

**BARTLETT SENIOR CENTER SCHEDULE ~ JULY 2021**  
**5727 Woodlawn, Bartlett, TN 38134 ~ 901-385-6439**

Monday

8:15 – 9:00	Get Movin' Monday
9:30 – 10:30	AM Stretch
10:00	Book Club (July 19)
Noon – 3:00	Scrapbooking
12:00	Bunco (July 12)
12:45 – 1:45	Beginner Yoga Series
2:30 – 3:30	Yoga
2:30 – 3:45	Legal Aid (July 19)

Tuesday

8:00 – 9:00	Yoga
10:00 – 11:30	Creative Writing
10:00 – 11:30	Line Dance (Beginner/Intermediate)
11:30 – 3:30	Chess
11:30 – 3:30	Mixed Games
1:00 – 3:30	Crochet
1:30 – 2:30	Tai Chi

Wednesday

8:15 – 9:00	ZUMBA GOLD®
9:00 – 11:30	Paper Art
9:30 – 10:30	AM Stretch
9:30 – 1:00	Massage Therapy (July 7)
2:30 – 3:30	Yoga

Thursday

8:00 – 9:00	Yoga
10:00 – 11:30	Line Dance Lessons (Beginner/Intermediate)
10:00 – 12:00	Ukulele Club
12:00 – 1:00	Ballroom Dance Lessons
1:30 – 2:30	Tai Chi
12:30 – 3:30	Sewing

Friday

8:30 – 3:00	Canasta
8:15 – 9:00	ZUMBA®
9:30 – 10:30	AM Stretch
10:30 – 12:00	TOPS (Take Off Pounds Sensibly)

***Reservations***

Reservations are still required for the Exercise Room and for group fitness scheduled in the auditorium, which includes Get Movin' Monday, AM Stretch, Zumba, Tai Chi, Yoga and Line Dance. Reservations open on Friday mornings at 8:00 a.m. for the coming week and are on a first come, first served basis.

***Update Your Membership Card***

All members will be required to complete and sign a new membership card prior to attending your next class. Please arrive at least 15 minutes prior to your next class to fill out your new card. Be sure to update your emergency contact and your email address for future updates.

**SPECIALS FOR JULY 2021**

The Bartlett Senior Center will be closed on Monday, July 5 for Independence Day.

**Wednesday, July 28**  
12:00 p.m.

**BSC ‘Live at Lunch’**  
Live Music by the Double D Band  
*Provided by Creative Aging of the Midsouth*

**Wednesday, July 28**  
1:00 p.m.

**Genealogy Series**  
“Military Records Prior to WW1”



We are so excited to be adding activities back to our schedule. Classes and activities may not return to the same day or time slot as before, as we need to make adjustments for cleaning the facility and for adequate spacing in available classrooms.

We are in the process of updating our Policies and Procedures to reflect the changes we have in place in accordance with safety guidelines for the health and safety of our citizens and staff. Due to our new procedures, we no longer offer impromptu room reservations or activities in the dining area.

**If you do not see your favorite activity listed, please call 385-6439 to let us know what activity you would like to see return to the schedule.**

**If you would like to propose a new activity or change a previous activity, please pick up a proposal form at the front desk. Forms may be left at the front desk once completed.**

**\*ACTIVITY FEES\***

AM Stretch.....\$3/class	Ballroom Dance Lessons...\$3/class
Get Movin’ Monday.....\$3/class	Line Dance Lessons.....\$3/class
Tai Chi.....\$3/class	Yoga.....\$3/class
Zumba/Zumba Gold.....\$3/class	

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.

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