

November

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

Loudon County Senior Center & Office on Aging

901 Main Street Loudon, TN 37774
(865) 458-5445

Lunch Menu:	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>We're having our Thanksgiving Potluck lunch. Please bring a covered side dish. Turkey, rolls, dessert, & drink will be provided. You must register.</p>	<p>You may sign-up for December 4th's ceramic painting class on the 1st of this month. Cost of the class is \$15.</p>	<p>ORNL Credit Union will host Bingo & lunch at 12:00 on the 19th. Registration is required and begins on the 1st.</p>	<p>Everybody Gets Older (EGO) with Dr. Borders will begin on the 5th. Topics include Exiting Gracefully, Fraud and Scams, Health Care Choices, Housing, etc.</p>	<p>Come for a Mid-Eastern Belly Dancing class at 11:00 on the 1st. This is a low impact & great way to exercise & have fun. Cost is \$12.</p>	<p>1 Dominoes 9:30 Hand, Knee, & Foot 10:00 Belly Dancing 11:00 NEW → Yoga 2:00</p>	<p>Although many causes of cancer are unknown, it's important to learn about potential links that you can control—such as the food you eat. Join us for our health session at 2:00 on the 20th to learn which foods may help fight free radicals and help reduce your risk of cancer.</p>
	<p>4 Beginning Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Horticulture 1:00</p>	<p>5 Total Fitness 9:00 Food Boxes 9:30 Hand, Knee & Foot 10:00 EGO 2:00 Stay Strong 3:00</p>	<p>6 Painting 9:00 Rug Hooking 10:00 Stretch/Zumba 11:15 Line Dancing 12:30</p>	<p>7 Total Fitness 9:00 Line Dance 10:00 Potluck Lunch 12:00- "Diabetes" Gospel Singing 12:45 Caregiver Group 2:00</p>	<p>8 Dominoes 9:30 Bingo w/ Buckeye 1:00 Yoga 2:00</p>	
<p>TRIPS: 14th: We are headed to Tanger Outlet Mall in Pigeon Forge. Van leaves the center at 8:30. \$5 trip fee. 18th: We are going to Pigeon Forge to enjoy two shows and dinner! We start the afternoon off at the Mountain of Entertainment Theater with "Illusionation" featuring the magic of Jason Hudy followed by dinner at Pucketts. We then head back to the theater for their Christmas show. Van leaves at 12:00. Cost of the trip is \$39 + \$5 trip fee and is due by the 8th.</p>	<p>11 Closed in Observance of Veteran's Day</p>	<p>12 Total Fitness 9:00 Hand, Knee & Foot 10:00 EGO 2:00 Stay Strong 3:00</p>	<p>13 Painting 9:00 Stretch/Zumba 11:15 Line Dancing 12:30 Volunteer Bingo w/ Caris 1:00</p>	<p>14 Trip 8:30 Total Fitness 9:00 Line Dance 10:30 Season to Taste 1:00 AARP Driver's Safety 11:00</p>	<p>15 Dominoes 9:30 Hand, Knee, & Foot 10:00 Singo 12:30 Driver's Safety 11:00 Yoga 2:00</p>	<p>Smoky Mountain Orchids+ will offer a free Horticulture class at 1:00 on the 4th. Topics will include potting mixes, light and water requirements as well as different watering methods. Call to register today.</p>
	<p>18 Medicare 9:00 Beginning Yoga 10:00 Chair Yoga 11:15 Trip 12:00 Mahjong 1:00</p>	<p>19 Total Fitness 9:00 Hand, Knee & Foot 10:00 Lunch/Bingo w/ ORNL 12:00 EGO 2:00 Stay Strong 3:00</p>	<p>20 Painting 9:00 Rug Hooking 10:00 Stretch/Zumba 11:15 Line Dancing 12:30 Health Session 2:00</p>	<p>21 Total Fitness 9:00 Line Dance 10:30</p>	<p>22 Dominoes 9:30 Yoga 2:00</p>	
<p>Sign-up on the 1st for the Seasoned to Taste healthy cooking class. There is very limited space for this class.</p>	<p>25 Medicare 9:00 Haircuts 9:00 No Yoga</p>	<p>26 Total Fitness 9:00 Hand, Knee & Foot 10:00 EGO 2:00 Stay Strong 3:00</p>	<p>27 Painting 9:00 No Zumba Line Dancing 12:30</p>	<p>28 Closed in Observance of Thanksgiving</p>	<p>29 Closed in Observance of Thanksgiving</p>	<p>Sign-up now for the AARP Driver's Safety Course. Students completing the course will receive a certificate to file with their ins. company to receive a discount. Cost of the class is \$20 for AARP members and \$25 for non-members.</p>