

Loudon County Senior Center

Phone No. 458-5445

June and July 2013

Van Trips Sign up date June 3rd 1st @ 8:30

June 7 – Hamrick's Trip Ga. Leave ctr @ 8:30 Cost \$4.00

June 21 – Movie and out to lunch-Ttury Creek, eat @ Olive Garden Cost \$4.00 Leave Ctr @ 9:00

July 12 – Hammers Clinton Leave Ctr 8:30 Cost \$4.00

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

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

We need some inst for card games. Hand and Foot , Phase 10, Rook, etc. Call the center to get more information. 458-5445.



Lunch Menu:

June 6 – Pancake and Sausage – Kiwanis Kares.

June 13 – Hot Dogs and fixings

June 27 – Beans and cornbread

July 3- 4th of July Party Hamburgers and hot dogs

July 11 – Ham and cheese Sandwiches and baked beans

July 18 – Spaghetti and salad.



June & July @ 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.

Bingo – The First Monday of each month @ 2:00 Come and enjoy the fun

Computer Classes- 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. 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. Call the center to sign up 458-5445. See you in class.

Pancake Lunch:

June 6th at 12:00 Free Pancake and sausage Lunch, provided by the Kiwanis Kares. Call the center to sign up 458-5445

Stop Litter:

Loudon County Convenience Center Stop Litter education and Recycling Special Collection Event Thursday, June 13th from 9:00-1:00. We will be collecting paper /Magazines/Catalogs

Our 4th of July Celebration and Veterans Day will be July 3rd on Wednesday.

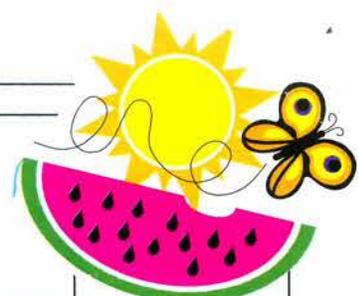
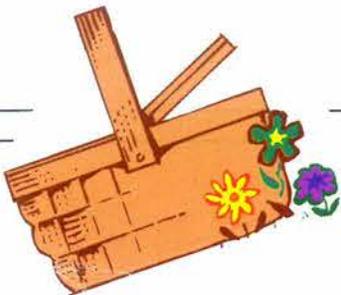
Lunch at 12:00 Cost for lunch will be \$3.00 Hamburgers and Hot Dogs and all the fixings. The center will provide the meat and you bring deserts, bake beans, potato salad, chips. We will be using the park in front of the center. If it is raining or too hot it will be held in the center. Clint Riddle WW11 Vet will do our program.

Fashion Show: July 26th at 12:00 Cost for your meal and show is 10:00 Call the center and make your reservations. We will have door prizes to be given away .Come and check out the new fall and winter styles

Wreath Making Class July 15 we will be making wreaths for fall. Call the center to sign up and to get other info. Cost will be 25.00

Loudon County Senior 1

June 2013



Tue Wed Thu Fri

2	9:00 Legal Aid Service 9:00 Beginners Line Dancing 10:15 Line Dancing 10:00 Computer Class 1:00 Computer Class 2:00 Bingo	3	9:00 Exercise Class Cardio 10:30 Tai Chi 12:00 Living with Chronic Cond.	4	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames	5	9:00 Exercise Class Cardio 11:00 B/P Ck 12:00 Lunch, pancakes and sausage, Kiwanis Kares no charge for lunch donations appreciated	6	8:30 Hamrick's Bus Trip 15% off	7		8	
9	9:00 Beginners Line Dancing 10:15 Line Dancing 10:00 Computer Class 1:00 Computer Class	10	9:00 Exercise Class 10:30 Tai Chi 12:00 Living with cronic cond.	11	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold Class	12	9:00 Exercise Class 12:00 Lunch Recycling Day Bingo Highland Park Ruritan	13	Free Day come and play games, Billards Ladies afternoon Billiard Day	14		15	
16	9:00 Beginners Line Dancing 10:15 Line Dancing 10:00 Computer Class 1:00 Computer Class	17	9:00 Exercise Class Cardio 10:30 Tai Chi Class	18	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold Class	19	9:00 Exercise Class Cardio 11:00 B/P Ck 12:00 Lunch, program NHC	20	9:00 Movie and out to lunch Turkuy Creek eat at Olive Garden	21		22	
23	10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class	24	9:00 Exercise Class Cardio 10:30 Tai Chi Class	25	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 12:00 Interagency Meeting 1:00 Boardgames	26	9:00 Exercise Class Cardio 11:00 B/P/ck 12:00 Lunch Home Health of East Tn 10 sizns of Alzheimers	27	Bring a group and play cards, Boardgames, Billiards	28			
30													



July 2013



Mon Tue Wed Thu Fri

	9:00 Legal Aid Service 10:15 Line Dancing Class 10:00 Computer Class 12:30 AARP Driving Course 1:00 Computer Class 2:00 Bingo	1	9:00 Exercise Class Cardio 9:00 Grocery Shopping 10:30 Tai Chi 12:30 AARP Driving Course	2	9:00 Painting Class 10:00 Zumba Gold 12:00 Cook Out 4th of July & honor Veterans, Clint Riddle WW11 Vet Program	3	Closed for 4th of July	4	Center open for exercise machines, Billards,	5			
7	10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class	8	9:00 Exercise Class 10:00 Tai Chi Class	9	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames	10	9:00 Exercise Class 11:00 B/P/ck 12:00 Lunch, Birthdays, Bingo Highland Park Ruritan	11	9:00 Hammers in Clinton	12		13	
14	10:15 Line dancing Class 10:00 Computer Class 1:00 Computer Class 1:00 Summer Wreath Making Class call and sign up	15	9:00 Exercise Class 10:30 Tai Chi Class	16	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 1:00 Boardgames	17	9:00 Exercise Class Cardio 12:00 Lunch, Program Taking on a Grave Task Bob McGinnis	18	9:00 Movie and out to lunch Foothills Mall	19		20	
21	10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class	22	9:00 Exercise Class 10:30 Tai Chi Class	23	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 9:00 Models shop for clothes 1:00 Boardgames	24	No exercise class or lunch prepare for Fashion Show	25	12:00 Fashion Show and Lunch	26		27	
28	10:15 Line Dancing Class 10:00 Computer Class 1:00 Computer Class	29	9:00 Exercise Class Cardio 10:30 Tai Chi Class	30	9:00 Painting Class 9:00 Grocery Shopping 10:00 Zumba Gold 12:00 Interagency Meeting 1:00 Boardgames	31							

