



# EASTGATE SENIOR ACTIVITY CENTER

5600 Brainerd Rd. / Chattanooga Tn. 37411 / (Phone:423/855-9444)

## MARCH: DAILY SCHEDULED ACTIVITIES

### **MONDAY:**

Seniorcise Aerobics (9:00 – 10:00 am) \$1/class  
Line Dancing (10:15 am) FREE  
Senior Dance (1:00 - 3:00 pm) FREE

### **TUESDAY:**

Beginning Computer (10:00 -12:00 noon) \*Must Register  
Photography Club (10:00-12:00) \*Every Other Tues.  
Intermediate Computer (1:00 – 3:00 pm) \*Must Register  
Beginning Tai Chi (10:15 -11:00 a.m.)  
Tai Chi for Seniors (11:00 -12:00)  
Learn to Crochet (Seeking Volunteer Instructor)  
Bid Whist and Spades (12 Noon) FREE  
Table Tennis (1:00 to 3:00 pm)

### **WEDNESDAY:**

Seniorcise Aerobics (9:00 – 10:00 am) \$1/class  
Book Club Every 4<sup>th</sup> Wed (10:00–11:00 am)  
Intermediate Computer (10:00 – 12:00 pm) \*Must Register  
Line Dancing (10:15 am)  
Jewelry Class (11:00 –12:00/Thru - 1:00) FREE  
Bid Whist and Spades (12 Noon) FREE  
Beginning Chess Class 12:00-1:00  
Beginning Sewing (1:30 – 3:00 pm) FREE  
Advanced Computer (1:00 – 3:00 pm) \*Must Register  
Sewing Workshop (3:00 –4:30 pm) FREE

### **THURSDAY:**

Falun Dafa (9:00-10:00 am) FREE  
Tap Dancing (10:00 am) \*FREE  
Sizzling Seniors Cardio Circuit (11:00 -12:00) FREE  
Bible Study Every Other Thurs. at (12:00 Noon)  
Zumba (12:00-1:00 pm) FREE  
Bingo (1:00- 3:00 pm) FREE  
Table Tennis (1:00 to 3:00 pm) FREE

### **FRIDAY:**

Seniorcise Aerobics (9:00 – 10:00 am) \$1/class  
Line Dancing (10:15 am) FREE  
Bridge Club (12:30-4:00 pm)  
Table Games (1:00 pm) FREE

### **SATURDAY**

Beginning Line Dancing (9:30-10:30 am)  
Bridge Club (12:30-4:00 pm)  
1<sup>st</sup> and 3<sup>rd</sup> Saturday  
Zumba (11:00-12:00 pm) TBA

**MONDAY-FRIDAY 8:30-5:00**  
**SATURDAY 8:30-1:30**

## **EVENTS**

**ALZHEIMERS SUPPORT GROUP**  
2<sup>ND</sup> TUESDAY (10:00-11:00 A.M.)

**MEDICARE COUNSELING & INFORMATION**  
CALL FOR AN APPOINTMENT  
(1-877-801-0044) TAKE THE AARP DRIVER

**AARP DRIVER SAFETY COURSE**

MAY 10 & 12

JULY 12 & 14

(9:00 A.M-1:00 P.M.) EACH DAY (TUES & THURS)

\*TO REGISTER: PAT BAILEY: (423) 544-1509

**AARP DRIVER SAFETY COURSE**

SEPT 13 & 15

(9:00 A.M-1:00 P.M.) EACH DAY (TUES & THURS)

\*TO REGISTER: DIANA WHITTLE: (423) 614-3098

**Dominoes /Chess/Cards**  
**Puzzles/Scrabble/Table Games**  
**Daily 1:00-5:00**

## **TRIPS**

**CUMBERLAND PLAYHOUSE**

**“Church Ladies Basement”**

**Crossville TN**

**MARCH 22, 2016**

**SAN ANTONIO TX.**

**OCT. 2-8, 2016**



# *Happy St. Patrick's Day*

## **EVENTS**

**ALZHEIMERS SUPPORT GROUP**  
**2<sup>ND</sup> TUESDAY 10:00-11:00**

**MEDICARE COUNSELING & INFORMATION**  
**CALL FOR AN APPOINTMENT**  
**1-877-801-0044**

**TAKE THE AARP DRIVER SAFETY COURSE**  
**MAR. 8 & 10 (TUES & THURS)**  
**SEPT 13 & 15 (TUES & THURS)**  
**9:00 A.M-1:00 P.M. EACH DAY (TUES & THURS)**  
**TO REGISTER: DIANA WHITTLE: (423) 614-3098**

**MAY 10 & 12 (TUES & THURS)**  
**JULY 12 & 14 (TUES & THURS)**  
**9:00 A.M. - 1:00 P.M. EACH DAY**  
**TO REGISTER: PAT BAILEY: (423) 544-1509**

## **TRIPS**

**CUMBERLAND COUNTY PLAYHOUSE**  
**CROSSVILLE TN. MAR. 22, 2016**

**SAN ANTONIO TX.**  
**OCT. 2-8, 2016**

**\*\*Classes are subject to change without prior notice.**  
**EASTGATE SENIOR ACTIVITY CENTER 855-944**

