

October

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 Loudon

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



2024

Lunch Menu:	Monday	Tuesday	Wednesday	Thursday	Friday	This month's Health Session on the 24 th will be focused on battling dangerous belly fat. Learn what your waistline may say about your health, the potential risk it may pose, and what you can do to help shed those unwanted love handles. You can pre-register for this class now.
Lasagna & salad	<i>Humana Rep. Leah Lovely will be here at 1:00 on the 4th to answer questions about your plan. No appointment needed.</i>	Total Fitness 9:00 Food Boxes 9:30 Hand, Knee & Foot 10:00 Stay Strong 11:00	Painting 9:00 Rug Hooking 10:00 Zumba 11:30	Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Caregiver Support Group 2:00	Dominoes 9:30 Beg. Hand, Knee, & Foot 10:00 Color Club 11:00 Bingo w/ Buckeye 1:00 Humana Rep. 1:00	
<p>TRIPS: 22nd: We are headed to Grain Bin Commodities for a delicious lunch, a little time in the pumpkin patch, and to sit around the fire pit and enjoy the beautiful, country scenery while fellowshiping with friends. Grab some of their tasty baked goods to take home. Van leaves out at 10:30. \$5 trip fee.</p> <p>25th: We are taking a tour of Blount Mansion in downtown Knoxville. This evening tour will focus on legends, myths, death and mourning customs. Come with us if you dare! Cost of the tour is \$10 + \$5 transport fee. We will stop for dinner before the tour. Van leaves out at 3:30.</p>	Beginning Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00	Total Fitness 9:00 Hand, Knee & Foot 10:00 Stay Strong 11:00	Painting 9:00 Zumba 11:30	Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 SINGO 1:00	Dominoes 9:30 Color Club 11:00	<p>We are now taking appointments to discuss Medicare. Open enrollment begins this month. All Medicare participants need to check their drug coverage for 2025. Call the center today!</p> <p>Sign-up for our Halloween Party at 1:00 on the 31st. We'll have finger foods, games, and of course a costume contest! We will have a special performance by the Loudon County Senior Center Line Dancers! You can register for this event on the 1st.</p>
	Beginning Yoga 10:00 Chair Yoga 11:15	Total Fitness 9:00 Hand, Knee & Foot 10:00 Stay Strong 11:00	Painting 9:00 Medicare 9:00 Rug Hooking 10:00 Zumba 11:30	Haircuts 9:00 Total Fitness 9:00 Line Dance 10:00 Lunch 12:00 "Breast Cancer Awareness"	Dominoes 9:30 Beg. Hand, Knee, & Foot 10:00 Color Club 11:00	
	Medicare 9:00 Beginning Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00	Total Fitness 9:00 Trip 10:30 Hand, Knee & Foot 10:00 Stay Strong 11:00	Painting 9:00 Medicare 9:00 Zumba 11:30	Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Health Session 2:00	Dominoes 9:30 Color Club 11:00 Pumpkin Bingo w/ Becki 1:00 Trip 3:30	
	Medicare 9:00 Beginning Yoga 10:00 Chair Yoga 11:15	Total Fitness 9:00 Hand, Knee & Foot 10:00 Stay Strong 11:00 SINGO 1:00	Painting 9:00 Medicare 9:00 Zumba 11:30 Flu Shot Clinic 1:00	Haircuts 9:00 Total Fitness 9:00 No Line Dance Halloween Party 1:00		