

July

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. Lunch menu subject to change.

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

*Total Fitness is located at Blairland Baptist Church 730 Steekee Road Loudon TN



2025


Lunch Menu:

We are having a summer picnic potluck without the heat and bugs! We will have a sign-up sheet at the front desk with specific items needed.

TRIPS:

15th: Lunch Legends travels to Blue Tick Tavern in Maryville to enjoy some good American food! When you're finished eating, play a game of pool or your favorite arcade game. \$5 trip fee. Van leaves at 10:30.

23rd: We are heading to Pigeon Forge to the Great Big Game Show! Two teams of our seniors will face off through a variety of game show mini games. The studio features all the lights, sounds, and energy of a real TV game show production. There's sure to be lots of laughter! Cost is \$30 + \$5 trip fee. Van leaves at 9:00.

Monday	Tuesday	Wednesday	Thursday	Friday
	Total Fitness 9:00 1 Food Boxes 9:30 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 Singo 2:30	2 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 1:00 Bingo w/ Buckeye 2:00	3 Closed in Observance of Independence Day	4 Closed in Observance of Independence Day
7 Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	8 Total Fitness 9:00 Hand, Knee, & Foot 10:00 Senior Strong 11:30 Tai Chi 1:00	9 Painting 9:00 Line Dancing 10:30 Lunch & Learn 12:00 No Zumba	10 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30	11 Dominoes 9:30 Everyone Gets Older 10:00 Senior Strong 11:30
14 Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	15 Total Fitness 9:00 Hand, Knee, & Foot 10:00 Lunch Legends 10:30 Senior Strong 11:30 Tai Chi 1:00	16 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 1:00	17 Haircuts 9:00 Total Fitness 9:00 No Line Dance Potluck Lunch 12:00	18 Dominoes 9:30 Everyone Gets Older 10:00 Medicare 101 10:00 Senior Strong 11:30 Ceramics 1:00
21 Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	22 Total Fitness 9:00 Hand, Knee, & Foot 10:00 Senior Strong 11:30 Tai Chi 1:00	23 Trip 9:00 Painting 9:00 Line Dancing 10:30 Zumba 1:00	24 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Lunch & Learn 12:00	25 Dominoes 9:30 Hand & Foot 10:00 Senior Strong 11:30 Bingo w/ Humana 2:00
28 Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	29 Total Fitness 9:00 Hand, Knee, & Foot 10:00 Senior Strong 11:30 Tai Chi 1:00	30 Painting 9:00 Line Dancing 10:30 Zumba 1:00 Wills & Trusts 2:00	31 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30	

Maxim Healthcare will host a Lunch & Learn on the 9th. They will discuss the differences between long term in-home care (private duty nursing) which isn't covered by Medicare and intermittent home care services which is covered by Medicare. You must pre-register.

Eagle Strategies will host a Lunch & Learn on the 24th. Alex Dalton will provide information about creating your own pension and formulizing your retirement income plan. You must pre-register.

Family/ Estate Planner, Greg Davis, will be here on the 30th to discuss everything you need to know about wills and trusts. You don't want to miss this informative seminar. You must pre-register.