

# APRIL 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





April is Stress Awareness Month for Seniors, Memory Patients, and Caregivers

We have horseshoe pits that can be used at any time! We have small weights and more in our physical fitness room that you can use any time there is no class going on there! We have puzzle groups active all day! The craft room is open 8:30AM - 4PM for your pleasure. Cornhole is available. Games are available. Card games are open to anyone who wants to participate. We have cable in the Lobby for your

Monday		Tuesday		Wednesday		Thursday		Friday	
						<b>BOGGLE</b>			
		1		2		3		4	
		<p>9AM - 12PM Quilting with Vivian  <b>10AM Connie Sue's Flower Swap - Rules of the Road</b>                      10:30AM Mindful Movements with Julie                      11:00AM Bible Study  <b>11:00AM BINGO with Pat Vandergriff "Adyah's Charms"</b>                      11:30AM Walk with Julie                      12PM-12:45PM Music by Wade Johnson</p>		<p>9AM - 12PM Quilting with Vivian                      10AM Crochet/Knit Class  <b>10:30 AM Ballroom Dancing with Francesca</b>                      11:30 Walk with Julie                      1:00PM Sign Language practice with Michael                      1PM Bridge! Learn or Play</p>		<p><b>10AM Technology-Jesse with Library</b>                      10:30AM Boggle with Julie  <b>11AM Community Paint - Paint a Rooster with Kim</b>                      11AM Bible Study  <b>11:30 Walk with Julie</b>  <b>1PM NEW - MATTER OF BALANCE with UT's Patricia</b>                      1PM Second Harvest Cooking</p>		<p>10AM Mandolin Class  <b>9AM - 2PM HAIR WITH TAMI IS BACK!</b>  <b>11:00AM Choir</b>                      11AM Community Paint - Paint a Rooster with Kim                      11:15 AM Mindful Movements with Julie  <b>12:45PM GROW YOUR KNOW! - DON'T MISS THIS SPECIAL UNIVERSITY OF TENNESSEE PRESENTATION FOR NEW HEARING PROGRAM AT OUR SENIOR CENTER by Julie Beeler</b>  <b>1:30PM BINGO with Ja'el from United Healthcare and OOA jointly</b></p>	
<b>SUDOKU</b>		7		8		9		<b>BOGGLE</b>	
						10		<b>SECURITY</b>	
<p>9AM Mandolin Class  <b>9AM - 2PM ARE YOU ELIGIBLE FOR MORE? ETHRA's Lisa Huskey from SNAP will be here to determine eligibility for Seniors.</b>  <b>9:30AM - 12PM Tile Painting with Vivian</b>                      10AM Guitar Class                      10:30AM Sudoku with Julie                      11:30 Walk with Julie                      2:30PM Line Dancing</p>		<p>9AM - 12PM Quilting with Vivian                      10:30AM Mindful Movements with Julie                      11:00AM Bible Study  <b>11:30 Walk with Julie</b>                      12PM - 1PM Music by Wade Johnson</p>		<p>10AM Crochet/Knit Class  <b>9AM - 12PM Quilting with Vivian</b>  <b>10:30 AM Ballroom Dancing with Francesca</b>                      11:30AM Walk with Julie  <b>12:45PM GROW YOUR KNOW! Jay from Apple Pharmacy - Rx Management and Vaccines</b>  <b>1:30PM BINGO with Michele Mahoney with Home Option</b>                      1PM Bridge! Learn or Play                      1:00PM Sign Language practice with Michael</p>		<p><b>10AM Technology-Jesse with Library</b>                      10:30AM Boggle with Julie                      11AM Bible Study  <b>11AM Community Paint - Paint a Rooster with Kim</b>                      11:30 Walk with Julie</p>		<p>10AM Mandolin Class  <b>9AM - 2PM HAIR WITH TAMI!</b>  <b>10AM - 11AM GROW YOUR KNOW!</b> with Greg McBroom presenting an important insight into Personal Security                      11AM Community Paint - Paint a Rooster with Kim                      11:15 AM Mindful Movements with Julie  <b>1:30 BINGO with Allison Littleton from HealthMarkets</b></p>	



**NEW CLUB IN APRIL - A "REEL" FISHING CLUB GOING OUT ON ADVENTURES. CHECK WITH THE FRONT DESK IF YOU'RE INTERESTED IN FISHING! VARIABLE TIMES AND DATES DEPENDING UPON WEATHER. RODS AND REELS CAN BE SUPPLIED OR BRING YOUR OWN!**

Monday		Tuesday		Wednesday		Thursday		Friday	
SUDOKU	14		15		16		17	CLOSED	18
9AM Mandolin Class <b>9:30AM - 12PM Tile Painting with Vivian</b> <b>10AM PET FOOD PROGRAM PICK UP (PRE-REGISTRATION REQUIRED)</b> 10AM Guitar Class 10:30AM Sudoku with Julie <b>11:30 Walk with Julie</b> <b>1PM NEW! DRUMMING WITH DEBBIE (10 SPOTS AVAILABLE)</b> 2:30PM Line Dancing		<b>9AM - 12PM Quilting with Vivian</b> <b>10:30AM Mindful Movements with Julie</b> 11:00AM Bible Study 11:30AM Walk with Julie <b>11:30AM - 12:30PM: EASTER LUNCH BROUGHT TO US BY OUR FRIENDS AT COMFORT KEEPERS</b> 12PM - 1PM Music by Wade Johnson <b>1:30 PM - BINGO by Lisa at Realty Executive</b>		10AM Crochet/Knit Class <b>9AM - 12PM Quilting with Vivian</b> 11:30AM Walk with Julie <b>1:00PM Sign Language Class with Ja'el from United Healthcare</b> 1PM Bridge! Learn or Play <b>2PM Q &amp; A with Ja'el from United Healthcare</b>		<b>10AM Technology-Jesse with Library</b> 11AM Bible Study <b>11AM Community Paint - Pastoral and Country Scenes with Kim</b> <b>1PM NEW! DRUMMING WITH DEBBIE (10 SPOTS AVAILABLE)</b>			
	21		22		23		24		25
9AM Mandolin Class <b>9:30AM - 12PM Tile Painting with Vivian</b> 10AM Guitar Class <b>1PM NEW! DRUMMING WITH DEBBIE (10 SPOTS AVAILABLE)</b> 2:30PM Line Dancing		 <b>TODAY IS EARTH DAY!</b> <b>9AM - 12PM Quilting with Vivian</b> <b>10:30 Mindful Movements</b> 11:00AM Bible Study <b>11AM Connie Sue's Flower/Veggie Swap</b> <b>TODAY'S THE DAY!</b> 12PM - 1PM Music by Wade Johnson		<b>9AM - 12PM Quilting with Vivian</b> 10AM Crochet/Knit Class 1:00PM Sign Language practice with Michael <b>12:45PM GROW YOUR KNOW! Jill Hahn is here from Holistic Reiki Health</b> 1PM Bridge! Learn or Play <b>1:30PM BINGO with OOA</b>		<b>10AM Technology-Jesse with Library</b> 11AM Bible Study <b>11AM Community Paint - Pastoral and Country Scenes with Kim</b> <b>1PM NEW! DRUMMING WITH DEBBIE (10 SPOTS AVAILABLE)</b>		10AM Mandolin Class <b>9AM - 2PM HAIR WITH TAMI!</b> <b>11:00AM Choir</b> 11AM Community Paint - Pastoral and Country Scenes with Kim 11:15 Mindful Movements	
	28		29		30	<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> <b>The Get Up 'N Go Passport Program runs through May 31st. Thank you for wanting to enhance your health and senior experiences!</b>			
9AM Mandolin Class <b>9:30AM - 12PM Tile Painting with Vivian</b> 10AM Guitar Class <b>10AM - 12PM Massage Therapy</b> <b>1PM NEW! DRUMMING WITH DEBBIE (10 SPOTS AVAILABLE)</b> 2:30PM Line Dancing		<b>9AM - 12PM Quilting with Vivian</b> <b>10:30 Mindful Movements</b> 11:00AM Bible Study 12PM - 1PM Music by Wade Johnson		<b>9AM - 12PM Quilting with Vivian</b> 10AM Crochet/Knit Class 1:00PM Sign Language practice with Michael <b>1:30PM BINGO with OOA</b>					