

<p align="center">FUNDED THROUGH: The County Mayor's office, the Lafollette Medical Foundation and the Campbell County Commissioners</p>	<p align="center">Monthly Donations: Terry's Pharmacy, New Horizon Church, Cumberland View Baptist and The Public</p>	<p align="center">MONTH OF JULY 2026 ACTIVITIES</p>	<p align="center">Campbell County Senior Citizen Center 102 South 8th Street Lafollette, TN 37766 Phone:423-562-6672 FAX: 423-562-6155 Facebook: The Senior Citizens of Campbell County of La Follette, TN</p>	<p align="center">Open Monday thru Friday 8:30 to 12:30 Director Cliff "Butch" Kohlmeier Meals prepared by Christine and Veronica and delivered by Barry Note: All menu items are subject to change based on availability</p>
<p align="center">Monday</p>	<p align="center">Tuesday</p>	<p align="center">Wednesday</p>	<p align="center">Thursday</p>	<p align="center">Friday</p>
		<p>1) 8-1: Helping Hands Class 10:00 Blood Pressure Clinic with Charla 10:00: CROCHET CLASS 10:00 Beginners Sewing Class 11:00-12:00: Silver Sneakers</p>	<p>2) 9:00-10:00 Line Dancing with Charlotte</p>	<p>3) 9:30: PRAYER SESSION 8:00: Helping Hands Class 10:00 BINGO 11:00-12:00: Silver Sneakers</p>
<p>6) 8-1: Helping Hands Class 10:00: CROCHET CLASS 10:00 Beginners Sewing Class 11:00-12:00: Silver Sneakers</p>	<p>7) 9:00: Line Dancing Class with Charlotte 1:00 BINGO</p>	<p>8) 8-1: Helping Hands Class 10:00 Blood Pressure Clinic with Charla 10:00: CROCHET CLASS 10:00 Beginners Sewing Class 11:00-12:00: Silver Sneakers</p>	<p>9) 9:00-10:00 Line Dancing with Charlotte</p>	<p>10) 9:30: PRAYER SESSION 8:00: Helping Hands Class 10:00 BINGO 11:00-12:00: Silver Sneakers</p>
<p>13) 8-1: Helping Hands Class 10:00: CROCHET CLASS 10:00 Beginners Sewing Class 11:00-12:00: Silver Sneakers</p>	<p>14) 9:00: Line Dancing Class with Charlotte 11-Noon Tai Chi for Arthritis 1:00 BINGO</p>	<p>15)8-1: Helping Hands Class 10:00 Blood Pressure Clinic with Charla 10:00: CROCHET CLASS 10:00 Beginners Sewing Class 11:00-12:00: Silver Sneakers 12:00 Emergency Preparedness with Stacy Masters</p>	<p>16) 9:00-10:00 Line Dancing with Charlotte 11:00 to Noon- Tai Chi for Arthritis</p>	<p>17) 9:30: PRAYER SESSION 8:00: Helping Hands Class 10:00 BINGO 11:00-12:00: Silver Sneakers</p>
<p>20) 8-1: Helping Hands Class 10:00: CROCHET CLASS 10:00 Beginners Sewing Class 11:00-12:00: Silver Sneakers</p>	<p>21) 9:00: Line Dancing Class with Charlotte 11-Noon Tai Chi for Arthritis 1:00 BINGO with Isis from Morning pointe</p>	<p>22) 8-1: Helping Hands Class 10:00 Blood Pressure Clinic with Charla 10:00: CROCHET CLASS 10:00 Beginners Sewing Class 11:00-12:00: Silver Sneakers 12:00 POTLUCK</p>	<p>23) 9:00-10:00 Line Dancing with Charlotte 11:00 to Noon- Tai Chi for Arthritis</p>	<p>24) 9:30: PRAYER SESSION 8:00: Helping Hands Class 10:00 BINGO 11:00-12:00: Silver Sneakers</p>
<p>27) 8-1: Helping Hands Class 10:00: CROCHET CLASS 10:00 Beginners Sewing Class 11:00-12:00: Silver Sneakers 12:00 Dr. Sneek from Tennova</p>	<p>28) 9:00: Line Dancing Class with Charlotte 11-Noon Tai Chi for Arthritis 1:00 BINGO</p>	<p>29) 8-1: Helping Hands Class 10:00 Blood Pressure Clinic with Charla 10:00: CROCHET CLASS 10:00 Beginners Sewing Class 11:00-12:00: Silver Sneakers 12:00 POTLUCK</p>	<p>30) 9:00-10:00 Line Dancing with Charlotte 11:00 to Noon- Tai Chi for Arthritis</p>	<p>31) 9:30: PRAYER SESSION 8:00: Helping Hands Class 10:00 BINGO 11:00-12:00: Silver Sneakers</p>

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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>BOARD MEETING AUGUST 3RD</p>		<p>1) SPAGHETTI WITH MEAT SAUCE, GREEN BEANS, GARLIC BREAD, AND A DESSERT</p>	<p>2) CHICKEN STRIPS, MASHED POTATOES, CARROTS, BREAD, AND A DESSERT</p>	<p>3) HOT DOG WITH CHILI, COLE SLAW, POTATO CHIPS, AND A DESSERT</p>
<p>6) SALISBURY STEAK, MASHED POTATOES, CORN, BREAD, AND DESSERT</p>	<p>7) BEEF STEW, POTATO SALAD, CRACKERS AND DESSERT</p>	<p>8) PINTO BEANS, TURNIP GREENS, OVEN BAKED POTATOES, CORNBREAD AND DESSERT</p>	<p>9) SLOPPY JOE ON A BUN, BAKED BEANS, COLE SLAW, AND DESSERT</p>	<p>10) CHEF'S CHOICE</p>
<p>13) BOLOGNA AND CHEESE SANDWICH, WITH LETTUCE AND TOMATO, CHIPS, POTATO SALAD AND DESSERT</p>	<p>14) CHICKEN AND GRAVY, MASHED POTATOES, MIXED VEGGIES, BREAD, AND DESSERT</p>	<p>15) PORK CHOPS WITH GRAVY, MASHED POTATOES, CORN, BREAD, AND DESSERT</p>	<p>16) BAKED COD FISH, MAC & CHEESE, CALIFORNIA BLEND VEGGIES, BREAD, AND DESSERT</p>	<p>17) CHEF'S CHOICE</p>
<p>20) CHICKEN SALAD SANDWICH WITH LETTUCE AND TOMATO, CHIPS, COLE SLAW, AND DESSERT</p>	<p>21) CHILI BEANS WITH CRACKERS, POTATO SALAD, AND DESSERT</p>	<p>22) CHICKEN POT PIE, COLE SLAW, BREAD, AND DESSERT</p>	<p>23) BEEFY MAC BAKE, PEAS, BREAD, AND DESSERT</p>	<p>24) CHEF'S CHOICE</p>
<p>27) TUNA SALAD SANDWICH WITH LETTUCE AND TOMATO, MACARONI SALAD, CHIPS, AND DESSERT</p>	<p>28) BAKED HAM, SWEET YAMS, CALIFORNIA BLEND VEGGIES, BREAD, AND DESSERT</p>	<p>29) MEAT LOAF, MASHED POTATOES, PEAS, BREAD, AND DESSERT</p>	<p>30) BBQ PORK ON A BUN, POTATO SALAD, CHIPS, AND DESSERT</p>	<p>31) CHEF'S CHOICE</p>