

# Loudon County Senior Center

Phone No. 458-5445

June & July 2016

## Van Trips Sign up date June 3 @ 8:30

June 10—Ft. Loudon and Cherokee Museum, eat breakfast at Hardees, pack a lunch. Loudon 8:30; no LC pick up, \$4

June 14—Smokies game. 8:30 Loudon, no LC pick up. Eat breakfast @ Bogangles on the way. Call for information.

June 20—Etowah Amish Farms and Junk Stores! Loudon 9:00; no LC pick up. \$4

July 1—McClung Museum, East TN Historical Soc. 9:00, \$8

July 8—West Town Mall. 9:00 \$4

**SUPPORT GROUPS:** Alzheimer's June 1 & July 6, Grief Support June 6 & 20, July 11 & 25.

**KARAOKE TIME!!** June 24 & July 29 from 5 to 7:30 pm. Come enjoy the fun with singing, dancing, eating. Plenty of chairs for sitting, too!

**TALENT SHOW** coming again July 21. Looking for talent and sponsors. Don't forget to sign up—we have to limit it to 75 people attending. Delicious food and lots of FUN!!

Thanks to United Way for Housekeeping Program funding!

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 jobs! Thank you for your support. *The Staff*

Happy July 4th from the Staff!

Two old timers were nodding off in their chairs at the nursing home. Their wives thought they'd play a little trick on them so they streaked by buck naked in front of the dozing men. Opening one eye, the first old timer said, "Henry, did you see what I just saw!" "I'm not quite sure," replied Henry, but whatever it was sure needed ironing!" Thank you, Frances Ealey!

## MENU:

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

June 2—Beans, Slaw, Corn Bread—BIRTHDAY WEEK!

June 9—Chef Salad, Dessert

June 16—Ham Sandwiches, Potato Salad, Dessert

June 23—Country Lunch, Dessert

June 30—Chicken Salad Sandwiches, Chips, Dessert

July 7—4<sup>th</sup> of July lunch—Hot Dogs, BIRTHDAY WEEK!

July 14—Pimiento Cheese, Corn Bread Salad, Dessert

July 21—TALENT SHOW! Menu to be determined.

July 28—Baked Spaghetti and Salad.

**OUTREACH OPPORTUNITIES:** Greenback June 17 & July 15, Spring Place June 27 & July 25.

**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 the first Monday each month from 9-11. Call 865-637-0484 for appointment.

**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 two people interested in starting a new book club. Give Jeanie a call if you'd like to participate.

**SCHEDULE CHANGES:** No Yoga on June 10, no Total Body Fitness on June 7 or 9, no HPRC Bingo on July 4. Dr. Jessica will be at 1:00 on June 7<sup>th</sup> instead of 11:30 on June 14<sup>th</sup>. No Knoxville Dr's transportation on June 14<sup>th</sup>.

**Walk with Ease** is starting back up on June 17<sup>th</sup> 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:** Peace starts with a smile.\*\*\* He who angers you, controls you. \*\*\* Forbidden fruits cause many jams. (\*\*)



United Way Agency

# June 2016

*Happy Father's Day!*

| Mon  | Tue  | Wed  | Thu  | Fri   |
|--|--|--|--|---|
|            | <i>Happy Father's Day!</i>   | 9 Grocery Shop<br>9:30 Beg Line Dance<br>1 & 2:15 Computer Classes<br>1:30 Alzheimer's Group | 9 Total Body Fitness<br>10 SAILS Class<br>12 Lunch, SR Medical, Mobil Doctor<br><b>BIRTHDAY WEEK!</b><br>1 Knit Alongs | 9 Yoga<br>Enjoy Exercising, Cards, Games, Billiards all day!                          |
| Local Dr Trans<br>9 Legal Aid<br>9 Yoga<br>10:15 Line Dancing<br>2 HPRC Bingo              | Knox Dr. Transport<br><b>NO TOTAL FITNESS OR TAI CHI</b><br>1:00 Dr. Jessica | 9 Grocery Shop<br>9 & 1 Art Classes<br>9:30 Beg Line Dance<br>1 & 2:15 Comp Class            | <b>NO TOTAL FITNESS OR SAILS TODAY!</b><br>12 Lunch, Dr. Bragg--<br>Nutrimost Weight Prog<br>1 Knit Alongs             | 8:30 Ft. Loudon & Cherokee Museum, <b>NO LC PICKUP</b><br>9 Yoga<br>9 Walk with Ease  |
| Local Dr Transport<br>9 Yoga<br>10:15 Line Dancing<br>10:30 Grief Group                    | 8:30 Smokies Game<br>9 Total Body Fitness<br>10:15 Tai Chi                   | 9 Grocery Shop<br>9 & 1 Art Classes<br>9:30 Beg Line Dance<br>1 & 2:15 Comp Class            | 9 Total Body Fitness<br>10 SAILS Class<br>12 Lunch, Lisa Thompson, Lottery Seams<br>1 Knit Alongs                      | 9 Yoga<br>9 Walk with Ease<br>11 Greenback<br>Outreach & Pot Luck                     |
| 8:30 Etowah Amish Farms & Junk Stores, <b>NO LC PICKUP</b><br>9 Yoga<br>10:15 Line Dancing | Knox Dr. Trans<br>9 Total Body Fitness<br>10:15 Tai Chi                      | 9 Grocery Shop<br>9 & 1 Art Classes<br>9:30 Beg Line Dance<br>1 & 2:15 Comp Class            | 9 Total Body Fitness<br>10 SAILS Class<br>12 Lunch, Being Mortal film with Martha Dodge<br>1 Knit Alongs               | 9 Yoga<br>9 Walk with Ease<br>5 - 7:30 Karaoke!!!<br>Sing, Dance, Talk and Eat        |
| Local Dr Trans<br>9 Yoga<br>10:15 Line Dancing<br>10:30 Grief Group<br>1:45 Spring Place   | Knox Dr Transport<br>9 Total Body Fitness<br>10:15 Tai Chi                   | 9 Grocery Shop<br>9 & 1 Art Classes<br>9:30 Beg Line Dance                                   | 9 Total Body Fitness<br>10 SAILS Class<br>12 Lunch, Kindred<br><b>BINGO &amp; Dessert</b><br>1 Knit Alongs             |  |

*Singing!*

*Karaoke!*



*Dancing!*

*Music!*

*Hot Dogs!*

# July 2016

| Mon  | Tue   | Wed   | Thu   | Fri  |
|--|---|---|---|--|
|  <i>D'm a Yankee Doodle Dandy...<br/>Born on the Fourth of July!</i><br>Happy July 4th from the Staff! |   |  | Loudon Senior Center<br>901 Main St.<br>Loudon, TN 37774<br>865-458-5445                                      | 9 Yoga<br>9 Walk with Ease<br>9 McClung Museum & East TN-Hist. Society |
| Closed for July 4th<br>  | Knox Dr Trans<br>9 Total Body Fitness<br>10:15 Tai Chi                          | 9 Groc Shopping<br>9:30 Beg Line Dance<br>1:30 Alzheimer's Support Group            | 9 Total Body Fitness<br>10 SAILS Class<br>12 Lunch, 4th of July--<br>Ramey Lyle, Parks & Rec<br>1 Knit Alongs | 9 Yoga<br>9 Walk with Ease<br>9 West Town Mall                         |
| Local Dr Trans<br>9 Yoga<br>10:15 Line Dancing<br>10:30 Grief Group  | Knox Dr Trans<br>9 Total Body Fitness<br>10:15 Tai Chi<br>11:30 Dr. Jessica     | 9 Groc Shopping<br>9 & 1 Art Classes<br>9:30 Beg Line Dance                         | 9 Total Body Fitness<br>10 SAILS Class<br>12 Lunch, Kindred<br><b>BINGO &amp; Dessert</b><br>1 Knit Alongs    | 9 Yoga<br>9 Walk with Ease<br>11 Greenback<br>Outreach & Pot Luck      |
| Local Dr Trans<br>9 Yoga<br>10:15 Line Dancing   | Knox Dr Trans<br>9 Total Body Fitness<br>10:15 Tai Chi<br>1:30 Toujeo-Ins Class | 9 Groc Shopping<br>9 & 1 Art Classes<br>9:30 Beg Line Dance                         | 9 Total Body Fitness<br>10 SAILS Class<br>12 Lunch,<br><b>TALENT SHOW!</b><br>1 Knit Alongs                   | 9 Yoga<br>9 Walk with Ease   |
| Local Dr Trans,<br>9 Yoga<br>10:15 Line Dancing<br>10:30 Grief Group<br>1:45 Spring Place  | Knox Dr Trans<br>9 Total Body Fitness<br>10:15 Tai Chi                          | 9 Groc Shopping<br>9 & 1 Art Classes<br>9:30 Beg Line Dance                         | 9 Total Body Fitness<br>10 SAILS Class<br>12 Lunch, Community<br>Retire. Education Service<br>1 Knit Alongs   | 9 Yoga<br>9 Walk with Ease<br>5 to 7:30 <b>KARAOKE</b>                 |

*♪ ♪ ♪*

*"God Bless America"*

*Happy July 4th!*