

Loudon County Senior Center

Phone No. 458-5445

December 2014 & January 2015

Van Trips Sign up date Dec.1st @ 8:30

Dec. 12 Hamricks Bus Trip –Leave Ctr @ 8:30 Cost \$4.00

Jan. 9th Cleveland Shopping – Leave at Cost 9:00 \$4.00

Jan. 16th Greenback Outreach bring a covered dish and join us.

Jan. 23rd Movie and out to lunch Foothills Mall Leave Ctr @ 9:00 Cost \$4.00

Jan 30th Turkey Shopping Leave Ctr @ 9:00

Dec. 5th from 9:00-2:00 Craft Show

This will be our 3rd. Annual Craft Show - We are so excited about this show. Some of the booths will be Jewelry, pocketbooks, woodworking scarf's baskets. Lunch will be served from 11:30-1:00 Cost &3.00 Come and enjoy the fun and shop some for Christmas We need **Volunteers** to work in the kitchen that day and to help set up.



Web Page

www.Loudoncounty-tn.gov Click on government then click on Department finds Senior Center/Office on Aging click on it and you can download our monthly calendar.

Jan, 19 from 2:00-4:00 Retirement Party for Donna
We wish Donna all the best as she starts a new chapter in her life, come and wish her all the best . She will be missed!!

Dec. 1st & Jan 5th @ 9:00-11:00 Legal Aid of East Tenn. Will be available to consult with low income persons and victims of domestic violence on general civil legal matters on the First Monday of every month.

Menu:

Dec. 4 – Taco Soup

Dec. 11th – Vegetable Soup

Dec. 18 –Christmas Dinner bring a covered dish

Jan. 8th – Baked Potato Bar Salad

Jan 15th - Sloppy Joes and Chips

Jan. 22nd – Spaghetti and Salad

Jan.29th – Hamburgers and fixings

Dec. 18th Christmas Dinner- Center will provide the ham you bring the fixings. Call the center to sign up 458-5445

Dec. 3 & Jan 7th Alzheimer's Support Group

Dec. 8 & 22nd and Jan 12th and 26 Grief Support Group

Dec. 9th & Dec. 16th from 11:00-12:30 Shelia Borders from th UT Extension Office will be doing a class on cooking for 1 or 2 people. Call the ctr to sign up. 458-5445

Self Defense Class:

January 13th weekly form 1:30-2:30 each Tuesday till Feb 17th.The class is free Ron Hutson Inst. Any age can take this class call the Ctr to sign up 458-5445

Dec. 1st @ 2:00 Bingo Kindred Health Care, Becky Mills this will be our Christmas Party Bingo. We ask everyone to bring a \$5.00 gift card to be given out as a bingo prize it can be from a store a restaurant. We will have pie for lunch.

New Palates Class

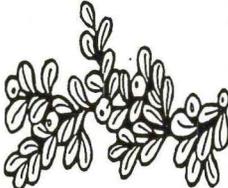
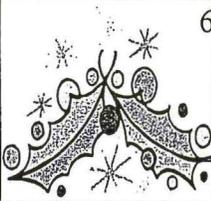
Starting January 7th @ 11:30 on Wednesday's Betty our Yoga inst will be teaching the class. This class works on your core muscles most of the class will be floor exercises. Come and enjoy the fun Cost \$3.00

Volunteers:

A special shout out to all of our volunteers who have helped out during the absence of Donna and Jeanie, We couldn't have made it with out your help.

Winter Closings if the Loudon County Schools are closed the center will have no Activities, please remember to call and see if the center is open before you come 458-5445

December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9:00 Legal Aid 9:00 Yoga 10:15 Line Dancing 2:00 Bingo, Becky Mills Kindred Nursing Home Pies for Dessert	9:00 Total Body Exercise Class 11:30 Energizers Outreach	9:00 grocery shopping 10:00 Zumba Gold 1:30-2:30 Alzheimers Support Group	9:00 Total Body Exercise Class 12:00 Lunch program Dr Premji, diabetes	9:00-2:00 Craft Fair Lunch served for \$3.00	
7	9:00 Yoga Class 10:15 Line Dancing Class 10:30 Grief Support Group 2:00 Visit Shut Ins	9:00 Total Body Exercise Class Knox Drs. Appts	9:00 Grocery Shopping 9:00 Painting Class 10:15 Zumba Gold	9:00 Total Body Exercise Class 12:00 Lunch, program Christmas Music Marshal Andy	8:30 Trip to Hamrick's Bus week 9:00 Yoga Class	13
14	9:00 Yoga Class 10:15 Line Dancing Class 2:00 Springplace Bingo	9:00 Total Body Exercise Class Knox Drs. Appts	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold	NO Exercise Class 12:00 Christmas Dinner, music, Senior Solutions	Billiards Exercise Machines	
	No Yoga Class 10:15 Line Dancing Class	Center Open no schedule activities	CENTER CLOSED FOR CHRISTMAS HOLIDAY	CENTER CLOSED FOR CHRISTMAS HOLIDAY	CENTER CLOSED FOR CHRISTMAS HOLIDAY	27
28	10:15 Line Dancing No Yoga Class	Center Open No Schedule Activities	Center Open for half a day			

January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Years Day Center Closed	2 Center Closed	3 
4	9:00 Legal Aid Service call for Appt 9:00 Yoga Class 10:15 Line Dancing 2:00 Bingo Ruritan	9:00 Total Body Fitness 11:00 Energizers 1:30-2:30 Self Defense Class	9:00 Grocery Shopping 10:00 Zumba Gold Class 1:30 Alzheimer Support Group 11:30 Palates Class	9:00 Total Body Exercise Class 11:00 B/P/Ck 12:00 Lunch, program Jake the service dog	9:00 West Town Mall Shopping	9
11	9:00 Yoga Class 10:15 Line Dancing Class 10:30 Grief Support Group	9:00 Total Body Fitness Knox. Drs Appts 1:30 -2:30 Self Defense Class	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold Class 11:30 Palates Class	9:00 Total Body Exercise Class 12:00 Lunch, Sheila Borders, help with the winter blues	11:00 Greenback Outreach Program bring a covered dish and join us	17
18	9:00 Yoga Class 10:15 Line Dancing Class 2:00-4:00 Retirement Party for Donna	9:00 Total Body Fitness Class Knox. drs. Appts 1:30-2:30 Self Defense Class	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold Class 11:30 Palates Class	9:00 Total Body Exercise Class 11:00 B/P/Ck 12:00 Lunch program: Legal Aid	9:00 Movie and out-to lunch Foothills Mall	23 
	9:00 Yoga Class 10:15 Line Dancing Class 10:30 Grief Support Group 2:00 Springplace Appts Outreach and Bingo	9:00 Total Body Exercise Class Knox. drs. Appts 1:30-2:30 Self Defense Class	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold Class 12:00 Interagency Council Meeting No Palates Class	9:00 Total Body Exercise Class 12:00 Lunch, play Bingo Becky Mills Kindred Nursing Home	9:00 Shopping Trip to Turkey Creek	30