


January 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
December 29 th	December 30 th	December 31 st	January 1 st CLOSED	January 2 nd
9am Mandolin Class 10am Guitar Class 10am-12pm Crafting Group 11:15am Strength with a Smile with Tiny Barbells 1:30 BINGO by OOA 2:30pm Intermediate Line Dancing	11am Bible Study 11am Big Ball Drumming 12pm Music by Wade 1:30 BINGO by OOA	9:30am-12pm Quilting 10am Crochet & Knit 11:15am Strength with a Smile with Tiny Barbells 1pm Intermediate Line Dancing 1PM Impromptu New Year's Eve Party with fun raffles and hot cocoa by Jones Mortuary	<div> HAPPY NEW YEAR!  </div>	9am-12pm Hair by Bobbie 10am Mandolin Class 11am Choir 11:15am Strength with a Smile with Tiny Barbells 11am Community Paint 1:30pm BINGO by Judy

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5	6	7	8	9
<p>9am Mandolin Class</p> <p>10am Guitar Class</p> <p>10am – 2pm GROW YOUR KNOW: Get Your Ducks In A Row: End of Life Planning Open House Q&A by Sara Jayne from OR Memorial Park - Do you have questions about cremation, cemetery or funeral arrangements, or general end-of-life planning concerns? Stop in to visit Family Service Counselor and End-of-Life Doula Sara Jayne White from Oak Ridge Memorial Park. She'll be offering an Open Q&A Session - with snacks! Pull up a chair and chat about anything on your mind - no question is too strange or silly.</p> <p>11:15am Strength with a Smile with Tiny Barbells</p> <p>1:30 BINGO by Seniors Helping Seniors</p> <p>2:30pm Intermediate Line Dancing</p>	<p>11am Bible Study</p> <p>11am Big Ball Drumming</p> <p>12pm Music by Wade</p> <p>1pm Beginner Line Dance</p>	<p>9:30am-12pm Quilting</p> <p>10am Crochet & Knit</p> <p>11:15am Strength with a Smile with Tiny Barbells</p> <p>1pm Long Term Care presentation by American Senior Benefits</p> <p>1pm Intermediate Line Dancing</p> <p>1:30pm BINGO by American Senior Benefits</p>	<p>10am Technology with Jesse from the Library</p> <p>10:30am Boggle</p> <p>11am Bible Study</p> <p>12:45pm GROW YOUR KNOW: Caris Healthcare Presentation</p> <p>1pm “Love on Ice” painting class</p> <p>1:30pm BINGO by Caris Healthcare</p>	<p>9am-12pm Hair by Bobbie</p> <p>10am Mandolin Class</p> <p>11:15am Strength with a Smile with Tiny Barbells</p> <p>12:45pm GROW YOUR KNOW: Fire Safety and Smoke Detector Installation sign up with the Red Cross</p> <p>1:30pm BINGO by Jerry Emert with Senior Financial Group</p>

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12	13	14	15	16
9am Mandolin Class 10am Pet Food Pantry Distribution provided by SARG and AC-ARF 10am Guitar Class 11:15am Strength with a Smile with Tiny Barbells 2:30pm Intermediate Line Dancing	11am Bible Study 11am Big Ball Drumming 12pm Music by Wade 1pm Beginner Line Dance 1:30pm BINGO by Judy	9:30am-12pm Quilting 10am Crochet & Knit 11:15am Strength with a Smile with Tiny Barbells 12:30pm GROW YOUR KNOW: Credit Repair by Taylor Martin with ORNL 1:30pm BINGO by Taylor Martin with ORNL	10am Technology with Jesse from the Library 10:30am Boggle 11am Bible Study 1pm- DON'T MISS THIS! Virtual Reality with Casey from Shalom Hospice. 1pm "You Make Me Squeal" painting class part 1	9am-12pm Hair by Bobbie 10am Mandolin Class 11am Choir 11am Community Paint 11:15am Strength with a Smile with Tiny Barbells 12pm-4pm Mexican Train

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19 CLOSED	20	21	22	23
Dr. Martin Luther King Jr. Day	11am Bible Study 11am Big Ball Drumming 1pm Beginner Line Dance 1pm Karaoke!	9:30am-12pm Quilting 10am Crochet & Knit 11:15am Strength with a Smile with Tiny Barbells 9-12- RAM Mobile Clinic 1pm Intermediate Line Dancing 1:30pm BINGO by Debbie Bring a shirt for a valentines transfer	10am Technology with Jesse from the Library 10:30am Boggle 11am Community Paint 11am Bible Study 1pm “You Make Me Squeal” painting class part 2	9am-12pm Hair by Bobbie 10am Mandolin Class 11am Community Paint 11:15am Strength with a Smile with Tiny Barbells 1pm Day Trip Announcements and more! By Suzie Housley of YES! Go Travel
26	27	28	29	30
9am Mandolin Class 10am Guitar Class 11:15am Strength with a Smile with Tiny Barbells 1:30pm BINGO by Seniors Helping Seniors 2:30pm Intermediate Line Dancing	11am Bible Study 11am Big Ball Drumming 12pm Music by Wade 1pm Beginner Line Dance	9:30am-12pm Quilting 10am Crochet & Knit 11:15am Strength with a Smile with Tiny Barbells 12:30 pm GROW YOUR KNOW: Physical Therapy and why it is important by Jim 1pm Intermediate Line Dancing 1:30PM BINGO by Jones Mortuary	10am Technology with Jesse from the Library 10:30am Boggle 11am Community Paint 11am Bible Study 1pm “Don’t Go Bacon My Heart” paint class part 1	9am-12pm Hair by Bobbie 10am Mandolin Class 11am Choir 11am Community Paint 11:15am Strength with a Smile with Tiny Barbells