

November

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 Rd Loudon TN



2025

Lunch Menu:

Time for our Thanksgiving Potluck! We provide turkey, rolls, dessert and a drink. Please bring a vegetable or casserole to share with everyone.

TRIPS:

6th: We are going to Hot Rods 50's Diner in Alcoa. Take a step back in time with neon lights, pinball machines, great food, and great service. Van leaves at 10:30. \$5 transport fee.

18th: We are headed to Oren Wooden's Apple House in Pikeville. Experience the apple orchard, bakery, farm market, and gift shop in this beautiful country setting. We will have lunch on site. \$5 trip fee + cost of lunch. Van leaves at 8:30.

Monday	Tuesday	Wednesday	Thursday	Friday
Join Tech-Ease here at the center on the 19th at 1:00 for a Facebook Workshop to connect, share and stay safe online. Bring your laptop, tablet, or cell phone and learn how to connect with friends & family, share posts, photos, & more, and get all your questions answered without tech-speak. Call the center to register on the 3^d.				
3 Medicare 9:00 Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	4 Total Fitness 9:00 Food Boxes 9:30 H, K, & F 10:00 Senior Strong 11:30 Stories w/ Becki 1:30 Singo 2:30 Tai Chi 1:00	5 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Lunch & Learn 11:30 Zumba 4:00	6 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30 Lunch Legends 10:30 Drums Alive 2:00 Caregiver Group 2:00	7 Dominoes 9:30 Gentle Yoga 10:00 Senior Strong 11:30 Bingo w/ Buckeye 1:00
10 Medicare 9:00 Gentle Yoga 10:00 Chair Yoga 11:15 Bible Study 2:00	11 Closed in Observance of Veteran's Day Total Fitness 9:00 @ Blairland Tai Chi 1:00	12 Painting 9:00 Line Dancing 10:30 Bingo w/ New York Life 1:00 Zumba 4:00	13 Haircuts 9:00 Total Fitness 9:00 No Line Dance Potluck 12:00	14 Dominoes 9:30 Gentle Yoga 10:00 Hand & Foot 10:00 Senior Strong 11:30
17 Medicare 9:00 Gentle Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Bible Study 2:00	18 Trip 8:30 Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00	19 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Facebook Workshop 1:00 Zumba 4:00	20 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30 Drums Alive 2:00	21 Dominoes 9:30 Gentle Yoga 10:00 Senior Strong 11:30 Bingo w/ Adoration 1:00
24 Medicare 9:00 No Yoga Bible Study 2:00	25 Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Thanksgiving Bingo 1:00 Tai Chi 1:00	26 Painting 9:00 Line Dancing 10:30 Zumba 4:00	27 Closed in Observance of Thanksgiving	28 Closed in Observance of Thanksgiving

Join UT Ag. for Pink & Pearl: a Women's Health Lunch & Learn. This informative event will take place at 11:30 on the 5th and will focus on breast & lung cancer awareness. Learn about early prevention, statistics, wellness, signs and symptoms, and more. Registration starts on the 3rd. Space is limited.

Sign up for December Ceramic Painting class on November 3rd. There is limited space for this popular class. Cost is \$15 and is due on November 14th.

You must pre-register for November 25th's Thanksgiving Bingo. Sign-ups will begin on the 3rd.