



## Lakeland Senior Center Calendar of Events – October 2023

For a printable calendar or to \*register, go to [www.lakelandtn.gov](http://www.lakelandtn.gov) Look under Residents, click on Seniors 55+ and scroll down and you will see links for calendars and preregistration. Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  Walk with Friends on Mondays & Thursdays, 9-10 am	<b>2</b> <b>Ladies BUNCO (Tables FULL)</b> 11 am - 1 pm  <b>Jammin' Group,</b> 2 pm	<b>3</b> Free for All, 10 am  <b>*Whimsical Art: Ghoulish Gnome, 10 am</b>	<b>4</b> <b>Wednesday Games, 11:30 am</b>  <b>Book Club, 1-2:30 pm</b> "Family Ties" by Danielle Steel."  <b>Chair Yoga, 3 pm; \$3</b>	<b>5</b> <b>*Mosaics 6-Week Studio Workshop, 10 am to Noon</b> <b>MUST ATTEND ALL 6 CLASSES</b>  <b>Watercolor Class, 1-3 pm</b>	<b>6</b> <b>Ice Social, Noon</b>   (White Elephant – everyone brings a prize) <b>12:30-2 pm</b>	<b>7</b> <b>River City Boppers Dance, 7 -10:30 pm (IH Club), \$6 for members and Lakeland residents; \$9 for guests</b>
<b>8</b> <b>Free For All, every Tuesday, 10 am (bring your own supplies for knitting, crochet, diamond art, etc.)</b>	<b>9</b> <b>Game Day (Tables FULL)</b> 11 am - 1 pm  <b>Jammin' Group,</b> 2 pm	<b>10</b> Free for All, 10 am  <b>*Movie Day, Noon (Popcorn/snacks) Movie: "Practical Magic"</b>	<b>11</b> <b>Wednesday Games, 11:30 am</b>  <b>Chair Yoga, 3 pm; \$3</b>	<b>12</b> <b>Mosaics Studio (2 OF 6), 10 am to Noon (FULL)</b>  <b>Watercolor Class, 1-3 pm</b>  <b>Line Dance, 3 pm; \$3</b>	<b>13</b> <b>Social Bridge, 12-3 pm</b>  <b>Mexican Train (FULL), 10 am</b>	<b>14</b>
<b>15</b> <b>Lakeland Senior Center is located at</b> 4527 Canada Rd, next door to IH Clubhouse. 746-8195. Open Mon-Fri from 8:00 am – 4:30 pm (hours vary upon activities)	<b>16</b> <b>Ladies BUNCO (Tables FULL)</b> 11 am - 1 pm  <b>Jammin' Group,</b> 2 pm	<b>17</b> Free for All, 10 am  <b>*Craft Corner: Mop Head Ghost, 10 am</b>  <b>Multi-media Art, 1 pm</b>	<b>18</b> <b>Wednesday Games, 11:30 am</b>  <b>Chair Yoga, 3 pm; \$3</b>	<b>19</b> <b>Mosaics Studio (3 OF 6), 10 am to Noon (FULL)</b>  <b>Watercolor Class, 1-3 pm</b>	<b>20</b> <b>Halloween Social &amp; Costume Contest, &amp; Bingo, 11:30 am (great snacks, treats, prizes). Bingo starts at 12:30 p.m.</b>	<b>21</b> 
<b>22</b> <b>Want more info?</b> Call Kim Odom, Senior Center Manager, at 746-8195 or email <a href="mailto:kodom@lakelandtn.org">kodom@lakelandtn.org</a> .	<b>23</b> <b>*Pottery with Adam, 11 am</b>  <b>Jammin' Group,</b> 2 pm	<b>24</b> Free for All, 10 am  <b>*Craft Corner: Scarecrow Door Hanger, 10 am</b>  <b>*Canvas Art: Chair with Flowers, 1 pm</b>	<b>25</b> Medicare Enrollment Assistance, 10 am-2 pm (No registration required).  <b>Wednesday Games, 11:30 am</b> <b>Chair Yoga, 3 pm; \$3</b>	<b>26</b> <b>Mosaics Studio (4 OF 6), 10 am to Noon (FULL)</b>  <b>Watercolor Class, 1-3 pm</b>  <b>Line Dance, 3 pm; \$3</b>	<b>27</b> <b>Mexican Train (FULL), 10 am</b>  <b>Social Bridge, 12-3 pm</b>	<b>28</b> <b>MAKE NEW FRIENDS</b> 
<b>29</b> 	<b>30</b> <b>Jammin' Group,</b> 2 pm	<b>31</b> Free for All, 10 am <b>*Whimsical Art: Fall Pumpkins, 10 am</b> <b>*Movie Day, Noon Movie: "Hocus Pocus"</b>	<b>Thanks to Creative Aging for providing programs to LSC!</b>		<i>It's Easy to Make Friends at Lakeland Senior Center!</i>	<b>The Rec Room is open for Pool and Shuffleboard upon appointment. Call (901) 746-8195 to set it up.</b>