

Red Bank's Active Older Adults Program Welcomes September with Movement, Mindfulness, and Music

RED BANK, TN (September 9, 2025) - The Active Older Adults Program at the Joseph Glasscock Community Center is kicking off September with a vibrant lineup of activities designed to promote wellness, creativity, and community connection among Red Bank's senior residents.

Each week, participants can enjoy a variety of health-focused classes including **Guided Exercise** every Monday and Thursday at 10:00 AM, and a trio of Wednesday offerings: **Qi Gong** at 10:00 AM, **Chair Yoga** at 11:10 AM, and a lively **Music Jam** from 1:00 to 3:00 PM. Notably, the September 17 Music Jam will be held outdoors at the Red Bank City Park Pavilion.

In addition to the weekly schedule, the program is hosting a series of special events throughout the month:

- **Sept. 8** – *Decoupage Art Workshop* with Rhonda Basner (1–3 PM)
- **Sept. 15** – *Guest Speaker Laurie Dworak* presents on the topic of native bats (11 AM)
- **Sept. 15** -- *Origami* with Cat Thomas (1-3 PM)
- **Sept. 17** – *Balance Class* led by Dr. Charlie Jones (1–3 PM)
- **Sept. 22** – *Beginner Clay Class* with Scenic City Clay Arts (1–3 PM)
- **Sept. 25** – *Bingo at Noon*, promising fun and prizes
- **Sept. 29** – *Cyanotype Art* with Linda Miller (1-3 PM)

All events take place at the Joseph Glasscock Community Center, located at **3658 Tom Weathers Drive**. Registration is available online at **redbanktn.recdesk.com**.

In a recent milestone, the program celebrated the graduation of eight participants from the **Tech Goes Home** initiative. On August 25, these individuals completed 15 hours of digital inclusion training and were awarded brand-new Chromebooks, empowering them to stay connected and engaged in today's digital world.

"With a blend of physical activity, artistic expression, and educational enrichment, the Active Older Adults Program continues to foster a strong sense of community and well-being for our Red Bank residents." Program Coordinator, Tegan Barber

For more information, visit redbanktn.gov.

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Note Attached: Two Flyers (a) Laurie Dworak Native Bats (b) Beginner Clay Class and photo of "Tech Goes Home" graduates (L to R) – Tegan Barber (Program Coordinator for the City of Red Bank), Linda Knoop, Eileen Meagher, Gail Montieth, Pate Bagley, Cathy Thomas, Joy Chapman, Nancy Tallman, Sherry Anderson and Stacey Bradley (IT Manager for the City of Red Bank)