


**Anderson County
Office on Aging & Senior Center
May 2024**



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
Address 96 Mariner Point, Clinton, TN 37716	Phone Number (865) 457-3259	9:00 Haircuts w/ Tami 10:00 Crochet & Knitting Club 10:00 Worker/Volunteer Training 11:00 Board Games 12:00 Senior Nutrition Lunch (Sign Up In Advance) 2:00 Council on Aging	10:00 Technology Help 11:00 Bible Study 11:00 Tai Chi 12:00 Lunch 1:00 Painting 1:00 Bingo * No Chair Yoga or SAIL Today *	10:00 Mandolin 10:00 History Club 11:00 Board Games 11:00 Choir 11:00 Cardio Drumming 1:00 Euchre Card Club 2:00 Humana Class w/ Salae
6	7	8	9	10
9:00 Mandolin 9:00 Haircuts with Tami 10:00 Guitar 11:00 VolHearing Hearing Education 1:00 Toe Nail Clipping & Massage with Cat 2:30 Line Dancing	10:00 Chat w/ Cherie 11:00 Tai Chi 11:00 Bible Study 12:00 Music w/ Wade 12:00 Lunch 1:00 Chair Yoga 1:00 Bingo w/ OOA 2:00-3:00 SAIL ***** Health Education Office Open for BP Checks, Health Screenings, & Your Health Questions 10:00 - 4:30	9:00 Haircuts w/ Tami 10:00 Crochet & Knitting Club 11:00 Board Games 12:00 Senior Nutrition Lunch (Sign Up in Advance) ***** Health Education Office Open for BP Checks, Health Screenings, & Your Health Questions 10:00 - 4:30	10:00 Technology Help 11:00 Bible Study 11:00 Tai Chi 11:00 Safe Medicine Storage & Overdose Education w/ Anderson Co. ASAP 12:00 Lunch 1:00 Chair Yoga (Final Class) 1:00 Flower Vase Class w/ Appalachian Arts 2:00 SAIL	10:00 Mandolin 10:00 History Club 11:00 Board Games 11:00 Cardio Drumming (Final Class) 12:00 Sudoku 1:00 Mother's Day Lunch 1:00 Euchre Card Club ***** Health Education Office Open for BP Checks, Health Screenings, & Your Health Questions 10:00 - 4:30
13	14	15	16	17
9:00 Mandolin 9:00 Haircuts with Tami 10:00 Guitar 11:00 Pet Food Distribution 1:00 Bingo w/ Hanah 2:30 Line Dancing	10:00 Chat w/ Cherie 11:00 Tai Chi 11:00 Bible Study 12:00 Music w/ Wade 12:00 Lunch 3:00 Zumba w/ Debbie Ashton *** No SAIL Today *** ***** Health Education Office Open for BP Checks, Health Screenings, & Your Health Questions 10:00 - 4:30	9:00 Haircuts w/ Tami 10:00 Crochet & Knitting Club 11:00 Board Games 12:00 Senior Nutrition Lunch (Sign Up in Advance) ***** Health Education Office Open for BP Checks, Health Screenings, & Your Health Questions 10:00 - 4:30	10:00 Technology Help 11:00 Tai Chi 11:00 Bible Study 1:00 Painting Class 1:00 Learn & Lunch w/ Kelci Ross Common Wealth *** No SAIL Today *** ***** Health Education Office Open for BP Checks, Health Screenings, & Your Health Questions 10:00 - 4:30	10:00 Mandolin 10:00 History Club 11:00 Board Games 11:00 Choir 12:00 Sudoku 1:00 Euchre Card Club ***** Health Education Office Open for BP Checks, Health Screenings, & Your Health Questions 10:00 - 4:30
20	21	22	23	24
9:00-12:00 VolHearing Screenings & Hearing Aid Cleaning 9:00 Mandolin 9:00 Haircuts with Tami 10:00 Guitar 1:00 Bingo w/ Cherie 2:30 Line Dancing	10:00 Chat w/ Cherie 11:00 Tai Chi 11:00 Bible Study 12:00 Music w/ Wade 1:00 Learn & Lunch w/ Dr. William Brooks Ortho Surgeon 2:00 SAIL 3:00 Zumba w/ Debbie Ashton	9:00 Haircuts w/ Tami 10:00 Crochet & Knitting Club 11:00 Board Games 12:00 Senior Nutrition Lunch (Sign Up in Advance) 1:00 Bingo w/ Judy	10:00 Technology Help 11:00 Tai Chi 11:00 Bible Study 12:00 Lunch 1:00 Painting Class 2:00 SAIL	10:00 Mandolin 10:00 History Club 11:00 Board Games 1:00 Euchre Card Club
27	28	29	30	31
Center will be Closed for Memorial Day 	10:00 Chat w/ Cherie 11:00 Tai Chi 11:00 Bible Study 12:00 Music w/ Wade 2:00 SAIL 3:00 Zumba w/ Debbie Ashton	9:00 Haircuts w/ Tami 10:00 Crochet & Knitting Club 11:00 Board Games 12:00 Senior Nutrition Lunch (Sign Up in Advance) 1:00 Bingo w/ OOA	10:00 Technology Help 11:00 Tai Chi 11:00 Bible Study 12:00 Lunch 1:00 Painting Class 2:00 SAIL	10:00 Mandolin 10:00 History Club 11:00 Board Games 11:00 Choir 1:00 Euchre Card Club