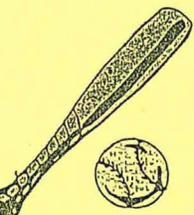
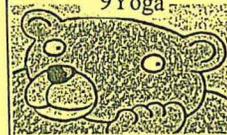
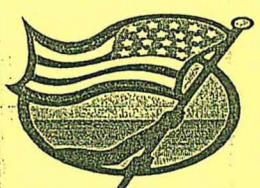


June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	9:00 Yoga Local Dr. Trans. 9:00 Legal Aid--appt. 10:15 Line Dancing 2:00 HPRC Bingo	1 Knox. Dr. Trans 9:00 Total Body Fitness 11:30 Cooking For Two	2 9:00 Grocery Shop 10:00 Dance for Fitness 11:30 Pilates 1:30 Alzheimer's Support	3 9:00 Total Body Fitness 12:00 Lunch, Program: Rescare--Bingo 1:00 Knit Alongs	4 8:30 Loudon, 8:45 LC Cades Cove 9Yoga 	5	
7	Local Dr. Trans 9:00 Yoga 10:15 Line Dancing-- Special Celebration 10:30 Grief Support Group	8 Knox Dr. Transport 9:00 Total Body Fitness 10:45 Phil. Energizers 1:00 UT--Taking Charge of Your Diabetes	9 8:30 SMOKIES Game Breakfast on the way. 9:00 Art Class 10:00 Dance for Fitness 11:30 Pilates	10 9:00 Total Body Fitness 11:00 B/P Check 12 Lunch, Program-- Tom Harvey-- Harmonica 1:00 Knit Alongs	11 FREE DAY!!! Come shoot pool, exercise, have fun! 9 Yoga	12	
14	Local Dr. Transport 9:00 Yoga 10:15 Line Dancing	15 Knox Dr. Transportation 9:00 Total Body Fitness 1:00 UT Diabetes Class	16 9:00 Grocery Shopping 9:00 Art Class 10:00 Dance for Fitness 11:30 Pilates	17 9:00 Total Body 10:30 Amedisys Craft Class--FREE 12 Lunch, Program-- Ed Harper, Blount Hosp. 1:00 Knit Alongs	18 11:00 Greenback Community Center Outreach and Lunch 9 Yoga	19	
21	Local Dr. Transportation 9:00 Yoga 10:30 Grief Support Group 1:45 Spring Place	22 Knox Dr. Transportation 9:00 Total Body Fitness 1:00 UT Diabetes Class	23 9:00 Art Class 9:00 Grocery Shopping 10:00 Dance for Fitness 11 Interagency	24 9:00 Total Body Fitness 11:00 B/P Check 12 Lunch, Program-- Becky, Kindred--Fruit & BINGO	25 9 Yoga 9:00 Explore Loudon! Sweetwater Valley Farm, Shoppes on Square, more Eat at Log Cabin	26	
P O K E R 28	Local Dr. Transportation 9:00 Yoga 1:00 Cards	29 Knox Dr. Transportation 9:00 Total Body Fitness 1:00 UT Diabetes Class	TALENT SHOW JULY 2ND! PLAN TO COME AND ENJOY ALL THE SENIOR TALENT AND HAVE FUN! HOT DOGS & ALL THE FIXINGS!				30

◁◁◁ Many, many thanks to all the fine people and companies who give of their time, talents and money to help our Senior Center! We could not have all the Bingo games, programs, desserts and support groups without you. <><><>

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HAVE A HAPPY & SAFE 4TH! GOD BLESS AMERICA!			9:00 Grocery Shop 10 Dance for Fitness 11:30 Pilates 1:30 Alzheimer's Support Group	9 Total Body Fit 12 TALENT SHOW! 1 Knit Alongs	CLOSED! HAPPY 4TH OF JULY!	3
5	Local Dr. Trans. 9 Yoga 2 Highland Park Ruritan Club Bingo	6 Knox Dr. Trans. 9 Total Body Fit 1 UT Diabetes Class	7 9 Grocery Shop 9 Cold War Patriots 9 Art Class	8 9 Total Body Fit 9:30 Beltone Hearing Test-make appoint. 11 B/P Check 12 Lunch; 1 Knit Al.	9 9 West Towne Mall & Movie Cheesecake Fact? 9Yoga	10
12	Local Dr. Trans 9 Yoga 10:30 Grief Support Group--All welcome!	13 Knox Dr. Trans. 9 Total Body Fit 10:45 Phil Energizer- Lunch & Outreach 1 UT Diabetes Class	14 9 Art Class 9 Grocery Shopping 10 Dance for Fitness 11:30 Pilates	15 9 Total Body Fit 10:30 Crafts w Jen 12 Lunch--Program Linda Dunn 1 Knit Alongs	16 9 Yoga 11 Greenback Lunch & Outreach Great Trip! All are welcome to go!	17
19	Local Dr. Trans 9 Yoga Exercise or play cards today!	20 Knox Dr. Trans. 9 Total Body Fitness	21 9 Art Class 9 Grocery Shopping 10 Dance for Fitness 11 Interagency	22 9 Total Body Fit 11 B/P Check 12 Lunch--Gospel Concert, Scarbroughs 1 Knit Alongs	23 9 Yoga COME PLAY CARDS & GAMES. GET A GROUP TOGETHER. BRING A BAG LUNCH & PLAY!	24
26	Local Dr. Trans 9 Yoga 10:30 Grief Support 1:45 Spring Place Outreach & Bingo	27 Knox Dr. Trans. 9 Total Body Fitness Billiards	28 9 Art Class 9 Grocery Shopping 10 Dance for Fitness 11:30 Pilates	29 9 Total Body Fit 12 Lunch--Program Al Colombo, violin 1 Knit Alongs	30 9 Yoga 9 Pigeon Forge SHOPPING! Woo hoo!	31

Loudon County Senior Center

Phone No. 458-5445

June & July 2015

Van Trips Sign up date June 1 @ 8:30

June 5-Cades Cove & Apple Barn! Loudon 8:30, LC 8:45, \$4

June 10—SMOKIES BASEBALL! \$10 game Leave Ctr @ 8:30, stop for breakfast. Game at noon. \$4.00 transp.

June 26-Tour Loudon-Sweetwater Valley Cheese, Shoppes on the Square, Annabelle's, others to be determined-9:00, \$4

July 10-West Towne Mall, Movie & Cheesecake Factory-9:00, \$4

July 31-Tanger Outlet & Beehive, Loudon 8:30, LC 8:45, \$4
BIG TRIP! Come see the Hatfields & McCoys! Tues, Aug 11
\$30—trip, lunch, show. Sign up on June 1, paid by July 2nd.

Did you know? Legal Aid comes on the 1st Monday of the month to counsel low income and victims of domestic violence. HPRC has Bingo on the 1st Monday. Jennifer from Amedisys does Arts & Crafts on the 3rd Thursday. Grief Support Group is the 2nd & 4th Monday. Amedisys & Alzheimer TN has Alzheimer's and Dementia Support Group on 1st Wed of month. Ken Austin does Medicare Counseling on Mondays—make appointment. All of these services are

CARD PLAYERS—Hand & Foot, Canasta, Pinochle, Rummy
Cube—they need players! They will teach you if needed.



Loudon County
Senior Center
Office on Aging

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.

A BIG "THANK YOU!" TO UNITED WAY FOR HOMEMAKER PROGRAM FUNDING!

IT'S FINALLY TIME! We put it off as long as we could, but we have to raise lunch prices to \$4 due to our costs increasing. Thank you for your understanding!

Menu:

June 2nd—Taco salad, dessert

June 11—Sandwiches, corn bread salad, chips, dessert

June 18—Chef salad, dessert

June 25—Beans, fried potatoes, corn bread, dessert

July 2nd—TALENT SHOW! Hot dogs & fixins

July 9th—Spaghetti, salad, French bread, dessert

July 16th—Grilled cheese, macaroni salad, chips, dessert

July 23rd—Vegetable plate, corn bread, dessert

July 30th—Fried chicken salad, dessert

If your birthday falls in June or July please bring a dessert to share on: June 25th or July 30th. Thanks!

WE ARE CLOSED FRIDAY, JULY 3RD!

Talent Show Information:

Larry Blair will be emcee. Seniors will be the talent! Hot dogs & all the fixings! You will see familiar & not-so-familiar faces. July 2nd @ 12.

LINE DANCING: June 1 & 8 only. 6/8 will be special 5 year anniversary celebration. Evelyn & Tom are taking a well deserved vacation until August 3rd.

TAI CHI: There will be no Tai Chi until August 11.

NEW PROGRAM: UT is offering "Taking Charge of Your Diabetes" class for 6 weeks starting on 6/9. Learn how to manage and control your diabetes from the experts.

OUTREACH: Philadelphia Energizers has moved to 2nd Tues of the month. Please go with us and enjoy pot luck lunch and good fellowship. We go to Spring Place every month 4th Mon. Greenback Outreach & lunch is 3rd Fri.

Volunteers: What we would do without you? Thanks not only to our seniors, but also the different clubs and agencies who make this a better Center! We love you all!

Loudon County Senior 1

United Way Agency

