

August

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. 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	
We're keeping it cool with hoagies, chips, drink and dessert. Please see important announcement! 	Due to rising costs, the price of our monthly lunch will be increased to \$7. Transportation services will also be increased to \$4 within Loudon County and \$5 outside of Loudon County. We appreciate your understanding and hope you continue to join us for lunch and use our transportation service!					All Loudon County Veterans are invited to our Vet-to-Vet Café at 9:30 on the 4 th . Covenant Home Health & Hospice will host this opportunity for veterans to meet other veterans, and fellowship while enjoying coffee and pastries. You may sign up today!
TRIPS: 7th: Lunch Legends heads to Tellico Plains for a delicious lunch at the Peach Street Grill. This casual, rustic restaurant features a menu of fresh, locally sourced fare. \$5 trip fee. Van leaves at 10:30. 28th: We are going to the Cumberland County Playhouse in Crossville to watch the musical, 9 to 5 , based on the 1980 hit movie starring Dolly Parton. Cost of the ticket is \$30 and is due by August 15 th . \$5 trip fee. We will stop for dinner after the show. Van leaves at 1:30.	⁴ Vet to Vet Café 9:30 Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	⁵ Total Fitness 9:00 Food Boxes 9:30 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 Singo 2:30	⁶ Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Music for Seniors 1:00 Zumba 4:00	⁷ Total Fitness 9:00 Line Dance 10:30 Lunch Legends 10:30 Drums Alive 3:00	⁸ Dominoes 9:30 EBC:Diabetes 10:00 Senior Strong 11:30	<i>Music for Seniors will begin on the 6th. This six-week ukulele learning lab series is for beginners, but all players are welcome. Ukuleles will be available for use for students needing an instrument. Register today!</i>
	¹¹ Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	¹² Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 Ice Cream Social 2:30	¹³ Painting 9:00 Line Dancing 10:30 Music for Seniors 1:00 Zumba 4:00	¹⁴ Total Fitness 9:00 Line Dance 10:30 Drums Alive 3:00	¹⁵ Dominoes 9:30 Hand & Foot 10:00 EBC:Diabetes 10:00 Senior Strong 11:30 Parfaits & Play 2:00	<i>Our PLACE will host Parfaits & Play on the 15th at 2:00. Come socialize, enjoy a handcrafted parfait with fresh fruit & toppings, & participate in a bean auction to win a prize. You must pre-register for this event.</i>
	¹⁸ Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	¹⁹ Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 Bingo w/ Rivergrove 2:30	²⁰ Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Music for Seniors 1:00 Zumba 4:00	²¹ Total Fitness 9:00 Line Dance 10:30 Lunch 12:00 Gospel Singing 12:45 Drums Alive 3:00	²² Dominoes 9:30 EBC:Diabetes 10:00 Senior Strong 11:30	
	²⁵ Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	²⁶ Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00	²⁷ Painting 9:00 Line Dancing 10:30 Music for Seniors 1:00 Bingo 3:30	²⁸ Total Fitness 9:00 Line Dance 10:30 Trip 1:30 Drums Alive 3:00	²⁹ Dominoes 9:30 EBC:Diabetes 10:00 Senior Strong 11:30	