

September

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:

Lasagna, salad, beverage, & dessert.

TRIP:

23rd: We are headed to Bert's Hometown Grill in Madisonville. Choose from steak, a burger, pizza, and more!

Sign-up for the Share the Road class on the 9th. The **Tennessee Trucking Foundation** will present a class that will focus on the senior population sharing the road with large trucks.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 1 Closed in Observance of Labor Day | 2 Total Fitness 9:00 Food Boxes 9:30 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 Singo 2:30 | 3 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Music for Seniors 1:00 Zumba 4:00 | 4 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30 | 5 Dominoes 9:30 EBC:Diabetes 10:00 Senior Strong 11:30 |
| 8 Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00 | 9 Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 Drive w/ Trucks 2:00 | 10 Painting 9:00 Line Dancing 10:30 Music for Seniors 1:00 Zumba 4:00 | 11 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:00 Lunch 12:00 Gospel Singing 12:45 | 12 Dominoes 9:30 Hand & Foot 10:00 EBC:Diabetes 10:00 Senior Strong 11:30 Bingo w/ Mrs. Shirley 2:00 |
| 15 Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00 | 16 Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 | 17 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 4:00 | 18 Senior Expo 9:00-1:00 (no activities except haircuts) | 19 Dominoes 9:30 EBC:Diabetes 10:00 Senior Strong 11:30 |
| 22 Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00 | 23 Total Fitness 9:00 H, K, & F 10:00 Lunch Legends 10:30 Senior Strong 11:30 Tai Chi 1:00 | 24 Painting 9:00 Line Dancing 10:30 Bingo w/ United Comm. Bank 2:00 Zumba 4:00 | 25 (Senior Expo rain day) Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30 | 26 Dominoes 9:30 Hand & Foot 10:00 EBC:Diabetes 10:00 Senior Strong 11:30 Medicare 101 1:00 |
| 29 Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00 | 30 Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 | <p><i>Open enrollment is fast approaching. Ensure you're Medicare ready by learning about advantage plans, supplements, and prescription drug plans. Sign-up for the September 26th Medicare 101 class.</i></p> | | |

It's time for our biggest event of the year...our annual **SENIOR EXPO!**

Come meet with a veteran's service officer, learn about volunteer opportunities, drop in the computer/phone clinic for your technology needs, learn about the Loudon County Sheriff's Office's Project Lifesaver, get something notarized, check out one of the many craft booths, stop in the vaccine clinic to get your Shingles, RSV, Pneumonia, Tetanus, and/or Flu shot, have lunch from the Loudon High School food truck, get a haircut, play a game of Cornhole or Shuffleboard, register for one of many door prizes, and so much more!