

August

2018



Sunshine Leisure Services

....a program of the Arc Knox County & a United Way Community Partner

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>6</p>	<p>7</p> <p>Inskip Pool 2:30-5:15 <u>Or</u> WFP Fountain Dip 2:30-4:30</p>	<p>8</p> <p>Salad <u>Lunch Sale</u> Swim at the "Y" rescheduled to the 28th.</p>	<p>9</p> <p>Bowling 2:45-4:15</p>	<p>10</p> <p>Senior Taco <u>11:30-12:30</u> Tennessee Smokies Baseball 3:30 or 6:00- 11:00</p>	<p>11</p>
	<p>13</p> <p>WFP Fountain Dip 2:30-4:30</p>	<p>14</p> <p>Pontoon Boating Norris Lake 2:45-9:00</p>	<p>15</p> <p>Chili, Chips, & Hot Dog <u>Lunch Sale</u> Board Games @ Inskip Recreation Center 2:45-4:30</p>	<p>16</p> <p>Bowling 2:45-4:15</p>	<p>17</p> <p>Kentucky Splash Country 2:30-9:15</p>	<p>18</p>
	<p>20</p> <p>WFP Fountain Dip 2:30-4:30</p>	<p>21</p> <p>Gritzner/Smith Pool Party 2:45-8:00</p>	<p>22</p> <p>Chinese Lunch Sale</p>	<p>23</p> <p>Bowling <u>2:45-4:15</u> Songs by the Brook (See Text)</p>	<p>24</p> <p>Rami's Café <u>11-12 & 12-1</u> English Mountain Trout Farm 3:15-8:00</p>	<p>25</p>
	<p>27</p> <p>Crafts with Chrissi 2:45-3:45</p>	<p>28</p> <p>Rescheduled Swim, Relax, & Dine at Great Smoky Mountain "Y" Swimming Hole 2:30-7:30</p>	<p>29</p> <p>Blue Plate Lunch Sale</p>	<p>30</p> <p>Bowling <u>2:45-4:15</u> Adventures of Huck Finn @ Knoxville Children's Theatre (See Text)</p>	<p>31</p>	<p>September 1</p> <div style="border: 1px solid black; padding: 5px;"> <p>Arc Knox County/ Sun- shine Industries Closed for Labor Day on Monday, September 3rd.</p> </div>

Knox County Arc and Sunshine Leisure Services **Notes and Reminders**

Best of Luck Kelsey. We hate to see you go!- Kelsey Beller 's last day for her therapeutic Recreation internship is Friday, August 10th. Kelsey has done a great job in her placement and her efforts are greatly appreciated. Kelsey's next chapter will be to start her master's degree in Therapeutic Recreation at the University of Tennessee late August.

Myrtle Beach Vacation News- We're still planning to go on our "Smilin Faces...Beautiful Places" Myrtle Beach vacation from either September 15-22 (first choice) or September 22-30 (second choice) but nothing is set in stone at this point. The reason we don't have a set date is that by waiting until 30 days out, we can reduce the rental price of our beach house significantly. We appreciate your patience and hope this doesn't cause too much inconvenience.

Interested in Going to Myrtle Beach?- We are also still taking names of anyone interested in this vacation even if you went on the Eastern Kentucky vacation. Remaining space will be saved on a first paid basis so get those deposits into Leisure Services ASAP.

Register Now for the Tennessee Valley Fair's "Special Friend's Day"- on Tuesday, September 11th This year's "Special Friends Day" at the Tennessee Valley Fair is Tuesday, September 12th. Although this activity is still over a month away, advance tickets are cheaper and will be purchased by August 25th. We need to know who is interested in going and what participation option they want to do. Anyone registering after August 25th will have to pay the full price for the rides. The group will leave from Sunshine Industries at 2:45 and return at 10:00. This year's featured entertainer in Homer Hamilton Theater will be country musician Chris Janson. **Participation Option 1:** Cost is \$33 and covers your admission, an unlimited ride wrist ban, shows, and dinner. **Participation Option 2:** Cost is \$15 and covers admission, shows and dinner. Note! Option 2 does not include any rides. Please pay particular attention to the specific details of each participation option when registering.

FYI.....East Tennessee Access Life Expo – While we have no connection with this event, we thought you might be interested in knowing about it. *East Tennessee Access Life Expo* is a free event for individuals and families living with disabilities. Activities will include boat rides, archery, arts and crafts, fishing, games, kayaking, along with lots of food. ***When:*** Saturday, August 18th. ***Where:*** Cherokee Dam Park. ***Time:*** 10am—2pm. Register to participate or volunteer at: www.access-life.org or call (352) 455-9962.

Activities

***Rescheduled Swim, Relax & Dine at Great Smoky Mountain "Y" Swimming Hole*– New Date: Tuesday, the 28th**–Refer to activity description on that date for more details.*

Tennessee Smokies Baseball– Friday, the 10th- Join us for on our third and final outing of the season to cheer on our Tennessee Smokies as they take on the Biloxi Shuckers. At the conclusion of the game we'll stay for the fireworks show time permitting. **Participation Option 1:** Leave from Sunshine at 3:30 to go eat dinner at the mall followed by the game. Cost is \$22. **Participation Option 2:** Report to Sunshine Industries at 6:00 for the game only. Cost: \$11. Return: 11:00 for everyone.

Rescheduled Pontoon Boating on Norris Lake- Tuesday, the 14th- Join us for another Norris Lake pontoon boat outing . We'll leave Sunshine at 2:45 and return at 9:00. Cost is \$22 and includes dinner but if you paid for the canceled outing July 31st, you can indicate you want to shift that fee to this date. Don't forget those suits & towels!

More Activities

Board Games and More w/Daniel at Inskip Recreation Center—Wednesday, the 15th- Another afternoon of board games awaits you on the 15th at Inskip Recreation Center. Possible games to be played included traditional games like Uno, Jenga, Battleship and Sorry. Daniel usually has some new games that most of you haven't played before. Time 2:45– 4:30. Cost: \$1.

Kentucky Splash Waterpark– Friday, the 17th- This will be your last chance to go with us to Kentucky Splash Water Park this summer. The park is located in Williamsburg, Kentucky, which is only a short 70 minute ride when going up “north” but only 65 when heading back “south”, no lie. We will leave at 2:30 and return at 9:15. Cost is \$21 which includes dinner and admission to the water park.

16th Annual Karaoke Pool Party/Cookout at the Gritzner /Smith House- Tuesday, the 21st- Kay Gritzner and her family, Gena and David Smith, invite the Sunshine group to their home for the 16th annual cookout and swim party. Participants can also take part in “Sunshine’s Got Talent” karaoke poolside. Depart: 2:45. Return: at 8:00. Cost: \$1.

Songs by the Brook- Thursday, August 23rd- Sit back, relax and enjoy the musical talents David Kimbro, Drop Dead Dangerous, and Jonah Riddle & the Carolina Express by the brook in Alcoa. **Participation Option 1:** Leave from Sunshine at 2:45 to go bowling at Fountain Lanes and then head out to eat dinner before the concert. Cost is \$12 for dinner but doesn't include bowling. You must sign up separately for bowling (\$6). See 'Bowling'. **Participation Option 2:** Report to Fountain Lanes by 4:15 and head out to eat dinner before the concert. Cost is \$12 for dinner. **Participation Option 3:** Arrange in advance to meet the group at the West Town food court. Cost: \$2 for concert only. Return time for everyone is 9:30.

English Mountain Trout Farm– Friday, August 24th- Head out to English Mountain Trout Farm for a “catch your dinner” visit with Charlie, Angie, and Cody. English Mountain Trout Farm has those same highly specialized cane poles that come equipped with fish finders (corn) and are guaranteed to entice that “whopper” of a fish onto your hook. Once caught, your fish will be filleted and cooked by the staff while you sit back and relax. Cost: \$25. Depart Sunshine: 3:15 Return: 8:00.

Crafts with Chrissi– Monday, the 27th- Join us for a “Crafts with Chrissi” session from 2:45-3:45 in the Sunshine Industries’ lunchroom. Chrissi has been doing crafts with us for some time now and invites everyone associated with the Leisure Services program. Note: All finished projects will be entered into the Tennessee Valley Fair craft competition and will be on display during the fair. Cost: \$1.

Rescheduled Swim, Relax & Dine at Great Smoky Mountain “Y” Swimming Hole-Tuesday, August 28th- Escape the city for a little mountain therapy in Townsend. Here we'll make a stop at the Townsend “Y” swimming hole right inside the Great Smoky Mountain National Park for a refreshing dip in a cool mountain stream followed by dinner. You don't have to swim to come along! The fresh mountain air and scenery are worth the trip. If you plan to swim you'll need an old pair of shoes, bathing suit and towel. Cost: \$13 which includes dinner. Depart: 2:30. Return: 7:30.

The Adventures of Huck Finn at the Knoxville Children’s Theatre- Thursday, the 30th- All of the classic moments of Mark Twain’s hilarious and thrilling book come to life in KCT’s newest production: whitewashing Aunt Polly’s fence, Tom’s courtship of Becky Thatcher, his friendship with Huckleberry Finn, and Tom and Becky’s adventure in MacDougal’s Cave. This classic American story has entertained families for generations. **Participation Option 1:** Leave from Sunshine at 4:00 to go eat dinner followed by the play. Cost is \$22. **Participation Option 2:** Report to Sunshine Industries at 6:30 for the play only. Cost: \$11 Return: 9:00 at Sunshine.

Weekly/ Bi-Weekly Events

Inskip Pool– Take one last dip at Inskip Pool on Tuesday, the 7th. Times: 2:30 until 5:15. Cost: \$4 which covers admission and a refreshment at the pool.

Water Fountain “Dip” at World’s Fair Park– On Tuesday, the 7th, and Monday the 13th and 20th. Cool off after a hard day’s work at the fountains on World’s Fair Park. This is a great activity for “kids” of all ages. Leave Sunshine at 2:30 and return at 4:30. Cost is \$1 and includes a liquid refreshment.

Bowling– Thursdays in August– Location: Fountain Lanes. Depart: 2:45. Bowlers must be picked up at the ally by 4:15 Cost: \$6.

Payday Lunch

Senor Taco Mexican– Friday, 10th from 11:30-12:30. Cost is \$11.

Rami’s Café– Friday, the 24th, from 11-12 & 12-1. Cost is \$10.

Food Sales

Salad Sale– Wednesday, the 8th– Cost: \$4.50 No advance purchase required.

Chili, Chips and Nathan’s Hot Dog Sale– Wednesday, the 15th– Enjoy the always popular bowl of chili personalized with corn chips, sour cream, onions, black olives, tomatoes, and cheese for \$4.50 or enjoy a world-famous Nathan’s hot dog with a choice of ketchup, mustard, and relish for \$1.50 or doctored up with chili, cheese, slaw and/or sauerkraut for \$2.50. Advanced orders required by noon the day before.

Chinese Food Sale- Wednesday, the 22nd– Cost: \$7.00. Must be paid for by noon the day before.

The Lunch House Blue Plate Lunch– Wednesday, the 29th– Enjoy a great “meat and two” from The Lunch House Diner. Cost: \$7.50 for a choice of meat, two vegetables, and bread. Advance orders by noon on the 28th.