

December

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 (730 Steekee Road in Loudon)

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



2024



Lunch Menu:

We will have our Christmas potluck on the 19th. Please bring a side dish. Ham, rolls, dessert, & drink will be provided.

Loudon County Historian, Darrell Tuck, will be here during lunch to speak about his new book Loudon, My Tennessee Hometown: Stories About the Hometown Folks and First Time Events that Shaped the History of Loudon. The book will be available to purchase for \$20 cash. Mr. Tuck will be signing books too!

TRIPS:

12th: We are doing a little shopping before having dinner and enjoying a Christmas concert. First stop...Hamrick's in Pigeon Forge. As time permits, we will make other stops as we look for bargains just in time for Christmas. We will stop for dinner before heading to the Venue in Lenoir City to watch the Loudon Concert Band at 7:00 p.m. Cost is \$12.50 + \$5 trip fee. You must pay by the 6th and bring exact change. Van leaves at 11:30.

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Medicare 9:00 Beginning Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Horticulture 1:00	3 Total Fitness 9:00 Hand, Knee & Foot 10:00 EGO 2:00 Stay Strong 11:30	4 Medicare 9:00 Painting 9:00 Rug Hooking 10:00 Stretch/Zumba 11:15 Line Dancing 12:30	5 Center Opens 10:00 Haircuts 10:00 Total Fitness 9:00 Line Dance 10:30	6 Dominoes 9:30 Hand, Knee, & Foot 10:00 Belly Dancing 1:00 Yoga 2:00
	9 Beginning Yoga 10:00 Chair Yoga 11:15	10 Total Fitness 9:00 Food Boxes 9:30 Hand, Knee & Foot 10:00 EGO 2:00 Stay Strong 11:30	11 Painting 9:00 Stretch/Zumba 11:15 Line Dancing 12:30	12 Trip 11:30 Haircuts 10:00 Total Fitness 9:00 Line Dance 10:30	13 Center Closes 10:00
	16 Beginning Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Food Craft 1:00	17 Total Fitness 9:00 Hand, Knee & Foot 10:00 Stay Strong 11:30 Christmas Singo 1:00	18 Painting 9:00 Rug Hooking 10:00 Stretch/Zumba 11:15 Line Dancing 12:30	19 Haircuts 10:00 No Line Dance Potluck Lunch 12:00 Gift Wrap 12:00-2:00 Gospel Singing 12:45	20 Dominoes 9:30 Hand, Knee, & Foot 10:00 Health Session 11:00 Christmas Party 1:00 Gift Wrap 1:00-3:00 No Yoga
	23 Haircuts 9:00 No Yoga Grab Bag Bingo w/ Rhonda 1:00	24 Closed in Observance of Christmas	25 Closed in Observance of Christmas	26 No Haircuts No Total Fitness Line Dance 10:30	27 Dominoes 9:30 No Yoga
	30 Beginning Yoga 10:00 Chair Yoga 11:15	31 Total Fitness 9:00 Hand, Knee & Foot 10:00 Stay Strong 11:30	 <p>Home Instead will be here at 1:00 on the 16th to help everyone make Christmas mice. This craft class is sure to be extra delicious!</p>		<p>Free holiday gift wrapping will be available to all seniors on the 19th and 20th. Just bring your items to the center to take advantage of this opportunity. </p>

Building a healthy plate doesn't have to be hard. Join this interactive session to learn how to turn your plate from fair to five-star with a few helpful tips and tricks. This month's health session will take place at December 20th.

Smoky Mountain Orchids+ will present a small orchid exhibition on December 2nd at 1pm-2:30pm. They will have several different species as well as a few in bloom. General care and maintenance will be the main topic of discussion as well as an opportunity for question & answers.

Join us in celebrating the birth of Jesus at 1:00 on the 20th with games, food, and fun! You must register for this event as space is limited.

