

# July 2025 Anderson County Office on Aging & Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Wear Red, White and Blue!	3 CLOSED	4 CLOSED
	11am Bible Study 11:30am Walk with Debbie 12pm Music by Wade 1pm Beginner Line Dancing	9:30am-12pm Quilting 10am Crochet & Knit 11am <b>BINGO</b> with Ryan or Steve from Wisdom Insurance <b>11am AC Allstars Dance Troupe</b> <b>12PM 4<sup>th</sup> of July Hot Dog and Chili Lunch sponsored by Viva Assisted Living</b>		
7	8	9	10	11
9am Mandolin Class 10am Guitar Class 10:30am Walk with Debbie 1pm Drumming with Debbie 2:30pm Intermediate Line Dancing	<b>10am NEW! Chair Yoga with Patricia from UT</b> 11am Bible Study 11:30am Walk with Debbie 12pm Music by Wade 12:45pm <b>GROW YOUR KNOW</b> : Ann Marie from Clavida will present on services 1pm Beginner Line Dancing	9:30am-12pm Quilting 10am Crochet & Knit <b>11am AC Allstars Dance Troupe</b> 1pm <b>Sign Language with Ja'el from United Healthcare</b> 2pm Q&A with Ja'el	10am Technology with Jesse from the Library <b>10am Chair Yoga with Patricia from UT</b> 10:30am Boggle 11am Community Paint 11am Bible Study 11:30am Walk with Debbie 1pm Drumming with Debbie	9am-2pm Hair by Tami 10am Mandolin Class 11am Community Paint 11am Choir  <b>12:45pm Anderson County Get Up and Go Passport Program Participant Award Ceremony</b> 1pm Bridge with Jo

**Chair Yoga begins again on July 8<sup>th</sup> at a new time 10AM, Tuesdays and Thursdays.**

**Sign Language is an important skill – even if you just learn the basics to communicate just in case you lose your voice!**

**Please pick up your application for SARG and AC-ARF pet food distribution in the senior center to be considered for the follow month's distribution.**

**NOTE: July 16<sup>th</sup> is a 1-1.5 hour class. Many seniors asked for training, here it is! No sign up needed. Will be in the main room. Those who are not attending, please use an alternative room during that time.**

## July 2025 Anderson County Office on Aging & Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
14	15	16	17	18
9am Mandolin Class 10am Guitar Class <b>10am Pet Food Distribution provided by SARG and AC-ARF</b> <b>10am-12pm Massage Therapy by Kameran–there is a sign up sheet</b> 10am <b>GROW YOUR KNOW</b> with Scott Nation, Director of Anderson County Department of Veteran Services 10:30am Walk with Debbie 1pm Drumming with Debbie 2:30pm Intermediate Line Dancing	<b>10am Chair Yoga with Patricia from UT</b> 11am Bible Study 11:30am Walk with Debbie 12pm Music by Wade 1pm Beginner Line Dancing 1:30pm <b>BINGO</b> with Anne Backus	9:30am-12pm Quilting 10am Crochet & Knit <b>10am-11:30am GROW YOUR KNOW: Kelly Barnes-Novarro from Cherokee Health Systems teaches a class entitled Dementia Friends. This is a resource for new or experienced spousal or familial caregivers.</b> <b>11am AC Allstars Dance Troupe</b> 12:45pm Home Instead Presentation 1:15pm Home Instead <b>“Crafting for a Cause”</b>	10am Technology with Jesse from the Library <b>10am Chair Yoga with Patricia from UT</b> 10:30am Boggle 11am Community Paint 11am Bible Study 11:30am Walk with Debbie 1pm Drumming with Debbie 1:30pm <b>BINGO</b> with OOA - “Knoodling in the Kitchen”	9am-2pm Hair by Tami 10am Mandolin Class 11am Community Paint 11am Choir Practice 1pm Bridge with Jo

21	22	23	24	25
9am Mandolin Class 10am Guitar Class 10:30am Walk with Debbie 1pm Drumming with Debbie 1:30pm <b>BINGO</b> with Kelci from Viva Assisted Living 2:30pm Intermediate Line Dancing	<b>10am Chair Yoga with Patricia from UT</b> 11am Bible Study 11:30am Walk with Debbie 12pm Music by Wade 12:45pm <b>GROW YO!UR KNOW:</b> Derrick Johnson's Presentation on Eye Med 1pm Beginner Line Dancing 1:30PM <b>BINGO</b> with Derrick Johnson	9:30am-12pm Quilting 10am Crochet & Knit <b>11am AC Allstars Dance Troupe</b> 11am <b>BINGO</b> with Ja'el from United Healthcare	10am Technology with Jesse from the Library <b>10am Chair Yoga with Patricia from UT</b> 10:30am Boggle 11am Community Paint 11am Bible Study 11:30am Walk with Debbie 1pm Drumming with Debbie	9am-2pm Hair by Tami 10am Mandolin Class 11am Community Paint 11am Choir 1pm Bridge with Jo
28	29	30	31	
9am Mandolin Class 10am Guitar Class 10:30am Walk with Debbie 1pm Drumming with Debbie 1:30pm <b>BINGO</b> by Brianna with Clean and Order – ask her about her cleaning tips for seniors! 2:30pm Line Dancing	11am Bible Study 11am <b>BINGO</b> with Ken Lefevre from Humana 11:30am Walk with Debbie 12pm Music by Wade 1pm Beginner Line Dancing	9:30am-12pm Quilting 10am Crochet & Knit <b>11am AC Allstars Dance Troupe</b> 1:30pm <b>BINGO</b> by Kris Brinkmeier from Home Instead	10am Technology with Jesse from the Library <b>10am Chair Yoga with Patricia from UT</b> 10:30am Boggle 11am Community Paint 11am Bible Study 11:30am Walk with Debbie 1pm Drumming with Debbie	