

January

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



2026

Lunch Menu: Potato soup, dessert, and beverage. \$7	Monday	Tuesday	Wednesday	Thursday	Friday	Life Line will be here on the 9th to do health screenings. You will need to call Life Line directly to schedule your appointment. 1-800-324-9458	
	5	6	7	1	2		
TRIPS: 13th: We are headed to West Town Mall. Enjoy a movie or do a little shopping! Van leaves at 9:30. \$5 trip fee. 29th: The master chefs at Wasabi Japanese Steakhouse in Knoxville will dazzle our Lunch Legends group with their samurai-like swordsmanship as they slice, dice, juggle, and entertain, while preparing delicious entrees on a sizzling grill. The van leaves at 11:00. \$5 trip fee.	<p>NEW</p> <p>*Join our ukulele jam every Friday at 9:30. Open to all players whether beginner or pro! Come share your skills!</p> <p>*Hand, Knee, & Foot has changed to Samba and will be every Tuesday at 9:30.</p> <p>*We have a knitting group beginning at 2:00 on the 7th. Bring your own supplies.</p>	<p>G. Yoga 10:00 Hand & Foot 10:00 C. Yoga 11:15 Drums Alive 12:30 Mahjong 1:00 Bible Study 2:00</p> <p>Stories w/ Becki 1:30 Singo 2:30</p>	<p>Total Fitness 9:00 Haircuts 9:00 Food Boxes 9:30 Samba 9:30 Senior Strong 11:30 Tai Chi 1:00</p>	<p>Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Knitters 2:00 Zumba 4:00</p>	<p>Closed in Observance of New Year's Day</p>	<p>Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 New Year Bingo w/ Shirley 1:00</p>	
	<p>G. Yoga 10:00 Hand & Foot 10:00 C. Yoga 11:15 Drums Alive 12:30 Bible Study 2:00</p>	<p>Haircuts 9:00 Total Fitness 9:00 Trip 9:30 Samba 9:30 Senior Strong 11:30 Tai Chi 1:00</p>	<p>Painting 9:00 Line Dancing 10:30 Bingo w/ New York Life 1:00 Knitters 2:00 Zumba 4:00</p>	<p>Total Fitness 9:00 Line Dancing 10:30 Fitness Room Demo 12:00-2:00</p>	<p>8</p>	<p>Lifeline Screenings 9:00 Dominoes 9:30 Ukulele Jam 9:30</p>	
	<p>G. Yoga 10:00 Hand & Foot 10:00 C. Yoga 11:15 Drums Alive 12:30 Bible Study 2:00</p>	<p>Haircuts 9:00 Total Fitness 9:00 Trip 9:30 Samba 9:30 Senior Strong 11:30 Tai Chi 1:00</p>	<p>Painting 9:00 Line Dancing 10:30 Bingo w/ New York Life 1:00 Knitters 2:00 Zumba 4:00</p>	<p>Total Fitness 9:00 Line Dancing 10:00 Lunch 12:00 Tech Guru 12:30</p>	<p>15</p>	<p>Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30</p>	
	<p>Closed in Observance of Martin Luther King Jr. Day</p>	<p>Total Fitness 9:00 Samba 9:30 Senior Strong 11:30 Tai Chi 1:00</p>	<p>Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Knitters 2:00 Zumba 4:00</p>	<p>Total Fitness 9:00 Line Dancing 10:30</p>	<p>22</p>	<p>Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30</p>	
	<p>G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:30 Bible Study 2:00</p>	<p>Haircuts 9:00 Total Fitness 9:00 Samba 9:30 Senior Strong 11:30 Tai Chi 1:00</p>	<p>Painting 9:00 Line Dancing 10:30 Knitters 2:00 Zumba 4:00</p>	<p>Total Fitness 9:00 Line Dancing 10:30 Trip 11:00</p>	<p>29</p>	<p>Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Bingo w/ Hand n Hand 1:00</p>	



Tech Ease will be at the center on the 15th from 12:30-3:30. Let one of their experts help you with your tablet, cell phone, laptop, etc.



Come to the center on the 8th from 12:00 until 2:00 to watch a live demonstration and ask questions about using the new equipment in the fitness room. Start the new year off achieving those exercise goals!

