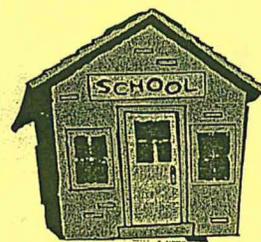


# August 2016

Back  
to  
School



Mon	Tue	Wed	Thu	Fri
Local Dr. Trans 1 9:00 Legal Aid 9:00 Yoga 10:15 Line Dancing 2:00 HPRC Bingo	Knox Dr. Transport 2 9:00 Total Body Fitness NO Tai Chi	9:00 Grocery Shop 3 12:00 Computer--Meet & Share 1:30 Alzheimer's Support Group	9:00 Total Fitness 4 10:00 SAILS Class 12:00 Lunch--"Budgeting on a Fixed Income" 1 Knit Alongs	9:00 Yoga 5 9:00 Oak Ridge Shopping & Movie
Local Dr. Transport 8 9:00 Yoga 10:15 Line Dancing 10:30 Grief Support	Knox Dr. Transport 9 9:00 Total Fitness 9:00 Toe Nail Trims-APPT! 10:15 Tai Chi 11:30 Dr. Jessica	9:00 Grocery Shopping 10 9:00 Art Class 1:00 Art Class	9:00 Total Fitness 11 10:00 SAILS Class 12:00 Lunch--Kindred Bingo & Dessert 1:00 Knit Alongs	9:00 Yoga 12
Local Dr. Transport 15 9:00 Yoga 10:15 Line Dancing 1:00 Matter of Balance	NO TRANSPORT! 16 9:00 Total Fitness 1:00 Computer Workshop 1:30 Toujeo Insulin Class	9:00 Grocery Shopping 17 9:00 Art Class 1:00 Art Class 1:00 Stewart Crane-- "TN Care Trusts & Nursing Homes"	9:00 Total Fitness 18 10:00 SAILS Class 12:00 Lunch--Smoky Mtn Service Dogs 1 Knit Alongs	9:00 Yoga 19 11:00 Greenback Outreach & Pot Luck
Local Dr. Transport 22 9 Yoga 10:15 Line Dancing 10:30 Grief Support 1:00 Matter of Balance 1:45 Spring Place	NO TRANSPORT 23 9:00 Total Fitness 9:30 Mamma Mia 10:15 Tai Chi	9:00 Grocery Shopping 24 9:00 Art Class 1 Art Class	9:00 Total Fitness 25 10:00 SAILS Class 12:00 Lunch--Low Vision Services 1:00 Knit Alongs	9:00 Yoga 26
Local Dr. Transport 29 9:00 Yoga 10:15 Line Dancing 1:00 Matter of Balance	Knox Dr. Transport 30 9:00 Total Fitness 10:15 Tai Chi	9:00 Grocery Shopping 31 9:00 Art Class 1:00 Art Class	An elderly gentleman having hearing problems went to see a specialist. The dr. fitted him with hearing aids which made his hearing 100%. The senior went back for a checkup and the dr. was very pleased. "Your family must be thrilled how well you can hear." "My family doesn't KNOW I can hear. I've changed my will three times!"	

# September 2016

Mon	Tue	Wed	Thu	Fri
 <b>HAPPY LABOR DAY!!!</b>			9:00 Total Fitness 1 10:00 SAILS Class 12:00 Lunch--"Medical & Non-Medical Difference in Home Health Care BIRTHDAY WEEK!! 1:00 Knit Alongs	9:00 Yoga 2 9:00 Ollie's & Foothills Mall & Movie
CLOSED FOR LABOR DAY 5	Knox Dr. Transport 6 9:00 Total Fitness 10:15 Tai Chi 6:00 Line Dancing	9:00 Grocery Shopping 7 1:30 Alzheimer's Support Group	9:00 Total Fitness 8 10:00 SAILS Class 12:00 Lunch, Clear Captions RESERVATIONS!!! 1:00 Knit Alongs	9:00 Yoga 9
Local Dr. Transport 12 9:00 Yoga 9:00 Legal Aid 10:15 Line Dancing 10:30 Grief Support 1:00 Matter of Balance	Knox Dr. Transport 13 9:00 Total Fitness 10:15 Tai Chi 11:30 Dr. Jessica 6:00 Line Dancing	9:00 Grocery Shopping 14 9:00 Art Class 1:00 Art Class	9:00 Total Fitness 15 10:00 SAILS Class 12:00 Lunch--Kindred Dessert & Bingo 1:00 Knit Alongs	9:00 Yoga 16 11:00 Greenback Outreach & Pot Luck
Local Dr. Transport 19 9:00 Yoga 10:15 Line Dancing 1:00 Matter of Balance	Knox Dr. Transport 20 9:00 Total Fitness 10:15 Tai Chi 1:30 Toujeo Insulin Class 6:00 Line Dancing	9:00 Grocery Shop 21 9:00 Art Class 1:00 Art Class	9:00 Total Fitness 22 10:00 SAILS Class 12:00 Lunch--"End of Life Issues" 1:00 Knit Alongs	9:00 Yoga 23
Local Dr. Transport 26 9:00 Yoga 10:15 Line Dancing 10:30 Grief Support 1:00 Matter of Balance 1:45 Spring Place	Knox Dr. Transport 27 9:00 Total Fitness 10:15 Tai Chi 1:00 Art & Hors D'oeuvres 6:00 Line Dancing	9:00 Grocery Shopping 28 9:00 Art Class 1:00 Art Class	9:00 Total Fitness 29 10:00 SAILS Class 12:00 Lunch--MUSIC BINGO!!! 1:00 Knit Alongs	9:00 Yoga 30 9:00 Greek Fest



Art's

&

Hors

D'oeuvres

Join us Sept. 27<sup>th</sup> for

Our first Art & Hors

D'oeuvres Class taught

by Karen Harper. Class

size is limited.

# Loudon County Senior Center

Phone No. 458-5445

August & September 2016

## Van Trips Sign up date Aug 1 @ 8:30

Aug 5—Oak Ridge, Movie & Shopping, 9:00; \$4

Aug 23—Special Trip to Mamma Mia. Sign up started 6/30.

Check to see if seats still available. \$32

Sept 9—Ollie's & Foothills Mall, 9:00; \$4.00

Sept 30—**GREEK FEST!!!** Experience authentic Greek food, crafts, music & dancing, shop @ Kohl's first, 9:00; \$4.00

**HARRAH'S:** Monday, Oct 10. \$35 includes \$10 play voucher and \$10 food voucher.

**TN CARE & NURSING HOME CARE:** Be prepared! Do you have TN CARE, have questions about plans to ensure you don't lose your home if you have a long nursing home stay? Attorney Stewart Crane will have a program Aug 17 at 1:00.

**SUPPORT GROUPS:** Alzheimer's: 8/3 & 9/7. **NEW** Grief Support Group starting on August 8. Meetings are 2<sup>nd</sup> & 4<sup>th</sup> Mondays.

**Toe Nail Trims:** August 9. Must have appt and be preregistered. Stop by the office for papers to fill out.

**Art & Hrs D'oeuvres:** Karen Harper will be teaching this class on Sept. 27.

**Thanks to United Way for Housekeeping Funding!**

**Meet & Share:** Computer get together—Wed, Aug 3<sup>rd</sup>, 12—2. No charge. **Computer Workshop #1:** Aug 9<sup>th</sup>, 1—3. Information Shortcuts & Secrets. **Computer Workshop #2:** Aug 16, 1—3. Protecting Your Computer & Backing Up Your Data. Both workshops are \$10 each and need to be signed up for.

The staff of Loudon Senior Center would like to say a big "Thank You!" to all of our seniors. You walk in the door with smiles on your faces, ready to embrace anything we throw at you! **YOU** are the best part of our jobs! Thank you for your support.

*The Staff*

**HAPPY LABOR DAY!!!**

## MENU:

Please bring a dessert to share on "Birthdays!" week if your birthday falls in that month. Thanks!

Aug 4—Veggie Plate, Corn Bread—**BIRTHDAY WEEK!**

Aug 11—Beans, Slaw, Dessert

Aug 18—Pimiento Cheese, Macaroni Salad, Dessert

Aug 25—Meat Loaf, Potatoes, Dessert

Sept 1—Hamburgers, Chips, **BIRTHDAY WEEK!**

Sept 8—Brown Bag Lunch—**MUST** have reservation!!!

Sept 15—Chef Salad, Dessert

Sept 22—Hot Dogs, Baked Beans, Chips, Dessert

Sept 29—Baked Spaghetti, Salad Dessert

**NEW CLASSES:** *Matter of Balance* class rescheduled from earlier. Min of 8 for class—call and reserve to ensure having the class. Starts Aug 8, 1:00-3:00 for eight Mondays we are open.

**Men's Line Dancing:** Sept 6 for 6 weeks. Open to women also.

**OUTREACH OPPORTUNITIES:** Greenback Aug 19 & Sept 16, Spring Place Aug 22 only.

**LEGAL AID SERVICE** Legal Aid of East TN will be here to consult with low income and/ or victims of domestic violence on general civil legal matters on 8/1 & 9/12 from 9-11. Call 865-637-0484 for appointment.

**Dr. Jessica** will be here Aug 9 & Sept 13

**WEB SITE:** [www.Loudoncounty-tn.gov](http://www.Loudoncounty-tn.gov) Click on Government, then Department, then Senior Center/Office on Aging. Download monthly calendar.

**Volunteers**—A big thank you for all your help! **YOU** help make this Center a success and we love you! Talk to Jeanie about some big plans if you are a volunteer.

**BOOK CLUB:** We have three people interested in starting a new book club. Give Jeanie a call if you'd like to participate.

**Walk with Ease** is starting back up Sept 2 at 9:00. Meet at Loudon High School track, NOT the park next to Senior Center.

**PLEASE** read front and back of the calendar so you won't miss events you are interested in. Many times people say they've missed something because they didn't know it was available.

**THOUGHTS FOR THE DAY:** "Happiness cannot be travelled to, owned, earned or worn. It is the spiritual experience of living every minute with love, grace and gratitude." Denis Waitley

