

BARTLETT SENIOR CENTER SCHEDULE ~ September 2023

5727 Woodlawn, Bartlett, TN 38134 ~ 901-385-6439

Monday

8:15 – 9:00	Cardio
8:30 – 12:00	Tech Help (September 25) <i>Must Pre-register</i>
9:00 – 11:00	Choral & Drama
9:30 – 10:30	AM Stretch
12:30	Book Club (September 18)
12:30 – 3:30	Paper Art
12:30 – 2:30	Bunco (September 11)
2:15 – 3:30	Yoga
2:30 – 3:45	Legal Aid (September 18)

Tuesday

8:15 – 9:15	Yoga
10:00 – 11:30	Line Dance
11:30 – 3:30	Mixed Games
1:30 – 2:30	Tai Chi

Wednesday

8:15 – 9:00	Zumba Gold®
9:00 – 11:30	Scrapbooking
9:30 – 10:30	AM Stretch
9:30 – 1:00	Massage Therapy (Sept 6)
2:15 – 3:30	Yoga

Thursday

8:15 – 9:15	Yoga
10:00 – 11:30	Line Dance Lessons
10:00 – 12:00	Ukulele Club
12:00 – 1:00	Ballroom Dance
12:30 – 3:30	American Mah-Jongg Open Play
1:30 – 2:30	Tai Chi

Friday

8:00 – 3:00	Mixed Games
8:15 – 9:00	Cardio
9:30 – 10:30	AM Stretch
10:30 – 12:00	TOPS (Take Off Pounds Sensibly)

****ACTIVITY FEES****

AM Stretch.....\$4/class	Line Dance Lessons.....\$4/class
Cardio Classes.....\$4/class	Yoga.....\$4/class
Tai Chi.....\$4/class	Ballroom Dance Lessons \$4/class
Premium Monthly.....\$21/month	Virtual Class Punch Card....\$40/card

BSC Membership must be current in order to participate in activities or classes.
Activity fees must be paid prior to or at the time of class in order to participate.

SPECIAL EVENTS FOR September 2023
The Senior Center will be closed Monday, Sept 4th in observance of Labor Day.

Wednesday, September 6
11:00 a.m. – 12:00 p.m.

Bingo
Sponsored by Dedicated Care

Tuesday, September 12
9:00 a.m. – 2:00 p.m.

Fall Plant Exchange

Wednesday September 13
1:30 p.m.

Free Fall Concert ~ Two Quarts Low
Reservations required in advance

Monday, September 18
12:30 p.m.

Book Club
The Forest of the Vanishing Stars by Kristin Harmel
&/or The Woman with the Blue Star by Pam Genoff

Wednesday, September 20
1:00 p.m.

Jewelry Workshop
Pre-register & pay 9/15, Noon.

Wednesday, September 20
1:00 p.m.

Methodist Hospital Community Outreach
Managing Diabetes

Wednesday, September 27
1:00 p.m.

Genealogy Series
Davies Plantation presentation by Ex. Director
Katrina Hansen



Read our monthly schedule and newsletter online at:
www.cityofbartlett.org/seniorcenter and our Facebook page at
<https://www.facebook.com/bartlettseniorcenter>.