

July

**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 meets at Blairland Baptist Church at 730 Steekee Road in Loudon.

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



2024

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Lunch Menu: Chef salad, crackers, dessert, and drink.</p> 	<p>No Yoga Mahjong 1:00</p>	<p>Total Fitness 9:00 Food Boxes 9:30 Hand, Knee & Foot 10:00 Patriotic Strawberries w/ Home Instead 1:00</p>	<p>Haircuts 9:00 Painting 9:00 Line Dance 10:00 Rug Hooking 10:00 Zumba 1:00 Matter of Balance 1:00</p>	<p>Closed in Observance of Independence Day</p>	<p>Closed in Observance of Independence Day</p>	<p>Give Your Brain a Boost! Did you know certain daily activities and foods could boost your brain health? We will learn about the brain, how the brain ages and what research says about daily tips to help keep your brain in tip top condition. Join us at 2:00 on the 15th for this informative health session. You must pre-register.</p>
<p>TRIPS:</p> <p>16th: We are headed to the Mayfield Dairy Farms Visitor's Center located in Athens, TN. You'll get some delicious ice cream at the end of the tour. Cost of the trip is \$7.09 (to be paid upon arrival to the visitor's center) + \$5 trip fee. Van leaves out at 9:00.</p> <p>24th: We are going to Athens Movie Palace to watch a movie. \$10 gets you a movie ticket, popcorn, and a drink! Movie to be determined. We will stop for lunch \$5 trip fee. Van leaves at 10:00.</p>	<p>Beginning Yoga 10:00 Chair Yoga 11:15 Game Time 1:00</p>	<p>Total Fitness 9:00 Hand, Knee & Foot 10:00 Trip 9:00</p>	<p>Haircuts 9:00 Painting 9:00 Line Dance 10:00 Rug Hooking 10:00 Zumba 1:00 Matter of Balance 1:00</p>	<p>Total Fitness 9:00 Line Dance 10:30 Bingo w/ Hearing Life 1:00</p>	<p>Dominoes 9:30 Color Club 11:00</p>	
	<p>Beginning Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Health Session 2:00</p>	<p>Total Fitness 9:00 Hand, Knee & Foot 10:00 Trip 9:00</p>	<p>Haircuts 9:00 Painting 9:00 Line Dance 10:00 Rug Hooking 10:00 Zumba 1:00 Matter of Balance 1:00</p>	<p>Total Fitness 9:00 Line Dance 10:30 Lunch 12:00-Skin Cancer Prevention</p>	<p>Dominoes 9:30 Color Club 11:00</p>	<p>Buckeye Home Medical will host an ice cream social at the center at 1:00 on the 25th. Come cool off with some delicious ice cream and meet new friends! You must pre-register for this event.</p>
	<p>Beginning Yoga 10:00 Chair Yoga 11:15 Game Time 1:00 Bingo 1:00</p>	<p>Total Fitness 9:00 Hand, Knee & Foot 10:00</p>	<p>Haircuts 9:00 Painting 9:00 Line Dance 10:00 Zumba 1:00 Matter of Balance 1:00 Trip 10:00</p>	<p>Total Fitness 9:00 Line Dance 10:30 Ice Cream Social w/ Buckeye 1:00</p>	<p>Dominoes 9:30 Color Club 11:00</p>	
	<p>Beginning Yoga 10:00 Chair Yoga 11:15</p>	<p>Total Fitness 9:00 Hand, Knee & Foot 10:00</p>	<p>Haircuts 9:00 Painting 9:00 Line Dance 10:00 Zumba 1:00 Matter of Balance 1:00</p>	<p>Join us for a special treat at 1:00 on the 2nd when Home Instead will be here to help you make red, white, and blue strawberries! Share some with your friends and family during your holiday gathering! Deadline to register for this event is June 28th.</p>		