

December 2015



Mon	Tue	Wed	Thu	Fri
	Knox Dr. 1 Transportation 9 Total Body Fitness 10:15 Tai Chi	2 9 Grocery Shop 1:30 Alzheimer's Support Group	3 9 Total Body Fitness 10 SAILS Class 12 Lunch--Birthdays! Wound Care--Oak Ridge 1 Knit Alongs	4 2015 CRAFT FAIR! 9--2
8:30 Hamrick's, TBD 7 9 Legal Aid 9 Yoga 9 Medicare Appts. 10:15 Line Dancing	8 Knox Dr. Trans 9 Total Body Fitness 10:15 Tai Chi	9 9 Grocery Shopping	10 9 Total Body Fitness 10 SAILS Class 12 Lunch--Kindred Bingo & Dessert 1 Knit Alongs	11 8:30 Rugby Trip**TBD 9 Yoga Exercise, Billiards, Games at your convenience
14 Local Dr. Trans 9 Yoga 10:15 Line Dancing 10:30 Grief Support	15 Knox Dr Trans 9 Total Body Fitness 10:15 Tai Chi	16 9 Grocery Shopping	17 9 Total Body Fitness 10 SAILS Class 12 Lunch--Christmas Party! Blair-entertainer!! 1 Knit Alongs	18 9 Yoga
21 10:15 Line Dancing	22 CENTER IS OPEN NO SCHEDULED ACTIVITIES	23 CENTER CLOSED MERRY CHRISTMAS!!	24 CENTER CLOSED MERRY CHRISTMAS!!	25 CENTER CLOSED HAPPY BIRTHDAY, JESUS!!
28 10:30 Grief Support 9 GROC SHOP CENTER IS OPEN NO SCHEDULED ACTIVITIES	29 CENTER IS OPEN NO SCHEDULED ACTIVITIES	30 CENTER IS OPEN NO SCHEDULED ACTIVITIES	31 CENTER IS OPEN NO SCHEDULED ACTIVITIES	

Points to Ponder:
 Our van trips are on a To Be Determined basis until further notice.
 The van is just like us--getting aches & pains!
 Craft Fair--Dec 4.
 Walk With Ease, Tues Jan 5 @ 10:30 for 6 weeks at Blairland Baptist.
 English Tea Party Jan 29 at 12:00.
 Beginner's Line Dance 1/20 @ 1.
 SIGN UP!
 Trip sign up day Dec 1st.



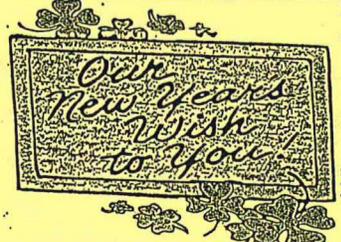
January 2016

Mon	Tue	Wed	Thu	Fri
				1 CENTER CLOSED HAPPY NEW YEAR!
4 Local Dr. Trans 9 Legal Aid 9 Yoga 10:15 Line Dancing 2 HPRC Bingo	5 Knox Dr Trans 9 Total Body Fitness 10:15 Tai Chi 10:30 Walk With Ease	6 9 Groc Shopping 1:30 Alzheimer's Support Group	7 9 Total Body Fitness 10 SAILS Class 12 Lunch--Kindred Bingo & Desserts 1 Knit Alongs	8 9 Yoga 9 Explore Sweetwater**TBD
11 Local Dr Trans 9 Yoga 10:15 Line Dancing 10:30 Grief Support	12 Knox Dr Trans 9 Total Body Fitness 10:15 Tai Chi 10:30 Walk With Ease 11:30 Dr. Jessica-Weight Loss	13 9 Painting Class 9 Groc Shopping 2 Kindred Nursing Home Visiting	14 9 Total Body Fitness 10 SAILS Class 12 Lunch--Ed Harper! 1 Knit Alongs	15 9 Yoga 11 Greenback Pot Luck & Outreach
18 CENTER CLOSED MARTIN LUTHER KING HOLIDAY	19 Knox Dr. Trans 9 Total Body Fitness 10:15 Tai Chi 10:30 Walk With Ease	20 9 Painting Class 9 Groc Shopping 1 Beginner's Line Dance	21 9 Total Body Fitness 10 SAILS Class 12 Lunch--Tom Harvey, Harmonical 1 Knit Alongs	22 9 Yoga 9 Canterfield of Oak Ridge**TBD
25 Local Dr Trans 9 Yoga 10:15 Line Dancing 10:30 Grief Support	26 Knox Dr Trans 9 Total Body Fitness 10:15 Tai Chi 10:30 Walk With Ease	27 9 Painting Class 9 Groc Shopping 11 Interagency 1:30 Beginner Line	28 9 Total Body Fitness 10 SAILS Class 12 Lunch--PHD Stroke Ed & PRIZES! 1 Knit Alongs	29 9 Yoga 12 English Tea Party



What has a neck but no head? What can you break but not touch? What gets larger the more you take away? Answers on back!

HAPPY NEW YEAR!



HAPPY NEW YEAR!

Loudon County Senior Center

Phone No. 458-5445

December, 2015 & January, 2016

NOTE: Van trips are on a TBD basis due to van problems.

Trip sign up day Dec 1st.

Van Trips Sign up date Dec 1 @ 8:30

Dec 7—SURPRISE! Hamrick's, GA—8:30, \$4

Dec 11—RUGBY—9:00, \$30. This includes transportation, tour, buffet, tax, tip. Quaint English village, so interesting!!

Jan 8—Explore Sweetwater—9:00, \$4

Jan 22—Canterfield—Oak Ridge, free lunch & tour, 9:00, \$4

All of our winter season trips are weather permitting.

Tea Party: Join us for an English Tea Party Jan 29 @ 12. Tea Cakes, finger sandwiches and different teas!

CRAFT FAIR: DEC 4, 9-2. VENDORS, CRAFTERS, ARTISANS. LUNCH AVAILABLE TO BUY @ 11—\$4.

Dr. Jessica Briere Series: Dr. Jessica will be doing a year long 2nd Tuesday Healthy Living series starting Jan 12. The first will be "Weight Loss After the Holidays". How appropriate! **PLEASE SIGN UP!** Thank you, Dr. Jessica!

THANK YOU! We appreciate the many

businesses and people who help us every month

with programs, entertainment, bingo and food!

Your support is invaluable to our seniors.

Arthritis & SAILS: 1st Tues in Jan @ 10:30 Walk With Ease 6 week, 1 hour course at Blairland Baptist Church. Elizabeth Lee, teacher. 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!

PLEASE read all the dates—don't miss anything!

Menu:

Dec 3—Taco Soup, dessert

Dec 10—Pizza, side dish, dessert

Dec 17—Christmas Party. Bring veggie, salad or dessert to share. We provide ham. **MUST** sign up for this as space is limited. LARRY BLAIR is the entertainment!

Jan 7—Grilled Cheese, Soup, Dessert

Jan 14—Cabbage Beef Soup, Dessert

Jan 21—Weiners & Kraut, White Beans, Dessert

Jan 28—Meat Loaf, Veggies, Dessert

If your birthday falls in Dec or Jan, please bring a dessert to share on: Dec 3 or Jan 21. Dec is early because of Christmas.

Did you know? Legal Aid comes on the 1st Monday of the month to counsel low income and victims of domestic violence. Highland Park Ruritan Club 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 and Alzheimer TN has Alzheimer's and Dementia Support Group on 1st Wed. All of these services are **FREE!** Take advantage!

New Beginner's Line Dance: January 20 @ 1. Sign up please.

OUTREACH: We go to Spring Place every month 4th Mon. Greenback Outreach & Pot Luck is 3rd Fri.

Bottle, Promise, Hole

Now accepting **Bingo Donations** for our Outreach Bingo at Spring Place. Everyone there really loves our visits and Bingo. Thank you for helping us with that project! It is appreciated!

Due to the holiday season the Center will be open, but with no scheduled activities on the following dates: Dec 22, 28, 29, 30. We will be closed: Dec 23, 24, 25 & Jan 1. Line dancing only on Dec 21. We have lots of events & trips to make up for it! We have loved serving you in 2015 and look forward to more fun in 2016!

We can never say it enough—our volunteers are the best anywhere! YOU keep this Center the lively, fun and clean place it is. We love you! The Staff

United Way Agency

