

### September 2024 Activities Calendar Senior Center

SENIOR MEALS NOON ON TUESDAYS, WEDNESDAYS AND THURSDAYS - MUST SIGN UP IN ADVANCE AT FRONT DESK OR CALL IN 865-457-3259 TO ADD YOUR NAME TO THE LIST.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>LABOR DAY CLOSED</b>	9AM-1PM Hair with Tami 11AM Bible Study 12PM Senior Nutrition 1PM-4PM Clinch River Needleworkers led by Denise Crenshaw	9AM-1PM Hair with Tami 12PM Senior Nutrition 2PM Bridge with Jo! Learn or Play	9AM-1PM Hair with Tami 10AM Technology-Jesse with Library 10:30AM Danette from UT - Diabetes Education 11AM Bible Study 12PM Senior Nutrition 1PM Community Paint Class 1:30PM BINGO with Linda from Health Markets	9 AM Mandolin Class 11AM Choir 11AM Community Paint Class - Beginning Basics with Kim
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9AM Mandolin Class 9AM-1PM Hair with Tami 10AM Guitar Class 10AM Pet Food Distribution 12:30PM Shalom Hospice - <i>Understanding Hospice: Care, Compassion, Community</i> 1PM Toe Nail Clipping and Massage by Cat (sign up!) 1:30PM BINGO by Hannah from Synergy 2:30PM Line Dancing	9AM-1PM Hair with Tami 10:45AM Heidi Greenhalgh <i>Ask a Registered Dietician</i> 11AM Bible Study 12PM Senior Nutrition 12PM - 1PM Music by Wade Johnson 1:30PM BINGO with Anne Backus 1PM-4PM Clinch River Needleworkers led by Denise Crenshaw	9AM-1PM Hair with Tami 10AM Croc/Knit Class 11:30AM Penelope Presentation - <i>Introduction to Acupuncture</i> 12PM Senior Nutrition 1:30PM HealthMarkets -BINGO with Allison 2PM Bridge with Jo! Learn or Play 3PM <b>NEW!!</b> Book Club with Director of Clinton Library Miria Webb	9AM-1PM Hair with Tami 10AM Technology-Jesse with Library 11AM Bible Study 12PM Senior Nutrition 1PM Community Paint Class 1PM Sex Talk with Department of Health's Carla Cadmus	9 AM Mandolin Class 11AM Community Paint Class 12PM - 2PM TAILGATE PARTY WITH UT CHEERLEADERS AND SMOKEY THE MASCOT BY NUCLEAR CARE PARTNERS!
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9AM Mandolin Class 9AM-1PM Hair with Tami 10AM Guitar Class 10am Community Acupuncture with Penelope 2:30PM Line Dancing	9AM-1PM Hair with Tami 10AM Art with Carolyn 10:30AM Personal Safety Talk with Director of Community Relations Greg McBroom 11:00AM Bible Study 12PM Senior Nutrition 12PM - 1PM Music by Wade Johnson 1PM-4PM Clinch River Needleworkers led by Denise Crenshaw	9AM-1PM Hair with Tami 10AM Croc/Knit Class 12PM Senior Nutrition 12:30PM CELEBRATE SEPTEMBER BIRTHDAYS! 1:30PM BINGO with Jared from AMADA 2PM Bridge with Jo! Learn or Play	9AM-1PM Hair with Tami 10AM Technology-Jesse with Library 10:45AM Low Resource Vision Group with Maryann 11AM Building Better Balance at Home by Anna Dark from Take Charge Fitness 11AM Bible Study 12PM Senior Nutrition 1PM Community Paint Class	9AM Mandolin Class 11AM Choir 11AM BINGO Monica Carroll with Keller Williams 11AM Community Paint Class - Beginning Basics with Kim
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9AM Mandolin Class 9AM-1PM Hair with Tami 10AM Guitar Class 12:30 BINGO with Haven Healthcare 2:30PM Line Dancing	9AM-12PM VolHearing 9AM-1PM Hair with Tami 11-12PM NEW UT - Walk with Ease 12PM Senior Nutrition 12PM - 1PM Music by Wade Johnson 1PM-4PM Clinch River Needleworkers led by Denise Crenshaw	9AM-1PM Hair with Tami 10AM Croc/Knit Class 10:30AM ASAP presents Medication Management/Safety 12PM Senior Nutrition 12:45PM Health Education on High Cholesterol presented by Salae at Humana 1:30PM BINGO with Lones Green from Morningpointe 2PM Bridge with Jo! Learn or Play	9AM-1PM Hair with Tami 10AM Technology-Jesse with Library 11AM Danette with UT - Vaccination Clinic 11AM Bible Study 11-12PM NEW UT - Walk with Ease 12PM Senior Nutrition 1PM Community Paint Class 1:30 BINGO with OOA	9 AM Mandolin Class 11-12 NEW UT - Walk with Ease 1PM Suzie Housley - Let's Talk Trips
<b>30</b>				
9AM Mandolin Class 9AM-1PM Hair with Tami 10AM Guitar Class 10AM Community Acupuncture with Penelope 2:30PM Line Dancing				