

# Larry Cox Senior Center

**Center Staff:**  
Pamela Mitchell



3109 Ocoee Trail  
(865) 546-1700



## September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Breast Cancer Awareness Month	<b>2</b> FACILITY CLOSED  	<b>3</b> Senior Fitness 10am-11am AMC Movie Day 12pm "Overcomer" from the creators of the War Room (Drive Over & Sign Up)	<b>4</b> Walking Inside 8am New Game Covered Dish 11am Pass Play: Left Right Center Sign up! Bring \$2	<b>5</b> Walking Inside 8am Senior Fitness 10am-11am Bring healthy snacks to share  Dancing 6:30pm-8:30pm	<b>6</b> Walking 8am Board Games 1pm Make It & Take It 2pm "Fall Craft" Sign Up!	<b>7</b> <b>Health Note:</b> Walk for Health Everyday the facility is open
<b>8</b>	<b>9</b> Walking Inside 8am  Sunshine Birthday Luncheon 11:30am-3pm Please bring a friend!	<b>10</b> Walking Inside 8am  Senior Day at the TN Valley Fair Sign Up 9:30am Senior Fitness 10am-11am	<b>11</b> Patriot Day Walking Inside 8am  Covered Dish Baked Potato "M" Bingo 12pm (Sign up to bring food)	<b>12</b> Walking Inside 8am Senior Fitness 10am-11am Bring healthy snacks to share Visiting Shut-Ins 11:30am  Dancing 6:30pm-8:30pm	<b>13</b>	<b>14</b> <b>DAILY ACTIVITIES</b> Walking & Playing Pool Daily  
<b>15</b> "Iron sharpens iron so a man sharpens the countenance of his friend (to show rage or worthy purpose) Proverbs 27:17	<b>16</b> Walking Inside 8am  Foothill Mall Shopping Sign Up \$1	<b>17</b> Walking Inside 8am Senior Fitness 10am-11am Bring healthy snacks to share AMC Movie Day 12pm (drive over & sign up) Community Meeting 7pm	<b>18</b> Walking Inside 8am  Covered Dish Breast Cancer "M" Bingo 12pm (Sign up to bring food)	<b>19</b> Walking Inside 8am Senior Fitness 10am-11am Book Club (Sign up!) 12pm Ice Cream Social 12pm (Must sign up by 16th) Dancing 6:30pm-8:30pm	<b>20</b> FACILITY CLOSED  	<b>21</b>  
<b>22</b>	<b>23</b> FACILITY CLOSED  	<b>24</b> FACILITY CLOSED  	<b>25</b> FACILITY CLOSED  	<b>26</b> FACILITY CLOSED   Dancing 6:30pm-8:30pm	<b>27</b> FACILITY CLOSED  	<b>28</b> "People don't care about what you know until they know that you care" -- Theodore Roosevelt
<b>29</b> Please notify the center of any sick seniors. Let's take a moment to call our loved ones!	<b>30</b> Surprise Field Trip Sign Up!	<b>HOURS OF OPERATION</b> Monday 8am-4pm Tuesday 8am-4pm Wednesday 8am-4pm Thursday 8am-4pm Friday 8am-4pm *unless noted & subject to change			<b>SEPTEMBER BIRTHDAYS</b> 4th - Vanessa Curry 7th - John Giffin 10th - Lib Lynch 17th - Pat Sutherland 25th - Peggy Rouse 29th - Debbie Ross  	<b>LEGEND</b> Yellow - Event is off site Gray - Facility Closed

For more information, please visit [www.knoxvilletn.gov/recprograms](http://www.knoxvilletn.gov/recprograms)

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## October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HOURS OF OPERATION</b> Monday 8am - 4pm Tuesday 8am - 4pm Wednesday 8am - 4pm Thursday 8am - 4pm Friday 8am - 4pm * unless noted & subject to change	<b>DAILY ACTIVITIES</b> <b>Walking &amp; Playing Pool</b> 	<b>1</b> Senior Fitness 10am-11am  AMC Movie Day 12pm Sign up in advance	<b>2</b> Walking Inside 8am  Field Trip 9am \$2 Calhoun's Lenoir City & Turkey Creek Shopping Sign up & pay in advance	<b>3</b> Walking Inside 8am Community Meeting 8:30am Senior Fitness 11am Bring a healthy snack to share  Dancing 6:30-8:30pm	<b>4</b> Facility closed 9:30am-1:30pm Walking Inside 8am	<b>5</b>
<b>6</b> <b>Health Note:</b> <b>Walk for Health</b> <b>Everyday the facility is open</b>	<b>7</b> Hampton Mall Trip 8am \$2 Trip to Chattanooga Sign up & pay in advance	<b>8</b> Walking Inside 8am Senior Fitness 10am-11am Bring healthy snacks to share Fall Make It & Take It Craft Sign up & see display Ceramics 12pm	<b>9</b> Walking Inside 8am  Covered Dish Pot Pie 12pm "M" BINGO Please sign up & bring dish	<b>10</b> Walking Inside 8am Senior Fitness 11am Bring a healthy snack to share Visiting Shut-Ins 11:30am Sign up! Dancing 6:30-8:30pm	<b>11</b> Walking Inside 8am  Color Me Pink BINGO 12pm Sign up for food	<b>12</b> 
<b>13</b>	<b>14</b> Columbus Day Walking Inside 8am  Sunshine Birthday Luncheon 11:30am-3pm Bring a friend!	<b>15</b> Walking Inside 8am Senior Fitness 10am-11am Bring healthy snacks to share AMC Movie Day 12pm Sign up in advance Community Meeting 7pm	<b>16</b> Walking Inside 8am  New Game Covered Dish 11am Pass Play: Left, Right, Center Bring lunch & \$2 to play	<b>17</b> Facility closed 12-2:30pm Walking Inside 8am Community Meeting 8:30am Senior Fitness 11am  Dancing 6:30-8:30pm	<b>18</b> Walking Inside 8am  Board Games 1pm	<b>19</b> <b>"People don't care about what you know until they know that you care"</b> <b>Theodore Roosevelt</b>
<b>20</b> <b>"Iron sharpens iron so a man sharpens the countenance of his friend (to show rage or worthy purpose) Proverbs 27:17"</b>	<b>21</b> Carver's Orchard 9am \$2 Field Trip to Cobsby, TN Sign up & pay in advance	<b>22</b> Walking Inside 8am Senior Fitness 10am-11am Fall Craft 11:30am Sign up! Ceramics 12pm  Setting up for Health Fair	<b>23</b> Walking Inside 8am  Lunch & Learn 11am Ways to Prevent Stroke Sign up!	<b>24</b> Walking Inside 8am Senior Fitness 11am Bring a healthy snack to share Volunteer to help prep for Fall Festival on 26th Dancing 6:30-8:30pm	<b>25</b> Day 1 Chili Cookoff & Health Fair 12pm-3pm Prize for best Chili Pick up entry form at center	<b>26</b> Day 2 Fall Festival & Pie Baking Contest 3pm - 5pm Belle Morris Elementary School
<b>27</b> <b>Please notify the center of any sick seniors. Let's take a moment to call our loved ones!</b>	<b>28</b> Walking Inside 8am Computer Training 9am-4pm	<b>29</b> Walking Inside 8am Senior Fitness 10am-11am Fall Craft 11:30am Sign up! Ceramics 12pm	<b>30</b> Walking Inside 8am  Covered Dish Lunch 12pm Spookie Veggie Soup "M" BINGO Sign up & bring a dish	<b>31</b> Halloween Walking Inside 8am Senior Fitness 11am Bring a healthy snack to share  Dancing 6:30-8:30pm	<b>OCTOBER BIRTHDAYS</b> 11th - Vickie Gibson 18th - Lucille Rayburn 18th - Mary Sellers 19th - Sandra Jackson 20th - Homer Rayburn 22nd - Margaret Lauderdale	

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