


# OCTOBER 8th 2024 AND FORWARD - ACTIVITIES CALENDAR AT THE ANDERSON COUNTY 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.**

**\*\*\*PICK OF THE MONTH: SIGN UP FOR AARP'S DRIVING COURSE TO LOWER YOUR MONTHLY INSURANCE PREMIUMS UPON COMPLETION (PERCENTAGE OF SAVINGS DEPENDS ON YOUR INSURANCE COMPANY) - THIS IS A 2 DAY CLASS OCTOBER 21 & 22 - SEE OR CALL JULIE TO SECURE YOUR SEAT AND OBTAIN ADDITIONAL INFORMATION\*\*\*\***

Monday		Tuesday		Wednesday		Thursday		Friday	
7	<b>BOGGLE</b>	8		9		10	<b>BOGGLE</b>	11	
<p><b>MEDICARE OPEN ENROLLMENT BEGINS OCTOBER 15TH. GET ALL YOUR INFORMATION BEFORE THEN AT THE CENTER FROM THE EXPERTS. SHIP FROM THE STATE WILL BE HERE THIS MONTH.</b></p>		<p>9AM-1PM Hair with Tami  <b>10AM Anderson County Veterans Service Director Scott Nation</b>                      10:30AM <b>NEW! Sudoku</b> with Julie                      11AM - 12PM <b>UT Walk with Ease</b>                      11AM Bible Study  <b>12PM Senior Nutrition</b>                      12PM - 1PM <b>Music</b> by Wade Johnson                      1PM <b>Madison Insurance Group Presentation then BINGO</b>                      1PM-4PM Clinch River Needleworkers led by Denise Crenshaw</p>		<p>9AM-1PM Hair with Tami                      10AM Crochet/Knit Class  <b>10AM COVENANT Grief Discussion with Pastor</b>                      10:45AM <b>HISTORY TALK - Mr. Corwin Witt from the American Museum of Science and Energy</b>  <b>12PM Senior Nutrition</b>                      2PM Bridge with Jo! Learn or Play                      2:30PM <b>Book Club</b> with Director of Clinton Library                      Miria Webb</p>		<p>9AM-1PM Hair with Tami                      10AM Technology-Jesse with Library                      11AM Bible Study                      11AM - 12PM <b>UT Walk with Ease</b>  <b>12PM Senior Nutrition</b>                      1PM Community Paint Class                      1:30PM <b>BINGO</b> by Linda with Health Markets</p>		<p>9 AM Mandolin Class                      11AM Community Paint Class                      11AM <b>Community Paint Class - Beginning Basics with Kim</b>                      11AM - 12PM <b>UT Walk with Ease</b></p>	
		14	<b>BOGGLE</b>	15		16		17	<b>BOGGLE</b>
<p>9AM Mandolin Class                      9AM-1PM Hair with Tami                      10AM <b>Pet Food Distribution</b> - Contact Katrina                      10AM Guitar Class                      10AM <b>Community Accupuncture</b> with Penelope                      1:30PM <b>BINGO</b> by Hannah from Synergy                      2:30PM Line Dancing</p>		<p>9AM-1PM Hair with Tami                      10AM Art with Carolyn                      10:30AM <b>NEW! Sudoku</b> with Julie                      11:00AM Bible Study                      11AM - 12PM <b>UT Walk with Ease</b>  <b>12PM Senior Nutrition</b>                      12PM - 1PM <b>Music</b> by Wade Johnson                      1PM-4PM Clinch River Needleworkers led by Denise Crenshaw                      1:30 <b>BINGO</b> with Monica Carroll from Keller Williams</p>		<p>9AM-1PM Hair with Tami                      10AM Croc/Knit Class  <b>12PM Senior Nutrition</b>                      12:30PM <b>Life/Frequency Hearing</b> with Luke Amos (and dessert too!)                      2PM Bridge with Jo! Learn or Play</p>		<p>9AM-1PM Hair with Tami                      9AM - 12PM <b>Screening Life Frequency Hearing</b>                      10AM Technology-Jesse with Library                      11AM Bible Study  <b>12PM Senior Nutrition</b>                      1PM <b>BINGO</b> with Haven Healthcare                      1PM Community Paint Class</p>		<p style="color: red; text-align: center;"><b>SHIP WILL BE HERE DURING THE DAY TO DISCUSS EVERYTHING MEDICARE</b></p> <p>9AM Mandolin Class                      11AM Choir                      11AM <b>Community Paint Class - Beginning Basics with Kim</b></p>	
21	<b>BOGGLE</b>	22		23		24	<b>BOGGLE</b>	25	
<p>9AM Mandolin Class                      9AM-1PM Hair with Tami                      10AM <b>Community Accupuncture</b> with Penelope                      10AM Guitar Class  <b>11AM - 3PM AARP'S COURSE PART 1; BROWN BAG YOUR LUNCH</b>                      2:30PM Line Dancing</p>		<p>9AM-1PM Hair with Tami                      10:30AM <b>NEW! Sudoku</b> with Julie                      11AM <b>Art with Carolyn</b>                      11-12PM <b>UT - Walk with Ease</b>  <b>11AM - 3PM AARP'S COURSE PART 2; LUNCH IS SENIOR NUTRITION</b>  <b>12PM Senior Nutrition</b>                      12PM - 1PM <b>Music</b> by Wade Johnson                      1PM-4PM Clinch River Needleworkers led by Denise Crenshaw</p>		<p>9AM-1PM Hair with Tami                      10AM Croc/Knit Class  <b>10AM COVENANT Grief Discussion with Pastor</b>  <b>12PM Senior Nutrition</b>  <b>12:30PM CELEBRATE OCTOBER BIRTHDAYS!</b>                      1:30PM <b>BINGO</b> with Lones Green from Morningpointe                      2PM Bridge with Jo! Learn or Play</p>		<p style="text-align: center;"></p> <p>9AM-1PM Hair with Tami                      10AM Technology-Jesse with Library                      11AM <b>BINGO</b> with Shaylan at Legacy Home Health                      11AM Bible Study                      11-12PM <b>NEW UT - Walk with Ease</b>  <b>12PM Senior Nutrition</b>                      1PM Community Paint Class  <b>1PM Caitlin with Mental Health of East TN - Anxiety and Depression</b></p>		<p>9 AM Mandolin Class                      11AM <b>Community Paint Class - Beginning Basics with Kim</b>                      11-12 <b>UT - Walk with Ease</b></p>	
28	<b>BOGGLE</b>	29		30		31	<b>BOGGLE</b>		
<p>9AM Mandolin Class                      9AM-1PM Hair with Tami                      10AM Guitar Class                      10AM <b>Community Accupuncture</b> with Penelope                      1PM <b>BINGO</b> with Anne Backus                      2:30PM Line Dancing</p>		<p>9AM-1PM Hair with Tami                      10:30AM <b>NEW! Sudoku</b> with Julie                      10:30AM <b>BINGO</b> with Ja'el from United Healthcare 11AM  <b>UT - Walk with Ease</b> 12PM  <b>Senior Nutrition</b> 12PM -                      1PM <b>Music</b> by Wade Johnson 12:45 PM  <b>Ashley with Humana "Battling Dangerous Belly Fat"</b></p>		<p>9AM-1PM Hair with Tami                      10AM Croc/Knit Class  <b>10AM COVENANT Grief Discussion with Pastor</b>  <b>12PM Senior Nutrition</b>                      2PM Bridge with Jo! Learn or Play</p>		<p>9AM-1PM Hair with Tami                      10AM Technology-Jesse with Library                      11AM Bible Study                      11-12PM <b>UT - Walk with Ease</b>  <b>12PM Senior Nutrition</b>                      1PM Rebecca from Humana - Presentation and <b>BINGO</b>                      1PM Community Paint Class</p>			

