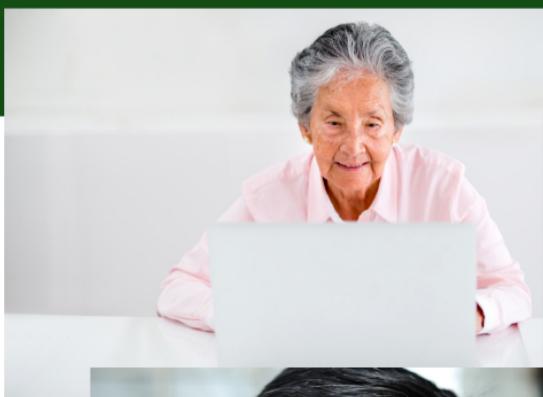


AGING CARE *Centers*



Staying Active As You
Age at Senior Centers
throughout the State

For more information on these centers,
visit TNPathfinder.org.



Aging Commission of the Mid-South

One of nine regional agencies that serves as a single point of entry to link older adults and individuals with physical disabilities to available services through a district-wide information and referral, intake, screening, assessment, service authorization, and case management system.

160 N Main St, Memphis, TN 38103, USA

Algood Senior Center

Algood Senior Center offers a variety of activities including quilt-ins, exercise and dance classes, health information and screenings, covered dish lunches, trips, and more. Please call for schedule and more information.

125 4th Ave, Cookeville, TN 38506, USA

Anderson County Office on Aging & Senior Center

The Anderson County Office on Aging & Senior Center coordinates with other local agencies, organizations, businesses, and churches to provide for the needs of those 60+ years of age in Anderson County.

96 Mariner Point Dr, Clinton, TN 37716, USA

Area Agency on Aging & Disability, East Tennessee

One of nine regional agencies that serves as a single point of entry to link older adults and individuals with physical disabilities to available services through a district-wide information and referral, intake, screening, assessment, service authorization, and case management system.

9111 Cross Park Dr D200, Knoxville, TN 37923, USA

Area Agency on Aging & Disability, First Tennessee District

One of nine regional agencies that serves as a single point of entry to link older adults and individuals with physical disabilities to available services through a

district-wide information and referral, intake, screening, assessment, service authorization, and case management system.

3211 N Roan St, Johnson City, TN 37601, USA

Area Agency on Aging & Disability, Greater Nashville Regional Council (GNRC)

One of nine regional agencies that serves as a single point of entry to link older adults and individuals with physical disabilities to available services through a district-wide information and referral, intake, screening, assessment, service authorization, and case management system.

220 Athens Way, Nashville, TN 37228, USA

Area Agency on Aging & Disability, South Central District

One of nine regional agencies that serves as a single point of entry to link older adults and individuals with physical disabilities to available services through a district-wide information and referral, intake, screening, assessment, service authorization, and case management system.

101 Sam Watkins Blvd, Columbia, TN 38401, USA

Area Agency on Aging & Disability, Southeast Tennessee

One of nine regional agencies that serves as a single point of entry to link older adults and individuals with physical disabilities to available services through a district-wide information and referral, intake, screening, assessment, service authorization, and case management system.

Spanish Contact Person: Jennifer Miller, jmiller@sedev.org

Multiple Locations

Area Agency on Aging & Disability, Southwest Tennessee District

One of nine regional agencies that serves as a single point of entry to link older adults and individuals with physical disabilities to available services through a district-wide information and referral, intake, screening, assessment, service authorization, and case management system.

102 E College St, Jackson, TN 38301, USA

Area Agency on Aging & Disability, Upper Cumberland District

One of nine regional agencies that serves as a single point of entry to link older adults and individuals with physical disabilities to available services through a district-wide information and referral, intake, screening, assessment, service authorization, and case management system.

1104 England Dr, Cookeville, TN 38501, USA

Bartlett Parks Senior Center

Recreation for the active adult age 50 years and older
Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

5727 Woodlawn St, Bartlett, TN 38134, USA

Baxter Senior Citizens Center

Baxter Senior Center offers a full range of activities including exercise classes, health screenings, health education, lunches, telephone reassurance, a food pantry, bingo, and other games. Dance lessons are on Tuesday nights and dances are on Thursday nights.

Hours: Monday, Tuesday, Thursday, and Friday, 9:00 a.m. to 3:00 p.m

200 Main St, Baxter, TN 38544, USA

Bledsoe County Senior Citizens Center

Bledsoe County Senior Citizens Center provides the following services and activities: - Educational Programs / Speakers - Meals - Medicare (SHIP) Counseling - Transportation Services - Volunteer Opportunities - Cooking Classes - Crafts - Games - Outings / Field Trips - Travel

148 Frazier St, Pikeville, TN 37367, USA

Bolivar Senior Citizens Center

Recreational center for seniors that provides annual health fair, health screenings, various community trips, speakers, and activities.

211 N Washington St, Bolivar, TN 38008, USA

Bradley Cleveland Senior Activity Center

Bradley Cleveland Senior Activity Center provides programming in recreation, health, physical fitness, and education for residents of Bradley County, ages 55 and older.

Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

230 Urbane Rd NE, Cleveland, TN 37312, USA

Brownsville/Haywood County Senior Center

Brownsville/Haywood County Senior Citizens Center offers the following services and activities: - Adult Day Services - Meals - Exercise classes - Dance - Outings / Field Trip - Games - Educational programs - Health Programs - Volunteer Opportunities

127 N Grand Ave, Brownsville, TN 38012, USA

Byrdstown Senior Center

The Byrdstown Senior Center offers companionship, meals, entertainment, health screenings, educational programs and fitness programs. Specific activities include:

- Games- Outings / Field Trips- Travel- Transportation Services- Volunteer Opportunities

Hot meals, visitations, and phone calls are provided to homebound seniors.

105 S Main St, Byrdstown, TN 38549, USA

Byrum-Porter Senior Center

The Center exists to make life more enjoyable for older adults, who reside in Orlinda and surrounding areas.

Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

9123 TN-49, Orlinda, TN 37141, USA

Cannon County Senior Center

The Cannon County Senior Center provides: - Wellness Program with exercise classes and a fitness room with commercial grade equipment - Education and health education - Health Screenings - Recreation - Resource information - Material aid - Telephone reassurance - HELP Program for homebound seniors - Nutrition Program with congregate meals served 5 days a week - Music Nights - Travel Program

609 Lehman St, Woodbury, TN 37190, USA

Carter Senior Center

The Center is joined to the Carter Library with a beautiful multi-purpose garden that was designed to facilitate programming.

9040 Asheville Hwy, Knoxville, TN 37924, USA

Cedar Seniors

Cedar Seniors-a nonprofit seniors center with more than 180 members and a Board of Directors with several city and county leaders - offers a wide range of ways to get involved, meet new people or connect with old friends, and learn helpful ways to stay healthy and well. With everything from hot nutritious meals to exercise programs to health services, Cedar Seniors creates a vibrant, welcoming place for people of all ages to support one another and enrich their lives.

226 University Ave, Lebanon, TN 37087

Church Hill Senior Citizens Center

The Church Hill Senior Citizens Center consists of approximately 12,000 square feet with an exercise room, billiard room, game room, craft room, kitchen, dining/event hall, computer room, and music room.

412 E Main St, Church Hill, TN 37642, USA

City of Milan Senior Citizens Center

The City of Milan Senior Citizens Center is a place where Senior Citizens can come for services such as recreation, physical fitness, educational programs, commodities, and health screenings.

Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

1075 E Van Hook St, Milan, TN 38358, USA

Clay County Senior Citizens Center

The mission of the Clay County Senior Citizen Center is to provide a place for seniors 60 and older to gather to enjoy social, educational and recreational activities.

Hours: Monday-Friday, 9:00 a.m. to 5:00 p.m. | Saturday, 9:00 a.m. to 1:00 p.m.

45 Cordell Hull Dr, Celina, TN 38551, USA

Coffee County Senior Citizen Center

A recreational center for senior citizens which provides a nutritional program and home delivered meals. Accessible public transportation for individuals with disabilities regardless of age and seniors. Please make reservations at least one day in advance. \$25 annual membership fee.

410 N Collins St, Tullahoma, TN 37388, USA

Cookeville Senior Center

To provide activities which challenge, opportunities which inspire, and services unavailable elsewhere for the Senior population of Putnam County and surrounding areas. To promote and improve personal independence, self-sufficiency, health, and overall quality of life with the goal of aging in place. To serve as a warm and friendly refuge to spend time with friends. To fight senior hunger, isolation, alcoholism, and depression. To fill our days with opportunities to enjoy the old while exploring the new. To provide for the less fortunate with food, clothing, telehealth, and on-site internet. To meet the needs and provide the information and assistance so badly needed.

186 S Walnut Ave, Cookeville, TN 38501, USA

Cora Veal Senior Center

Monroe County Senior Citizens and Friends, Inc has a mission to enrich the quality of life for our senior citizens, age 60 and over, by providing programs and activities which support the independence and vitality for each of our seniors. We work to achieve this mission by our operation of the Cora Veal Senior Center.

144 College St S, Madisonville, TN 37354, USA

Crockett County Office on Aging / Senior Citizens Center

Our goal is to provide services to improve the quality of life for seniors; and to assist with activities of daily living to help seniors remain independent and living at home.

229 S Bells St, Alamo, TN 38001, USA

Dekalb Senior Center

Dekalb Senior Center provides educational, health, nutrition, exercise, and recreational activities.

718 S Congress Blvd, Smithville, TN 37166, USA

Dickson Senior Center

The Senior Center's mission is to empower adults 55+ with personal independence, social connections, physical well-being, and lifelong learning.

206 W Walnut St, Dickson, TN 37055

Dyer County Office on Aging

Dyer County Office on Aging provides support services, such as transportation, social activities, and in-home assistance, for older adults

400 Hornbrook St, Dyersburg, TN 38024

Elizabethton Senior Center

The mission of the center is to enrich the quality of life of the seniors in our community by promoting their ambitions, capabilities and creative capacities. Here at the center we pride ourselves in offering opportunity for the nourishment of our seniors' mental, physical, and social well-being. The center serves as a hub to improve access to activities and resource connection.

428 E G St, Elizabethton, TN 37643, USA

Everett Senior Center

The Everett Senior Center (ESC) is a multi-purpose recreation center that offers a variety of activities for adults over age 50.

Office Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

702 Burchfield St, Maryville, TN 37804, USA

Fair Park Senior Center

Fair Park Senior Center's mission is to create a unique environment for our senior community to come together. We work with our members to customize activities, classes, events, and day trips that will keep them living life to the fullest.

Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

1433 Livingston Rd, Crossville, TN 38571, USA

Fayette County Commission on Aging Senior Enrichment Center

Fayette County Commission on Aging Senior Enrichment Center is dedicated to the senior citizens of Fayette County helping them live active and independent lives.

12615 S Main St, Somerville, TN 38068, USA

Fentress County Senior Center

It is the mission of the Fentress County Senior Center to provide activities and services for the County's senior adult population (age 60+). These services promote and improve personal independence, self-sufficiency, health, social interactions, and the overall quality of life

308 S Main St, Jamestown, TN 38556, USA

Gallatin Senior Citizen's Center

Gallatin Senior Citizen's Center offers the following services and activities:

Hot Lunches Low-Impact Exercise Classes Bingo Crafts Educational Programs / Speakers Music during lunch / Sing-a-longs Bible Study Dance Cards Thrift Store Trips / Outings Line Dance Classes

Although the center is for seniors, they are welcome to bring younger family members with them to share in the fun.

Multiple Locations

Gibson County Office on Aging/Bradford Senior Center

Gibson County Office on Aging/Bradford Senior Center offers the following services and activities:

Educational Programs / Speakers Health Screenings Crafts Games Outings / Field Trips Lunch every Tuesday & Thursday with a \$5.00 donation

168 E Main St, Bradford, TN 38316, USA

Grainger County Office on Aging

The Grainger County Office on Aging provides the following services to individuals 60 years and older and individuals with disabilities who are 18 years and older: Information & Assistance, Outreach, Home Delivered Meals, Legal Aide, Delivery of Commodities, Home Visits, etc. There are four Senior Centers located in Grainger County. Washburn, Bean Station, Blaine and Rutledge. Hours: Monday-Thursday, 8:00 a.m. to 5:00 p.m. | Friday, 8:00 a.m. to 12:00 p.m.

7489 Rutledge Pike, Rutledge, TN 37861, USA

Granville Senior Citizens Center

Provides the following services and activities: Pick Up Lunches, Chair Aerobics Chair Yoga, Computer, Computer Education, Health Education, Craft Education, and Socialization

6026 Granville Hwy, Granville, TN 38564, USA

Gruetli-Laager Senior Center

Gruetli-Laager Senior Center provides the following services and activities:

Educational Programs / Speakers Health Program / Screenings Meals Recreational Activities - Games & Crafts Outings / Field Trips Volunteer Opportunities

32377 TN-108, Gruetli-Laager, TN 37339, USA

Halls Senior Center

Halls Senior Center features a computer lab, billiard room with two regulation pool tables, arts & crafts room, and a card/conference room. The Center is nearly 10,000 square feet, has a large multi-purpose room with kitchen, and can accommodate 299 people.

4405 Crippen Rd, Knoxville, TN 37918, USA

Hamblen County Office on Aging & Senior Center

The mission of the Hamblen County Senior Center is to enhance the quality of life of our senior citizens and to help them remain independent for as long as possible. It is also to provide educational activities and maintain a comfortable and safe place to socialize, make new friends and create memories.

841 Lincoln Ave, Morristown, TN 37813, USA

Hancock County Senior Center

Ongoing activities at the center include Bingo, arts and crafts, gospel singing, Bible study, exercise equipment, Wii games, educational speakers, and much more. Free lunch is provided with donations accepted. There is also free transportation for anyone age 60 and over. To schedule a ride or obtain information, please call or email. The center can also be rented for parties, reunions, and meetings. Reservation must be made through City Hall.

403 Obie St, Sneedville, TN 37869, USA

Hardin County Senior Center

It offers a variety of activities, resources, and support for seniors in Hardin County.

Hours: Monday-Friday, 8:00 a.m. to 3:00 p.m.

9380 TN-128, Savannah, TN 38372, USA

Henry County Office on Aging and Charles R. Conger Senior Citizens Center

The mission for the Henry County Office on Aging is to coordinate daily activities that improve the quality of life for elderly individuals and to assist them in maintaining independence and self sufficiency.

55 Jones Bend Rd, Paris, TN 38242, USA

Hickman County Senior Center

Hickman County Senior Center's mission is to provide opportunities for adult citizens to meet as a group for activities and services which support their independence and encourage their involvement with the community, and to serve as a focal point for basic support services to older adults in Hickman County.

107 Armory St, Centerville, TN 37033, USA

Jefferson County Office on Aging & Senior Centers

The Office on Aging provides the latest information on services and topics of interest to the senior population and also provides public relations to the community to raise awareness of senior issues.

Multiple Locations

John T. O'Connor Senior Center

The John T. O'Connor Senior Center, located in Caswell Park, is an activity center that provides a place where seniors can not only add years to their lives, but add life to their years.

611 Winona St, Knoxville, TN 37917, USA

Johnson City Senior Center

The Mission of the Johnson City Senior Center is to engage adults 50+ in active life through active living.

Spurrier Field, 510 Bert St, Johnson City, TN 37601, USA

Johnson County Senior Center

The Johnson County Senior Center is a place where everyone can age with dignity and purpose, maintain a zest for life, and find encouragement.

Hours: Monday-Tuesday, and Thursday, 9:00 a.m. to 4:00 p.m.

128 College St, Mountain City, TN 37683, USA

Jonesborough Senior Center

The mission of the Jonesborough Senior Center is to be a community focal point for people over 50 years of age. Our center is designed to enhance the quality of life for our members by providing a place to be active, fit and connected. Our focus is on healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning.

307 E Main St, Jonesborough, TN 37659, USA

Kingsport Senior Center

The Kingsport Senior Center is a community center reserved for those aged 50 years and up. The facility includes a fitness center, a computer lab, a pottery workshop with 3 kilns, basketball courts, shuffleboard, a billiards room, and a workshop. Activities offered are exercise programs, intellectual programs, social programs, and wellness programs. The Center values advocacy of senior issues, promotes stimulating educational opportunities, and encourages community involvement and volunteerism.

1200 E Center St, Kingsport, TN 37660, USA

Knox County Karns Senior Center

Knox County Karns Senior Center provides the following services and activities:

Educational Programs / Speakers Exercise Classes Crafts Games Monthly Potluck Case Management (monthly Social worker and Veterans' Services) Volunteer Opportunities Outings / Field Trips Travel

8042 Oak Ridge Hwy, Knoxville, TN 37931, USA

La Vergne Senior Center

The City of La Vergne is fortunate to have a variety of programs that allow residents of all ages to enjoy recreational and other activities throughout the year. The senior citizens in La Vergne are no exception. Activities held on behalf of our senior friends are on our calendar and printed in a monthly newsletter. The center and activities follow the Rutherford County School schedule when inclement weather occurs.

Lakeland Senior Center

The City of Lakeland welcomes all area seniors 55+ to the Lakeland Senior Center, located on the picturesque grounds of I.H. Managerial Park. Our goal is to meet the social, recreational, and educational needs of senior residents in our community in an environment that is fun, safe, inclusive, and courteous for all. The Lakeland Senior Center staff and volunteers are dedicated to enriching the lives of mature adults throughout the community.

4527 Canada Rd, Lakeland, TN 38002, USA

Lawrence County Senior Center

The Lawrence County Senior Enrichment Center is a vital social institution offering a broad range of services and activities and access to many community resources. The Senior Enrichment Center is unique because it focuses on older adults as total persons, recognizing their diverse needs and life-long interests, experience, and skills.

220 Centennial Blvd, Lawrenceburg, TN 38464, USA

Linden Senior Center

The Senior Center provides programs to meet the needs and interests of seniors, including recreational and leisure programs, health and wellness programs, cultural programs, and classes. The Senior Center also provides social services resources.

113 Factory St, Linden, TN 37096, USA

Lobelville Senior Center

The Senior Center provides programs to meet the needs and interests of seniors, including recreational and leisure programs, health and wellness programs, cultural programs, and classes. The Senior Center also provides social services resources.

46 W 6th Ave, Lobelville, TN 37097, USA

Loudon County Office on Aging and Senior Center

The Loudon County Office on Aging provides a focal point in Loudon County for the development and coordination of services for the 60+ population while maintaining needs assessments and resource development. The Loudon County Senior Center provides social opportunities and activities to enhance the lifestyles of the 60+ population.

901 Main St, Loudon, TN 37774, USA

Macon County Senior Citizens Center

The center offers a variety of services to persons 60 years of age or older.

Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

329 TN-52, Lafayette, TN 37083, USA

Marshall County Senior Citizens

The Marshall County Senior Citizens Center is a haven for anyone who is seeking new friends and a healthy senior lifestyle.

Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

701 Main St, Martin, TN 38237, USA

Martin Gateway Center

The Gateway Center is the new name and home for the Martin Senior Adult Center.

Hours: Monday-Friday, 7:30 a.m. to 4:00 p.m.

701 Main St, Martin, TN 38237, USA

Maury County Senior Center

The mission of the Maury County Senior Center is to provide opportunities for senior citizens to meet as a group for activities and services, which support their independence and encourage their involvement in and with the community, and to serve as a focal point for the delivery of basic support services to senior residents in the Maury County area.

1020 Maury County Park Dr, Columbia, TN 38401, USA

McEwen Senior Center

McEwen Senior Citizens provides the following services and activities:

Educational Programs / Speakers Health Programs Volunteer Opportunities
Meals every Tuesday Exercise Games Gospel singing Crafts

23 Fortner Rd, McEwen, TN 37101, USA

McMinn Senior Activity Center

The McMinn Senior Activity Center works to encourage seniors to age successfully.

Hours: Monday-Friday, 8:30 a.m. to 4:00 p.m.

205 McMinn Ave, Athens, TN 37303, USA

McMinnville Warren County Senior Center

At the McMinnville Warren Co. Senior Center, our mission is to provide an atmosphere and opportunities for senior adults conductive to learning, teaching and applying wisdom which will enable them to meet their own personal needs, the needs of others and to remain independent.

809 Morrison St, McMinnville, TN 37110, USA

Meigs County Senior Center

Our Senior Center offers many different activities for Meigs County residents. . We have health education, nutrition education, physical fitness activities, a fitness and billiard room, a walking program, and serve hot meals daily. Our seniors plant a garden in the spring and enjoy their home-grown produce year-round. We also participate in crafts and sewing which is used in fundraising Last year, we had a total of 35 members who attended the Senior Olympics.

351 River Rd, Decatur, TN 37322, USA

Monterey Senior Center

The Monterey Senior Citizens Center offers a wide variety of things to do for adults 60 years or older.

Hours: Monday-Thursday, 9:00 a.m. to 2:00 p.m.

105 Elmore St, Monterey, TN 38574, USA

Moore County Senior Citizen's Center

Provides the following services to members:

Lunch Program (donation-based) Health Screenings Educational Workshops
Exercise Classes Recreational Activities Accessible Van Transportation is open
to the public (please call one day in advance to arrange services) TennCare
Medical Transportation (available through TennCare)

Multiple Locations

Mt. Juliet Senior Center

The mission of The Mt. Juliet Senior Activity Center is to provide a place for adults age 55+ to gather for recreational, educational and social activities that promote mental and physical wellness, and alleviate isolation and loneliness.

Hours: Monday-Friday, 9:00 a.m. to 3:00 p.m.

2034 N Mt Juliet Rd, Mt. Juliet, TN 37122, USA

My People Senior Activity Center

The My People Senior Activity Center, built in 2002, offers a range of programs, activities, and services primarily for older adults age 60 and over.

1220 W Main St, Sevierville, TN 37862, USA

Northwest Tennessee Area Agency on Aging & Disability

One of nine regional agencies that serves as a single point of entry to link older adults and individuals with physical disabilities to available services through a district-wide information and referral, intake, screening, assessment, service authorization, and case management system.

Multiple Locations

Rhea Richland Senior Neighbors

Rhea Richland Senior Neighbors (RRSN) is a local center for our Seniors. Here we play games, have special guests, enjoy some special events, and have tons of fun!

241 Alabama Ave, Dayton, TN 37321, USA

Robertson County Senior Center

Robertson County Senior Center's mission is to advocate for and serve our senior population in a manner that will validate an individual's desire for freedom and dignity and offer to them opportunities to continue to participate in and serve society

Hours: Monday-Friday, 9:00 a.m. to 4:00 p.m.

601 Locust St, Springfield, TN 37172, USA

Scotts Hill Senior Center

Scotts Hill Senior Center provides information and referral assistance, recreation, transportation, educational programs, and other support to older adults.

96 TN-114, Scotts Hill, TN 38374, USA

Senior Citizens Center of Hendersonville

Senior Citizens Center of Hendersonville is the place where our community gathers to enjoy programs, outings, and special times together. We invite you to join us and discover all we do; whether for you, a friend, or a loved one all are warmly welcome.

Hours: Monday-Thursday, 9:00 a.m. to 4:00 p.m. | Friday, 9:00 a.m. to 3:00 p.m.

197 Imperial Blvd, Hendersonville, TN 37075, USA

Sequatchie County Senior Citizens Center

Senior Center that provides information, activities, and group meals for older adult residents of Sequatchie County

103 Heard St, Dunlap, TN 37327, USA

Slater Community Center Senior Program

Slater Community Senior Services meet the physical, social, emotional and educational needs of today's senior adults through integrative and innovative programs.

325 McDowell St, Bristol, TN 37620, USA

Smyrna Senior Center

Smyrna Senior Center is a Senior Activity Center only. Members come to the Center for Social, Recreational, Physical, and Educational Activities. They also participate in day trips for shopping, museums, sporting events, and dining out. The Center sponsors 3-4 overnight trips each year including cruises and trips to destinations such as the Grand Canyon, St. Augustine, Florida, San Antonio, Texas, Cape Cod, and other places throughout the United States.

100 Raikes St, Smyrna, TN 37167, USA

South Neighborhood Center

South Neighborhood Center is a recreation center for senior citizens.

522 Maryville Pike, Knoxville, TN 37920

Sparta-White County Senior Center

Our mission is to enrich the lives of our members by making every effort to encourage greater participation in programs that are offered at the Senior

Center.

Hours: Monday, Tuesday, Thursday, and Friday, 8:00 a.m. to 1:00 p.m.

321 E Bronson St, Sparta, TN 38583, USA

St. Clair Senior Center

St. Clair Senior Center's mission is to provide vibrant public spaces and inclusive programs, delivered with visionary leadership and caring staff that engage the individual and strengthen the quality of life of our community.

Hours: Monday-Friday, 6:00 a.m. to 7:00 p.m. | Saturday, 8:00 a.m. to 5:00 p.m. | Sunday, 1:00 p.m. to 5:00 p.m.

325 St Clair St, Murfreesboro, TN 37130, USA

Tennessee Commission on Aging and Disability

The Tennessee Commission on Aging and Disability (formerly the Commission on Aging) was created by the Tennessee General Assembly in 1963. The Commission is the designated state agency on aging and disability, mandated to provide leadership on behalf of older persons and individuals with a disability in the state. Our mission is to bring together and leverage programs, resources, and organizations to protect and ensure the quality of life and independence of older Tennesseans

Statewide

The Maury County Senior Center

The mission of the Maury County Senior Center is to provide opportunities for senior citizens to meet as a group for activities and services; support their independence; encourage their involvement in and with the community; and to serve as a focal point

Maury County Park Dr, Columbia, TN 38401, USA

The Senior Center at Ashland City

The mission of the Senior Center is to assist every senior fifty years of age or older in realizing their full social, emotional, physical and educational potential.

104 Ruth Dr, Ashland City, TN 37015, USA

Tipton County Commission on Aging

The mission of the Tipton County Commission on Aging is to promote Independence, Wellness and Advocacy to seniors, caregivers and their families. It is the sole service provider for seniors and caregivers in Tipton County. TCCA provides countywide transportation, programs and support for a multipurpose senior center, social model adult day service, comprehensive family caregiver program and access to information, education and advocacy training.

401 S College St, Covington, TN 38019, USA

Torrey Johnson Senior Center

The Torrey Johnson Senior Citizens Center is responsible for organizing programs and activities for our senior adults. Health fairs, exercise programs, and potluck lunches are only a few of the programs available.

Hours: Monday-Sunday, 8:00 a.m. to 2:00 p.m.

206 N Church St, Waverly, TN 37185, USA

Town of Arlington Senior Citizens Center

Town of Arlington Senior Citizens Center provides the following services and activities:

Educational Programs / Speakers Health Programs / Screenings Exercise

Classes Music Art
Monday-Friday: 9:00 a.m. to 4:00 p.m.

6265 Chester St, Arlington, TN 38002, USA

Trousdale County Senior Center

The mission and purpose of the Trousdale County Senior Center is to promote and develop services to enhance the physical, social and overall well-being of the senior population of Trousdale County. We are committed to promoting public awareness that the senior population is vital active and capable of contributing the betterment of the community.

Hours: Monday-Friday, 8:30 a.m. to 3:30 p.m.

270 Marlene St, Hartsville, TN 37074, USA

Union County Office on Aging

The mission of the Senior Citizens Center/Office on Aging is to enhance the quality of life of our senior citizens and help them remain independent for as long as possible. We provide opportunities for seniors to stay active and our programs focus on health, fitness, recreation, and education. We also have outreach efforts to visit those who are isolated or living alone.

Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m.

298 Main St, Maynardville, TN 37807, USA

West Madison Senior Center

West Madison Senior Center offers many services to the area's senior population, such as recreational activities, community resource information, and monthly health screenings.

Hours: Monday-Friday, 8:30 a.m. to 3:30 p.m.

806 Huntersville Denmark Rd, Denmark, TN 38391, USA