

December

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.

*Registration is required for all trips and meals & will begin on the first business day of the month by phone. Lunch menu subject to change.

***Total Fitness is at Blairland Baptist Church 730 Steekee Rd Loudon TN**



2025

Lunch Menu:

It's time for our Christmas Potluck! We provide ham, rolls, dessert, and a drink. Each person needs to bring a prepared vegetable or casserole to share with everyone. Sign-up on the 1st.

The Loudon High School Chorus will be here to provide entertainment.



TRIPS:

9th: We are visiting Lakeside Tavern for an early dinner before we venture around Knoxville to look at Christmas lights. Van leaves at 3:00. \$5 transport fee.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Medicare 9:00 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Bible Study 2:00	2 Total Fitness 9:00 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 Zumba 4:00	4 Haircuts 9:00 Total Fitness 9:00 Food Boxes 9:30 Line Dancing 10:30 Drums Alive 2:00	5 Dominoes 9:30 Senior Strong 11:30 Bingo w/ Lakewood 1:00
8 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00	9 Haircuts 9:00 Total Fitness 9:00 H, K, & F 10:00 Senior Strong 11:30 Tai Chi 1:00 Lunch Legends 3:00	10 Painting 9:00 Line Dancing 10:30 Bingo w/ New York Life 1:00 Zumba 4:00	11 No Haircuts Total Fitness 9:00 Line Dancing 10:30 Drums Alive 2:00	12 Dominoes 9:30 Senior Strong 11:30 Ceramic Painting 1:00
15 G. Yoga 10:00 C. 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 Gift Wrapping 1:00 Christmas Party 2:00	17 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 4:00	18 Haircuts 9:00 Total Fitness 9:00 Hearing checks 10:00 Gift Wrapping 11:00 Potluck 12:00 No Line Dancing No Drums	19 Dominoes 9:30 Senior Strong 11:30
22 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00	23 Haircuts 9:00 Total Fitness 9:00 No H, K, & F No Senior Strong No Tai Chi Stories 1:00 Bingo w/ Becki 2:00	24 Closed in Observance of Christmas	25 Closed in Observance of Christmas	26 Dominoes 9:30 No Senior Strong
29 G. Yoga 10:00 C. 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	31 Painting 9:00 Line Dancing 10:30 No Zumba	Come to the center on the 18 th from 10:00 to 4:00 to meet Dr. Janna Spada from Choice Audiology and have your hearing checked.	



Can you believe it's already Christmas time?!?! Be sure to register for our annual Christmas party. There is sure to be fun games and lots of laughs during this event on the 16th at 2:00. Be sure to wear your ugliest Christmas sweater for a chance to win a prize. Light hors d'oeuvres will be served.

Mrs. Tammy Wampler will be here offering free gift wrapping on the 16th and 18th. Bring your Christmas presents and let Mrs. Tammy work her magic.

