

Loudon County Senior Center

Phone No. 458-5445

April and May 2013

Van Trips Sign up date April 1st @ 8:30

April 12 – Dogwood Arts Festival, Market Square (there will be a lot of walking) Cost \$4.00 Lunch on your own.. Leave Ctr @ 9:00

April 19 – Hamrick's Trip Ga. Leave ctr @ 8:30 Cost \$4.00

April 26 – Movie and out to lunch- turkey Creek, eat @ Olive Garden Cost \$4.00 Leave Ctr @ 9:00

May 10- Hammers & Pigeon Forge Leave Ctr 8:30 Cost \$4.00

May 17- Movie and out to lunch, Maryville eat @ the mall Cost \$4.00 leave ctr 9:00

May 31 – West Town Mall Cost \$4.00 Leave Ctr 9:00

It's Back Pintrest Party May 24 @11:00 Lunch will be served, Cost \$3.00. Come and enjoy the fun. Sign up

Cardio Exercises will be Tuesday and Thursday @ 9:00 Inst.Elizabeth Lee Cost \$3.00

Lunch Menu:

April 4– Sheppard's pie and Veggies.

April 11 – Hamburgers and French Fries

April 18 –Spaghetti

April 25 – Beans and Cornbread

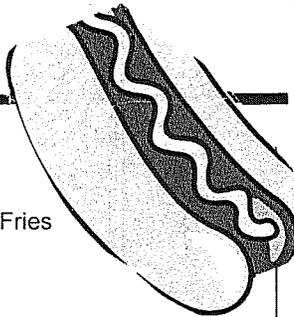
May. 2 – Sloppy Joes and chips

May 9 – Ham and Cheese Hoagie

May 16 - BBQ and chips

May 23 –Hot Dogs and fixings

May 30 – chicken pot pie



April 15th Spring and Summer wreath making class:
Inst Dee Miller Cost \$25.00 this includes form, ribbon and decorations.
If you would like to bring some of your own decoration please do so.
Call the center to sign up. 458-5445. She will start at 10:00 and also do a class in the afternoon starting at 1:30. Hurry and reserve your spot.

April 1 & May 6 @ 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.

May 7th @ 12:00 light lunch will be served,

Living well with Chronic Condition: is a proven six-week's workshop that teaches people with a wide variety of illnesses to better manage the physical, social, and emotional effects of their chronic condition. Sheila Borders UT Ext Office will be the inst. Call the center to sign up 458-5445

May 6st @ 9:00 Beginners Line Dancing Class. Please call Ctr to sign up, You must be a beginner to take this class; The class will run fo 6 weeks.. Some of the benefits to Exercise and Line Dancing Classes are cardiovascular fitness, Body and brain boost, Calorie burn, Sturdy bones, Social aspects, Stress relief, mental health, Balance

April 18 @ 12:00 Lunch and Couponing 101 inst. Charla Gentry. Come and have fun while you learn to save money. We will also have some venders here that day. Class will run 1 to 2 hours. Call the center to sign up.

Computer Classes

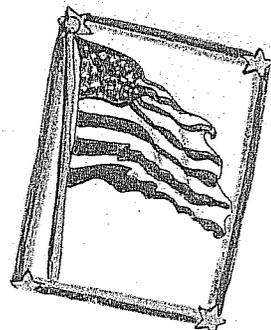
Hi everyone, we have some exciting news about up coming classes. There is going to be a photography class so let's bring those cameras and get started. These classes will be scheduled around the middle of April .Other classes will include the beginner class and, if enough interest, a class for Face book, short, 3 week class. Internet class and an intermediate windows class. We are hoping to offer a class on Microsoft office 2007 we will know more in May. If interested in taking any of these classes please call Gail @ 458-5445 and let her know. See you in class!!!

Harrah's Trip:

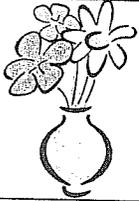
May 13th is our Harrah's trip this will be on Monday. Leave ctr @ 7:30 pick up on 321 behind McDonalds at 7:45. Cost will be \$40.00 you will get a \$10.00 coupon when you get there. You must have a picture ID to get the coupon. We will be taking a 28 passenger bus. Call the center to sign up. Deadline for your money is May 3th. If you have to cancel after the deadline we have to be able to fill your seat to refund your money. Call 458-5445 to sign up.

April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Legal Aid 10:15 Line Dancing 2:00 Bingo 1:00 Computer	2 9:00 Cardio exercise 10:30 Tai Chi 9:00-3:00 Income Tax Service	3 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames 1:00 Computer	4 9:00 Cardio Exercise Class 12:00 lunch, Jovan Jones UT Home Health 1:30 Boardgames	5	6
7	8 10:15 Line Dancing 1:00 Computer Class	9 9:00 Cardio Class 10:30 Tai Chi 9:00-3:00 Income Tax Service	10 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames 1:00 Computer	11 9:00 Cardio Exercise Class 12:00 Lunch Bingo LC Ruritian B/Day Party	12 9:00 Dogwood Arts Festival Market Square 10:00 Zumba Gold Cardio	13
14	15 10:15 Line Dancing 1:00 Computer Class 2:00 Summer Wreath Making Class	16 9:00 Cardio Exercise Class 10:30 Tai Chi Class	17 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 11:30 Boardgames	18 9:00 Cardio Exercise Class 11:00 B/P/ Ck UT 12:00 Lunch Couponing 101Inst. Charla Gentry Cost \$4.00	19 8:30 Hamrick's Trip Ga. 10:00 Zumba Gold Cardio Class	20
21	22 10:15 Line Lancing 1:00 Computer	23 9:00 cardio Exercise Class 10:00 Tai Chi Class	24 9:00 Painting Class 9:00 Grocery Shopping 9:00-2:00 Veterans Clinic No Zumba Class	25 9:00 Exercise Class 11:00 B/P/Ck 12:00 Lunch, Munsey RX pharmancy	26 9:00 Movie and out to lunch Turkey Creek 10:00 Zumba Gold Cardio Class	27
28	29 10:15 Line Dancing Class 1:00 Computer Class	30 9:00 Cardio Exercise Class 10:00 Tai Chi Class	April 24 th Veterans Clinic: 9:00-2:00 Veteran's information and questions - Loudon Co. Office of Veterans Affairs, VA Clinic and Mt Juliet Veterans home will be here to answer questions And let you know what is available for Veterans.			



May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames 1:00 Computer Class	2 9:00 Cardio Exercise Class 11:00 B/P/CK UT 12:00 Lunch 1:30 Boardgames	3 10:00 Zumba Gold Cardio	4
5 	6 9:00 Legal Aid Service 9:00 Beginners Line dancing 10:15 Line Dancing Class 1:00 Computer Class	7 9:00 Cardio Exercise Class 10:30 Tai Chi 12:00 Living with Chronic Condiotions, Inst Sheila Boardes	8 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:30 Boardgames	9 9:00 cardio exercise class 11:00 B/P/ck 12:00 Lunch, Bingo LC Ruritan Club B/D/ Party	10 8:30 Hammers & Pigeon Forge 10:00 Zumba Gold Cardio	11
12	13 7:30 Harrah's Bus Trip 9:00 Beginners Line Dancing 10:15 Line Dancing 1:00 Computer Class	14 9:00 Cardeio Exercise Class 10:30 Tai Chi 12:00 living with Chronic Conditions	15 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames	16 9:00 Cardio Exercise Class 11:00 B/P/ Ck UT 12:00 Lunch	17 9:00 Movie and out to lunch Maryville 10:00 Zumba Gold Cardio	18
19	20 9:00 Beginners Line Dancing 10:15 Line Dancing Class 1:00 Computer Class	21 9:00 Cardio Exercise Class 10:30 Tai Chi Class 12:00 Living with Chronic Conditions 2:00 Executive Board	22 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames 1:30 Beginners Line Dancing Class	23 9:00 Cardio 3 Exercise Class 11:00 B/P/Ck 12:00 Bingo, Gemesis Homecare	24 10:00 Zumba Gold Cardio 11:00 Pintrest Party & lunch cost \$3.00	25
26	27 Closed Memorial Day	28 9:00 Cardio Exercise Class 10:30 Tai Chi Class 12:00 Living with Chronic Conditions	29 9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames 1:30 Beginners Line Dancing Class	30 9:00 Exercise Class 12:00 Lunch, Keep moving, Keep Laughing Aging Well - East Tn Home Health	31 9:00 West Town Shopping 10:00 Zumba Gold Cardio	