



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							
						BOGGLE									
		<p>1</p> <p>9AM - 12PM Quilting with Vivian 10AM Connie Sue's Flower Swap - Rules of the Road 10:30AM Mindful Movements with Julie 11:00AM Bible Study 11:00AM BINGO with Pat Vandergriff "Adyah's Charms" 11:30AM Walk with Julie 12PM-12:45PM Music by Wade Johnson</p>		<p>2</p> <p>9AM - 12PM Quilting with Vivian 10AM Crochet/Knit Class 10:30 AM Ballroom Dancing with Francesca 11:30 Walk with Julie 1:00PM Sign Language practice with Michael 1PM Bridge! Learn or Play</p>		<p>3</p> <p>10AM Technology-Jesse with Library 10:30AM Boggle with Julie 11AM Community Paint - Paint a Rooster with Kim 11AM Bible Study 11:30 Walk with Julie 1PM NEW - MATTER OF BALANCE with UT's Patricia 1PM Second Harvest Cooking</p>		<p>4</p> <p>10AM Mandolin Class 9AM - 2PM HAIR WITH TAMI IS BACK! 11:00AM Choir 11AM Community Paint - Paint a Rooster with Kim 11:15 AM Mindful Movements with Julie 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 1:30PM BINGO with Ja'el from United Healthcare and OOA jointly</p>							
SUDOKU		7		8		9		BOGGLE		10		SECURITY		11	
<p>9AM Mandolin Class 9AM - 2PM ARE YOU ELIGIBLE FOR MORE? ETHRA's Lisa Huskey from SNAP will be here to determine eligibility for Seniors. 9:30AM - 12PM Tile Painting with Vivian 10AM Guitar Class 10:30AM Sudoku with Julie 10:30AM Ballroom Dancing with Francesca 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 11:30 Walk with Julie 12PM - 1PM Music by Wade Johnson 1PM NEW - MATTER OF BALANCE with UT's Patricia</p>		<p>10AM Crochet/Knit Class 9AM - 12PM Quilting with Vivian 10:30 AM Ballroom Dancing with Francesca 11:30AM Walk with Julie 12:45PM GROW YOUR KNOW! Jay from Apple Pharmacy - Rx Management and Vaccines 1:30PM BINGO with Michele Mahoney with Home Option 1PM Bridge! Learn or Play 1:00PM Sign Language practice with Michael</p>		<p>10AM Technology-Jesse with Library 10:30AM Boggle with Julie 11AM Bible Study 11AM Community Paint - Paint a Rooster with Kim 11:30 Walk with Julie 1PM NEW - MATTER OF BALANCE with UT's Patricia</p>		<p>10AM Mandolin Class 9AM - 2PM HAIR WITH TAMI! 10AM - 11AM GROW YOUR KNOW! 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 1:30 BINGO with Allison Littleton from HealthMarkets</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 9:30AM - 12PM Tile Painting with Vivian 10AM PET FOOD PROGRAM PICK UP (PRE-REGISTRATION REQUIRED) 10AM Guitar Class 10:30AM Sudoku with Julie 10:30AM Ballroom Dancing with Francesca 11:30 Walk with Julie 2:30PM Line Dancing		9AM - 12PM Quilting with Vivian 10:30AM Mindful Movements with Julie 11:00AM Bible Study 11:30AM Walk with Julie 11:30AM - 12:30PM: EASTER LUNCH BROUGHT TO US BY OUR FRIENDS AT COMFORT KEEPERS 12PM - 1PM Music by Wade Johnson 1PM NEW - MATTER OF BALANCE with UT's Patricia 1:30 PM - BINGO by Lisa at Realty Executive		10AM Crochet/Knit Class 9AM - 12PM Quilting with Vivian 10:30AM Ballroom Dancing with Francesca 11:30AM Walk with Julie 1:00PM Sign Language Class with Ja'el from United Healthcare 1PM Bridge! Learn or Play 2PM Q & A with Ja'el from United Healthcare		10AM Technology-Jesse with Library 11AM Bible Study 11AM Community Paint - Pastoral and Country Scenes with Kim 1PM NEW - MATTER OF BALANCE with UT's Patricia			
	21		22		23		24		25
9AM Mandolin Class 9:30AM - 12PM Tile Painting with Vivian 10AM Guitar Class 10:30 AM Ballroom Dancing with Francesca 2:30PM Line Dancing		 TODAY IS EARTH DAY! 9AM - 12PM Quilting with Vivian 10:30 Mindful Movements 11:00AM Bible Study 11AM Connie Sue's Flower/Veggie Swap TODAY'S THE DAY! 12PM - 1PM Music by Wade Johnson 1PM NEW - MATTER OF BALANCE with UT's Patricia		9AM - 12PM Quilting with Vivian 10AM Crochet/Knit Class 10:30 AM Ballroom Dancing with Francesca 1:00PM Sign Language practice with Michael 12:45PM GROW YOUR KNOW! Jill Hahn is here from Holistic Reiki Health 1PM Bridge! Learn or Play 1:30PM BINGO with OOA		10AM Technology-Jesse with Library 11AM Bible Study 11AM Community Paint - Pastoral and Country Scenes with Kim 1PM NEW - MATTER OF BALANCE with UT's Patricia		10AM Mandolin Class 9AM - 2PM HAIR WITH TAMI! 11:00AM Choir 11AM Community Paint - Pastoral and Country Scenes with Kim 11:15 Mindful Movements	
	28		29		30	CALENDAR SUBJECT TO CHANGE! CHECK UPDATES IN THE CENTER OR ONLINE AT https://andersoncountyttn.gov/office-on-aging-senior-center/ The Get Up 'N Go Passport Program runs through May 31st. Thank you for wanting to enhance your health and senior experiences!			
9AM Mandolin Class 9:30AM - 12PM Tile Painting with Vivian 10AM Guitar Class 10AM - 12PM Massage Therapy 10:30 AM Ballroom Dancing with Francesca 2:30PM Line Dancing		9AM - 12PM Quilting with Vivian 10:30 Mindful Movements 11:00AM Bible Study 12PM - 1PM Music by Wade Johnson 1PM NEW - MATTER OF BALANCE with UT's Patricia		9AM - 12PM Quilting with Vivian 10AM Crochet/Knit Class 10:30 AM Ballroom Dancing with Francesca 1:00PM Sign Language practice with Michael 1:30PM BINGO with OOA					