

# June


*Loudon County Senior Center & Office on Aging*  
 901 Main Street Loudon, TN 37774  
 (865) 458-5445

**We are open Monday-Friday from 8:30-4:00 pm.** Please understand days, hours and activities are subject to change. We will do our best to notify every one of those changes in a timely manner. Staff will disinfect rooms throughout the day; however, we ask that everyone wipe down all equipment after each use including exercise machines and billiard equipment. The kitchen is closed so please see a staff member for assistance.

- \*If you need help with a SNAP application, please call the center.
- \*Transportation to and from the grocery store, bank, beauty/barber shop, routine doctor visits, etc. is available by appointment.
- \*Trip sign-ups will begin on the first business day of the month. There is a \$5 fee for trips.



## 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
<i>This month's Health &amp; Wellness class will provide information on summer skin care. Learn how to avoid getting bug bites, which moisturizers are best, what SPF do you need, and so much more. You must sign-up for this seminar.</i>			1 Heart & Sole 10:00 Painting 9:00 Knit Alongs 12:00	2 Total Fitness/SAIL 9:00 @ Blairland Beg. Line Dance 10:30 <b>Caregiver Support 1:00</b>	3 Heart & Sole 10:00 <b>Health &amp; Wellness: Summer Skin Care 12:00</b>	<b>This month's drive-thru lunch will be chicken salad. Come by the center on June 10<sup>th</sup> between 12:00-1:00 P.M to pick up your free lunch. You must call and sign-up for the lunch.</b>
<b>New senior center member, Ernie Newberry, will host "How to Improve Your Senior Memory in a Fun Way" at 11:00 on Monday the 13<sup>th</sup>. Mr. Newberry will present info he's learned from author Harry Lorayne's book titled, "How to Develop a Superpower Memory." Mr. Newberry has used the author's techniques to</b>	6 Heart & Sole 10:00 Mahjong 1:00 <b>Bingo 1:00</b>	7 Total Fitness/SAIL 9:00 @ Blairland Hand & Foot 10:00	8 Heart & Sole 10:00 Painting 9:00 Knit Alongs 12:00	9 Total Fitness/SAIL 9:00 @ Blairland Beg. Line Dance 10:30	10 Heart & Sole 10:00 <b>Drive-Thru Lunch 12:00</b> 	
	13 Heart & Sole 10:00 <b>Improving Memory 11:00</b>	14 Total Fitness/SAIL 9:00 @ Blairland Hand & Foot 10:00	15 Heart & Sole 10:00 Painting 9:00 Knit Alongs 12:00	16 Total Fitness/SAIL 9:00 @ Blairland Beg. Line Dance 10:30	17 Heart & Sole 10:00 <b>Candy Bar Bingo w/ Morning Pointe 1:00</b>	Sign-up for the June 30 <sup>th</sup> trip to the Amish Market. We will leave at 8:30 to head out to Tellico Plains to visit the Amish Market and Tellico Café. The cost of the trip is \$5. This is a very popular trip and there is limited space so sign-up early. First day to register will be Wednesday June 1 <sup>st</sup> .
	20 Heart & Sole 10:00 Mahjong 1:00	21 Total Fitness/SAIL 9:00 @ Blairland Hand & Foot 10:00 <b>Caregiver Support 1:00</b>	22 Heart & Sole 10:00 Painting 9:00 Knit Alongs 12:00	23 Total Fitness/SAIL 9:00 @ Blairland Beg. Line Dance 10:30 <b>Birthday Bingo 1:00</b>	24 Heart & Sole 10:00 <b>United Healthcare Bingo 1:00</b>	
	27 Heart & Sole 10:00	28 Total Fitness/SAIL 9:00 @ Blairland Hand & Foot 10:00	29 Heart & Sole 10:00 Painting 9:00 Knit Alongs 12:00	30 <b>Trip 8:30</b> Total Fitness/SAIL 9:00 @ Blairland Beg. Line Dance 10:30		