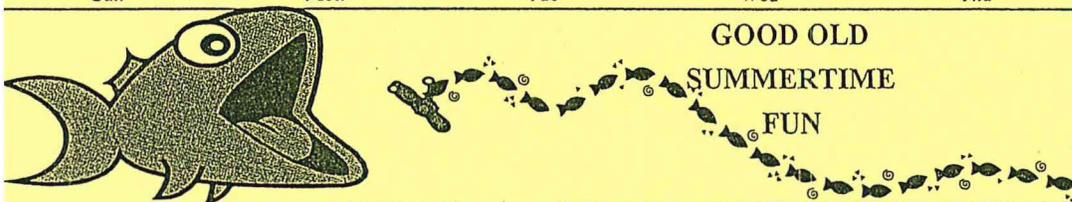
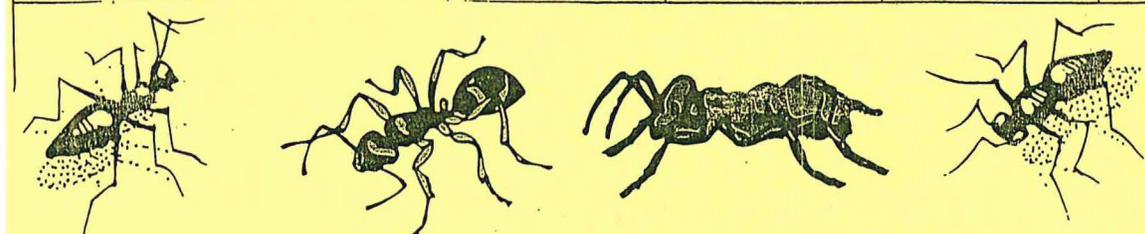
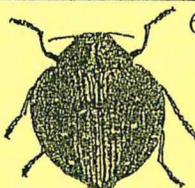
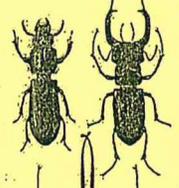
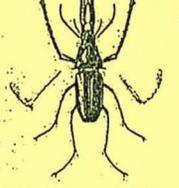


August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 <p style="text-align: center;">GOOD OLD SUMMERTIME FUN</p>						1 9:00-yoga open exercise & billiards till 4:00	2
3	4 9:00-yoga 9:00-legal aide 10:15-line dancing 2:00-bingo SIGN UP DAY!!!	5 9:00-exercise B/P check 10:30-Tai Chi 11:00-Energizers in Philadelphia	6 9:00- grocery shopping 10:00-zumba gold open exercise & billiards	7 9:00-exercise 12:00-lunch B/P check Avalon hospice program 1:00-boardgames	8 9:00-yoga trip-Smoky Mountain Knifeworks & Bass Pro Shops	9	
10	11 9:00-yoga 10:15-line dancing 1:30-visiting with seniors 10:30-grief support group	12 9:00-exercise 10:30-Tai Chi Knoxville Drs. appts	13 9:00-grocery shopping 9:00-painting class 10:00-zumba gold	14 9:00-exercise 12:00-lunch Priority Ambulance program 1:00-boardgames	15 9:00-yoga Greenback Senior Group bring a dish and join the fun	16	
17	18 9:00-yoga 10:15-line dancing	19 9:00-exercise 10:30-Tai Chi Knoxville Drs. appts	20 9:00-grocery shopping 9:00-painting class 10:00-zumba gold	21 9:00-exercise 12:00-lunch program-Loudon Health Council B/P check	22 9:00-yoga trip-Etowah Junk stores & Amish Market	23	
24	25 9:00-yoga- 10:15-line dancing 1:30-Springplace Bingo	26 9:00-exercise 10:30-Tai Chi Knoxville Drs. appts	27 9:00-grocery shopping 9:00-painting class 10:00-zumba gold Interagency Meeting	28 9:00-exercise 12:00-lunch 1:00-boardgames	29 9:00-yoga trip to Tony Gore Concert and buffet lunch cost will be \$23.00 for both	30	



September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 CENTER CLOSED LABOR DAY HOLIDAY	2 9:00-exercise open exercise and billiards till 4:00 Knoxville Drs. appts	3 9:00-grocery shopping 10:00-zumba gold 10:00-11:30-computer class 1:00-2:30-computer class	4 9:00-exercise 12:00-lunch B/P check program-Martha Dodge Amedisys 1:00-boardgames	5 9:00-yoga 1:30-Pies and bingo sponsored by Kindred Healthcare	6 
7 	8 9:00-yoga 9:00-legal aide 10:15-line dance 2:00-Bingo 10:30-Grief Support FLUSHOTS 9:00-12:00	9 9:00-exercise 11:00-Energizers in Philadelphia Knoxville Drs. appts	10 9:00-grocery shopping 10:00-zumba gold 10:00-11:30-computer 1:00-2:30-computer	11 9:00-exercise 12:00-lunch Program-Star Riding Academy	12 8:30-Shopping trip to Hammericks (no L.C. pickup) 9:00-yoga	13 IT'S A BUGS LIFE
14 	15 9:00-yoga 10:15-line dance open exercise and billiards till 4:00	16 9:00-exercise open exercise and billiards till 4:00 Knoxville Drs. appts 2:00-Council meeting	17 9:00-grocery shopping 10:00-zumba gold 10:00-11:30-computer 1:00-2:30-computer	18 9:00-exercise 12:00-lunch B/P check UT Breast Health Class 1:00-boardgames	19 9:00-yoga NO TRIP Lifetime Screening 8:30-4:00	20
21	22 9:00-yoga 10:15-line dance 1:45-Springplace Outreach Bingo	23 9:00-exercise open exercise and billiards till 4:00 Knoxville Drs. appts	24 9:00-grocery shopping 10:00-zumba gold 10:00-11:30-computer 1:00-2:30-computer Interagency Meeting	25 9:00-exercise 12:00-lunch program-Journey of Hope 1:00-boardgames	26 9:00-yoga 9:00-Movie and out to lunch at Foothill Mall	27 
28 	29 9:00-yoga 10:15-line dance open exercise and billiards till 4:00	30 9:00-exercise open exercise and billiards till 4:00 Knoxville Drs. appts				

Loudon County Senior Center

Phone No. 458-5445

August & September 2014

Sign up day: Mon. August 4th- 8:30 am all trips cost

\$4.00 except the August 29th trip.

August 8th-Smoky Mountain Knife Works and the Bass

Pro Shop (wives bring your husbands)

August 22nd-Etowah junk stores and Amish fruit market

(Please bring your own basket to put your purchases in)

August 29th - 8:30 - Pigeon Forge - Lunch at Tony Gores buffet and a concert by Tony who is a wonderful gospel singer. Cost \$23.00, also we will shop at the Beehive

Sept. 12th-Hammericks in Georgia - leave at 8:30 - no LC pickup

Sept. 26th-movie and lunch-Foothills Mall

August & September Menu

Aug. 7th-baked potato & salad

Aug. 14th-chicken sandwich and chips

Aug. 21st-pimento cheese & tomato soup

Aug. 28th-beans and cornbread

Sep. 4th-hamburgers and chips

Sep. 11th spaghetti : salad

Sep. 18th-cabbage beef soup

Sep. 25th -white beans/cornbread/slaw

Bingo

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

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

Please remember to call and sign up for lunch by Tuesday. Happy Birthday to all the August and September Birthdays!!!

Bring a cake 3rd Thursday of the month if you have a birthday!

Tuesdays-Knoxville Drs. Appointments

Wednesdays-grocery shopping

Computer Classes will resume in the fall, on Wednesdays. Call if interested Beginners or Advanced. 458-5445

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

The Office on Aging is offering seniors the opportunity to speak with an experienced professional to review their Medicare coverage, including people who are new Medicare recipients. For more information call the Office on Aging at 458-5445.

I would like to thank everyone who has brought in Bingo prizes for our Outreach program.

A special Thank You to all of our volunteers who help with different jobs at the center, we really appreciate all that you do to help.

Lexus of Knoxville-Has collected fans for seniors to help out with the heat for summer months. If you know someone in need of a fan call Gail at 458-5445

Beginning on September 3rd from 1:30-2:30 Martha Dodge from Amedysis will be hosting an Alzheimer support group with different speakers and information each month if you know someone who needs support or is a caregiver please call Gail in the Office on Aging at 458-5445 for more information

Sept. 8th- Flu shots- 9-12

Sept. 11th- Star riding academy is doing a special program after lunch for our seniors.

Sept. 19th-Lifeline Screening 8:30-4:00

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

NON PROFIT
#40
LOUDON, TEN
37774