

June

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:	Monday	Tuesday	Wednesday	Thursday	Friday	Eagle Strategies will host a lunch & learn on the 9 th . The topic titled, “Transferring Wealth to the Next Generations,” discusses ways in which grandparents can gift assets. Sign-ups begin on the 2 nd .
Spaghetti & Salad						
	2 Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	3 Total Fitness 9:00 Food Boxes 9:30 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 Singo 2:30	4 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 1:00	5 Bus Trip 6:00 No Haircuts Total Fitness 9:00 Line Dance 10:30 Center Closes at 12:00	6 Dominoes 9:30 Hand & Foot 10:00 Everyone Gets Older 10:00 Senior Strong 11:30	Sign-up for July’s ceramic painting class on the 2 nd of this month. The class will be working on wind chimes. The cost will be \$20 and is due on June 18 th .
	9 Gentle Yoga 10:00 Chair Yoga 11:15 Lunch & Learn 12:30 Bible Study 2:00	10 Total Fitness 9:00 Hand, Knee, & Foot 10:00 Senior Strong 11:30 Tai Chi 1:00	11 Painting 9:00 Line Dancing 10:30 Zumba 1:00	12 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Bingo w/ Home Option 2:00 Drums Alive 4:00	13 Dominoes 9:30 Hand & Foot 10:00 Everyone Gets Older 10:00 Senior Strong 11:30	
	16 Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	17 Bus Trip 6:00 Total Fitness 9:00 Hand, Knee, & Foot 10:00 Senior Strong 11:30 Tai Chi 1:00	18 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 1:00	19 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:00 Lunch 12:00 Gospel Singing 12:45 Drums Alive 4:00	20 Dominoes 9:30 Hand & Foot 10:00 Bingo w/ Shirley 2:00 Everyone Gets Older 10:00 Senior Strong 11:30	
	23 Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	24 Closed for Cleaning	25 Painting 9:00 Line Dancing 10:30 Zumba 1:00 Bingo w/ Shoppes on the Square 2:00	26 Haircuts 9:00 Total Fitness 9:00 Line Dance 10:30 Lunch Legends 10:30 Drums Alive 4:00	27 Dominoes 9:30 Hand & Foot 10:00 Everyone Gets Older 10:00 Senior Strong 11:30 Price is Right 2:00	
	30 Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	The center will be closed for deep cleaning on Tuesday, June 24 th . Anyone who would like to volunteer to come in and help, can call the center and sign up. We would be most appreciative! 😊			Everyone Gets Older with Dr. Sheila Borders is a six-lesson series designed to help adults as they navigate aging. Topics include housing, social security, trusts, wills, etc. Sign up today! Class begins on the 6 th at 10:00.	

