

Loudon County Senior Center

Phone No. 458-5445

August and September 2013

Van Trips Sign up date Aug. 5th @ 8:30

Aug 9 –West Town Mall. Leave ctr @9:00 Cost \$4.00

Aug. 23 – Movie and out to lunch-turkey Creek, eat @ Olive Garden Cost \$4.00 Leave Ctr @ 9:00

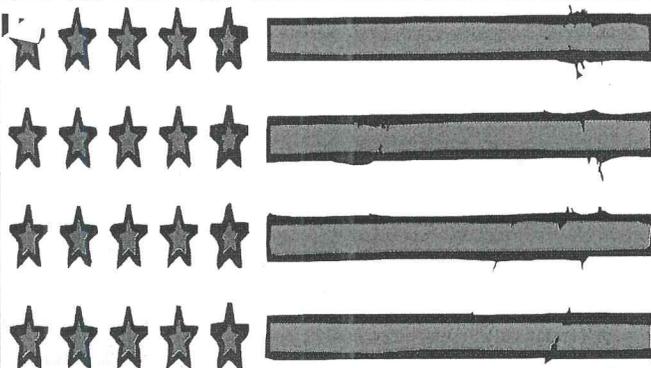
Sept. 13 –Hamrick's Bus Week Leave @ 8:30 Cost \$4.00

Sept. 20 - Shop at Turkey Creek, eat @ Steak House, Leave @ 9:00 Cost 4:00

Sept . 27 – Movie and out to lunch, Foothills Mall, eat at the mall, leave @9:00 Cost 4:00

Aug. 15 from 6:00-8:00 Dance

Marshal Andy and his band will be here on the 15th for a night of music and dancing. Marshal Andy will do a variety of music so don't miss the fun. Cost \$3.00 each or \$5.00 a couple . Refreshments will be served. Don't miss a night out with Marshal Andy and his band.



A Big Congratulations to Betty Nix who got here GED on June 18th .



Aug. 5th & Sept. 9th @ 9:00-11:00 Legal Aid of East Tenn. Will be available to consult with low income persons and victims of domestic violence on general civil legal matters on the First Monday of every month.

Bingo – The First Monday of each month @ 2:00 Come and enjoy the fun

Computer Classes- We have some exciting news about up coming classes. There is going to be a photography class so let's bring those cameras and get started. Other classes will include the beginner class and if enough interest, a class for Face book, short 3 week class. Internet class and an intermediate windows class. Call the center to sign up 458-5445. See you in class.

Aug 6th @ 11:30-12:30 Dr. Jessica Briere, Chiropractor and Wellness Paractitioner will be doing double your energy level in just 4 weeks. Week 1 Nutrition: you are what you eat. Week 2 Exercise: Do it smart, get more done. Week 3 Emotional Health: Think well, live well

Week 4 Motivation: Keys to long-lasting changes. Call 458-5445 to sign up. Don't miss our on this dynamic program.

Sept- 16th Flu Shots, 9:00-1:00 Covenant Health will be giving the shots. Insurance will be filed.

Menu:

Aug 1 –Salads with Chicken and Baked potatoes

Aug. 8 – Lasagna and salad

Aug. 15 Dance refreshments served.

Aug. 22 – Mixed Beans and cucumber @ tomato salad

Aug. 29- Hamburgers and fixings Labor day

Sept. 5 – Spaghetti and Salad

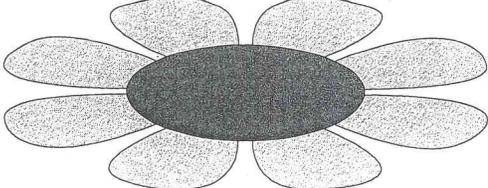
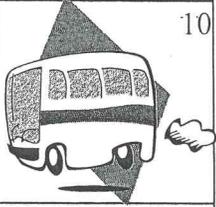
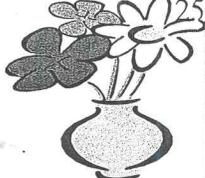
Sept. 12 – Ham, Macaroni and cheese

Sept. 19- Pimento Cheese Sandwiches, tomato soup

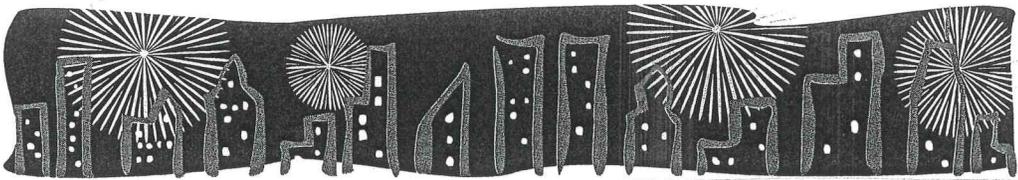
Sept. 26- Meatloaf and vegs.

Loudon County Senior 1

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				9:00 Exercise Class 12:00 Lunch, program Dr Jessica Briere	games, billiards, exercise	
4	5	6	7	8	9	10
10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class 2:00 Bingo	9:00 Legal Aid	9:00 Exercise Class 10:30 Tai Chi 11:30-12:30 Dr. Jessica Briere, 4 weeks to a healthier you, Nutrition	9:00 Painting Class 9:00 Grocery Shopping 1:00 Boardgames	9:00 Exercise Class 11:00 B/P/Ck 12:00 Lunch, B/D/P, Bingo Highland Park ruritan	9:00 West Town Mall	
11	12	13	14	15	16	17
	10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class	9:00 Exercise Class 10:30 Tai Chi 11:30-12:30 Dr. Jessica Briere, Exercise	9:00 Painting Class 9:00 Grocery Shopping 1:00 Boardgames	9:00 Exercise Class No Lunch 6:00-8:00 Marshal Andy Dance. refreshments served	1:00 Boardgames	
18	19	20	21	22	23	24
10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class	9:00 Exercise Class 10:30 Tai Chi 11:30-12:30 Dr Jessica Briere, Emotional Health	9:00 Exercise Class 10:30 Tai Chi 9:00 Grocery Shop 1:00 Boardgames	9:00 Painting Class 9:00 Grocery Shop 1:00 Boardgames	9:00 Exercise Class 11:00 B/P/Ck 12:00 Lunch	9:00 Movie out to Lunch Turkey Creek	
25	26	27	28	29	30	31
	10:15 Line Dancing 10:00 Computer Class 1:00 Computer Class	9:00 Exercise Class 10:30 Tai Chi 11:30-12:30 Dr. Jessical Briere, Motivation	9:00 Painting Class 9:00 Grocery Shop 1:00 Boardgames	9:00 Exercise Class 12:00 lunch, program Kimberly Girbert	Center Closed for labor day holiday	

September 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2	3	4	5	6	7
Center Closed Labor Day	Center Closed Labor Day	9:00 Exercise Class 10:30 Tai Chi	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames	9:00 Exercise Class 12:00 Lunch program ResCare HomeCare, Tonya Lobozzo 1:00 Boardgames	Billiards Games	
8	9	10	11	12	13	14
10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class 2:00 Bingo	10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class 2:00 Bingo	9:00 Exercise Class 10:30 Tai Chi Class	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames	9:00 Exercise Class 11:00 B/P/Ck 12:00 Lunch, Bingo Highland Park Ruritian	8:30 Hamrick's Bus Week	
	16	17	18	19	20	
	10:15 Line Dancing Class 10:00-1:00 Flu Shots 10:00 Computer Class 1:00 Computer Class	9:00 Exercise Class 10:30 Tai chi Class	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames	9:00 Exercise Class 12:00 Lunch, program Martha Dodge, Hospist 101	9:00 Shop @ Turkley Creek	
22	23	24	25	26	27	28
10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class	10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class	9:00 Exercise Class 10:30 Tai Chi Class	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 12:00 Interagency Meeting 1:00 Boardgames	9:00 Exercise Class 12:00 Lunch	9:00 Movie and out to Lunch Foothills Mall	
29	30					
10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class	10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class					