

# FEBRUARY 2025 - ACTIVITIES CALENDAR AT THE ANDERSON COUNTY SENIOR CENTER



SENIOR NUTRITION MEALS ARE SERVED AT NOON MONDAYS THROUGH FRIDAYS. SIGN UP IN ADVANCE AT FRONT DESK OR BY CALLING 865-457-3259



The Get Up 'N Go Passport Program begins February 1st and runs through May 31st. For all the participants, please note that your folder will be available for pick up in Julie's office. Thank you for wanting to enhance your health and senior experiences!



Monday		Tuesday		Wednesday		Thursday		Friday	
SUDOKU	3	BOGGLE	4		5	BOGGLE	6		7
<p><b>FIRST DAY OF THE GET UP N' GO PASSPORT PROGRAM! YOU CAN PICK UP YOUR PACKAGE STARTING TODAY!</b></p> <p><b>WOMEN'S HEART WEEK - WEAR RED TO SHOW YOUR SUPPORT THIS WEEK!</b></p> <p>9AM Mandolin Class 10AM Guitar Class 10:30AM Sudoku with Julie <b>11:30 NEW! Walk with Julie</b> 2:30PM Line Dancing</p>		<p>10AM Art with Vivian 10:30AM Boggle with Julie 11AM T'ai Chi with Jo 11:00AM Bible Study <b>11:30AM NEW! Walk with Julie</b> 12PM - 1PM Music by Wade Johnson <b>1:30PM BINGO</b> with Kris from Caris Healthcare</p>		<p>9AM - 2PM <b>ARE YOU ELIGIBLE FOR MORE?</b> ETHRA's Lisa Huskey from SNAP will be here to determine eligibility for Seniors. (Earn your benefits stamp - next opportunity in a couple of months) 10AM Crochet/Knit Class <b>11:30 NEW! Walk with Julie</b> <b>1:00PM Sign Language practice with Michael</b> 1PM Bridge! Learn or Play</p>		<p>10-11:30AM Library cards issued by Jesse 10:30AM Boggle with Julie 11AM Bible Study <b>11AM T'ai Chi with Jo</b> <b>11:30 NEW! Walk with Julie</b> 1PM Community Paint Class <b>1PM Chair Yoga with Patricia from UT</b></p>		<p>9 AM Mandolin Class <b>11AM Community Paint Class for Beginners</b> <b>11:15 AM Mindful Movements with Julie (moved to another room)</b></p>	
SUDOKU	10	BOGGLE	11		12	BOGGLE	13	Valentine's Day!	14
<p>9AM Mandolin Class 10AM Guitar Class 10:30AM Sudoku with Julie <b>11:30 NEW! Walk with Julie</b> <b>10:30AM NEW! Ballroom Dancing with Francesca</b> <b>12:45 Elder Law of TN Presentation</b> <b>1:30 BINGO</b> with Julia Powell from Haven Healthcare 2:30PM Line Dancing</p>		<p><b>10AM Greg McBroom, Director of Community Relations with Anderson County Sheriff's Office presents Scams</b> 10AM Art with Carolyn 10:30AM Boggle with Julie 11AM T'ai Chi with Jo 11:00AM Bible Study <b>11:30 NEW! Walk with Julie</b> 12PM - 1PM Music by Wade Johnson</p>		<p>10AM Crochet/Knit Class <b>10:30 AM NEW! Ballroom Dancing with Francesca</b> <b>11:30AM NEW! Walk with Julie</b> <b>1:00PM NEW! LEARN SIGN LANGUAGE!</b> Ja'el from United Healthcare teaches every month 1PM Bridge! Learn or Play <b>2:00PM Q&amp;A about United Healthcare</b></p>		<p><b>10AM Art with Vivian</b> 10AM Technology-Jesse with Library 10:30AM Boggle with Julie <b>11AM NEW! T'ai Chi with Jo</b> 11AM Bible Study <b>11:30 NEW! Walk with Julie</b> <b>1PM Chair Yoga by Patricia with UT- Last Day -</b> 1PM Community Paint Class</p>		<p>9 AM Mandolin Class <b>11AM Community Paint Class for Beginners</b> 11AM Choir <b>11:15 AM Mindful Movements with Julie</b> <b>12:45PM Department of Health Dental Presentation</b> <b>1:30PM Valentine's Day BINGO</b> with OOA</p>	

Monday		Tuesday		Wednesday		Thursday		Friday	
CLOSED	17	BOGGLE	18		19	BOGGLE	20		21
		10:30AM Boggle with Julie <b>11AM NEW! T'ai Chi with Jo</b> 11:00AM Bible Study <b>11:30AM NEW! Walk with Julie</b> 12PM - 1PM Music by Wade Johnson		10AM Crochet/Knit Class <b>10:30 AM NEW! Ballroom Dancing with Francesca</b> <b>11:30AM NEW! Walk with Julie</b> <b>12:45PM Celebrate February Birthdays</b> <b>1PM Weight Loss Challenge</b> <b>Announcement with Julie</b> <b>1:00PM Sign Language practice with Michael</b> <b>1:30PM BINGO with Seniors Helping Seniors</b> 1PM Bridge! Learn or Play		10AM Technology-Jesse with Library 10:30AM Boggle with Julie 11AM Bible Study <b>11AM NEW! T'ai Chi with Jo</b> <b>11:30AM NEW! Walk with Julie</b>		9 AM Mandolin Class <b>11AM Community Paint Class for Beginners</b> <b>11:15 Mindful Movements with our Julie</b> <b>12PM SENIOR NUTRITION LUNCH WITH MAYOR FRANK</b>	
SUDOKU	24	BOGGLE	25		26	BOGGLE	27		28
9AM Mandolin Class 10AM Guitar Class <b>10AM - 12PM Massage Therapy</b> <b>10:30AM Sudoku with Julie</b> <b>10:30 AM NEW! Ballroom Dancing with Francesca</b> <b>11:30AM NEW! Walk with Julie</b> 2:30PM Line Dancing		10:30AM Boggle with Julie <b>11AM NEW! T'ai Chi with Jo</b> 11:00AM Bible Study <b>11AM Healthier Heart with Madison Moore from Department of Health</b> <b>11:30AM NEW! Walk with Julie</b> 12PM - 1PM Music by Wade Johnson		 10AM Crochet/Knit Class <b>10:30 AM NEW! Ballroom Dancing with Francesca</b> <b>11:30AM NEW! Walk with Julie</b> <b>12:45PM Celebrate January Birthdays after lunch</b> <b>1:00PM Sign Language practice with Michael</b> 1PM Bridge! Learn or Play		10AM Technology-Jesse with Library <b>10AM Community Craft Room - Ink Stamping by Kim and Vivian</b> 10:30AM Boggle with Julie <b>10:30AM Cindy with i2-Information Presentation on Chronic Conditions Heart, Diabetes, Lung Medicare Advantage Plans</b> 11AM Bible Study <b>11AM NEW! T'ai Chi with Jo</b> <b>11:30AM NEW! Walk with Julie</b> <b>1:30PM BINGO with Cindy</b>		9 AM Mandolin Class 11AM Choir <b>11AM Community Paint Class for Beginners</b> <b>Mindful Movements with our Julie</b> 11:15	

There will be sign up sheets NOW for AARP's Senior Driving Course which will be held in March. **This is an important course** with pricing ranging from \$0 to \$25. Dr. Sam will be leading these classes and there are opportunities to save on car insurance. It is important that you sign up for those services you wish to attend ahead of time to secure your seat.

CALENDAR SUBJECT TO CHANGE! CHECK UPDATES IN THE CENTER OR ONLINE AT  
<https://andersoncountyttn.gov/office-on-aging-senior-center/>