

October

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:

We are having a fall BBQ! Pulled pork sandwich, potato salad, baked beans, beverage & dessert. We'll have live music & games! Bring your lawn chair! \$5

TRIPS:

9th: Lunch Legends is going for breakfast at Crockett's Breakfast Camp in Gatlinburg. Crockett's features a one-of-a-kind menu including Big Tennessee French Toast, Huntcamp Skillets and their famous cinnamon rolls! Van leaves at 7:00 a.m.

28th: Take off on an extraordinary adventure that transports you to pivotal moments in Biblical history. This virtual reality experience immerses you into the on-screen action with a moving seat, wind, scents, rumbles, fog, and more (may not be appropriate if you have heart, back, neck, leg, or head conditions.) Cost of the trip is \$26 + \$5 trip fee and is due on the 8th.

Monday	Tuesday	Wednesday	Thursday	Friday
Join Buckeye Medical and Home Instead for a Halloween craft project at 2:30 on the 21st. You must register for this event.				
		1 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Digital Safety 1:00 Zumba 4:00	2 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30 Drums Alive 2:00 Caregiver Group 2:00	3 Dominoes 9:30 Hand & Foot 10:00 EBC:Geri Fit 10:00 Senior Strong 11:30
6 Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	7 Total Fitness 9:00 Food Boxes 9:30 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 Singo 2:30	8 Painting 9:00 Line Dancing 10:30 Bingo w/ Lakewood 1:00 Zumba 4:00	9 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30 Lunch Legends 7:00 Drums Alive 2:00	10 Dominoes 9:30 EBC:Geri Fit 10:00 Senior Strong 11:30
13 Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	14 Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00	15 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 4:00	16 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:00 BBQ 12:00 Drums Alive 2:00	17 Medicare 9:00 Dominoes 9:30 Hand & Foot 10:00 EBC:Geri Fit 10:00 Senior Strong 11:30
20 Medicare 9:00 Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	21 Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 Halloween Craft 2:30	22 Painting 9:00 Line Dancing 10:30 Zumba 4:00	23 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30 Drums Alive 2:00	24 Medicare 9:00 Dominoes 9:30 EBC:Geri Fit 10:00 Senior Strong 11:30 Trivia 1:00
27 Medicare 9:00 Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	28 Trip 9:00 Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00	29 Painting 9:00 Line Dancing 10:30 Zumba 4:00	30 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30 Drums Alive 2:00	31 Medicare 9:00 Dominoes 9:30 EBC:Geri Fit 10:00 Senior Strong 11:30 Trick or Treat Bingo 1:00

Connected Nation will offer a digital safety class on the 1st that will focus on three key areas that are especially important for seniors: Cybersecurity & Online Safety, Internet Basics, and Smartphone Essentials. From setting up emails, using FaceTime, recognizing spam calls & texts, paying bills, shopping online, spotting online scams, and more, you'll feel more confident navigating the internet on your computer and/or phone. This class is beginner friendly, hands-on, and designed for older adults with little to no tech experience. Register today!

Smile On 60+ will host a trivia event at 1:00 on the 24th.

