


# MARCH 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



March is National Nutrition Month!  
 Be on the lookout for some great handouts from the USDA myplate.gov program. If you don't see them, ask Julie or Nichole.

Monday		Tuesday		Wednesday		Thursday		Friday	
SUDOKU	3		4	ASH WEDNESDAY	5	BOGGLE	6		7
9AM Mandolin Class 10AM Guitar Class 10:30AM Sudoku with Julie 10:30AM Ballroom Dancing with Francesca 11:30 Walk with Julie 2:30PM Line Dancing		10AM NEW! Quilting with Vivian 10:30AM <b>ADDED DAY &amp; TIME!</b> Mindful Movements with Julie 11AM T'ai Chi with Jo 11:00AM Bible Study 11:30AM Walk with Julie 12PM-12:45PM Music by Wade Johnson 12:45PM <b>GROW YOUR KNOW!</b> Chasing Wellness with Chase Kennedy 1:30PM <b>BINGO</b> with Kris from Caris Healthcare	10AM <b>GROW YOUR KNOW!</b> Medical Director of Covenant Health - What is the difference between Palliative Care and Hospice? 10AM Crochet/Knit Class 10:30 AM Ballroom Dancing with Francesca 10:30 AM Quilting with Vivian (different time for just today) 11:30 Walk with Julie 1:00PM Sign Language practice with Michael 1PM Bridge! Learn or Play	10:30AM Boggle with Julie 10:30 St. Patrick's Painting with Kim 11AM Bible Study 11AM T'ai Chi with Jo <b>LAST ONE UNTIL FURTHER NOTICE</b> 11:30 Walk with Julie 12:45PM <b>GROW YOUR KNOW!</b> Department of Health presentation on STIs 1PM Community Paint Class 1:30 <b>BINGO</b> for Grandparents by OOA	<b>DON'T MISS THIS SPECIAL EVENT! LAST DAY TO SIGN UP FOR AARP'S DRIVER COURSE!</b> 9 AM Mandolin Class 10:30AM Trees, Shrubs, and Bushes, Oh My! with Kim and acrylics 11:00 Choir 11:15 AM Mindful Movements with Julie Noon - Lunch with Mayor Frank 1:30PM <b>BINGO</b> with Allison Littleton from HealthMarkets				
SUDOKU	10		11		12	BOGGLE	13		14
9AM Mandolin Class 10AM Guitar Class 10AM PET FOOD PROGRAM PICK UP 10:30AM Sudoku with Julie 10:30AM Ballroom Dancing with Francesca 11:30 Walk with Julie 12:45PM <b>GROW YOUR KNOW!</b> Dental Presentation by the Department of Health 1:30PM <b>BINGO</b> with OOA 2:30PM Line Dancing		10AM Quilting with Vivian 10:30AM Mindful Movements with Julie 11AM T'ai Chi with Jo 11:00AM Bible Study 11:30 Walk with Julie 12PM - 1PM Music by Wade Johnson 12:45PM <b>GROW YOUR KNOW!</b> How to save money when buying Internet/wifi/cable by Volunteer Steve Poole 1:30PM <b>BINGO</b> with Michele Mahoney from Home Option (Department of Labor)	10AM Crochet/Knit Class 10AM Quilting with Vivian 10:30 AM Ballroom Dancing with Francesca 11:30AM Walk with Julie 1:00PM <b>LEARN SIGN LANGUAGE!</b> Ja'el from United Healthcare teaches every month 1PM Bridge! Learn or Play 2:00PM Q&A about United Healthcare	11AM - 3PM - <b>AARP DRIVING COURSE BY DR. SALEEM, DRIVER SAFETY ZONE COORDINATOR PART 1</b> 10AM Technology-Jesse with Library 10:30AM Boggle with Julie 11AM Bible Study 11:30 Walk with Julie 1PM Community Paint Class	9 AM Mandolin Class 9:30AM -11AM Popup Art by Carolyn 11AM - 3PM - <b>AARP DRIVING COURSE BY DR. SALEEM, DRIVER SAFETY ZONE COORDINATOR PART 2</b> 11AM How to transfer pictures to canvases by Kim 11:15 AM Mindful Movements with Julie 1PM Community Paint Class				

Monday		Tuesday		Wednesday		Thursday		Friday		
<b>St. Patrick's Day</b> 9AM Mandolin Class <b>9:45AM GROW YOUR KNOW!</b> Ombudsman Thomas Kahler discusses LTC 10AM Guitar Class 10:30AM Sudoku with Julie 11:30 Walk with Julie <b>11AM BINGO</b> by Anne Backus <b>NOON - 2PM The J-25 Jazz Quartet will be here to play live music! Have fun and wear your green! Lunch will be different today too! We will also Celebrate March Birthdays today!</b> 2:30PM Line Dancing	 17	9AM - 2PM ARE YOU ELIGIBLE FOR MORE? <i>ETHRA's Lisa Huskey from SNAP will be here to determine eligibility for Seniors.</i> <b>10AM Quilting with Vivian</b> <b>10:30AM Mindful Movements with Julie</b> 11:00AM Bible Study <b>11:30AM NEW! Walk with Julie</b> 12PM - 1PM Music by Wade Johnson <b>1:30 PM - BINGO</b> by Lisa at Realty Executive	18	10AM Crochet/Knit Class <b>10AM Quilting with Vivian</b> <b>11:30AM Walk with Julie</b> 1:00PM Sign Language practice with Michael 1PM Bridge! Learn or Play	19	<b>BOGGLE</b>	10AM Technology-Jesse with Library 10:30AM Boggle with Julie 11AM Bible Study <b>11AM GROW YOUR KNOW! Damon McKenna from Anderson County Animal Care &amp; Control</b> <b>11:30AM NEW! Walk with Julie</b> <b>1PM BINGO</b> Jamming with Judy	20	9 AM Mandolin Class <b>11AM Community Paint Class</b> <b>11:00 Choir</b> <b>11:15 Mindful Movements with our Julie</b>	21
<b>SUDOKU</b>	24	9AM - 2PM ARE YOU ELIGIBLE FOR MORE? <i>ETHRA's Lisa Huskey from SNAP will be here to determine eligibility for Seniors.</i> <b>10AM Quilting with Vivian</b> <b>10:30 Mindful Movements with Julie</b> 11:00AM Bible Study <b>11:30AM Walk with Julie</b> 12PM - 1PM Music by Wade Johnson	25	<b>10AM Quilting with Vivian</b> 10AM Crochet/Knit Class <b>10:30 AM Ballroom Dancing with Francesca</b> <b>11:30AM Walk with Julie</b> 1:00PM Sign Language practice with Michael 1PM Bridge! Learn or Play <b>1PM Crafting with Sue Connor!</b>	26	<b>BOGGLE</b>	10AM Technology-Jesse with Library <b>10AM Community Craft Room</b> 10:30AM Boggle with Julie 11AM Bible Study <b>11:30AM Walk with Julie</b>	27	9 AM Mandolin Class <b>9:30AM - 11AM Magic Cards with Carolyn</b> <b>11:00AM Bookmarkers with Kim in the Craft Room</b> <b>11:15 Mindful Movements with our Julie</b>	28
<b>SUDOKU</b>	31	<div style="border: 2px solid green; padding: 10px; text-align: center;"> <p><b>CALENDAR SUBJECT TO CHANGE! CHECK UPDATES IN THE CENTER OR ONLINE AT <a href="https://andersoncountyttn.gov/office-on-aging-senior-center/">https://andersoncountyttn.gov/office-on-aging-senior-center/</a></b></p> <p><b>'N Go Passport Program runs through May 31st.</b></p> <p><b>The Get Up Thank you for wanting to enhance your health and senior experiences!</b></p> </div>								