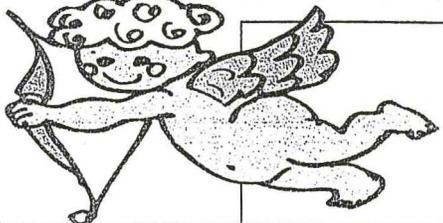
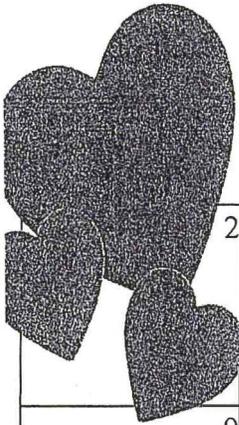
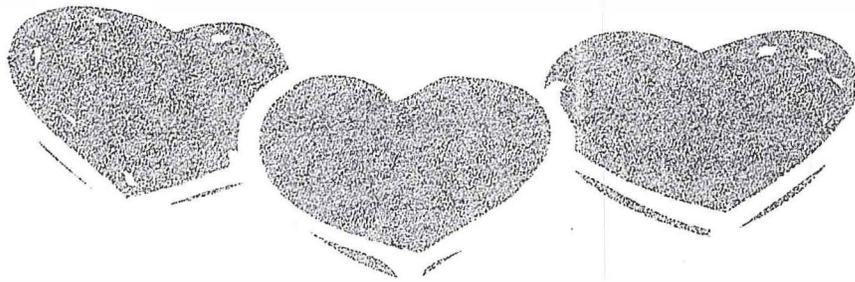
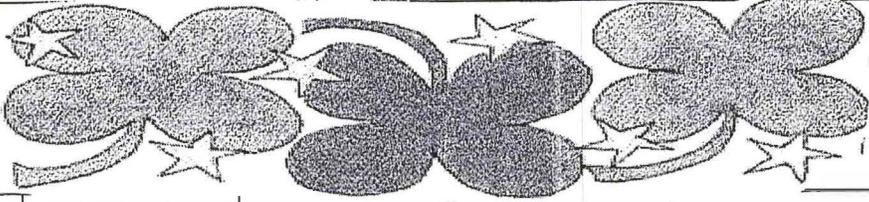
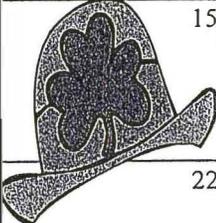
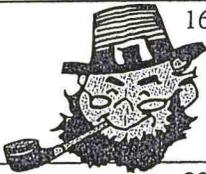


February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
	2 9:00 Legal Aide 10:15 Linedancing 2:00 Bingo Billiards & open exercise all day	3 9:00 B/p check 9:00 Exercise 10:30 Tai-Chi 11:30-1:30 Living with Diabetes Class Income Tax 9:00-3:00	4 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba 1:00 Games & cards open exercise & Billiards	5 9:00 Exercise 12:00 Lunch 1:00 games B/P checks UT Health -evaluate your meds bring your medication list	6 Movies & out to lunch Turkey Creek 9:00 lunch at Olive Garden Billiards & open exercise	8
9	10 10:15 Linedancing open exercise & Billiards 1:00 Visiting shutins in the community	11 9:00 Exercise 10:30 Tai-Chi 11:30-1:00 Living with Diabetes Class Income Tax 9:00-3:00 Council Metting	12 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba 1:00 Games & cards open exercise & billards	13 9:00 Exercise 12:00 Valentine Lunch Western BBQ wear Western Attire Marshall Andy will be singing after lunch	14 Shop in Athens Belk, Catos, Burkes outlet Lunch at Michels Billiards & exercise	15 
16	17 Closed for President's Day	18 9:00 Exercise 10:30 Tai-Chi 11:30-1:00 Living with Diabetes Class Income Tax 9:00-3:00	19 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba 1:00 Games & cards open exercise & Billiards	20 9:00 Exercise 12:00 Lunch 1:00 games B/P checks	21 Sweetwater Shopping Walmart, K-Mart. Sock Store, Goodys and lunch at the Gondolier Billiards & exercise	22
23	24 10:15 Linedancing open exercise & billard 1:00 Outreach Day Reaching out to others in community	25 9:00 Exercise 10:30 Tai-Chi 11:30-1:00 Living with Diabetes Class Income Tax 9:00-3:00	26 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba 1:00 Games & cards open exercise & Billiards 12:00 Interagency	27 PRETTY IN PINK DAY WEAR PINK FOR LUNCH 12:00 9:00 EXERCISE	28 No Trip 9:00 Clean up day volunteers wanted Coffee & conversation	



March 2014

Mon	Tue	Wed	Thu	Fri	Sat	
						
						
					1	
2	3 10:15 Linedancing 2:00 Bingo open exercise & Billiards	4 9:00 Exercise 10:30 Tai Chi 11:30-1:30 Living with Diabetes 9-3 Income tax	5 9:00 Exercise 9:00 Grocery Shop 10:00 Zumba 1:00 Boardgames	6 9:00 Exercise 12:00 Lunch 1:00 Boardgame B/P checkss	7 9:00 Westown Mall lunch in foodcourt open exercise & billards	8
9	10 10:15 Linedancing open exercise & Billiards 1:00 Visiting day visit with shut-ins	11 9:00 Exercise 10:30 Tai Chi 11:30-1:30 living with Diabetes	12 9:00 Exercise 9:00 Painting 9:00 Grocery Shop 10:00 Zumba 1:00 Boardgames	13 9:00 Exercise 12:00 Lunch St Patricks Party wear your green Program Ed Harper	14 Movie & out to lunch Turkey Creek Texas Roadhouse lunch open exercise & billards	15 
16 	17 10:15 Linedancing open exercise & billards	18 9:00 Exercise 10:30 Tai-Chi 9-3 Income Tax	19 9:00 Exercise 9:00 Painting 9:00 Grocery Shop 10:00 Zumba 1:00 Boardgames	20 9:00 Exercise 12:00 Lunch program about labels 1:00 Boardgames B/P check	21 Maryville shop at Ross,Catos, Midland Plaza Cheddars for lunch open exercise & billards	22
23	24 10:15 Linedancing open exercise & Billiards 1:00 Outreach Day Reaching out to community	25 9:00 Exercise 10:30 TaiChi 9-3 Income Tax	26 9:00 Exercise 9:00 Painting 9:00 Grocery Shop 10:00 Zumba 1:00 Boardgames	27 9:00 Exercise 12:00 Lunch 1:00 Boardgames	28 NO TRIP open exercise & Billiardss	29
30	31					

Loudon County Senior Center

Phone No. 458-5445

Febua y 2014 & March 2014

Sign up day: Mon Feb. 3rd 8:30 AM all trips \$4.00 depart 9:00 am

Trips: Feb 7th- Movie & Lunch Turkey Creek, lunch at the Olive Garden

Feb. 14th- Shop in Athens-Belk-Catos-Burkes-lunch at Michels

Feb 21st-Sweetwater-shop at Kmart-sock store-Goodys-lunch at Gondolier

March 7th-Westown Mall - lunch in food court or your choice

March 14th-movie and lunch- Turkey Creek-lunch at Texas Roadhouse 9:00

March 21st Maryville- lunch at Cheddars-shop

LUNCHES

Feb. 6th-stuffed pepper soup
 Feb. 13thWestern BBQ provided by River Oaks
 Feb. 20th- Vegetable soup
 Feb 27th- Beans & cornbread
 March 6th-chicken sandwich & chips
 March 13th- Hamburgers & tater tots
 March 20th-sloppy Joes & chips
 March 27th- Spaghetti & salad

Bingo

First Monday of month Ruritan Bingo at 2.00.Highland Park Ruritan will be doing our Bingo for us.

A special Thank you for our book donations, we now have new books to check out. Also Thanks to all who have stepped up to volunteer. We have many volunteers who help with activities and jobs at the center . Just remember no matter how small the gesture or how large the task. A volunteer makes a difference that lasts a lifetime. Thanks, Gail

March 20th- Wearin of the Green, Come in your best green outfit!

Birthday Party 3rd Thursday of month , also remember to call and sign up for lunch by Tuesday.

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

New class beginning Feb. 4th evey Tues. for 6 weeks. Living with Diabetes from 11:30-1:00 Bring a sack lunch. The class is free.

Computer Class starting back Feb.4th. Call if interested Beginners or Advanced. 458-5445

February Birthdays

Glenda Arp
 Linda Bryson
 Jean Cardwell
 Audrey Clark
 Marge Devin
 Sharon Hawkins
 Geraldine Horne
 Mary Sue House
 Gerald Lane
 Micheal Magro

March Birthdays

Norm Beckler
 Marilyn Brantley
 Celesta Chambers
 Cynthia Eldridge
 Cindy Garty
 Betty Henderson
 Betty Kline
 June Krantz
 Billy Bob Leforce
 Carol Nix

Winter Weather Rule: No School-No Activities-Center will be open weather permitting but no scheduled activities

A big Thank-you to River Oaks for Western BBQ for our Valentine Hoedown!!!! Marshall Andy will be our entertainment , the cost of lunch will be \$6.00, Everyone come and enjoy the lovelllll Come in your best Western wear!!! This will also be a welcome to the new director & staff!!!