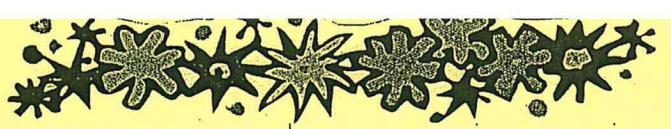
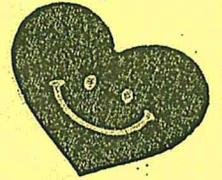
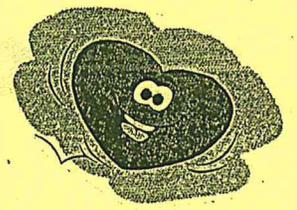


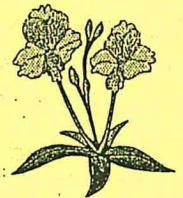
February 2016



Mon	Tue	Wed	Thu	Fri
Local Dr. Trans 1 9 Legal Aid 9 Yoga 10:15 Line Dancing 2 HPRC Bingo	Taxes, appt only 2 Knox Dr. Trans 9 Total Body Fitness 10:15 Tai Chi 10:30 Walk w Ease	9 Groc Shop 3 9 & 1:15 Art 9:30 Beg Line Dance 1:30 Alzheimer's Support Group	9 Total Body Fit 4 10 SAILS Class 12 Lunch--Kindred Bingo & Dessert 1 Knit Alongs	5 Life Line Screening, Appointment Only!
Local Dr. Trans 8 9 Yoga 10:15 Line Dancing 10:30 Grief Support	Taxes, appt only 9 Knox Dr. Trans 9 Total Body Fitness 10:15 Tai Chi 10:30 Walk w Ease	9 Groc Shop 10 9 & 1:15 Art 9:30 Beginner's Line Dancing	9 Total Body Fit 11 10 SAILS Class 12 Valentine's Lunch Speaker, Trent Magill MUST RSVP! 1 Knit Alongs	12 9 Ollie's & Foothills Mall
15 CLOSED FOR 	Taxes, appt only 6 Knox Dr. Trans 9 Total Body Fitness 10:15 Tai Chi 10:30 Walk w Ease	9 Groc Shop 17 9 & 1:15 Art 9:30 Beg Line Dance 1 & 2:15 Computer Class	9 Total Body Fit 8 10 SAILS Class 12 Lunch, BOND FAMILY SINGERS! 1 Knit Alongs	19 9 Yoga, TBD 11 Greenback Pot Luck & Outreach
Local Dr. Trans 22 9 Yoga 10:15 Line Dancing 10:30 Grief Support 1:45 Spring Place	Taxes, appt only 23 Knox Dr. Trans 9 Total Body Fitness 10:15 Tai Chi	9 Groc Shop 24 9 & 1:15 Art 9:30 Beg Line Dance 11 Interagency 1 & 2:15 Comp Cl.	9 Total Body Fit 25 10 SAILS Class 12 Lunch, Speaker Elizabeth Lee 1 Knit Alongs	26 9 Yoga, TBD 8:30 Hamilton Place Mall, Chattanooga
29 Local Dr. Trans 9 Yoga 10:15 Line Dancing	<p>PLEASE take note of all the activities on the back, too. We don't want you to miss ANY opportunities to have fun, get help or get healthier.</p> <p>We aim to please! If you have any suggestions or comments, just let us know. We can't please everyone, but we'll surely try!</p>			



March 2016 Happy Easter



Mon	Tue	Wed	Thu	Fri
	1 Knox Dr. Trans Taxes, appt only 9 Total Body Fitness 10:15 Tai Chi	2 9 Groc Shop 9 & 1:15 Art 9:30 Beg Line Dance 1:30 Alzheimer's Gr 1 & 2:15 Comp Class	3 9 Total Body Fitness 10 SAILS Class 12 Lunch, Special Guests--Akima Singers! 1 Knit Alongs	4 9 Yoga, TBD 9 Gabe's, Dollar Movie, Shopping
Local Dr. Trans 7 9 Legal Aid 9 Yoga 10:15 Line Dancing 2 HPRC Bingo	8 Knox Dr. Trans Taxes, appt only 9 Total Body Fitness 10:15 Tai Chi 11:30 Dr. Jessica	9 9 Groc Shop 9 & 1:15 Art 9:30 Beginner's Line Dance 1 & 2:15 Comp Class	10 9 Total Body Fit 10 SAILS Class 12 Lunch, Tellico Village CLOWNS!! 1 Knit Alongs	11 9 Yoga, TBD 9 Sweetwater Shopping
14 Local Dr. Trans 9 Yoga 10:15 Line Dancing 10:30 Grief Support	15 Knox Dr. Trans Taxes, appt only 9 Total Body Fitness 10:15 Tai Chi	16 9 Groc Shop 9 & 1:15 Art 9:30 Beginner's Line Dance	17 9 Total Body Fit 10 SAILS Class 12 Lunch, Sheila Borders, Tai Chi 1 Knit Alongs	18 9 Yoga, TBD 11 Greenback Pot Luck & Outreach
21 Local Dr. Trans 9 Yoga 10:15 Line Dancing	22 Knox Dr. Trans Taxes, appt only 9 Total Body Fitness 10:15 Tai Chi	23 9 Groc Shop 9 & 1:15 Art 9:30 Beginner's Line Dance 11 Interagency	24 9 Total Body Fit NO SAILS CLASS 12 Easter Dinner, Ann Cadmus, singer 1 Knit Alongs	25 CLOSED FOR GOOD FRIDAY!
Local Dr. Trans 28 9 Yoga 10:15 Line Dancing 10:30 Grief Support 1:45 Spring Place Bingo & Outreach	29 Knox Dr. Trans Taxes 9 Total Body Fitness 10:15 Tai Chi	30 8:30 Cholesterol Ck MUST have appt! 9 Groc Shop 9 & 1:15 Art 9:30 Beg Line Dance	31 9 Total Body Fit 10 SAILS Class 12 Lunch, Click's-- Planning Ahead 1 Knit Alongs	

Overheard: "I don't suffer from insanity, I enjoy every minute of it!"

How do we know the Indians were the first people in America? They had reservations.

What can you hold without ever touching it? A conversation.

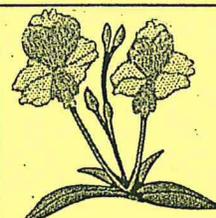
What clothes does a house wear? Address.

How can you get four suits for a dollar? Buy a deck of cards.

What bird can lift the most? A crane.

How do you make a hot dog stand? Steal its' chair.

How do you make an egg laugh? Tell it a yoke.



Loudon County Senior Center

Phone No. 458-5445

February, 2015 & March, 2016

Van Trips Sign up date Feb 1 @ 8:30

Feb 12—Foothills Mall—9:00. Ollie's, Foothills. \$4

Feb 26—Hamilton Place Mall, Chattanooga—9:00. \$4

Mar 4—Dollar Movie, GABE'S!, Old Time Pottery. \$4

Mar 11—Postponed Sweetwater Trip, \$4

Apr 4—HARRAH'S. Can sign up anytime. Loudon 7:30, LC 7:45

Cost \$

All of our winter season trips are weather permitting.

If the schools close due to snow, there will be no scheduled activities. The Center will be open if staff is able to get here.

Dr. Jessica Briere Series: Dr. Jessica will be doing a year long 2nd Tuesday Healthy Living series. Feb topic is "Boosting Metabolism", March is "Smart Exercising".

PLEASE SIGN UP! Thank you, Dr. Jessica!

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.

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

IT'S TAX TIME AGAIN! AARP will again do tax preparation at no charge for low to middle income people. We will make appointments starting Jan 22 for February 2. They will be here on Tuesdays.

You **MUST** have appointment! Call 458-5445.

LIFE LINE SCREENING: Friday, Feb 5. Call 888-653-6450 for appointment. Carotid Artery/Plaque, Heart Rhythm or Abdominal Aortic Aneurysm Screening are \$70 each. Peripheral Arterial Disease or Osteoporosis Screenings are \$60. All 5 tests are \$149.



United Way Agency

ARE YOU A FALL RISK? We have an exciting new class starting April 4. **MATTER OF BALANCE** can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. This class is led by Beth LaFontaine of UT Hospital.

Space is limited, so please call for appt.

Menu:

Feb 4—Beans, Fried Potatoes, Corn Bread. Kindred Health is providing Dessert & Bingo. A **BIG** thank you to Kindred!

Feb 11—Chicken Casserole, Vegetable & Dessert. **Valentine's Lunch—special guest: Trent Magill, WATE. Must sign up!!**

Feb 18—Spaghetti & Salad, Dessert

Feb 25—Vegetable Soup, Pimiento Cheese, Dessert

March 3—Chili Dogs, Chips & Dessert

March 10—Cabbage Beef Soup, Dessert

March 17—Hamburgers, Chips & Dessert. **Wear GREEN!**

March 24—Easter Dinner. We provide ham—you bring salad, vegetable or dessert. **MUST** sign up!

March 31—Shepherd's Pie, Peas & Dessert

If your birthday falls in Feb or March, please bring a dessert to share on: Feb 18 and Mar 17.

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. 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: Started Jan 20 @ 1. Sign up!

Computer Classes: Rory Smith is teaching these. Sign up!

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

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!

Loudon Senior Center will be closed: Feb 15 for Presidents' Day & March 25 for Good Friday.

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

We have exercise programs and classes for almost everyone to participate in. Matter of Balance for 8 weeks, SAILS, Tai Chi, Total Body Fitness and Yoga: you choose! We also have an exercise equipment room to use free of charge any time we are open. Take advantage of all we have to offer—we love to see our seniors staying healthy!

Thought for the day: If not for the rain, there would be no flowers...

