

January

Loudon County Senior Center & Office on Aging

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

We are open Monday-Friday from 8:00-5:30 p.m. 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.



2025

Lunch Menu:	Monday	Tuesday	Wednesday	Thursday	Friday	
Loaded Potato Soup 	East TN Audiology will offer hearing checks between 12:00 and 1:00 on the 16th. You do not have to register.	<i>Sign-up now for the ceramic painting class at 10:00 on the 24th. Cost of the class is \$15.</i>	Closed in Observance of New Year's Day	Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Caregiver Group 2:00 Drums Alive 4:00	Dominoes 9:30 Hand, Knee, & Foot 10:00 Belly Dancing 1:00 Yoga 2:00	Drums Alive begins on the 2 nd at 4:00. This evidence-based class with Dr. Sheila Borders combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. This class is sure to be a good time! Register now for this class. Space is very limited.
TRIPS: 22nd: We are going to the movie palace in Athens. Movie options will not be available until the day of the trip. We will stop for lunch. Cost of movie ticket is \$10 and includes a drink and popcorn.	6 Beginning Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00	7 Total Fitness 9:00 Food Boxes 9:30 Hand, Knee & Foot 10:00 Stay Strong 11:30 Diabetes 1:00	8 Painting 9:00 Stretch/Zumba 11:15 Line Dancing 12:30	9 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Drums Alive 4:00	10 Dominoes 9:30 Yoga 2:00	
30th: We head to Pigeon Forge to see the artistic achievement of Michelangelo's Sistine Chapel: The Exhibition. Experience this replica at your own pace using an audio guide. Smart phone required. Bluetooth headphones are encouraged, but not required for the exhibit. We will stop for lunch after the tour. Cost of the trip is \$16.60 + \$5 trip fee. Money is due on the 10 th .	13 Beginning Yoga 10:00 Chair Yoga 11:15	14 Total Fitness 9:00 Hand, Knee & Foot 10:00 Stay Strong 11:30 Diabetes 1:00 Bingo w/ Caris 4:00	15 Medicare 9:00 Painting 9:00 Rug Hooking 10:00 Stretch/Zumba 11:15 Line Dancing 12:30	16 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:00 Lunch 12:00 Hearing Checks 12:00 Gospel Singing 12:45 Drums Alive 4:00	17 Dominoes 9:30 Hand, Knee, & Foot 10:00 Yoga 2:00	
	20 Closed in Observance of Martin Luther King, Jr. Day	21 Total Fitness 9:00 Hand, Knee & Foot 10:00 Stay Strong 11:30 Diabetes 1:00	22 Medicare 9:00 Painting 9:00 Trip 9:30 Stretch/Zumba 11:15 Line Dancing 12:30	23 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Drums Alive 4:00	24 Dominoes 9:30 Ceramic Paint 10:00 Yoga 2:00	
	27 Beginning Yoga 10:00 Chair Yoga 11:15	28 Total Fitness 9:00 Hand, Knee & Foot 10:00 Stay Strong 11:30 Diabetes 1:00	29 Medicare 9:00 Painting 9:00 Stretch/Zumba 11:15 Line Dancing 12:30 Bingo w/ QCKinetix 1:30	30 Trip 9:00 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Drums Alive 4:00	31 Dominoes 9:30 Yoga 2:00	