

February

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

	Monday	Tuesday	Wednesday	Thursday	Friday	
Lunch Menu: Beans & Cornbread Lunch is \$5. Sign-ups begin on the 3 rd .	3 Taxes 9:00 Beginning Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	4 Taxes 9:00 Food Boxes 8:30 Hand, Knee, & Foot 10:00 Stay Strong 11:30 Tai Chi 1:00 Singo 2:30	5 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30	6 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Caregiver Group 2:00 Drums Alive 4:00	7 Taxes 9:00 Dominoes 9:30 No Hand & Foot Belly Dancing 1:00	Another session of Seasoned to Taste with Second Harvest is coming up on the 14 th at 12:00. This popular, healthy cooking class will fill up fast so call on the 3 rd to reserve your spot!
TRIP: 27 th : We are going to tour the Titanic Museum in Pigeon Forge. Cost of the trip is \$30.75 + \$5 trip fee. Van leaves at 8:30.	10 Taxes 9:00 Beginning Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	11 Taxes 8:30 Total Fitness 9:00 Hand, Knee, & Foot 10:00 Stay Strong 11:30 Tai Chi 1:00	12 Painting 9:00 Line Dancing 10:30 Hot Chocolate Bar 2:00	13 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Drums Alive 4:00	14 Taxes 8:30 Dominoes 9:30 Season to Taste 1:00 Valentine's Bingo w/ Becki 3:00	Every librarian's dream is to discover an unpublished local history manuscript. Add to that a lost community, a young woman's front-row view of the civil war, and a recipe for potato pie. That's what you'll hear about from Loudon librarian Kate Brewster talking about her book Cabbages and Caissons. She will be our guest speaker during lunch on the 20 th . You may purchase her book for \$20.
	17 Closed in Observance of President's Day	18 Taxes 8:30 Total Fitness 9:00 Hand, Knee, & Foot 10:00 Stay Strong 11:30 Tai Chi 1:00	19 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30	20 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:00 Lunch 12:00 Gospel Singing 12:45 Drums Alive 4:00	21 Taxes 8:30 Dominoes 9:30 No Hand & Foot Bingo w/ Harmony 1:00	
Tax season is upon us! Call the center today to make your appointment to have your taxes prepared by AARP for free!!!	24 Taxes 8:30 Beginning Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	25 Taxes 8:30 Total Fitness 9:00 Hand, Knee, & Foot 10:00 Stay Strong 11:30 Tai Chi 1:00	26 Painting 9:00 Line Dancing 10:30	27 Trip 8:30 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Drums Alive 4:00	28 Taxes 8:30 Dominoes 9:30	
<i>Looking for some help with your smart phone, tablet, laptop, etc.? Come see our tech guru between 12:30 and 2:30 on the 20th and he'll help you with all your tech needs. Be sure to bring your device!</i>	Mrs. Shirley Smith will have a bible study group every Monday at 2:00 starting on the 3rd. Mrs. Smith, who earned a bachelor's degree in church ministry and hold's a pastor's license, is looking forward to teaching and sharing God's word with other Christians. She invites everyone to come fellowship and share testimonies.			Join us on the 12 th at 2:00 for some delicious, hot chocolate and time with friends. Register for this event on the 3 rd . 