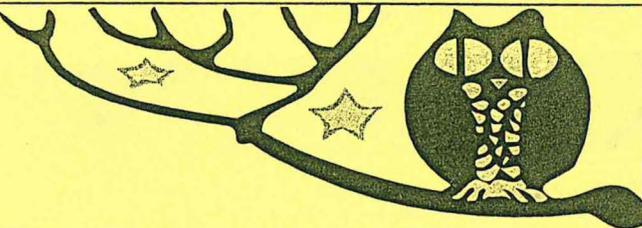
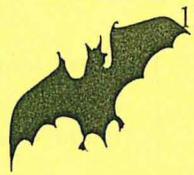


October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			9:00-grocery shop 10:00-zumba gold 1-3 Humana updates on changes for " 2015" 1:30-2:30-Alzheimers support group	9:00-exercise 12:00-lunch program palative care vs. hospice care Dr. Wooten B/P check	9:00-yoga 9:00-Trip to Apple Farm in Pikeville lunch at the farm	
9:00-yoga 9:00-legal aide 10:15-line dance 2:00-Ruritan Bingo 1:30-3:00-Photoshop computer class 1:30-3:00-Line dance	9:00-exercise 9:00-grocery shopping 11:30-energizers outreach 10:30-12:00-computer 1:30-3:00-computer 1:30-2:30-LIVING WITH VITALITY	STAFF TRAINING DAY 9:00-painting class 10:00-zumba gold open exercise & billiards till 4:00	9:00- exercise 12:00-lunch program-Ken Austin Medicare assistance	9:00-yoga 9:00-11:00-UT HEALTH FAIR AND MAMMOGRAMS 9:00-2:00		
	9:00-yoga 10:30--grief support 10:15-linedance 1:30-3:30-Photoshop computer class 2:00-visiting 1:30-3:00-line dance	9:00-exercise 10:30-12:00-computer 1:30-3:00-computer Knoxville drs. appts. 1:30-2:30-LIVING WITH VITALITY SERIES Dr. Jessica Biere	9:00-grocery shop 9:00-painting class 10:00-zumba gold	9:00-exercise 12:00-lunch program-Dr. Bragg updates on treatment of neuropathy B/P check	9:00-yoga 11:00-Outreach in Greenback bring a dish and join the fun	
7:30-Harrahs bus trip 7:45-Lenior City pickup 9:00-yoga 10:15-line dance 1:30-3:00-Photoshop class 1:30-3:00-line dance	9:00-exercise 10:30-12:00-computer Knoxville drs. appts. 1:30-3:00-computer 1:30-2:30-LIVING WITH VITALITY SERIES Dr. Jessica Biere	9:00-grocery shop 9:00-painting class 10:00-zumba gold 12:00-Interagency meeting	9:00-exercise 12:00-lunch program-Morning Point	9:00-yoga Fast Friday lunch by Lakewood Place lunch \$5.00 for a BBQ lunch box place order with senior center		
9:00-yoga 10:15-line dance 1:30-Photoshop class 1:45-Springplace bingo outreach 1:30-3:00-line dance	9:00-exercise Knoxville drs. appts 1:30-2:30-LIVING WITH VITALITY SERIES Dr. Jessica Biere	9:00-grocery shop 9:00-painting class 10:00-zumba gold	9:00-exercise 12:00-lunch HALLOWEEN PARTY	9:00-yoga 9:00-Trip to Cades Cove-lunch at Smokin Joes-Apple Barn after lunch		



November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
<h2 style="text-align: center;">Best Wishes for a PLENTIFUL Thanksgiving</h2>						
9:00-yoga 10:15-line dance 9:00-11:00-Legal aide 2:00-Ruritan Bingo 1:30-3:00-line dance	9:00-exercise 11:00-energizers 10:30-12:00-computer 1:30-3:00-computer Knoxville Drs.appt	9:00-grocery shop 10:00-zumba gold 1:30-2:30-Alzheimers support group	9:00-exercise 12:00-VETERANS APPRECIATION LUNCH SPECIAL PROGRAM	9:00-yoga Shop down Kingston Pike Garden Ridge Burlington, Burkes		
9:00-yoga 10:15-line dance 10:30-grief support group 1:30-visiting with homebound seniors 1:30-3:00-line dance	HOLIDAY CENTER CLOSED VETERANS DAY	9:00-grocery shop 9:00-painting class 10:00-zumba gold	9:00-exercise 12:00-LUNCH program Dr Jessica vitamins and supplements	9:00-Lets do some Christmas shopping at Turkey Creek 9:00-yoga		
	9:00-yoga 10:15-line dance 1:30-3:00-line dance	9:00-exercise 10:30-12:00-computer 1:30-3:00-computer Knoxville Drs. appt	9:00-grocery shop 9:00-painting class 10:00-zumba gold	9:00-exercise 12:00-Thanksgiving Dinner bring a dish for all to share Turkey provided	9:00-yoga 11:00-visiting with Greenback Senior group bring a dish join the fun	
9:00-yoga 10:15-linedance 1:30-Springplace Bingo outreach 1:30-3:00- line dance	9:00-exercise 9:00-Smoky Mountain Opry Christmas Show No Drs. appt.	HOLIDAY CENTER CLOSED	HOLIDAY CENTER CLOSED	HOLIDAY CENTER CLOSED		

Loudon County Senior

Phone No. 458-5445

October & November 2014

Sign up day-Oct. 6th-All trips cost \$4.00-all trips-9:00

Oct. 3rd- Trip to Pikeville Apple Farm-lunch at the farm

Oct. 17th-Greenback free trip bring a dish join the fun

Oct. 24th-Fast Friday Fundraiser pay \$5.00 have lunch with us at center. BBQ doctor

Oct. 31st-Cades Cove, lunch at Smokin Joes ,Apple Barn

Nov. 7th-Shop down Kingston Pike-Garden Ridge Burlington, Burkes Outlet

Nov.-14th- Shop at Turkey Creek-lunch at Olive Garden

Nov.21st-Greenback-free bring a dish

Nov.-25th-Smoky Mountain Opry Christmas Show

Cost-\$30.00 must be paid by Nov. 10th

We will be having our annual craft fair on Friday Dec. 6th from 9-2. We are in need of volunteers for the kitchen as well as helping with the fundraiser table. We are having a bake sale this year. We need baked goods. cookies, candy for the sale!!!!

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

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

Happy Birthday to all the October & November Birthdays!!!

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

Tuesdays-Knoxville Drs. Appointments

Wednesdays-grocery shopping

2nd Monday of month 10:30- Grief support group

1st Wednesday of month 1:30- Alzheimers Support group

Computer Classes will resume in October, on Tuesdays. Call if interested Beginners or Advanced. 458-5445. We are also offering a special Photoshop class on Monday for seniors who know computers but would like to learn Photoshop.

All classes are \$25.00 for 4 weeks of class.

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

We will once again be having a Veterans appreciation lunch for our vets and seniors, River Oaks and Lakewood will once again be helping with the event and a special program has been planned. Please sign up so we have an idea of how many will attend.

Our Thanksgiving Dinner will be Nov. 20th. Please bring a large side dish for all to share as we have a large group.

Turkey will be provided by the center and volunteers will be needed to help.

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!!!

Oct. 1st - Humana- updates on changes for 2015. 1:00-3:00 from Jewell McKenna

Oct. 10th-UT Health Fair 9:00-11:00 cost \$20.00 for blood work and \$15.00 for CBC or PSA Mammograms available 9-3 call 865-305-9753 for appt. Bone density-pharmacy-joint pain-B/P screening-carotid scan- atrial fib screening-dental hygienist-flu shots-healthy living-gluten free & diabetes, UT health promotion

LUNCH MENUS

OCT. 2ND-POTATO SOUP/CORNBREAD

OCT.9TH-SLOPPY JOES AND CHIPS

OCT. 16TH-VEGETABLE SOUP

OCT.23RD-SHEPHERDS PIE/PEAS

OCT. 30TH-WESTERN BEANS/SLAW

NOV.6TH-HOTDOGS/MAC SALAD

NOV.13TH-CHILI/PIMIENTO CHEESE

NOV.20TH-THANKSGIVING DINNER

BRING A SIDE DISH FOR ALL TO

SHARE (CENTER CLOSED THE 27TH)

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

NON PROFIT

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LOUDON, TEN

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