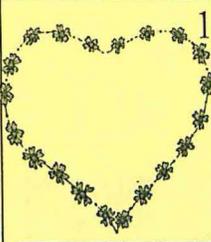
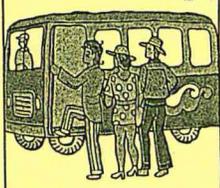
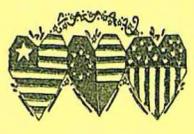
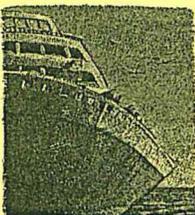
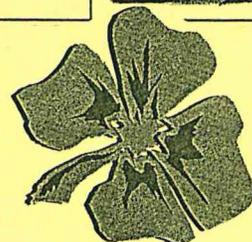
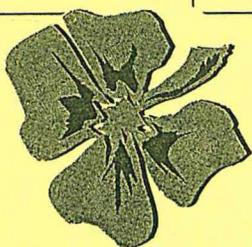
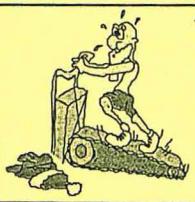
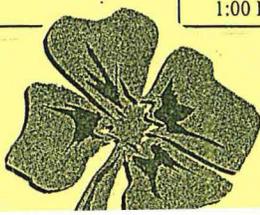


February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Local Dr. Trans. 9:00 Legal Aide Call for appt. 9:00 Yoga 10:15 Line Dancing 2:00 Bingo	3 Knoxville Dr. Trans. 9-3 Taxes *Appt required* 9:00 Total Body Fitness 10:15 Tai Chi 1:30 Self Defense Class	4 9:00 Grocery Shopping 10:00 Zumba Gold 11:30 Pilates 1:30 Alzheimer's Mtg	5 9:00 Total Body Fitness 12:00 Breakfast for Lunch with Bojangles Program: Lunch and Learn About Robots 1:00 Knit Alongs	6 9:00 Yoga CLEANING DAY! Drop by and help us spruce up your Center! 1:30 Outreach Visiting at Nursing Home	7
8	9 Local Dr. Trans. 9:00 Yoga 10:15 Line Dancing 10:30 Grief Support Group	10 Knoxville Dr. Trans. 9-3 Taxes *Appt required* 9:00 Total Body Fitness 10:15 Tai Chi 1:30 Self Defense Class	11 9:00 Grocery Shopping 9:00 Art Class 10:00 Zumba Gold 11:30 Pilates	12 9:00 Total Body Fitness 11:00 B/P Check 12 Valentine's Banquet Program: Ray Houk Make reservation please 1:00 Knit Alongs	13 9:00 Yoga 9:00 Garden Ridge and Turkey Creek	14 
15 	16 CLOSED FOR PRESIDENT'S DAY Happy birthday George and Abe!	17 Knoxville Dr. Trans. 9-3 Taxes *Appt required* 9:00 Total Body Fitness 10:15 Tai Chi	18 9:00 Grocery Shopping 9:00 Art Class 10:00 Zumba Gold 11:30 Pilates	19 9:00 Total Body Fitness NO LUNCH Donna's Retirement Party 12:00-2:00 1:00 Knit Alongs	20 9:00 Yoga 11:00 Greenback Community Ctr. Pot Luck, Outreach and Bingo	21
22	23 Local Dr. Trans. 9:00 Yoga 10:15 Line Dancing 10:30 Grief Support 2:00 Spring Place Outreach and Bingo	24 Knoxville Dr. Trans. 9-3 Taxes *Appt required* 9:00 Total Body Fitness 10:15 Tai Chi	25 9:00 Grocery Shopping 9:00 Art Class 10:00 Zumba Gold NO PILATES!! 11:00 Interagency	26 9:00 Total Body Fitness 11:00 B/P Check 12:00 Lunch--Birthday Program: Linda Dunn "Decluttering Your Life" 1:00 Knit Alongs	27 9:00 Yoga !!TITANIC!! Leave Center @ 8:30 LC Pick up @ 8:45	



March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Local Dr. Trans. 9:00 Legal Aide Call for appt. 9:00 Yoga 10:15 Line Dancing 2:00 HPRC Bingo	3 Knoxville Dr. Trans. 9-3 Taxes *Appt required* 9:00 Total Body Fitness 10:15 Tai Chi 10:45 Phil. Energizers	4 9:00 Grocery Shopping 10:00 Zumba Gold 11:30 Pilates 1:30 Alzheimer's Mtg.	5 9:00 Total Body Fitness 12:00 Lunch Program: Dan Morton Identity Fraud 1:00 Knit Alongs	6 9:00 yoga FREE DAY!! Billiards ** Exercise 1:30 Outreach Visiting	7 
8	9 Local Dr. Trans. 9:00 Yoga 10:15 Line Dancing 10:30 Grief Support	10 Knoxville Dr. Trans. 9-3 Taxes *Appt required* 9:00 Total Body Fitness 10:15 Tai Chi	11 9:00 Grocery Shopping 9:00 Art Class 11:30 Pilates	12 9:00 Total Body Fitness 11:00 B/P Check 12:00 Lunch Program: Courtney Elrod Cherokee Health 1:00 Knit Alongs	13 9:00 Yoga 9:00 Hamrick's No LC pick up	14
15 	16 Local Dr. Trans. 9:00 Yoga 10:15 Line Dancing	17 St. Patty's Day! Knoxville Dr. Trans. 9-3 Taxes *Appt required* 9:00 Total Body Fitness 10:15 Tai Chi	18 9:00 Grocery Shopping 9:00 Art Class 11:30 Pilates	19 9:00 Total Body Fitness 12:00 Lunch Program: "Getting to Know Della" 1:00 Knit Alongs	20 9:00 Yoga 11:00 Greenback Community Center Lunch and Outreach	21
22	23 Local Dr. Trans. 9:00 Yoga 10:15 Line Dancing 10:30 Grief Support 2:00 Spring Place Outreach and Bingo	24 Knoxville Dr. Trans. 9-3 Taxes *Appt required* 9:00 Total Body Fitness 10:15 Tai Chi	25 9:00 Grocery Shopping 9:00 Art Class NO PILATES!! 11:00 Interagency Mtg	26 9:00 Total Body Fitness 11:00 B/P Check 12:00 Lunch--Program ClearPoint "Living on a Budget" 1:00 BINGO, Kindred HC 1:00 Knit Alongs	27 9:00 Yoga MYSTERY TRIP!! Be adventurous! 9:00 Loudon, 9:15 LC \$8-- Lunch is extra	28 
29	30 Local Dr. Trans. 9:00 Yoga 10:15 Line Dancing	31 Knoxville Dr. Trans. 9-3 Taxes *Appt required* 9:00 Total Body Fitness 10:15 Tai Chi				

Loudon County Senior Center

Phone No. 458-5445

February & March 2015

Van Trips Sign up date Feb 2 @ 8:30

Feb. 13 Garden Ridge and Turkey Creek--9:00. Cost \$4.00

Feb. 27 Titanic--8:30 Loudon, 8:45 LC. Cost \$15

March 13 Hamrick's--9:00, no LC pick up. Cost \$4.00

March 27 MYSTERY TRIP! 9:00 Loudon, 9:15 LC. Cost \$8.00. Lunch is extra.

CLOSED FEB. 16 FOR PRESIDENTS DAY

FIVE BINGOS IN FEB & MAR! Feb 2 & 23, Mar 2, 23 & 26

INCOME TAX ASSISTANCE

Free tax preparation provided to low and middle income filers. It is sponsored by AARP & IRS. Must call 458-5445 to make an appointment.

BLOOD PRESSURE CHECKS: Feb 12 & 26, Mar 12 & 26

WINTER SCHEDULE: If Loudon County schools are closed for snow the Center will be closed. If roads are clear the staff will come in but will have no scheduled activities.



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.

CLEAN UP DAY AT THE CENTER: 9-12 Friday, Feb. 6 we are sprucing up the Center to keep it pretty and clean for you. Feel free to join us!

Feb/ 2nd & March 2nd @ 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:

Feb. 5th—Breakfast with Bojangles—cost only \$2.00

Feb. 12th—Valentine's Banquet—reservation, please

Feb. 19th—No regular lunch. Donna's retirement party

Feb. 26th—Chili and Grilled Cheese.....Birthday week

March 5th—Ham with Macaroni and Cheese

March 12th—Shepherd's Pie

March 19th—Vegetable Soup.....Birthday week

March 26th—Vegetable Plate

FEB. 19TH—DONNA'S RETIREMENT PARTY!! Come help us show Donna appreciation for all the years she devoted to the Center. Drop in from 12 until 2. Light refreshments served.

Feb. 4th and Mar. 4th—Alzheimer's Support Meeting

Feb. 9th & 23rd and Mar. 9th & 23rd Grief Support Group

OUTREACH OPPORTUNITIES: Feb. 6th & Mar. 6th Visiting @ Nursing Home. Feb. 20th & Mar. 20th Greenback Community Ctr. Feb. 23rd & Mar. 23rd Spring Place Apts.

MYSTERY TRIP— Curious? Be adventurous! Come have an adventure with us on March 27th. The cost is only \$8.00. Lunch is not included in the cost.

THANKS TO: Becky Mills & Kindred Health Care for Bingo and dessert for Feb. 12th. Highland Park Ruritan Club for Bingo. Bojangles for donating to our "Breakfast for Lunch".

EXERCISE CLASSES: We have many classes to choose from. Come check out Total Fitness, Zumba, Yoga, Tai Chi or Pilates.

UPCOMING: Be on the lookout next calendar for "Take Charge of Your Diabetes" by Beth LaFontaine of UT.

Volunteers: We could not do all WE do without YOU! We have the **BEST** volunteers in Loudon County.