

November 2025

Senior Nutrition Lunch is served daily from 12pm to 1pm Monday- Friday

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7 SPECIAL GUESTS TODAY!
9am Mandolin Class 10am Guitar Class 11:15am Strength with a Smile with Tiny Barbells 12:45pm GROW YOUR KNOW: Navigating Medicare in 2026 presented by Jerry Emert with Senior Financial Group 1:30pm BINGO by Jerry Emert with Senior Financial Group 2:30pm Intermediate Line Dancing	10am-3pm GROW YOUR KNOW: Table Top Talk with Ken from Wisdom Insurance – one on ones with Ken 11am Bible Study 11am Big Ball Drumming 12pm Music by Wade 1:00- GROW YOUR KNOW: Fire Safety and Smoke Detector Installation sign up with Mary from Red Cross in the main room 1pm Beginner Line Dance	9:30am-12pm Quilting 10am Crochet & Knit 11:15am Strength with a Smile with Tiny Barbells 1pm GROW YOUR KNOW: United Healthcare Q&A with Ja’el 1pm Special Activity in Craft Room: <i>Painting Oils over Acrylics Part 1</i> with Jimmy Beets. Maximum of 12 participants allowed.	10am Technology with Jesse from the Library 10:30am Boggle 11am Community Paint 11am Bible Study 1:00 – GROW YOUR KNOW: Foot Health and tips with Gloria Mobile Medical Foot Care	9am-12pm Hair by Bobbie 10am Mandolin Class 11:15am Strength with a Smile with Tiny Barbells 11:30am <i>Pipe Cleaner Flowers</i> – in the Craft Room – taught by special guest Sidney Enss, Director of Volunteer Engagement and Senior Center Liaison from the State of Tennessee 12:30pm GROW YOUR KNOW: Nutrition and Brain Health in the main room presented by special guest Keita Cole, Health Educator from the State of Tennessee 1:30 BINGO by Chancellor Forrester

Monday	Tuesday	Wednesday	Thursday	Friday
10	11 CLOSED	12	13	14
9am Mandolin Class 10am Pet Food Distribution provided by SARG and AC-ARF 10am Guitar Class 11:15am Strength with a Smile with Tiny Barbells 12pm Veterans Lunch sponsored by Mayor Terry Frank and Senior Center 12:45pm RiderMobility Fix-It-Clinic Presentation by Rusty from Ryder Mobility 1:30pm BINGO by Anne Backus 2:30pm Intermediate Line Dancing	VETERANS DAY 	9:30am-12pm Quilting 10am Crochet & Knit 11:15am Strength with a Smile with Tiny Barbells 1pm <i>American Sign Language</i> with Ja'el from United Healthcare 1pm Special Activity in Craft Room: <i>Painting Oils over Acrylics Part 2</i> with Jimmy Beets. 2pm United Healthcare Q&A	10am Technology with Jesse from the Library 10:30am Boggle 11am Community Paint 11am Bible Study 12:45pm GROW YOUR KNOW: The Team from <i>Thermodynamic Health</i> will be here to speak to the seniors about alternative health solutions – don't miss this presentation! 1:30pm BINGO with Dianna from Diversicare	9am-12pm Hair by Bobbie 10am Mandolin Class 11:15am Strength with a Smile with Tiny Barbells 11am Community Paint 1pm BINGO with OOA – Christmas Cards and more!

Monday	Tuesday	Wednesday	Thursday	Friday
17	18	19	20 THANKSGIVING LUNCH	21
9am Mandolin Class 10am Guitar Class 10am – 12pm RiderMobility Fix-It-Clinic is here today for your convenience! 11:15am Strength with a Smile with Tiny Barbells 12:45pm GROW YOUR KNOW: <i>Healthy Eating to Control Cholesterol</i> presented by Ken Lefevre from Wisdom Insurance 1:30pm BINGO with Ken Lefevre from Wisdom Insurance 2:30pm Intermediate Line Dancing	11am Bible Study 11am Big Ball Drumming 12pm Music by Wade 1pm Beginner Line Dance 1pm GROW YOUR KNOW: Tabitha with American Senior Benefits Health Insurance and Big Beautiful Bill Presentation	9am – 12pm RAM MOBILE clinic 9:30am-12pm Quilting 10am Crochet & Knit 11:15am Strength with a Smile with Tiny Barbells 12:15pm GROW YOUR KNOW: Hidden in Plain Sight by Charice Davis 1pm Special Activity in Craft Room: <i>Painting Oils over Acrylics Part 3</i> with Jimmy Beets. 1:30pm BINGO by Ja’el from United Healthcare	10am Technology with Jesse from the Library 10:30am Boggle 11am Community Paint 11am Bible Study 11:45am We are celebrating Thanksgiving today! THANKSGIVING LUNCH IS SPONSORED BY COMFORT KEEPERS! Ham and Turkey and all the fixin’s. RSVP with Nichole by 11/13/25 1pm VOLUNTEER APPRECIATION	9am-12pm Hair by Bobbie 10am Mandolin Class 11am Community Paint 11:15am Strength with a Smile with Tiny Barbells 12-4pm Mexican Train 12:45 – 1:45pm GROW YOUR KNOW: Youth Villages Presentation by Steve Woodward – Important Information You Need to Know 1:45pm BINGO by OOA for seniors only

Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27 CLOSED	28 CLOSED
9am Mandolin Class 10am Guitar Class 11:15am Strength with a Smile with Tiny Barbells 12:30pm GROW YOUR KNOW: Credit Management by ORNL Federal Credit Union 1:30pm BINGO by ORNL Federal Credit Union 2:30pm Intermediate Line Dancing	11am Bible Study 11am Big Ball Drumming 12pm Music by Wade 1pm Beginner Line Dance 1:30pm Coloring with OOA BINGO	9:30am-12pm Quilting 10am Crochet & Knit 11:15am Strength with a Smile with Tiny Barbells Fellowship Gathering after Lunch – coffee and snacks with a game led by staff and raffles.		

NOVEMBER IS ALZHEIMER'S AWARENESS MONTH

Robyn will be leading all exercise classes until Debbie's return.

A POT LUCK LUNCH WILL BE HELD BY OUR SENIORS ON DECEMBER 4TH. PLEASE SIGN UP WITH NICHOLE ON WHAT YOU WILL BE BRINGING – MAIN DISH, SIDE DISH, OR DESSERTS – AND LET'S ENJOY EACH OTHER'S COOKING!

Calendar is subject to change with modifications and/or additions.

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