

# March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	1
Anderson County Office on Aging & Senior Center	96 Mariner Point, Clinton, TN 37716	Phone Number (865)457-3259	<u>Reminder</u> Spring your clocks forward Sunday, March 10th and Check your Smoke Alarms Batteries	11:00 Grief & Loss w/ Ridgeview 11:00 Choir Practice 12:00 Learn Sudoku w/ Sandra
4	5	6	7	8
1:00 Toe Nail Clipping & Massage with Cat 2:00 Smart Talk: Conversations w/ a Purpose Game	12:00 Lunch 1:00 Easter Craft w/ Sue 1:00 Bingo w/ OOA	10:00 Worker & Volunteer Monthly Training 11:00 Eat Well, Feel Well w/ UT Extension 2:00 Council on Aging	12:00 Lunch 12:00 White Card Info for Energy Workers with Clinch River HH 1:00 Bingo with Clinton Drugs	All Day Health Screenings w/ Sandra 11:00 Choir Practice 12:00 Learn Sudoku w/ Sandra 1:00 Bingo w/ Friends
11	12	13	14	15
All Day Health Screenings w/ Sandra 11:00 Pet Food 1:00 Bingo w/ Scott Burton 2:00 Smart Talk: Conversations w/ a Purpose Game	11:00 Tai Chi 12:00 Lunch 1:00 Bingo w/ OOA 2:00-4:00 Matter of Balance	11:00 Eat Well, Feel Well w/ UT Extension 1:00 Bingo w/ Diana Taylor (Summit View)	10:00 BP Checks w/ Sandra 12:00 Lunch 12:15 Tai Chi Class Demonstration 1:00 Bingo w/ Niki Ward 1:00 Water Color Painting 2:00-4:00 Matter of Balance	11:00 Choir Practice 12:00 Learn Sudoku w/ Sandra
18	19	20	21	22
1:00 Good EaTN Cooking Club w/ Second Harvest	FIRST DAY OF SPRING 12:00 Lunch 1:00 Bingo w/ Allison 2:00-4:00 Matter of Balance FIRST DAY OF SPRING	11:00 Eat Well, Feel Well w/ UT Extension	10:00 BP Checks w/ Sandra 12:00 Lunch 1:00 Water Color Painting 1:00 Bingo w/ Harrison Walker (State Farm) 2:00-4:00 Matter of Balance	All Day Health Screenings w/ Sandra 11:00 Choir Practice 12:00 Learn Sudoku w/ Sandra 1:00 Bingo w/ Jamie Brooks
25	26	27	28	29
All Day Health Screenings w/ Sandra 10:00 BP Checks 2:00 Smart Talk: Conversations w/ a Purpose Game	12:00 Lunch 2:00-4:00 Matter of Balance	11:00 Eat Well, Feel Well w/ UT Extension 12:00 Easter Lunch 1:00 Bingo w/ Rex Lynch	1:00 Water Color Painting 2:00-4:00 Matter of Balance	Closed in Observance of Good Friday