



# November 2021

**Sunshine Leisure Services** ... A program of *The Arc*  
Knox County

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 SO Bowling @ Main Event 2:45-6:00 Details were to registered athletes.	8 SO Basketball Practice 2:45-4:30	2 Two-Miler Walking Group 2:45-4:15	3 Chinese Lunch SO Basketball Practice 2:45-4:30	4 Bowling 2:45-4:00* KCT's <i>The Scarlet            Letter</i> (See Text)	5 <div data-bbox="938 421 1203 561" style="border: 1px solid black; padding: 5px;">             Like us and look              for the leisure              calendar and more              on  <b>facebook</b>  </div>	6 
15 SO Basketball Practice 2:45-4:30	22 Two-Miler Walking Group 2:45-4:15	9 Two-Miler Walking Group 2:45-4:15	10 Lunch House SO Basketball Practice 2:45-4:30 Lady Vols Basketball (See Text)	11 Bowling 2:45-4:00*	12 Senor Taco 11:30-12:30 UT's 21st Annual Southeastern Stomp Fest 3:30-9:30	
 29 Two-Miler Walking Group 2:45-4:15	23 Country Tonight's Christmas Show- Pigeon Forge 1:45-6:15	16 Two-Miler Walking Group 2:45-4:15	17 KFC Lunch Movie Matinee & Gatti's Pizza Buffet 2:45-8:00	18 Bowling 2:45-4:00*	19 Ice Bears Hockey (See Text)	
 29 Two-Miler Walking Group 2:45-4:15	30 UT Basketball (See Text)	22 Two-Miler Walking Group 2:45-4:15	24 Shoney's Payday Lunch 11:30-12:30	25  The Arc Knox County & Sunshine Industries Closed the 25th & 26th		
29 Two-Miler Walking Group 2:45-4:15	30 UT Basketball (See Text)	23 Country Tonight's Christmas Show- Pigeon Forge 1:45-6:15	December 1 Buddy's BBQ Lunch Board Games w/ Daniel at Parks and Recreation 2:45-4:45	December 2 Bowling 2:45-4:00* Pellissippi State Holiday Spectacular (See Text)	December 3	

### Important Notes and Reminders

**Sign-Ups for Leisure-** All sign-ups, whether for an activity or food sale, must be in by **noon one day in advance**. Sign-ups should come directly to Leisure Services by way of paper or by calling 546-9431, Ext. 230. If no one answers, leave the details of your sign-up. It's also very important to let us know of any cancellations one day in advance, although we understand that may not always be possible. Knowing about cancellations in advance allows us to pull someone off the waiting list and adjust staffing, transportation, and tickets. Thanks.

### Special Olympics News

**Special Olympics Basketball Registration-** Leisure Services is looking for basketball participants for either the skills or team competition scheduled for either November 18th or 19th. Since we're offering both options, it means everyone can participate if they want, regardless of skill or ability. **Cost:** Free! Practices are scheduled for the 3rd, 8th, 10th, and 15th. Sign Up ASAP.



## Weekly Activities



**Two-Miler Walking at Victor Ashe Park – Tuesday, the 2nd, 9th, 16th and Monday the 22nd and 29th-** Depart: 2:45  
Return: 4:15 **Cost:** \$3. Walking will take place weather permitting. You will be contacted if canceled.

**Basketball Skills or Team Practices– Wednesday the 3rd & 10th and Monday, the 8th & 15th.-** Depart **Sunshine:** 2:45 **Return:** 4:30  
**Cost:** Free **Location:** To Be Announced

**Bowling–Thursdays, except the 25th, @ Fountain Lanes- Depart SI:** 2:45. \***All Pick-Ups:** Bowling alley by 4:00. **Cost:** \$6.



## Activities

**The Scarlett Letter at the Knoxville Children’s Theater– Thursday, the 4th:** Based on the novel by Nathaniel Hawthorne, Hester Prynne has committed an inexcusable crime and has confounded her prosecutors by refusing to name her partner in sin. Ultimately the play shows the timeless truth that compassion and understanding are forever more powerful than vengeance and cruelty. **Participation Option 1:** Depart from Sunshine at 2:45 to go bowling at Fountain Lanes followed by dinner and the play. **Cost:** \$22 but does not include bowling. You must sign up separately for bowling (\$6). See “Bowling”. **Participation Option 2:** Report to Fountain Lanes by 4:15 for dinner and the play. **Cost:** \$22. **Participation Option 3:** Depart Sunshine at 6:30 for the play only. **Cost:** \$12 **Return to Sunshine:** 9:30.

**Lady Vols Basketball– Wednesday, the 10th-** Catch the ladies in action when they take on Southern Illinois. **Participation Option 1:** Depart from Sunshine at 2:45 to watch or participate in SO basketball practice followed by dinner and the game. **Cost:** \$21. **Participation Option 2:** Report to Sunshine at 4:30 for dinner and the game. **Cost:** \$21. **Participation Option 3:** Depart Sunshine at 6:00 for the game only. **Cost:** \$9 **Return to Sunshine:** Approximately 45 minutes after the game end which can be heard on FM 99.1 and AM 990.

**UT’s 21st Annual Southeastern Stomp Fest– Friday, the 12th-** A signature homecoming event, Stomp Fest consists of high-energy stepping performances by UT fraternities and sororities. The evening is hosted by UT’s Office of Multicultural Student Life, the Black Cultural Programming Committee and the Office of Sorority and Fraternity Life. **Participation Option 1:** Depart Sunshine at 3:30 to eat dinner before the show. **Cost:** \$25. **Participation Option 2:** Depart Sunshine at 5:30 pm for the show only. **Cost:** \$14. **Return:** 9:30.

**Movie Matinee and Mr. Gatti’s Pizza– Wednesday, the 17th- Depart:** 2:45 for a matinee at Hall’s Cinema followed by dinner at Mr. Gatti’s Pizza which is walking distance from the cinema. **Everyone Returns:** 8:30.

**Ice Bears Hockey– Friday, the 19th-** Join us for our first visit of the year to the “ice den” to watch our Ice Bears take on the Vermilion, IL Bobcats. **Participation Option 1:** Leave Sunshine at 4:00 pm to eat dinner before the match. **Cost:** \$22. **Participation Option 2:** Meet and depart from Sunshine at 6:30 pm for the match only. **Cost:** \$14. Everyone returns at 10:45.

**Christmas Matinee Show at Country Tonight Theater in Pigeon Forge- Tuesday, the 23rd-** The magic of Christmas abounds as renditions of Christmas favorites are combined with beautiful choreography, brightly decorated holiday sets and colorful costumes to bring the enchantment of Christmas to the stage. **Depart Sunshine:** 1:30. **Return:** 6:15. **Cost:** \$20 and includes refreshment.

**UT Men’s Basketball– Tuesday, the 30th-** Catch the UT men in action against Presbyterian College. **Participation Option 1:** Leave Sunshine at 4:00 pm to eat dinner before the game. **Cost:** \$22. **Participation Option 2:** Meet and depart from Sunshine at 5:45 for the game only. **Cost:** \$10. **Return** to Sunshine will be approximately 45 after the game ends. The game can be heard on FM 107.7 or AM 990.

**Board Games w/ Daniel/ Knoxville P & R– Wednesday, December 1st– Depart:** 2:45 **Return:** 4:45 **Location:** TBA **Cost:** \$3

**Holiday Spectacular Concert at Pellissippi State– Thursday December, the 2nd-** Celebrate and enjoy holiday cheer at this hugely popular annual event. **Participation Option 1:** Leave from Sunshine Industries at 2:45 for bowling at Fountain Lanes followed by dinner and the concert. **Cost:** \$17 but does not include bowling. You must sign up separately for bowling (\$6). **Participation Option 2:** Report to Fountain Lanes by 4:15 for dinner and the concert. **Cost:** \$17. **Return to Sunshine:** 9:45.

## Wednesday Lunch Sales



**-Chinese Lunch– Wednesday, the 3rd- Cost:** \$8.

**-The Lunch House Blue Plate Lunch– Wednesday, the 10th-** Enjoy a great “meat and two” lunch from The Lunch House off Magnolia. **Cost:** \$9 and includes a choice of meat, two vegetables, and bread.

**-KFC– Wednesday, the 17th-** Choose from one of the following “Finger Lickin’ Good” chicken meals:

- 1) Pot Pie w/cookie and drink- **\$6.50.**
- 2) Famous Bowl Fill Up w/ cookie, and drink- **\$6.50.**
- 3) 3-piece tenders w/ fries, & drink- **\$7.00.**
- 4) 2-piece w/ drum & thigh, fries and drink- **\$7.00.**
- 5) Crispy Colonel Sandwich, w/ fries and drink- **\$7.50**
- 6) Popcorn Nuggets w/ fries and drink- **\$7.50.**
- 7) 2-piece w/breast and wing, fries and drink- **\$8.00.**

**-Buddy’s BBQ– Wednesday, Dec 1st-** Enjoy some hometown BBQ from Buddy’s. Options include:

- 1) Sandwich Platter or Regular Platter with two sides, hush puppies and a drink. **Cost: \$7. 50**  
**Meat choices:** pulled pork, pulled chicken, or ham.  
**Side choices:** green beans, potato salad, fries, slaw or baked beans.
- 2) Smokey dog with fries and drink. **Cost: \$5.75 w/ drink or \$5.00 w/o drink.**



## Friday Payday Lunch Outing

**-Senor Taco-Friday, the 12th-** Join us at Senor Taco for some of Knoxville’s finest Mexican food. Lunch includes a choice of two chicken or beef items (taco, tostada, burrito, enchilada, chalupa or chili relleno) and comes with rice, beans, chips, salsa and drink. **Cost:** \$12.

**-Shoney’s– Wednesday, the 24th-** Enjoy a great lunch buffet at Shoney’s. **Cost:** \$12.

