

Loudon County Senior Center

Phone No. 458-5445

April & May 2016

Van Trips Sign up date April 1 @ 8:30

April 4—Harrah's, Cherokee, NC—7:30 Loudon, 7:45 LC. \$35

April 29—Dogwood Arts Festival—9:00. \$4

May 6—Turkey Creek, Movie & Shopping—9:00. \$4

May 13—Cades Cove—BYO Picnic—8:30. \$4

JUNE: Smokies Baseball game, Tuesday, June 14. Sign up soon.

Dr. Jessica Briere Series: Dr. Jessica will be doing a year long 2nd Tuesday Healthy Living series. April topic is "Managing Chronic Pain w/o Medication". May topic is "Joint Replacement Surgery: What, When, How & Your Alternatives". **PLEASE SIGN UP!** Thank you, Dr. Jessica!

TOUJEO INSULIN CLASSES: Milli Tallent, Certified Diabetes Educator RN, is conducting Toujeo Insulin Class April 19 & May 17. She will also instruct in other diabetic medication and nutrition.

DID YOU KNOW? Legal Aid comes on the 1st Monday of the month to advise low income and victims of domestic abuse. Highland Park Ruritan Club has Bingo on the 1st Monday. Avalon Hospice has Grief Support Group on the 2nd & 4th Monday. Amedisys and Alzheimer's TN has Alzheimer's and Dementia Support Group on 1st Wed. All of these are **FREE!** Take advantage of these programs!

BRANSON, MISSOURI TRIP: If you would be interested in going

To Branson, MO with Loudon Senior Center and Morgan County Office on Aging, please let Gail or Jeanie know. It is Sept. 12-15, 2016. It is a 4 day/3 night pkg. which includes: 3 nights hotel, 3 Breakfasts, 2 dinners, 4 shows, sightseeing. The cost is \$479

PP/Dbl Occ. The taxes and meal gratuities are included.

Website: www.Loudoncounty-tn.gov Click on government, then

Click on Department. Senior Center/Office on Aging is there.

Click on it and you can download our monthly calendar.

Menu:

April 7—Sandwiches, Macaroni Salad, Dessert

April 14—Beans, Fried Potatoes, Corn Bread—Desserts by Kindred Healthcare. Thank you, Kindred!!!

April 21—Mac & Cheese, Veggies, Dessert

April 28—Meat Loaf, Potatoes, Peas, Dessert

May 5—Chili Dogs, Chips, Dessert

May 12—Baked Spaghetti, Salad, Dessert

May 19—Pimiento Cheese, Potato Salad, Jello, Dessert

May 26—Hamburgers, Chips, Dessert

If your birthday falls in April or May, please bring a dessert to share on: April 21 or May 12. **THANK YOU!!!**

MUSIC & DANCE TIME! May, June & July we'll have a dance with Karaoke music on the last Friday of the month from 5 to 7:30. Ramey Lyles, Loudon Parks & Recreation, will man the machine for us. Refreshments will be available for purchase. **Time for FUN!!!**

WALK WITH EASE will meet again in June after school is out. Walk with Elizabeth Lee at LHS track at 8:30 am on Fridays weather permitting, Blairland Baptist Church if raining.

New Beginner's Line Dance: Started Jan 20 @ 9:30. Sign up!

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

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

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! Anyone is welcome to go with us to visit and play Bingo.

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

BOOK CLUB??? Are you interested in forming a Book Club? Let me know and I'll try to help get one together. *Jeanie*

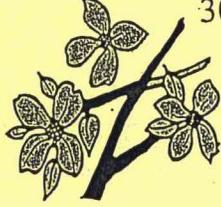
We can never say it enough—our volunteers are the best anywhere! **YOU** keep this Center the lively, fun and clean place it is. We love you! *The Staff*

Special thanks to: AARP Tax Aide volunteers. They do so much more "behind the scenes" work than anyone sees. Thanks!



United Way Agency

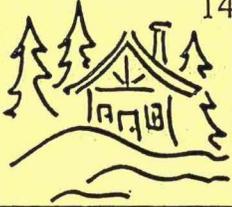
TALENT SHOW!! I'm starting to plan the Second Annual Talent Show. If you have a talent you would like to share, please let me know. There will be lots of talent, good food, awesome prizes and even more FUN! *Jeanie*

Mon	Tue	Wed	Thu	Fri	Sat	
Please read the back of the calendar, too! We have programs coming up you don't want to miss. Are you coming to hear Dr. Jessica? Why not? Need help with insulin? Want to join a Book Club? It's all on back!			RIDDLE: If you have me, you want to share me. If you share me, you haven't got me. What am I? Before Mt. Everest was discovered, what was the highest mountain?		Happy April Fools' Day! 9 Yoga Exercise, Cards Billiards	
Local Dr. Trans 4 9 Legal Aid 9 Yoga 10:15 Line Dancing 1 Matter of Balance 2 HPRC Bingo	Knox Dr. Transport 5 Taxes, appt only 9 Total Body Fitness 10:15 Tai Chi	9 Grocery Shop 6 9:30 Beg Line Dance 1 & 2:30 Comp Class 1:30 Alzheimer's Support Group	9 Total Body Fit 7 10 SAILS Class 12 Lunch, Jeff Bales Clear Captions 1 Knit Alongs	9 Yoga 8 Exercise, Cards Billiards	A retired husband is a wife's full time job!	
Local Dr. Trans 11 9 Yoga 10:15 Line Dancing 10:30 Grief Support 1 Matter of Balance	Knox Dr. Trans 12 Taxes, appt only 9 Total Body Fitness 10:15 Tai Chi 11:30 Dr. Jessica	9 Groc Shop 13 9 Art Class 9:30 Beg Line Dance 1 & 2:30 Comp Class	9 Total Body Fit 14 10 SAILS Class 12 Lunch, BINGO & Dessert by Kindred 1 Knit Alongs	9 Yoga 15 Exercise, Cards Billiards 11 Greenback Outreach & Pot Luck		
Local Dr. Trans 18 9 Yoga 10:15 Line Dancing 1 Matter of Balance	Knox Dr. Trans 19 9 Total Body Fitness 10:15 Tai Chi 1:30 Toujeo Insulin Class--Call to sign up	9 Groc Shop 20 9 Art Class 9:30 Beg Line Dance 1 & 2:30 Computer Class	9 Total Body Fit 21 10 SAILS Class 12 Lunch, Karaoke with Tom Harvey!! 1 Knit Alongs	9 Yoga 22 Exercise, Cards Billiards	Answers to riddles: A secret Mt. Everest	
Local Dr. Trans 25 9 Yoga 10:15 Line Dancing 10:30 Grief Support 1 Matter of Balance 1:45 Spring Place	Knox Dr. Trans 26 9 Total Body Fitness 10:15 Tai Chi	9 Groc Shop 27 9 Art Class 9:30 Beg Line Dance 11 Interagency	9 Total Body Fit 28 10 SAILS Class 12 Lunch, Tom Westbrook, Mutual of Omaha 1 Knit Alongs	9 Yoga 29 9 Dogwood's Art Festival on Market Square Mall Exercise, Cards		



May 2016



Mon	Tue	Wed	Thu	Fri	Sat
Local Dr. Trans 2 9 Legal Aid 9 Yoga 10:15 Line Dancing 1 Matter of Balance 2 HPRC Bingo	Knox Dr. Trans 3 9 Total Body Fit 10:15 Tai Chi	9 Groc Shop 4 9:30 Beg Line Dance 1:30 Alzheimer's Support Group	9 Total Body Fit 5 10 SAILS Class 12 Lunch, Ramey Lyles, Loudon Parks & Rec 1 Knit Alongs	9 Yoga 6 9 Turkey Creek, Movie & Shopping Exercise, Cards, Billiards	RIDDLE: What word becomes shorter when you add "er"?
Local Dr. Trans 9 9 Yoga 10:15 Line Dancing 10:30 Grief Support 1 Matter of Balance	Knox Dr. Trans 10 9 Total Body Fitness 10:15 Tai Chi 11:30 Dr. Jessica	9 Art Class 11 9 Grocery Shopping 9:30 Beg Line Dance	9 Total Body Fit 12 10 SAILS Class 12 Lunch, AKIMA singers!!! 1 Knit Alongs	9 Yoga 13 8:30 Cades Cove, BYO Picnic Exercise, Cards, Billiards	
Local Dr. Trans 16 9 Yoga 10:15 Line Dancing 1 Matter of Balance	Knox Dr. Trans 17 9 Total Body Fitness 10:15 Tai Chi 1:30 Toujeo Insulin Class	9 Art Class 18 9 Grocery Shopping 9:30 Beg Line Dance	9 Total Body Fit 19 10 SAILS Class 12 Lunch, BINGO & Dessert-- Kindred 1 Knit Alongs	9 Yoga 20 11 Greenback Outreach & Pot Luck Exercise, Cards, Billiards	Answer to Riddle: SHORTER
Local Dr. Trans 23 9 Yoga 10:15 Line Dancing 10:30 Grief Support 1 Matter of Balance 1:45 Spring Place	Knox Dr. Trans 24 9 Total Body Fitness 10:15 Tai Chi	9 Art Class 25 9 Grocery Shopping 9:30 Beg Line Dance	9 Total Body Fit 26 10 SAILS Class 12 Lunch, Physio Therapy--"Vertigo" 1 Knit Alongs	9 Yoga 27 5-7:30 KARAOKE Dance & Music!! Eat dinner with us and dance it off!	
 Closed for Memorial Day	Knox Dr. Trans 31 9 Total Body Fitness 10:15 Tai Chi	Loudon Senior Center 901 Main St. Loudon, TN 37774 865-458-5445			MUSIC & DANCING! Come enjoy the fun Friday evening from 5 til 7:30. Ramey Lyles from Loudon Parks & Recreation will man the Karaoke machine. We'll have food to buy--fun is FREE!