












June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOURS OF OPERATION: Monday 8am-4pm Tuesday 8am-4pm Wednesday 8am-4pm Thursday 8am-4pm Friday 8am-4pm and other times as listed	HEALTH NOTE: Your heart is worth protecting!!!	Walking & Playing Pool occur daily when open. 		Iron sharpens iron so a man sharpens the countenance of his friend (to show rage or worthy purpose.) Proverbs 27:17		1 
2	3 Walking Inside 8am Bush's Baked Bean's & Lunch of your own (\$1) 9am 	4 Walking Inside 8am Senior Fitness 10am Ceramics (sign up!) 11am	5 Walking Inside 8am Calling & Visiting Shut-Ins Summer Clean Up	6 Walking Inside 8am Senior Fitness 10am-11am Playing Pool, Chess & Board Games (sign up!) 11am Summer Clean Up Dancing 6:30pm-8:30pm	7 Walking Inside 8am Summer Clean Up	8
9	10 Walking Inside 8am Sunshine Birthday Luncheon 11:30am-3pm	11 Walking Inside 8am Senior Fitness 10am-11am Ceramics (sign up!) 11am Playing Pool, Chess & Board Games (sign up!) 11am	12 Walking Inside 8am Luau Covered "M" Bingo 12pm (Sign up for items to bring) 	13 Walking Inside 8am Senior Fitness 10am-11am Planning July Calendar Dancing 6:30pm-8:30pm	14 Walking Inside 8am Honoring Father's Day w/ Healthy Snacks 11am (Sign up!)	15
16 Happy Father's Day 	17 Walking Inside 8am Mini Pedicure w/ Angel R. 11am (Sign up for time slot) NEW! Circuit Training 12pm (Sign up)	18 Walking Inside 8am Senior Fitness 10am-11am Community Meeting 7pm	19 Walking Inside 8am Fall Prevention Seminar 11am w/ Linda Maryland (sign up & bring lunch)	20 Walking Inside 8am Senior Fitness 10am-11am Playing Pool, Chess & Board Games (sign up!) 11am Dancing 6:30pm-8:30pm	21 Walking Inside 8am NEW! Circuit Training 12pm (Sign up!)	22
23	24 Walking Inside 8am NEW! Circuit Training 12pm (Sign up)	25 Walking Inside 8am Senior Fitness 10am-11am Ceramics (sign up!) 11am Playing Pool, Chess & Board Games (sign up!) 11am	26 Walking Inside 8am Covered Dish "M" Bingo 12pm (sign up!)	27 Walking Inside 8am Senior Fitness 10am-11am  Dancing 6:30pm-8:30pm	28 FACILITY CLOSED 	29
30	SIGN UP TO BE ON A COMMITTEE Please notify the center of any sick seniors. Let's take a to call our loved ones!	I can do all this through him who gives me STRENGTH Phillipians 4:13 NIV	 www.KnoxvilleTN.gov/recreation  /KnoxvilleRecreation  @knoxvilleparks	JUNE BIRTHDAYS 3rd - Yolanda Rodgers 4th - Ilene Beason 26th - Mary George 	Sunshine Birthday Club Presents: Diamond Tours Trip: Chicago Final payment due! 	



Larry Cox Senior Center

3109 Ocoee Trail
(865) 546-1700



Center Staff:
Pamela Mitchell

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOURS OF OPERATION: Monday 8am - 4pm Tuesday 8am - 4pm Wednesday 8am - 4pm Thursday 8am - 4pm Friday 8am - 4pm and other times as listed	1 Let's Ride the Trolley to the Tennessee Theater (Sign Up!) Time TBD 	2 Walking Inside 8am Senior Fitness 10am-11am Depart for The Soul of Motown Dinner Show 12pm	3 Walking Inside 8am Free Refreshments to Celebrate our Soldiers 11am	4 Independence Day CITY HOLIDAY FACILITY CLOSED 	5 Walking Inside 8am Let's Cut Watermelon 1pm (Sign Up!) Setting up for birthday luncheon 	6
7 DAILY ACTIVITIES Walking & Playing Pool Daily 	8 Sunshine Birthday Luncheon 11:30am-3pm Please bring a friend!	9 Walking Inside 8am Senior Fitness 10am-11am Setting up for Bingo All Day Collecting back to school items for Outreach Programs	10 Walking Inside 8am Cookout Covered Dish 12pm "M" Bingo (Sign up for food to bring)	11 Walking Inside 8am Senior Fitness 10am-11am Volunteer Day 11am Cotton Candy for Christenberry Summer Camp (Sign Up) Senior Dancing 6:30pm-8:30pm	12 Kick off celebration at Christenberry Rec 12pm (Sign Up!) VOLUNTEER DAY!	13 <i>"People don't care about what you know until they know that you care." -Theodore Roosevelt</i>
14 THANKS TO ALL FOR ASSISTING WITH THE 2019 FASHION SHOW. IT WAS A HUGE SUCCESS!	15 Walking Inside 8am Plant Swap 11:30am (share your extra plants) (Sign Up) Planning Aug/Sept Calendar Share your thoughts with Pam	16 Walking Inside 8am Senior Fitness 10am-11am Community Meeting 7pm	17 Walking Inside 8am Free Lunch & Learn 11am The Importance of Skin Safety/Wound Prevention (must sign up by the 10th)	18 Walking Inside 8am Senior Fitness 10am-11am Book Club & Board Games 12pm (Sign Up) Senior Dancing 6:30pm-8:30pm	19 Walking Inside 8am Walk down memory lane, talking about the old days & sharing pics with light refreshments 12pm (Sign Up!)	20 <i>He who is slow to anger has great understanding. Proverbs 14:29</i>
21 	22 Walking Inside 8am Free Lunch & Learn 11am Senior Life Planning with Tiffany from Dignity (must sign up by 16th)	23 Walking Inside 8am Senior Fitness 10am-11am ALL DAY Collecting back to school items for Outreach Programs	24 Walking Inside 8am Pizza Blast & "M" Bingo 12pm Sign up for items to bring pizza, drink, & dessert	25 Walking Inside 8am Senior Fitness 10am-11am Plant Swap 11:30am (share your extra plants) (Sign Up) Senior Dancing 6:30pm-8:30pm	26 FACILITY CLOSED 	27 JULY BIRTHDAYS 2nd - Phyllis McCarter 5th - Tommie Edmonds 10th - Genie Braid 15th - Blanche Watson 26th - Sadie Davidson 
28 Please notify the center of any sick seniors. Let's take a moment to call our loved ones!	29 Walking Inside 8am Calling & Sending Cards to Shut-Ins 1pm	30 Walking Inside 8am Senior Fitness 10am-11am Ice Cream Social 12pm (Must sign up by 24th)	31 Walking Inside 8am Free Lunch & Learn 12pm The Mind Diet "How to Reduce Dementia" (must sign up by the 24th)	 <p>www.KnoxvilleTN.gov/recreation /KnoxvilleRecreation @knoxvilleparks</p>		

If you want access to more information, please visit www.knoxvilletn.gov/recprograms