

MAY 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



May is Older Americans Month

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	
<p>32nd Annual National Senior Health and Fitness Day is May 28th. The theme for 2025 is "Move Today for a Better Tomorrow". Look for more physical fitness activities to be added throughout the month!</p>						BOGGLE	1		
						<p>9-11AM UTHSC Audiology by appointment only. See Robyn for June's appointment schedule. 10AM Wooden Cross Art 10AM Technology-Jesse with Library 10:30AM Boggle 11AM Community Paint 11AM Bible Study 1PM Drumming with Debbie</p>		<p>10AM Mandolin Class 9AM - 2PM Hair with Tami 11AM Community Paint 12:45PM UTMC Stroke Presentation 1:30PM BINGO by OOA</p>	
5		6		7		BOGGLE	8	9	
<p>9AM Mandolin Class 9:30AM - 12PM Tile Painting 9:30AM Lisa Huskey from SNAP 10AM Guitar Class 1PM Drumming with Debbie 2:30PM Line Dancing</p>		<p>9AM - 12PM Quilting 11:00AM Bible Study 12PM - 1PM Music by Wade Johnson</p>		<p>10AM Crochet/Knit Class 9:30AM - 12PM Quilting 1:00PM Sign Language practice with Michael 1:30PM BINGO with Derrick Johnson</p>		<p>10AM Technology-Jesse with Library 10AM Gnome Painting 10:30AM Boggle 11AM Bible Study 11AM Community Paint 1PM Drumming with Debbie 1PM Olympus Car & Coach Presentation 1:30p.m. BINGO with Blanch Tuelle w/Olympus Car & Coach</p>		<p>10AM Mandolin Class 9AM - 2PM Hair with Tami 10:30AM Mother's Day Brunch sponsored by YES! Go Travel 11AM Choir 11AM Community Paint</p>	

Last month to get your passport stamped!

Monday		Tuesday		Wednesday		Thursday		Friday	
	12		13		14	BOGGLE	15		16
9AM Mandolin Class 9:30AM - 12PM Tile Painting 10AM Guitar Class 10AM PET FOOD PROGRAM PICK UP (PRE-REGISTRATION REQUIRED) 10:30AM Grow Your Know with Solid Waste Director Geoff Trabalka 11:30AM Walk with Debbie 1PM Drumming with Debbie (10 spots available) 2:30PM Line Dancing		9:30AM - 12PM Quilting 11:00AM Bible Study 11:30AM Walk with Debbie 12PM - 1PM Music by Wade Johnson 1:30 PM - BINGO by Anne Backus		10AM Crochet/Knit Class 9:30AM - 12PM Quilting 11:30AM Walk with Debbie 1:00PM Sign Language Class with Ja'el from United Healthcare 2PM Q&A with United Healthcare		10AM Technology-Jesse with Library 10AM Stamping Art 10:30AM Boggle 10:30 Grow Your Know Speedy Series with Stephanie with the Division of Tourism 11AM Bible Study 11AM Community Paint 11:30AM Walk with Debbie 1PM Drumming with Debbie (10 spots available)		10AM Mandolin Class 9AM - 2PM Hair with Tami 11AM Community Paint 1:30PM BINGO by Seniors Helping Seniors	
	19		20		21	BOGGLE	22		23
9AM Mandolin Class 9:30AM - 12PM Tile Painting 10AM Guitar Class 10AM-12PM Massage Therapy with Kameron - sign up at front desk 11:30AM Walk with Debbie 1PM Drumming with Debbie (10 spots available) 2:30PM Line Dancing		9:30AM - 12PM Quilting 11:00AM Bible Study 11:30AM Walk with Debbie 12PM - 1PM Music by Wade Johnson 12:45PM Vaccine Presentation by UT 1:30 BINGO by Lisa with Realty Executives		9:30AM - 12PM Quilting 10AM Crochet/Knit Class 11:30AM Walk with Debbie 1:00PM Sign Language practice with Michael		10AM Technology-Jesse with Library 10AM Dye Cut Art 10:30AM Boggle 11AM Bible Study 11AM Community Paint 11:30AM Walk with Debbie 1PM Drumming with Debbie (10 spots available)		10AM Mandolin Class 9AM - 2PM Hair with Tami 11:00AM Choir 11AM Community Paint 12:45PM Cherokee Health Mental Health presentation 1:30PM BINGO with OOA	
CLOSED	26		27		28	BOGGLE	29		30
		9:30AM - 12PM Quilting 11:00AM Bible Study 11:30AM Walk with Debbie 12PM - 1PM Music by Wade Johnson 1:30PM BINGO: Light Up the World by Judy		National Senior Health & Fitness Day! 9:30AM - 12PM Quilting 10AM Crochet/Knit Class 11:00 Meet up in the Physical Fitness room! 12:45PM Kidney Health presentation with Madison from Dept. of Health 1:00PM Sign Language practice with Michael		10AM Technology-Jesse with Library 10:30AM Boggle 11AM Bible Study 11AM Community Paint 11:30AM Walk with Debbie 1PM Drumming with Debbie (10 spots available) 1:30PM BINGO by Seniors Helping Seniors		10AM Mandolin Class 9AM - 2PM Hair with Tami 11AM Community Paint	