

June 2025

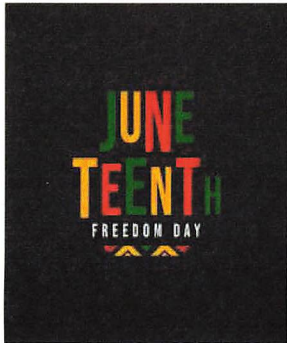
Anderson County Office on Aging & Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9am Mandolin Class 10am Guitar Class 10am Walk with Debbie 1pm Drumming with Debbie 2:30pm Intermediate Line Dancing	10am Walk with Debbie 11am Bible Study 11am Mindful Movements with Debbie 12pm Music by Wade 12:45pm GROW YOUR KNOW: Personal Safety and Emergency Planning presented by Director of Community Relations, Greg McBroom of the Sheriff's Office 1pm NEW Beginner Line Dance 1:30pm BINGO by Emerson Beckett with Shalom Hospice	9:30am-12pm Quilting 10am Crochet & Knit 11am BINGO by Olympus Travel 12-1pm Lunch & Learn catered event with Maxim Healthcare *reservations required*	10am Technology with Jesse from the Library 10am Drumming with Debbie 10:30am Boggle 11am Community Paint 11am Bible Study 11:30am Walk with Debbie	9am-2pm Hair by Tami 10am Mandolin Class 10am Tote Bag Decoration by Leslie Tackett 11am Mindful Movements with Debbie 11am Community Paint 1pm Bridge with Jo DON'T FORGET, TOMORROW IS THE HEALTH/STREET FAIR BEGINNING AT 10AM!

Calendar highlights:

- Mindful Movements starts up again on Tuesdays and Fridays at 11AM.
- Drumming is Mondays and Thursdays at 1PM
- NEW: Beginner Line Dancing Instruction on Tuesdays at 1PM
- NEW: AC Allstars Dance Troupe – learn the routine to audition for Seniors Got Talent
- Bridge is Back! Jo will be leading this group again new time and day - 1PM on Fridays
- Take advantage of these Grow Your Know series! Information is the new currency!
- **Don't forget! Father's Day Lunch at noon with raffles on June 13, 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
9am Mandolin Class 10am Pet Food Distribution provided by SARG and AC-ARF 10am Guitar Class 10am Walk with Debbie 12:45pm GROW YOUR KNOW: Family Justice Center Presentation by Charice Davis 1pm Drumming with Debbie 1:30pm BINGO by Jacqueline with Hand in Hand 2:30pm Intermediate Line Dancing	10am GROW YOUR KNOW: Medical Director Kipp for Palliative Care from Covenant Health will present on differences between Hospice and Palliative Care 10am Walk with Debbie 11am Bible Study 11am Mindful Movements with Debbie 12pm Music by Wade 12:45pm GROW YOUR KNOW: Presentation by Derrick Johnson on Hospital Indemnity 1pm NEW Beginner Line Dance 1:30pm BINGO by Derrick Johnson	9:30am-12pm Quilting 10am Crochet & Knit 11am AC Allstars Dance Troupe 1pm Sign Language with Ja'el from United Healthcare 2pm Q & A with Ja'el	10am Technology with Jesse from the Library 10:30am Boggle 11am BINGO with Kenny Lefevre from Humana 11am Community Paint 11am Bible Study 11:30am Walk with Debbie 1pm Drumming with Debbie 1pm BINGO with Isis from MorningPointe (different time)	9am-2pm Hair by Tami 10am Mandolin Class 9am – 12pm University of Tennessee Mobile Audiology Department – by Appointment Only (date change) 10am – 12pm Speech Screening by the University of Tennessee – no appointment needed 11am Mindful Movements with Debbie 11am Community Paint 12pm Father's Day Lunch 1pm Bridge with Jo

Monday	Tuesday	Wednesday	Thursday	Friday
16	17	18	19 CLOSED	20
9am Mandolin Class 10am Guitar Class 10am-12pm Massage Therapy – there is a sign up sheet 10am Walk with Debbie 1pm Drumming with Debbie 2:30pm Intermediate Line Dancing	10am Walk with Debbie 10am Oil Pastel Class 11am Bible Study 11am Mindful Movements with Debbie 12pm Music by Wade 12:45pm GROW YOUR KNOW: Kristy from ASAP 1pm NEW Beginner Line Dance 1:30pm BINGO by Mindy with Canterfield Senior Living	9:30am-12pm Quilting 10am Crochet & Knit 11am AC Allstars Dance Troupe 12:45 GROW YOUR KNOW: Greg Davis, Attorney at Law, Presentation on Wills and Estates 1:30pm BINGO County Commissioner Denise Palmer		9am-2pm Hair by Tami 10am Mandolin Class 11am Community Paint 11am Choir Practice 11am Mindful Movements with Debbie 1pm Bridge with Jo

Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
9am Mandolin Class 10am Guitar Class 10am Walk with Debbie 1pm Drumming with Debbie 1pm GROW YOUR KNOW: Sleep by Kelly with Cherokee Health 2:30pm Intermediate Line Dancing	10am “Little Fisher Boy” painting in craft room 10am Walk with Debbie 10am Oil Pastel Class 11am Bible Study 11am Mindful Movements with Debbie 12pm Music by Wade 1pm NEW Beginner Line Dance	9:30am-12pm Quilting 10am Crochet & Knit 11am AC Allstars Dance Troupe 12:45pm GROW YOUR KNOW: Sara Jayne White with Oak Ridge Memorial Park Cremations 1:30 BINGO by Allison Littleton with HealthMarkets	10am Technology with Jesse from the Library 10am “Little Fisher Boy” painting in craft room 10:30am Boggle 11am Community Paint 11am Bible Study 11:30am Walk with Debbie 1pm Drumming with Debbie 1:30pm BINGO by Colton from Seniors Helping Seniors	9am-2pm Hair by Tami 10am Mandolin Class 10am “Trees and Detailing” class in craft room 11am Community Paint 11am Mindful Movements with Debbie 1pm Bridge with Jo
30	Notable dates in June: <ul style="list-style-type: none"> - National Cancer Survivors Day - June 1st - National Cheese Day – June 4th - Hug Your Cat Day – June 4th - National Men’s Health Week – June 16-22 - Flag Day – June 14th - Father’s Day – June 15th - Summer Solstice – June 20th 			

