

MARSHALL COUNTY SENIOR CITIZENS, INC.  
WEEKLY CENTER ACTIVITIES  
WALKING AREAS, AND POOL ROOM ARE OPEN  
FROM 9:00 A.M. –3:00 P.M. MONDAY - FRIDAY

MONDAY 9:00 ART Group ( Open Studio) in CLASSROOM

TUESDAY 9:00 ROOK  
10:00 AEROBICS(SAIL)(AT CUMB. PRESBYTERIAN CHURCH)\*  
1:00 CANASTA

WEDNESDAY 10:00 Book Club in Card Room ( 3RD Wednesday of each month)  
10:00 CERAMICS/ SEWING  
12:30 BINGO ON 3<sup>RD</sup> Wednesday in the Classroom  
1:30 CRAFT CLUB 3RD Wednesday IN THE CLASSROOM

THURSDAY 10:00 AEROBICS(SAIL)(AT CUMB. PRESBYTERIAN CHURCH)  
11:00 TOPS weight loss group/ IN CLASSROOM  
1:00 CANASTA

FRIDAY 9:00 ROOK

**NUTRITION CENTER:** If you are 60 or older MEALS ARE SERVED 11:00- 11:30 MONDAY – FRIDAY for just \$1.50 per day. The Nutrition Site is open 8:30 a.m - 1p.m. Please see the Nutrition Site Manager to sign up. MENUS ARE AVAILABLE IN THE SENIOR CENTER OFFICE Phone: (931) 359-6452.

**HOME DELIVERY:** TO APPLY FOR HOME DELIVERED MEALS CALL 1-866-836-6678.

**VOLUNTEER OPPORTUNITIES:** A variety of fulfilling volunteer positions are available through the Senior Center. Call or stop by the Senior Center office for more information about volunteer positions.

\*The Cumberland Presbyterian Church Annex is at 402 2nd Ave N, Lewisburg, TN