


July 2026

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

		Wednesday	Thursday	Friday
		1	2	3
		<p>10am Crochet & Knit</p> <p>11am Strength with a Smile with Tiny Barbells</p> <p>11:30am OAK RIDGE NAVY JR ROTC COLORGUARD PRESENTATION</p> <p>NOON: 250th Birthday Party for the United States sponsored by Lynn Byrge – Lunch and surprises!</p> <p>1-3pm Intermediate Line Dancing</p>	<p>CLOSED</p> <p>Closed for Independence Day Holiday</p> 	<p>CLOSED</p> <p>Closed for Independence Day Holiday</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
<p>9am Mandolin Class</p> <p>10am-12pm Chain Painting</p> <p>10am Guitar</p> <p>11:15am Strength with a Smile with Tiny Barbells</p> <p>1:30pm BINGO by Emerson with Shalom Hospice</p> <p>12:30pm Bridge</p> <p>2:30-3:30pm Intermediate Line Dancing</p>	<p>10am The Crafty Patch</p> <p>11am Bible Study</p> <p>12pm Music by Wade</p> <p>1-2pm Intermediate Line Dance</p> <p>2-3pm Beginner Line Dancing</p>	<p>9am UT Audiology (appt required)</p> <p>10am Crochet & Knit</p> <p>11am Strength with a Smile with Tiny Barbells</p> <p>11-2 Hair by Heather</p> <p>1-3pm Intermediate Line Dancing</p> <p>1:30pm BINGO by Commissioner Denise Palmer</p>	<p>10am Technology with Jesse from the Library</p> <p>11am Bible Study</p> <p>12:30-3:30pm Google Chromebook Class</p> <p>1pm Painting Class</p>	<p>10am Mandolin Class</p> <p>11am Strength with a Smile with Tiny Barbells</p> <p>12:30-3:30pm Google Chromebook Class</p> <p>Chronic Disease Awareness Day</p> <p>Write your reason for staying strong (e.g., “For my family” or “For my future”) on your palm.</p> <p>Take a photo and post it on social media channels Facebook and Instagram using the official campaign hashtag #ChronicDiseaseDay</p> <p>Tag three friends to encourage participation and raise awareness. You could be featured on ChronicDiseaseDay.org by doing this!</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
13	14	15	16	17
		Senior Day at the Fair!		
9am Mandolin Class 10am-12pm Chain Painting 10am Guitar 10am Pet Food Pantry Distribution provided by SARG and AC-ARF 10:30am Morning BINGO by Sarah with Emory Ridge 11:15am Strength with a Smile with Tiny Barbells 2:30-3:30pm Intermediate Line Dancing	10am The Crafty Patch 10:30 Morning BINGO by Premier Investigators 11am Bible Study 12pm Music by Wade 1-2pm Special Line Dance (main room) 2-3pm Beginner Line Dancing	10am Crochet & Knit 11am Strength with a Smile with Tiny Barbells 1-3pm Intermediate Line Dancing	10am Technology with Jesse from the Library 11am Bible Study 12:30-3:30pm Google Chromebook Class 1pm Painting Class	10am Mandolin Class 11am Community Paint 11am Choir 11am Strength with a Smile with Tiny Barbells 12:30-3:30pm Google Chromebook Class 12:30pm Mexican Train Club – New People Always Welcome

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Monday	Tuesday	Wednesday	Thursday	Friday
20	21	22	23	24
9am Mandolin Class 10am-12pm Chain Painting 10am Guitar 11:15am Strength with a Smile with Tiny Barbells 12:30pm GROW YOUR KNOW: Hydration and Sun Safety by Jim with Heritage Healthpro 2:30-3:30pm Intermediate Line Dancing	10am The Crafty Patch 11am Bible Study 12pm Music by Wade 1-2pm Intermediate Line Dance 1:30pm BINGO! by American Senior Benefits 2-3pm Beginner Line Dancing	10am Crochet & Knit 11am Strength with a Smile with Tiny Barbells 11-2 Hair by Heather 1-3pm Intermediate Line Dancing 12:30 pm GROW YOUR KNOW: ORICL Presentation by Pat Bryan and team 1:30pm BINGO by Allison with Health Markets	10am Technology with Jesse from the Library 11am Community Paint 11am Bible Study 12:30-3:30pm Google Chromebook Class 1pm Painting Class	10am Mandolin Class 11am Community Paint 11am Strength with a Smile with Tiny Barbells 12:30-3:30pm Google Chromebook Class (make up class)

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Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
9am Mandolin Class 10am-12pm Chain Painting 10am Guitar 11:15am Strength with a Smile with Tiny Barbells 2:30-3:30pm Intermediate Line Dancing	10am The Crafty Patch 11am Bible Study 12pm Music by Wade 1-2pm Intermediate Line Dance 1:30pm BINGO by Tonya with The Home Option 2-3pm Beginner Line Dancing	9am UT Audiology (appt required) 10am Crochet & Knit 11am Strength with a Smile with Tiny Barbells 12:30p.m. GROW YOUR KNOW: RECA (Radiation Exposure Compensation Act) Grant Information by Cantrell Law Firm 1-3pm Intermediate Line Dancing 1:30pm BINGO by Jessica with Alexander Guest House	10am Technology with Jesse from the Library 11am Community Paint 11am Bible Study 12:30-3:30pm Google Chromebook Class (make up class) 1pm Painting Class	10am Mandolin Class 11am Community Paint 11am Choir 11am Strength with a Smile with Tiny Barbells