

Loudon County Senior Center

Phone No. 458-5445

April 2014 & May 2014

Sign up day: Tues. April 1st 8:30 AM all trips \$4.00
depart 9:00 am

Trips: April 4th - Turkey Creek movie and lunch at
Texas Roadhouse

April 11th- Dogwood Trails- shop at Kohl's, Steinmart,
lunch at China Pearl

May 2nd- Movie and lunch, Foothills Mall

May 9th- Pigeon Forge- Tanger Outlets, Damon's for
lunch

BUS TRIP TO HARRAHS May 12th leave center at 7:30
pick up in Lenior city at 7:45, return around 8 pm, cost
is \$40.00 and must be paid by May 1st. Please call 458-
5445 to sign up as we have limited seating. Must have
picture ID to claim any winnings.

The Loudon County Senior Center
Is offering seniors the opportunity
To sit down with an experienced
Professional to review Medicare
Coverage, including folks who are
new to Medicare this year. Medical
expenses and how you can pay for
them can have a tremendous impact
on your retirement. This counseling
can help you understand what your
choices are, how much they cost, and
if there are programs to help. Call
458-5445 for an April 14th appt.

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

Bingo

First Monday of month Ruritan Bingo at 2:00. Highland Park
Ruritan will be doing our Bingo for us.

Our great need? YOU!! We need you to tell others in the
community about us, to direct us as we seek guidance about
new services that are needed, to volunteer for our programs,
to be our advocate in the community. YOU make us stronger.
If you haven't already, please consider becoming a partner of
the Office on Aging and Senior Center. There are many ways
that you can get involved. So call the Office of Aging and
Senior Center and get involved. 458-5445

Legal Aide-1st Monday of month-9:00-11:00

Birthday Party 3rd Thursday of month, also remember to call
and sign up for lunch by Tuesday. Happy Birthday to all the
April and May Birthdays!!!

Income Tax Assistance Tuesdays till April 8th, please call for
an appt. 458-5445

Tuesdays-Knoxville Drs. Appointments

Wednesdays-grocery shopping

Donations needed for Bingo Prizes, we are going into the
senior housing areas and playing Bingo with them and prizes
are needed. Suggest kleenex, windex, a roll of paper towel,
bag of candy, dishtowel, dishsoap, large print word search
books, Thanks for your help!!

Computer Classes are back on Mondays. Call if interested
Beginners or Advanced. 458-5445

We will be having a volunteer appreciation luncheon May
22nd, please sign up at the front desk if you are or ever have
been a volunteer, we appreciate all of you!!!!

Easter Dinner will be April 17th-meat will be provided and
everyone should bring a side dish for all to share, we had a
great turnout for Christmas and Thanksgiving lets do it again
for Easter. Jeff Harris will provide the music.

Prices for aerobics, yoga, zumba gold- \$3.00 per class

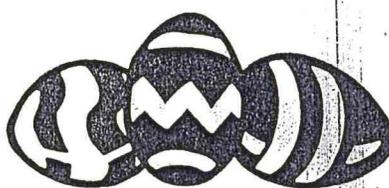
Please help support The United Way as they are the main
supporters of our homemaker program.

May 13th- 1:00-3:30-Baking day making loaf breads for our
activities bring a recipe and join the fun!!! Mary Sandel will be
the group leader!!

Assistance with medicare insurance call the center for an appt.
458-5445

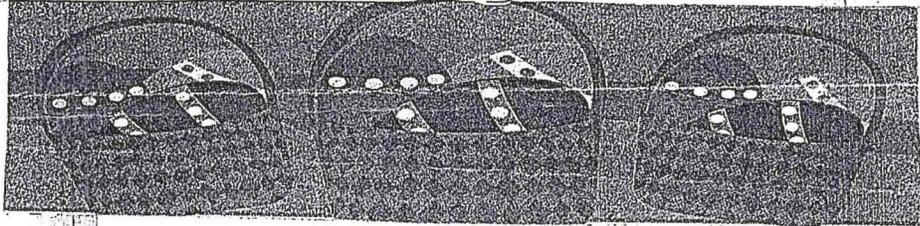
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April 2014

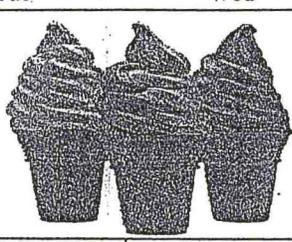
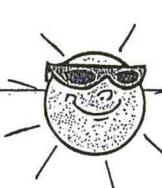
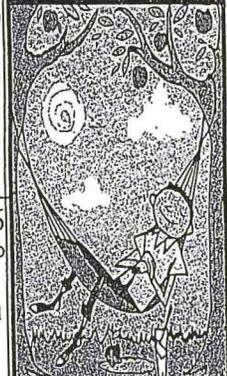
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		9:00-exercise 9:00-income tax 10:30-Tai Chi Knoxville Dr. appts	9:00-painting class 9:00-grocery shopping 10:00-Zumba Gold 1:00-boardgames	9:00-exercise 12:00-lunch and learn with Sheila Borders 1:00-crafts	TRIP 9:00-movie and lunch Turkey Creek open exercise and billiards till 4:00	
	9:00-legal aide 9:00-10:00 gentle yoga for seniors 10:15-line dancing 2:00-bingo	9:00-exercise 9:00-income tax 10:30-Tai Chi Knoxville Dr. appts	9:00-painting class 9:00-grocery shopping 10:00-Zumba Gold 1:00-boardgames	9:00-exercise 9:30-7 min. massage by Karen Sella before lunch 12:00-lunch program Karen Sella 1:00-crafts	TRIP 9:00-Dogwood Trails shop at Steinmart, Kohls lunch at China Pearl	<i>Change to the 8th</i>
	9:00-10:00 gentle yoga for seniors 10:15-line dancing 10:00-visiting 10:30-11:30-grief support group	9:00-exercise 10:30-Tai Chi Knoxville Dr. appts 11:30-12:30 diabetic cooking class.	9:00-painting class 9:00-grocery shopping 10:00-Zumba Gold 1:00-boardgames	9:00-exercise 12:00-Easter Dinner Bring a dish for all to share ham provided 1:00-crafts	Closed For Good Friday	
EASTER SUNDAY	9:00-10:00-gentle yoga for seniors 10:15-line dancing	9:00-exercise 10:30-Tai Chi Knoxville Dr. appts 11:30-12:30 diabetic cooking class	9:00-painting class 9:00-grocery shopping 10:00-Zumba Gold 1:00-boardgames Interagency	9:00-exercise 12:00-Kiwanas Pancake lunch 1:00-boardgames	10:00-coffee and conversation open exercise and billiards till 4:00	
	9:00-10:00-gentle yoga for seniors 10:00-outreach 10:15-line dancing outreach bingo at senior housing	9:00-exercise 10:30-Tai Chi Knoxville Dr. appts 11:30-12:30 diabetic cooking class	9:00-painting class 9:00-grocery shopping 10:00-Zumba Gold 1:00-boardgames			



United Way Agency



May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				9:00-exercise 12:00-lunch Keith Sennet with his drug dogs B/P check 1:00 boardgames	9:00-Movie and lunch Foothills Mall open exercise and billiards till 4:00	
	9:00-legal aide 9:00-10:00 gentle yoga for seniors 10:15-line dancing 2:00-bingo	9:00-exercise Knoxville Dr. appts Lunch with the energizers Philadelphia Baptist bring covered dish and join us!!	9:00-painting 9:00-grocery shopping No Zumba Gold Class	9:00-exercise 12:00-lunch and learn with Sheila Borders 1:00-boardgames	8:30-Pigeon Forge Tanger Outlet Damons for lunch TJ Maxx, Belk, after lunch	
	9:00-10:00-gentle yoga for seniors 10:15-line dancing 10:30-11:30-grief support group 7:00-Bus trip to Harrahs meet at center pickup in Lenior City 7:30	9:00-exercise Knoxville Dr. appts An afternoon of baking we will be making all kinds of loaf breads for our different programs come join the fun	9:00-painting 9:00-grocery shopping 10:00-Zumba Gold	9:00-exercise 12:00-lunch- program managing chronic pain without medication B/P check 1:00-boardgames	11:00 Join us in reaching out to Greenback community Bring a covered dish and join the fun!! Let's go meet our neighbors	
	9:00-10:00-gentle yoga for seniors 10:15-line dancing open exercise and billiards till 4:00	9:00-exercise Knoxville Dr. appts 2:00-council meeting	9:00-exercise 9:00-grocery shopping 10:00-Zumba Gold	9:00-exercise 12:00- Volunteer Luncheon entertainment by our line dancing group	10:00-2:00 Veterans Appreciation Day at the Memorial building in Lenior City	
	Closed for Memorial Day	no Knoxville Dr. appts 9:00-exercise TRIP 9:00-CUMBERLAND PLAYHOUSE	9:00-exercise 9:00-grocery shopping 10:00-Zumba Gold	9:00-exercise 12:00-lunch-program Andy Houck Aging safely in the home	No Trip 9:00-open exercise and billiards till 4:00 10:00-coffee and	