

SEPTEMBER 2022

Sunshine Leisure Services

a program of the Arc Knox County

3000 N Central Street, Knoxville, TN 37917

Phone: (865) 546-9431 Ext 228 Fax: (865) 546-7960

Email: efeick@sunshinekarc.com

Website: www.sunshinekarc.com and like us on Facebook

Staff: Emma Feick, CTRS and the Community Participation Program Staff



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>4</p> <p>Arc Knox County/Sunshine Industries Closed for Labor Day Monday, September 5th</p>	<p>5</p> <p>HAPPY LABOR DAY!</p> <p>USA</p>	<p>6</p> <p>Two-Miler Walking 2:45-4:15</p>	<p>7</p> <p><u>Chinese Lunch</u></p> <p>Board Games @ Adair Park 3:00-5:00</p>	<p>8</p> <p>Bowling 2:45-4:00</p> <p>Fall Dynamic Softball League Opening Night (See text)</p>	<p>9</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>Bocce Ball @ Adair Park 3:00-5:00</p>	<p>13</p> <p>TN Valley Fair (see text)</p>	<p>14</p> <p><u>Salad Sale</u></p> <p>Pontoon Boating (tentative) 2:00-9:30</p>	<p>15</p> <p>Bowling 2:45-4:00</p> <p>Fall Dynamic Softball League (See text)</p>	<p>16</p> <p>Senor Taco 11:30 - 12:30</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>Bocce Ball @ Adair Park 3:00-5:00</p>	<p>20</p> <p>Two-Miler Walking 2:45-4:15</p>	<p>21</p> <p><u>Buddy's BBQ Lunch Sale</u></p> <p>Lady Vols Volleyball (see text)</p>	<p>22</p> <p>Bowling 2:45-4:00</p> <p>Fall Dynamic Softball League (See text)</p>	<p>23</p> <p>Romeo & Juliet @ KCT</p>	<p>24</p>
<p>25</p>	<p>26</p> <p>Bocce Ball @ Adair Park 3:00-5:00</p>	<p>27</p> <p>SO Bocce Ball (see text)</p> <p>Market Square Concert (see text)</p>	<p>28</p> <p><u>Lunch House</u></p> <p>Two-Miler Walking 2:45-4:15</p>	<p>29</p> <p>Bowling 2:45-4:00</p> <p>Fall Dynamic Softball League (See text)</p>	<p>30</p> <p>Shoney's 11:30 - 12:30</p> <p>2022 Shriner Circus (see text)</p>	<p>October 1</p>

Knox County Arc & Sunshine Leisure Services News & Reminders

Leisure Sign-Ups: Sign-ups for leisure should come directly to Leisure Services by way of paper or by calling 546-9431, Ext. 228. If no one answers, leave the details of your sign-ups and you will receive a call-back confirming the sign ups. It's also very important to let us know about any cancellations one day in advance, although we understand that may not always be possible. Thank you!

Fall/Winter 2022 Weekend Cabin Getaway! With the decrease in COVID cases, we are finally back to planning some trips. We are gauging interest on a potential weekend cabin getaway in November or December. Dates are not finalized as of now, but the trip would depart Sunshine on a Friday and return on Sunday. If interested, please let us know ASAP.





Special Olympics

Special Olympics Bocce Ball - Tuesday the 27th: It's that time again! The Special Olympics Bocce Ball tournament will be held on Tuesday, September 27th at Sansome Sport Complex. More details will be sent out to those who sign up. **Cost:** Free

Activities

Board Games - Wednesday the 7th: Come and play board games at Adair Park with Daniel Alexander, CTRS for City of Knoxville Parks and Recreation. **Depart SI:** 3:00pm **Return:** 5:00pm **Cost:** \$3.00

TN Valley Fair's "Special Friend's Day" - Tuesday the 13th: This year's "Special Friend's Day" at the fair is Tuesday, September 13th. This year's featured entertainer will be Bret Michaels. The group will leave from SI at 2:45 and return at 10:00. **Participation Option #1:** \$40 and covers admission, unlimited rides, shows, and dinner. **Participation Option #2:** \$15 and covers admission, shows and dinner but no rides.


Pontoon Boating - Wednesday the 14th: Enjoy a day at Norris Lake on a pontoon boat. **Depart SI:** 2:00pm **Return:** 9:00pm **Cost:** \$25.00 and includes dinner

Lady Vols Volleyball vs. Missouri - Wednesday the 21st: Come be a part of Vol Nation and support our Lady Vols as they take on the Missouri Tigers. **Participation Option #1:** Depart Sunshine at 3:30 to eat dinner before the match. **Cost:** \$20 **Participation Option #2:** Depart Sunshine at 5:30 for the match only. **Cost:** \$8. **Return to SI:** *9:00 unless contacted otherwise.

Romeo & Juliet at Knoxville Children's Theatre - Friday the 23rd: Adapted especially for middle and high school students and one of Shakespeare's most popular plays, Romeo and Juliet is the story of an age-old vendetta between two powerful families (the Montagues and the Capulets) that erupts into bloodshed. A group of masked Montagues risk further conflict by gatecrashing a Capulet party. A young lovesick Romeo Montague falls instantly in love with Juliet Capulet, who is due to marry her father's choice, the County Paris. With the help of Juliet's nurse, the women arrange for the couple to marry the next day, but Romeo's attempt to halt a street fight leads to the death of Juliet's own cousin, Tybalt, for which Romeo is banished. **Participation Option #1:** Depart Sunshine at 3:30 to eat dinner before the play. **Cost:** \$26 **Participation Option #2:** Depart Sunshine at 5:30 for the play only. **Cost:** \$15. **Return to SI:** 8:30

Market Square Jazz Concert - Tuesday the 27th: Listen to some live music down in Market Square. **Participation Option #1:** Depart Sunshine at 3:30 for dinner before the concert. **Cost:** \$15. **Participation Option #2:** Depart Sunshine at 6:00 for the concert only. **Cost:** \$4 **Return to SI:** 9:15

2022 Shrine Circus - Friday the 30th: The Kerbela Shriner Circus is back! Kerbela Shriners and Hamid Circus work together to provide 5 great performances with lots of excitement and tons of fun. Every year we see new awe inspiring feats of agility on the floor and in the air...not to mention all of the great activities before the shows and during intermission halfway through each performance. There is fun for all ages, from 1 to 100! **Participation Option 1:** Depart SI at 4:00pm for dinner followed by the circus. **Cost:** \$12 **Participation Option 2:** Meet at Sunshine at 6:00pm to go to the circus only. **Cost:** \$3. **Return to SI:** 9:00pm



Weekly/Bi-Weekly Activities.

Fall Dynamic Softball League: Play ball again this fall! This league is starting on 9/8 and will run through 10/20. **Participation Option 1:** Depart Sunshine at 2:45 for bowling or hang out. (Bowling fee is \$6.00 if you plan to bowl each week) **Participation Option 2:** Report to and leave from Fountain Lanes at 4:00 to go eat dinner before softball. **Cost** is \$10-13 each night. **Participation Option 3:** Report to Caswell Park 15 minutes prior to your game time (either 6:00pm or 7:00pm) each night. **All Pickups:** Caswell Park no later than 8:15 when the last game ends.

Bowling: When? Thursday's **Location:** Fountain Lanes **Depart SI** at 2:45pm. **All Pick-Ups:** Bowling alley by 4:00pm **Cost:** \$6.00

Bocce Ball: Join and play Bocce Ball with Daniel Alexander at Adair Park each Monday afternoon through October 17th. **Depart SI:** 3:00pm **Return:** 5:00pm **Cost:** \$3.00

Two-Miler Walking: It's back! Join us for fresh air and exercise! **Depart SI:** 2:45pm **Return:** 4:15pm **Cost:** \$3.00

Wednesday Lunch Sales

Chinese Lunch - Wednesday, the 7th - Cost: **\$9.50**

Salad Sale - Wednesday, the 14th A salad bar that everyone will enjoy! **Cost:** \$10

Buddy's BBQ Lunch - Wednesday, the 21st Enjoy some hometown BBQ. Options include:

1) Sandwich Platter or Regular Platter with two sides, hushpuppies, and a drink **\$8.00**

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 **\$6.00**

3) Hawg Back Potato **\$6.00**

The Lunch House Blue Plate - Wednesday, the 28th Enjoy a "meat and two" plus bread **Cost:** \$10

Friday Payday Lunch Outing

Senor Taco - Friday the 16th Join us at Senor Taco for 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:** \$14

Shoney's - Friday the 30th Enjoy a lunch buffet at Shoney's this day. **Cost:** \$12

