETH DANCERS 12:00-1:00 CRAFT CLASS	1:00PM – 3:00PM QUILTERS	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)		
		1:00PM – 2:00PM SELF-CARE 1 <sup>ST</sup> WEDNESDAY	1:00PM-2:00PM SELF-CARE 1 <sup>ST</sup> WEDNESDAY	1:00PM – 2:30PM MINDFUL MEDITATION		
		1:00PM-3:00PM 2 <sup>ND</sup> & 4 <sup>TH</sup> WEDNESDAY MOVIE DAY	1:00PM-3:00PM 2 <sup>ND</sup> & 4 <sup>TH</sup> WEDNESDAY MOVIE DAY			
			ADULT COLORING 3:00- 3:45 PM			

ELIZABETH SENIOR CENTER  
SPECIAL EVENTS  
2024

Amenity Fund for the Year \$20.00

FEBRUARY 1<sup>ST</sup>- HOUSE MEETING 9:30 A.M.

FEBRUARY 6<sup>TH</sup> 2 10:00 A.M. BINGO WITH MS. KERRI SHEILDS

FEBRUARY 14<sup>TH</sup> ALZHEIMERS WITH MS. PAM & MS.

FEBRUARY 29<sup>TH</sup> - BLACK HISTORY PROGRAM & SOUL FOOD DAY 10:00 A.M. \$10.00

MARCH 6<sup>TH</sup> – BINGO WITH MS. KERRI SHIELDS

MARCH 7<sup>TH</sup> – HOUSE MEETING 9:30 A.M.

MARCH 15<sup>TH</sup> MARCH MADNESS & ST. PATRICK @ 10:00 A.M. (GAMES & FOOD) \$10.00

APRIL - TBA