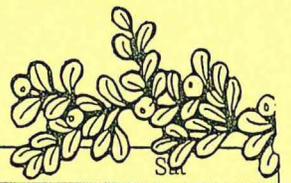
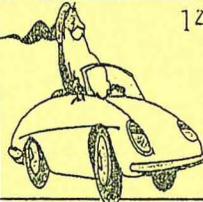
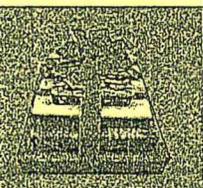
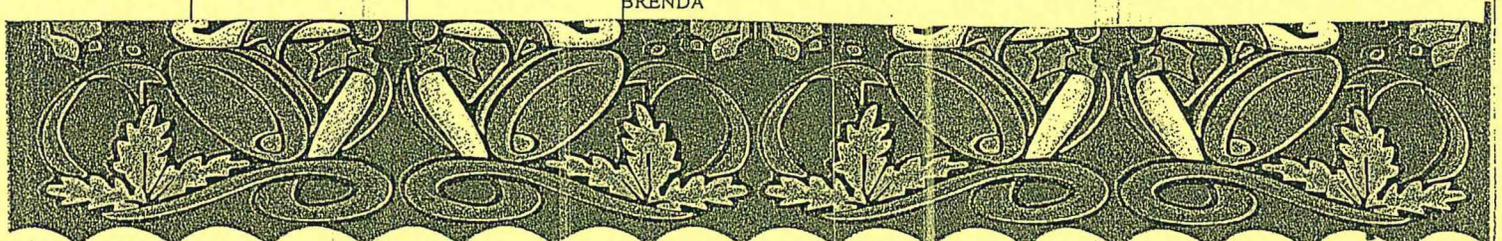




December 2013

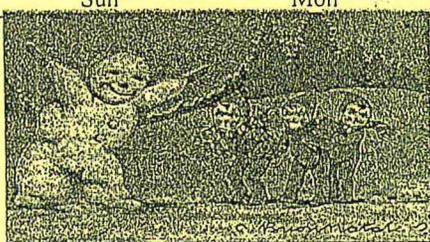
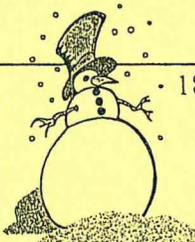


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 9:00 Legal Aid 10:15 Line Dancing 2:00 Bingo Highland park Ruritan	3 9:00 Exercise Class 9:00 B/Pck 10:30 Tai Chi Class Knoxville Drs Appt. Open Exercise and Pool	4 No Painting Class 9:00 Grocery Shopping 1:00 Boardgames Open Exercise and Pool Playing	5 9:00 Exercise Class 12:00 Lunch, program Bell Tone Hearing 1:00 Boardgames	6 9:00-2:00 Craft Show 11:30-1:00 Lunch	7
8	9 10:15 linedancing Open Exercise and Pool Playing till 4:00	10 9:00 Exercise 10:30 TaiChi Open Exercise and Pool playing till 4:00 Knoxville Drs Appt.	11 9:00 Grocery Shop 1:00 Boardgames and cards Open Exercise and Pool Playing Till 4:00	12 9:00 Exercise 12:00Lunch B/P Chk 1:00 Games	13 9:00 Final Christmas Shopping Trip Cleveland Open Exercise and Pool Playing till 4:00	14 
15	16 10:15 linedancing Open Exercise and pool playing till 4:00	17 9:00 Exercise 10:30 TaiChi Open Exercise and pool playing till 4:00 Knoxville Drs. Appt.	18 9:00 Grocery Shop Last grocery trip for the month 1:00 Boardgames Pool Playing & Open Exercise till 4:00	19 9:00 Exercise 12:00 Lunch CHRISTMAS DINNER 1:00 games	20 Open Exercise and Pool Playing till 4:00 1:00 Boardgames	21
	23 CENTER CLOSED	24 CENTER CLOSED	25 CENTER CLOSED MERRY CHRISTMAS	26 Center Open No Actvities Scheduled Open Exercise Pool Playing till 4:00	27 Center open No Activities Scheduled Open Exercise Pool Playing till4:00	28
29 Center Open No Activities Scheduled Open Exercise Pool Playing till 4:00	30 Center Open No Activities Scheduled Open Exercise Pool Playing till 4:00	31 Center Open No Activities scheduled Open Exercise Pool Playing till 4:00	The Staff at the Senior Center would like to wish you all a very Merry Christmas and a Great New Year Lets make 2014 the best year ever,God Bless you ALL and wish you only the best!!!! GAIL DONNA JEANNIE BRENDA			



Happy New Year
2014

January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Years Center Closed HAPPY NEW YEAR	2 9:00 Exercise No Lunch Open Exercise Pool Playing till 4:00	3 9:00 Shop Clearance AB Westown Mall Lunch at Cheesecake Factory Open Exercise Pool Playing till 4:00	4
5	6 9:00-11:00 Legal Aide 10:15 Linedancing	7 9:00 Exercise B P checks UT 11:00-12:30 Weightloss Class with Dr. Jessica Briere 10:30 TaiChi 1:00 Boardgames Knoxville Dr. Appts	8 9:00 Painting 9:00 Grocery Shop 10:00 Zumba Gold 1:00 Boardgames	9 9:00 Exercise 11:00 B P checks 12:00 Lunch Darcy from Baptist Assosiation program on new things offered to community	10 Open Exercise Pool Playing till 4:00 Games, Cards etc. 10:00 Coffee & conversations lets get together and talk	11
12	13 10:00 Photoshop Computer Class 1:00 Advanced Computer class Open Exercise and Pool Playing till 4:00	14 9:00 Exercise 10:30 Tai Chi Knoxville Dr. Appts. Open Exercise and Pool Playing till 4:00 Knoxville Drs, Appt.	15 9:00 Painting 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames Open Exercise and Pool Playing	16 9:00 Exercise 12:00 Lunch Dr. Aldajar oncology & hemotology socialist 1:00 Boardgames	17 9:00 Movie and Lunch Foothills Mall Open Exercise and Pool Playing till 4:00	18 
19	20 CENTER CLOSED MARTIN LUTHER KING DAY	21 9:00Exercise 10:30 TaiChi 11:00-12:30 Dr. Jessica Briere weightloss class open exercise & pool playing till 4:00	22 9:00 Painting 9:00 Grocery Shop 10:00 Zumba Gold 1:00 Boardgames Interagency Meeting	23 9:00 Exercise 11:00 B P checks 12:00 Lunch Senior Scams Crediibility (program) 1:00 Boardgames	24 Open Exercise and Pool Playing 10:00 Coffee and Conversation Lets get together and talk	25
26 	27 9:00 Linedancing Open Exercise and Pool Playing till 4:00	28 9:00 Exercise 10:30 Tai Chi Open Exercise and Pool Playing till 4:00	29 9:00 Painting Class 9:00 Grocery Shop 10:00 Zumba Gold 1:00 Boardgames	30 9:00 Exercise 12:00 Lunch 1:00 Boardgames Open Exercise and Pool	31 9:00 Shop down Kingston Pike/Kohls,Steinmart, Ross, TJ Maxx, Burkes Outlet	

Loudon County Senior Center

Phone No. 458-5445

December 2013 & January 2014

**Sign up day; Mon Dec 2nd
8:30am**

TRIPS;

**Jan 3rd- Westown Mall Lunch at the
cheesecake factory 9:00am**

Jan 17th- Movies & lunch Foothills Mall 9:00

**Jan 31st- Shop down Kingston Pike
Kohls, Steinmart, Ross, T J Maxx, Burkes
Outlet, Lunch at Famous Daves**

LUNCHES

12/5-POTATO CORN CHOWDER
12/12-CHICKEN TACO SOUP
12/19-CHRISTMAS DINNER
1/9-HOTDOGS AND CHILI
1/16-TOMATO SOUP & PIMENTO CHEESE
1/23-POTATO SOUP
1/30-WHITE BEANS / CORNBREAD / PEA SALAD

Bingo

First Monday of month Ruritan Bingo at 2.00. Bring a friend come and enjoy the fun.. Highland Park Ruritan will be doing our Bingo for us.

3rd Thursday of month Birthday Party if its your birthday month you bring the cake. When you call in let us know it's your Birthday.

Legal Aide 1st Mon. of month 9-11

Lunch on Thursday's please remember to call and sign up for lunch by Tuesday's each week.

Beginning Feb. 4th Income Tax Assistance, please call for an Appt. 458-5445

Craft Show-Dec 6th 9-2 This will be our 2nd annual craft show, please come and enjoy the fun, lunch will be served from 11-1:00 for \$3.00 you may just find something you cant live without come join the fun!!

Computer Class starting back Jan 13th. Call if interested Beginners or Advanced. 458-5445

New program - coffee and conversation, we will talk about things we would like to see at your center and how to make it a better place for all to enjoy. Please join us we are all friends and want to have a great center to come to. No trip Fridays is when we will have this.

Betty Thomas is trying to get a regular card group together playing hand and foot and canasta. If you enjoy these kind of card games please call the center and I will get you in touch with Betty. 458-5445
Tennessee Smith enjoys playing Rummicube and Dominos so if these are your games contact the center and we will get you set up.

New Program with Dr. Jessica on Jan 7th and Jan 21st. It will be on weightloss from 10:30-12:00. our seniors have really enjoyed her classes if you are interested please sign up at the desk or call 458-5445

Dec-Jan Birthdays=Kathy Armstrong, Nell Buchannan
Jessee Coffman, Betty Nix, John Moreland, Tom Lusby.

Wanda Kelly, Horace Bradshaw, Herby Aikens, Willie & Kyle Clowers, Larry Fenstermaker

Loudon Co. Senior Center
901 Main St
Loudon, Tn 37774

NON PROFIT
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