




# NOVEMBER 2024 - ACTIVITIES CALENDAR AT THE ANDERSON COUNTY SENIOR CENTER



Monday		Tuesday		Wednesday		Thursday		Friday	
<p><b>CAN YOU BELIEVE THE HOLIDAYS ARE UPON US ALREADY?</b></p> 		<p>SENIOR MEALS ARE SERVED AT NOON MONDAYS THROUGH FRIDAYS. YOU MUST SIGN UP IN ADVANCE AT FRONT DESK OR CALL IN 865-457-3259 TO ADD YOUR NAME TO THE LIST. SEE ADDITIONAL HANDOUT AT SIGN IN DESK.</p>		<p>ON SATURDAY, NOVEMBER 9TH AT 4PM, ENJOY A FREE CONCERT BY THE OAK RIDGE PHILHARMONIC AT FIRST BAPTIST CHURCH IN OAK RIDGE - SEE FLYER ON BULLETIN BOARDS</p>		<p><b>PLEASE SEE THE FRONT DESK TO SIGN UP FOR OUR THANKSGIVING LUNCH. IT IS IMPORTANT WE GET A HEAD COUNT BY NOVEMBER 20TH</b></p>		<p>1</p> <p>9 AM Mandolin Class 11AM Community Paint Class 11AM Community Paint Class - Beginning Basics with Kim 11AM Choir 1PM Suzie Housely with YES! Travel</p>	
SUDOKU	4	BOGGLE	5		6	BOGGLE	7		8
<p>9AM Mandolin Class 9AM-1PM Hair with Tami 10AM Guitar Class 10AM Community Accupunture with Penelope 10:30AM Sudoku with Julie 2:30PM Line Dancing</p>		<p>9AM-1PM Hair with Tami 10AM WEIGHT LOSS CHALLENGE BEGINS WITH JULIE TODAY! 10:45AM NEW Nutrition Class with Ashley from UT 11:00AM Bible Study 12PM - 1PM Music by Wade Johnson 1PM NEW! Chair Yoga by UT 1PM-4PM Clinch River Needleworkers led by Denise Crenshaw</p>		<p>9AM-1PM Hair with Tami 10AM Crochet/Knit Class 12:45PM Understanding Parkinsons Disease presented by Salae from Humana 2PM Bridge! Learn or Play</p>		<p>9AM-1PM Hair with Tami 10AM Technology-Jesse with Library 11AM Bible Study 11AM Who are We? by Phyllis at Keystone Elder Day Center 1PM Community Paint Class 1PM NEW! Chair Yoga by UT 1:30PM BINGO by Linda with Health Markets</p>		<p>9 AM Mandolin Class 11AM Community Paint Class - Beginning Basics with Kim 12:50 PM Building Better Balance by Anna Dark from Take Charge Fitness 1:30 Presentation and BINGO with Colton Coppersmith from Seniors Helping Seniors</p>	
CENTER CLOSED	11	BOGGLE	12		13	BOGGLE	14		15
 <p><i>This Photo by Unknown Author is licensed under CC BY-ND</i></p>		<p>9AM-1PM Hair with Tami 10AM Art with Carolyn 10:45AM Nutrition Class with Ashley from UT 11:00AM Bible Study 12PM - 1PM Music by Wade Johnson 1PM NEW! Chair Yoga by UT 1PM-4PM Clinch River Needleworkers led by Denise Crenshaw 1:30 Presentation then BINGO with Derrick Johnson</p>		<p>ENJOY THE APPLE CIDER AND HOT CHOCOLATE BAR BROUGHT TO YOU BY JESSIE FROM COMFORT KEEPERS! 9AM-1PM Hair with Tami 10AM Crochet/Knit Class 1PM BINGO with Rhonda from Sacred Ground Hospice 2PM Bridge! Learn or Play 2:30PM BOOK CLUB with Director of Clinton Library Miria Webb</p>		<p>9AM-1PM Hair with Tami 10AM Technology-Jesse with Library 11AM Bible Study 1PM Community Paint Class 1PM NEW! Chair Yoga by UT 1PM Presentation and BINGO by Julia at Humana</p>		<p>9 AM Mandolin Class 11AM Community Paint Class - Beginning Basics with Kim 11AM Choir 11:15 NEW! Mindful Movements with our Julie 1PM Celebration of November Birthdays!</p> 	

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Monday		Tuesday		Wednesday		Thursday		Friday	
<b>SUDOKU</b>	<b>18</b>	<b>BOGGLE</b>	<b>19</b>		<b>20</b>	<b>BOGGLE</b>	<b>21</b>		<b>22</b>
9AM Mandolin Class 9AM-1PM Hair with Tami <b>9AM - 12PM VolHearing</b> 10AM Guitar Class <b>10AM Community Accupunture with Penelope</b> 10:30AM Sudoku with Julie <b>12PM - 2PM FARMERS MARKET brought to you by Kenny LeFevre at Humana</b> 2:30PM Line Dancing		9AM-1PM Hair with Tami <b>10:45AM Nutrition Class with Ashley from UT</b> 11:00AM Bible Study 12PM - 1PM <b>Music</b> by Wade Johnson <b>1PM NEW! Chair Yoga by UT</b> 1PM-4PM Clinch River Needleworkers led by Denise Crenshaw		9AM-1PM Hair with Tami 10AM Crochet/Knit Class <b>1:30PM BINGO with Lornes with MorningPointe</b> 2PM Bridge! Learn or Play		9AM-1PM Hair with Tami 10AM Technology-Jesse with Library 11AM Bible Study <b>1PM Community Paint Class</b> <b>1PM NEW! Chair Yoga by UT</b> <b>1:30PM BINGO by Julia Powell at Haven Healthcare</b>		9 AM Mandolin Class <b>11AM Commuity Paint Class - Beginning Basics with Kim</b> <b>11:15 NEW! Mindful Movements with our Julie</b>	
<b>SUDOKU</b>	<b>25</b>	<b>BOGGLE</b>	<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>
9AM Mandolin Class 9AM-1PM Hair with Tami 10AM Guitar Class <b>10AM Community Accupunture with Penelope</b> 10:30AM Sudoku with Julie 11AM-12PM Caris Healthcare presents <b>Hospice 101 by Kris</b> <b>12 NOON THANKSGIVING LUNCH SPECIAL</b> 2:30PM Line Dancing		9AM-1PM Hair with Tami <b>10AM Art with Carolyn</b> <b>10:45AM Nutrition Class with Ashley from UT</b> 11:00AM Bible Study 12PM - 1PM <b>Music</b> by Wade Johnson <b>1PM NEW! Chair Yoga by UT</b> 1PM-4PM Clinch River Needleworkers led by Denise Crenshaw <b>1:30 Presentation then BINGO with Derrick Johnson</b>		9AM-1PM Hair with Tami 10AM Crochet/Knit Class <b>1:30PM OPEN HOUSE with Ja'el at United Healthcare</b> 2PM Bridge! Learn or Play		<b>HAPPY THANKSGIVING!</b> <b>SENIOR CENTER IS CLOSED FOR THE HOLIDAY WEEKEND.</b> <b>SEE YOU IN DECEMBER!</b>			



MAY YOU AND YOUR FAMILIES HAVE A BLESSED HOLIDAY WEEKEND