

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. Days, hours and activities are subject to change. We will do our best to notify every one of those changes in a timely manner. In the event of inclement weather, we will follow Loudon County Government closures. Call the center for help with a SNAP application.

*Transportation to and from the grocery store, bank, beauty/barber shop, routine doctor visits, etc. is available by appointment.

*Trip and lunch sign-ups will begin on the first business day of the month and will be taken by phone only. There is a \$5 fee for trips and lunch. You can register yourself and one other person. Lunch menu subject to change. Please bring exact change when paying for your trip.

*Total Fitness/SAIL meet at Blairland Baptist Church at 730 Steekee Road in Loudon.

*Call Paulette at (517) 784-2881 to make an appointment for a haircut.



2024

Lunch Menu: Hamburger, side, dessert, and drink.	Monday	Tuesday	Wednesday	Thursday	Friday	Join us for Singo on the 11 th at 1:00. This is a new and exciting musical spin on the traditional game of Bingo. Instead of listening for a number, players are listening to their favorite music.
<p>TRIPS:</p> <p>13th: We are headed to Chattanooga to take a riverboat cruise. We will float down the Tennessee River and enjoy a delicious lunch while learning about some areas of interest and history of the surroundings. The cost of the trip is \$49.50 + \$5 trip fee. Money is due by June 7th. Please bring exact change. Van leaves out at 9:30.</p> <p>27th: We are going to the Bush's Visitor Center in Chestnut Hill. We start with lunch in the visitor center's café followed with a tour of the facility. \$5 trip fee. Van leaves out at 9:15.</p>	<p><i>Does your diet support your bone health? Your foods may be helping or hurting your bone health and increasing the possibility of conditions such as Osteoporosis. Join us on the 17th at 2:00 for our health session when we will dive into the foods that boost your bones and the foods that may be hurting your bones. Sign-up today!</i></p>	<p>We will begin a six-week Matter of Balance class on the 26th at 1:00. This 2-hour evidence-based class will emphasize practical strategies to manage falls. Sign-up today!</p>				
	<p>3 Beginning Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00</p>	<p>4 Total Fitness 9:00 Food Boxes 9:30 Hand & Foot 10:00</p>	<p>5 Haircuts 9:00 Painting 9:00 Line Dance 10:00 Rug Hooking 10:00 Zumba 1:00</p>	<p>6 Total Fitness 9:00 Line Dance 10:30 Gospel Singing 1:00</p>	<p>7 Dominoes 9:30 Bingo w/ Olympus 1:00</p>	<p>Do you hear, but not understand? It may just be wax! Acuity Hearing Center will use a tiny video camera called a video otoscope to look inside your ear. This helps determine if wax is blocking the ear canal, causing sound to be muffled. You'll have a chance to see all the way to your eardrum on a video monitor. This service will be available free of charge on the 21st from 2:00-4:00. Call the center to reserve your spot.</p>
	<p>10 Beginning Yoga 10:00 Chair Yoga 11:15 Game Time 1:00</p>	<p>11 Total Fitness 9:00 Hand & Foot 10:00 Singo w/ Keller Williams Realty 1:00</p>	<p>12 Haircuts 9:00 Painting 9:00 Line Dance 10:00 Zumba 1:00</p>	<p>13 Total Fitness 9:00 Line Dance 10:30 Trip 9:30</p>	<p>14 Closed</p>	
	<p>17 Beginning Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Health Session 2:00</p>	<p>18 Total Fitness 9:00 Hand & Foot 10:00</p>	<p>19 Haircuts 9:00 Painting 9:00 Line Dance 10:00 Rug Hooking 10:00 Zumba 1:00</p>	<p>20 Total Fitness 9:00 Line Dance 10:30 Lunch 12:00</p>	<p>21 Dominoes 9:30 Pillow Bingo w/ Becki 1:00 Acuity Otopscopes 2:00</p>	
	<p>24 Beginning Yoga 10:00 Chair Yoga 11:15 Game Time 1:00</p>	<p>25 Total Fitness 9:00 Hand & Foot 10:00</p>	<p>26 Haircuts 9:00 Painting 9:00 Line Dance 10:00 Zumba 1:00 Matter of Balance 1:00</p>	<p>27 Total Fitness 9:00 Line Dance 10:30 Trip 9:15</p>	<p>28 Dominoes 9:30</p>	