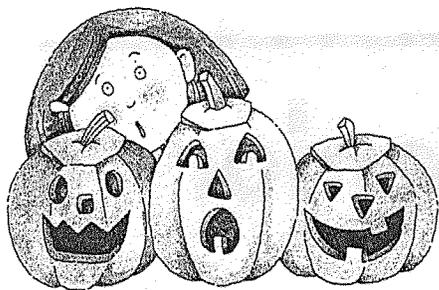


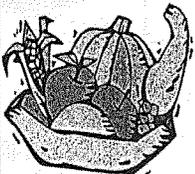
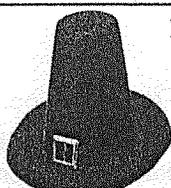
October 2013



	Tue	Wed	Thu	Fri	Sat	
	1 9:00 Exercise Class 10:30 Tai Chi	2 9:00 Painting Class 9:00 Grocery Shopping 1:00 Boardgames	3 9:00 Exercise Class 12:00 Lunch-Journey of Hope Program 2:00-4:00 Annual Notice of Changes in Humana Ins.	4 9:00 Foothills Mall Shopping	5 	
6	7 9:00-11:00 Legal Aid appt 10:15 Line Dancing 2:00 Bingo Highlans Park Ruritan	8 9:00 Exercise Class 10:30 Tai Chi Class 1:00 Red Cross Disaster Preparedness for Seniors	9 9:00 Painting Class 9:00 Alzheimers Caregivers meeting 9:00 Grocery Shopping 1:00 Boardgames	10 9:00 Exercise Class 11:00 B/P/Ck 12:00 Lunch, Christina Moore, Transportation in Loudon County e Home Health Desserts	11 1:00 Boardgames	12
13 	14 7:30 Harrah's Trip 10:15 Line Dancing 1:00 Computer Class	15 9:00 Exercise Class 10:30 Tai Chi Class	16 9:00 Painting Class 9:00 Grocery Shop 1:00 Boardgames	17 9:00 Exercise Class 11:00 Hearing Screening 12:00 Lunch. BellTone Hearing program	18 8:30 Pigeon Forge Shopping	19
20	21 10:15 Line Dancing 1:00 Computer Class	22 9:00 Exercise Class 10:30 Tai Chi Class 1:00-4:00 Retirement Party for Toby	23 9:00 Painting Class 9:00 Grocery Shopping 1:00 Boardgames	24 9:00 Exercise Class 11:00 B/P/Ck 12:00 Lunch, Pharmacy Program, Kimberly Girbert	25 Games, Pool, Canasta	26
27	28 10:15 Line Dancing 1:00 Computer Class 2:00 Wreath Making Class	29 9:00 Exercise Class 10:30 Tai Chi Class	30 9:00 Painting Class 9:00 Grocery Shopping 1:00 Boardgames	31 9:00 Exercise Class 12:00 Lunch, Halloween Party		

Halloween

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 Games, Pool, Cards	2 
3 	4 9:00 -11:00 Legal Aid Appt 0:15 Line Dancing Class 2:00 Bingo 1:00 Computer Class	5 9:00 Exercise Class 10:30 Tai Chi Class Lunch and Learn 11:00 -12:30 Dr Jessica Briere	6 9:00 Painting Class 9:00 Grocery Shoppings 1:00 Boardgames	7 9:00 Exercise Class 12:00 Lunch Veterans Day Lunch, Tellico Tappers, Veterans eat free	8 9:00 Movie & Out To Lunch West Town Mall	9	
10 	11 Center Closed Veterans Day	12 9:00 Exercise Class 10:30 Tai Chi Class 12:30 AARP Safe Driving Class	13 9:00 Painting Class 9:00 Grocery Shopping 12:30 Driving Course AARP	14 9:00 Exercise Class 11:00 B/P/Ck 12:00 Lunch, Lions Club, Program ResCare Homecare dessert	15 1:00 Boardgames, pool, cards	16	
17	18 10:15 Line Dancing Class 1:00 Computer Class	19 9:00 Exercise Class 10:30 Tai Chi Class	20 9:00 Painting Class 9:00 Grocery Shopping 1:00 Boardgames	21 9:00 Executive Class 12:00 Thanksgiving Dinner, Program, Zach Watkins	22 9:00 Hammer's in Clinton		
24 	25 10:15 Line Dancing Class 1:00 Computer Class	26 9:00 Exercise Class 10:30 tai Chi Class	27 Center Closed	28 Closed Thanksgiving Day	29 Closed	30	

Loudon County Senior Center

Phone No. 458-5445

October & November 2013

Van Trips Sign up date Oct. 1st @ 8:30

Oct. 4 -Foothills Mall Leave ctr @9:00 Cost \$4.00

Oct. 18 - Pigeon Forge Shopping Leave at Cost \$4.00 Leave Ctr @ 8:30

Nov. 8 -Movie and out to lunch West Town Mall Leave @ 9:00 Cost \$4.00

Nov 22 - Hammers in Clinton Leave @ 9:00 Cost 4:00

Retirement Party for Toby:

After 34 years of serving the seniors of Loudon County, Toby has decided to retire. We wish her the best and she will be deeply missed. We will be having a retirement party on Oct. 22 from 1:00-4:00. So come by and wish Toby well as she starts on a new adventure in her life.

Oct, 5 Lunch and Learn: Dr Jessica Briere, Preventing joint replacement surgery. Call the center to sign up for lunch and program 458-5445.

Oct: 28- Wreath Making Class call the center for Info and cost. \$5.00



Library: If you have novels or other books that you would like to pass down to our Library, we would be very glad to take them. We need to restock our Library. Call the center at 458-5445. We have a lot of Readers Digest at this time. Thanks

Oct 7th & Nov.4th @ 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.

Menu:

Oct 3 - Taco Soup

Oct. 10 - Vegetable Soup

Oct. 17- Veg. and Beef Soup

Oct. 24 - Baked Potato Bar Salad

Oct 31 - Sandwiches and chips Halloween food

Nov. 7 - Spaghetti and Salad

Nov 14 - Hamburgers and fixings

Nov. 21- Thanksgiving Dinner- Center will provide the turkey and dressing - you bring the fixings. Call the center to sign up 458-5445

Oct. 8 @ 1:00 Red Cross Disaster Preparedness for Seniors, Emergencies and disasters can strike quickly and without warning and can strike quickly and without warning and can force you to evacuate your neighborhood or be confined to your home. What would you do if your basic services, water, gas, electricity or communications were cut off? Come and learn how to protect yourself and cope with disaster by planning ahead. Even if you have physical limitations, you can still protect and prepare yourself. This class is a guide to being more prepared.

Nov. 12 & 13 AARP Safe Driving Course. 12:30-4:00 Cost \$12.00 for members and \$ 14.00 for non-members. Call the center to sign up @ 458-5445. This is an 8 hour class that refreshes your driving skills and gets you a discount on your insurance.

Oct. 14 Bus Trip to Harrah's

Leave the center @7:30 We will also pick up in LC behind the McDonalds on 321. Cost for the trip is \$40.00. We will get a \$10:00 coupon when we get there, you must have a picture ID to get the coupon.

Volunteer Program: We would like to start a volunteer program for different jobs like answering the phones, watching the front desk, helping in the kitchen, organize the magazines, library books. We will post a list of jobs in the dining room so if you see one you would like to do, you can sign up.