

# Loudon County Senior Center

Phone No. 458-5445

June 2014 & July 2014

Sign up day: Mon. June 2nd 8:30 AM all trips \$4.00 dollars

June 6<sup>th</sup>-Trip to Hammericks leave center at 8:30 no L.C. pickups

June 13<sup>th</sup>-movie and lunch Foothills Mall

July 11<sup>th</sup>-trip to Hammers in Clinton & Little Ponderosa Zoo cost for zoo & trip \$15.00

New Health Series for June and July;

June 10<sup>th</sup>-Pharmasist Joe Nowell-holistic healing

June 24<sup>th</sup>-Andy Houck-Neurobics-keeping on mind alert

July 8<sup>th</sup>-Dr. Jill Greasham-hearing loss and its effect on your health July 22<sup>nd</sup>. Dr. Jessica- balance and fall prevention

## INSIDE THIS ISSUE

- 1 Continuing Articles across Pages
- 1 Instructions for Using this Template
- 4 Inserting and Editing Pictures

### Bingo

First Monday of month Ruritan Bingo at 2:00. Highland Park Ruritan will be doing our Bingo for us

Legal Aide-1<sup>st</sup> Monday of month-9:00-11:00

Birthday Party 3<sup>rd</sup> Thursday of month, also remember to call and sign up for lunch by Tuesday. Happy Birthday to all the April and May Birthdays!!!

Tuesdays-Knoxville Drs. Appointments

Wednesdays-grocery shopping

Computer Classes are back on Wednesdays. Call if interested Beginners or Advanced. 458-5445

Prices for aerobics, yoga, zumba gold- \$3.00 per class

July 25<sup>th</sup>-It is once again time for our annual Fashion Show. The cost for the show and the lunch will be \$10.00.

You must sign up for show in advance as we are limited to 60 people.

The Office on Aging is offering seniors the opportunity to speak with an experienced professional to review their Medicare coverage, including people who are new Medicare recipients. Counseling will be available once a month and dates are listed in the newsletter. For more information call the Office on Aging at 458-5445.

I would like to thank everyone who has brought in Bingo prizes for our Outreach program at the area senior housing. We are looking forward to expanding this program to more areas.

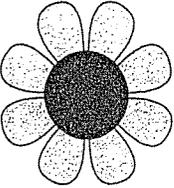
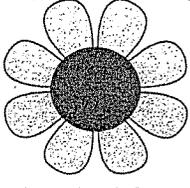
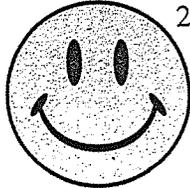
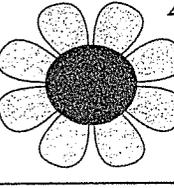
Raised garden beds- I would like to thank the Loudon County Health Council, Larrisa Bass and the High School Carpentry class teacher, Kent Phillips for constructing the beds and providing the plants for the gardens. We have several seniors who are helping with the gardens if you would like to join them call 458-5445.

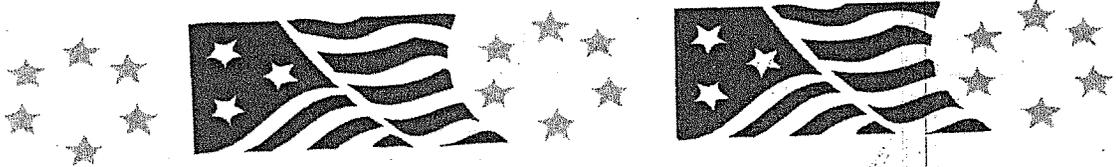
A special Thank You to all of our volunteers who help with different jobs at the center, we really appreciate all that you do to help. We are always open to new suggestions for lunches, trips, programs or classes. Let the staff know all suggestions and we will do our best to try them.

Loudon Co. Senior Center  
901 Main St  
Loudon, Tn 37774

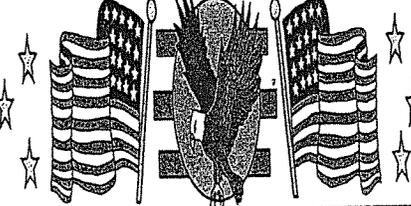
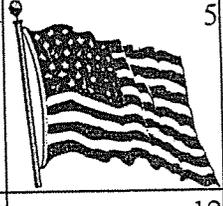
NON PROFIT  
#40  
LOUDON, TEN  
37774

# June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1	2 9:00-yoga 10:15-line dancing 9:00-11:00 legal aide 2:00-bingo	3 9:00-No Exercise class 9:00-B/P cks 10:30-Tai Chi 11:00 Energizers at Philadelphia Knoxville Dr. appts.	4 9:00-painting 9:00-grocery shopping 10:00-Zumba Gold 10:00-11:30 computer class 1:00-2:30-computer class 1:00-board games	5 9:00-No Exercise class 12:00-lunch program-Natural Treatments kickoff w/ Dr. Jessica and Andy Houck A Wellness series 1:00-board games	6 9:00-Yoga class 8:30- Trip to Hammericks open exercise and billiards till 4:00	 7
8	9 9:00-yoga 10:15-line dancing 1:00-visiting in the area come visiting with us	10 9:00-exercise 10:30-Tai Chi 11:30- natural wellness series Knoxville Dr. appts.	11 9:00-painting 9:00-grocery shopping 10:00-Zumba Gold 10:00-11:30-computer class 1:00-2:30-computer class 1:00-board games	12 9:00-exercise 12:00-lunch B/P check 1:00-lunch/learn Sheila Borders 1:00- board games	13 9:00-Yoga class 9:00-movie & out to lunch Maryville	14
15	16 9:00-yoga 10:15-line dancing 12:00-4:00 AARP driving course	17 9:00-exercise 10:30-Tai Chi 12:00-4:00-AARP driving course Knoxville Dr. appts.	18 9:00-painting 9:00-grocery shopping 10:00-Zumba Gold 10:00-11:30-computer class 1:00-2:30- computer class 1:00-board games	19 9:00-exercise 12:00-lunch Program-BACA Bikers 1:00-board games	20 9:00-Yoga class Outreach in the Greenback Community 11:00 come join the fun and have a good visit bring a dish to share	21
22	23 9:00-yoga 10:15-line dancing open exercise and billiards till 4:00 2:00Outreach bingo at Springplace	24 9:00-exercise 10:30-Tai Chi 11:30-natural wellness series Knoxville Dr.appts.	25 9:00-painting 9:00-grocery shopping 10:00- No Zumba Gold today 10:00-11:30-computer class 1:00-2:30- computer class 1:00-board games Interagency Meeting	26 9:00-exercise 12:00-lunch B/P check program Tellico Clowns 1:00-board games lunch will be \$4.00 today	27 9:00-Yoga class 8:30-4:00-open exercise and billiards 1:30-ICE CREAM SOCIAL AND BINGO PROVIDED BY KINDRED HEALTHCARE	 28
 29	30 9:00-yoga 10:15-line dancing 1:30-outreach day open exercise and billiards till 4:00					



# July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1		2 9:00-exercise 9:00-B/P cks 10:30-Tai Chi 11:00- Energizers club luncheon for outreach 10:00-11:30-computer class 1:00-2:30-computer class Knoxville Drs. appts	3 9:00-painting class 9:00-grocery shopping 10:00-Zumba Gold 10:00-1:30-computer class 1:00-2:30-computer class 1:00-boardgames	4 9:00-exercise 12:00- 4th of July picnic entertainment Wayne and Judy Howell 50's music Hotdogs/Hamburgers/w fixins chips Good music/good fun Lunch will be \$3.00 today all extra side dishes welcome Thank You Kindred Healthcare	5 CENTER CLOSED FOR 4TH OF JULY HAPPY 4TH TO ALL GOD BLESS AMERICA!!! 	
6	7 9:00-yoga 10:15-line dancing 9:00-legal aide 2:00-Bingo open exercise and billiards	8 9:00-exercise 10:30-Tai Chi 11:30-Natural Wellness series 10-11:30-computer class 1:00-2:30-computer class Knoxville Drs. appt	9 9:00-painting 9:00-grocery shopping 10:00-Zumba Gold 10:00-11:30-computer class 1:00-2:30-computer class 1:00-boardgames	10 9:00-exercise 12:00-lunch B/P cks program Caris Hospice Volunteer Opportunities 1:00-boardgames	11 9:00-Yoga class Trip to Hammers in Clinton and the Little Ponderosa Zoo Admission and trip is \$15.00 Lunch at Golden Girls	12
13	14 9:00-yoga 10:15-line dancing 1:30-visiting in the community come visiting with us	15 9:00-exercise 10:30-Tai Chi 10:00-11:30-computer class 1:00-2:30-computer class Knoxville Drs. appt	16 9:00-painting class 9:00-grocery shopping 10:00-Zumba Gold 10:00-11:30-computer class 1:00-2:30-computer class 1:00-boardgames	17 9:00-exercise 12:00-lunch Sheila Borders lunch and learn	18 9:00-Yoga class 11:00-Outreach in the Greenback community come join the fun Bring a covered dish and come join the fun	19
20	21 9:00-yoga 10:15-line dancing open exercise and billiards till 4:00	22 9:00-exercise 10:30-Tai Chi 11:30-Natural Wellness series 10:00-11:30-computer class 1:00-2:30-computer class Knoxville Drs. appt	23 9:00-painting class 9:00-grocery shopping 10:00-Zumba Gold 12:00-Interagency Meeting no computer classes today Get clothes for Fashion Show 1:00-boardgames	24 9:00-exercise 12:00-NO LUNCH PREPARE FOR FASHION SHOW	25 12:00-32nd-ANNUAL FASHION SHOW COST-FOR LUNCH AND SHOW WILL BE \$10.00 PLEASE SIGN UP IN ADVANCE AS WE HAVE LIMITED SEATING	26
27	28 9:00-yoga 10:15-line dancing 1:30- Outreach and playing bingo at Springplace	29 9:00-exercise 10:30-Tai Chi 10:00-11:30-computer class 1:00-2:30-computer class Knoxville Drs. appt	30 9:00-painting class 9:00-grocery shopping 10:00-Zumba Gold 1:00-boardgames	31 9:00-exercise 12:00-lunch Bingo sponsored by Blue Cross/Blue Shield 1:00-boardgames		