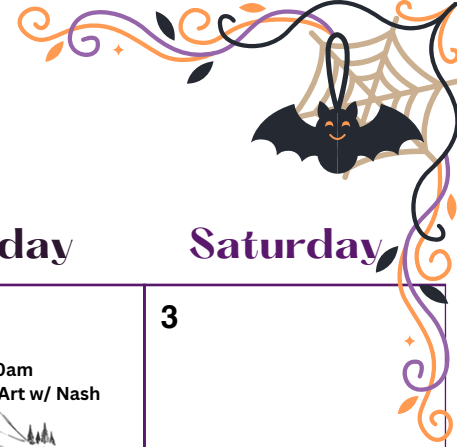




October

Special Events 2026



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1 9:00am - 11:00am Golden Hours Game Day 12:30 Seniors & Community Council Meeting! Seniors & Community are Welcome!	2 10:00am Therapeutic Art w/ Nash 	3
4	5 12:00pm Yoga Farm Massages *Sign-up Required 	6 8:30am Blood Pressure Checks w/ Freda 10am-11am Fall Themed Craft Sponsored by: 	7 8am to 10:00am Coffee with a Cop Join us for coffee and conversation with EPD officers. 10:00am - 11:00am BINGO-CISE Exercise while you play Bingo! 	8 9:00am - 11:00am Golden Hours Game Day 1:00pm - 2:00pm Vet-2-Vet Cafe Welcome to All Veterans Sponsored by: Caris Healthcare	9 Silent Auction & Soup Bean Luncheon Fundraiser Celebrating 58 Years! 11:00 a.m.-1:00 p.m. Music by Mike Dodd Join us for food, fun & fundraising Tickets are \$10	10
11	12 Center Closed In observance of Columbus Day and Indigenous Peoples' Day.	13 9:30am Medicare Changes Seminar w. Brian Coggins Participants welcome to donuts & Coffee!	14	15 9:00am - 11:00am Golden Hours Game Day 12:15 - 1:15 RESTORATIVE YOGA - 	16 10:00am Let's Play Bingo Sponsored by: 	17
18	19 10am-11am Color Corner Relax, Unwind, & Color with Friends!	20	21 12:00pm Yoga Farm Massages *Sign-up Required 11:00am to 12:00pm Brain Health & Potato Bar Learn, lunch, and enjoy! Sign up by noon on October 15 to secure your spot. Abundant Christian Living	22 9am - 3:00pm SHIP Medicare Counseling Prepare for Medicare changes and Open Enrollment with a free, 45-minute counseling session. Space is limited—sign up in advance to secure your appointment!	23 10:00am Birthday Bingo Sponsored by: Rotary of Elizabethton & Special Thanks to the Womans Civics Club of Elizabethton	24
25 	26 10am-11am Color Corner Relax, Unwind, & Color with Friends!	27	28 10:00am - 11:00am BINGO-CISE Exercise while you play Bingo! 	29 1:00pm - 3:00pm Senior Halloween Spooktacular Sponsored by Seniors & Community Council. Join us for treats, games, costumes, and fun! Welcome to all Seniors!	30 10:00am - 11:00am Halloween Coloring & Trivia Pick up Halloween coloring and trivia sheets or stay and enjoy them with friends! Light refreshments provided.	31 

Elizabethton Senior Center
428 East G. St.
Elizabethton, TN 37643

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OR CURRENT RESIDENT

OPEN ENROLLMENT EVENT ELIZABETHTON
SENIOR CITIZENS CENTER | THURSDAY
OCTOBER 22 FROM 9:00AM TO 12:00NOON

Don't wait for a surprise at your doctor's office or pharmacy in January!
Know what is changing in your coverage.
Check with your Center staff for appointment times! Sign-up to Secure a spot!

FREE & OPEN TO THE COMMUNITY

Medicare can be confusing and help is available from your local SHIP Counselors at First Tennessee Area Agency on Aging and Disability. Remember, the Tennessee SHIP Program provides free and objective counseling and information about Medicare. Our Counselors are trained to help you navigate your way through Medicare and all of the new and changing benefits.

