

# February

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:	Monday	Tuesday	Wednesday	Thursday	Friday	NEW:
Meatloaf, mashed potatoes, green beans, rolls, beverage and dessert.						There will be a new senior chess club every Thursday at 1:00 beginning on the 5 <sup>th</sup> .
<b>12<sup>th</sup>:</b> We are headed to the <b>Pinball Museum</b> in Chattanooga. Play on any and all of the pinball machines and arcade games as much as you want during our two hour stay. Seating is limited. We recommend you bring a folding chair if you have trouble standing for a long period of time. Cost of entry to the museum is \$15 and includes endless play + \$5 trip fee. Money is due upon reservation. Van leaves at 8:00.	2 Taxes 8:30 G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:30 Mahjong 1:00 Bible Study 2:00	3 Total Fitness 9:00 Haircuts 9:00 <b>Food Boxes 9:30</b> Samba 9:30 Senior Strong 11:30 Tai Chi 11:00 <b>Stories w/ Becki 1:30</b> <b>Singo 2:30</b>	4 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Knitters 2:00 Zumba 4:00	5 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:00 Senior Chess 1:00 <b>Caregiver Support 2:00</b>	6 Taxes 8:30 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 <b>Valentine Bean Auction 1:00</b>	Caris Healthcare will host Painting for Patients on the 13 <sup>th</sup> . Come show your artistic side by creating a beautiful piece of art to be given to the patients of Caris to brighten their day! You must pre-register for the event.
<b>24<sup>th</sup>:</b> Lunch Legends is headed to <b>Donna's Old Town Café</b> in Madisonville for some home cooked food. Enjoy the delicious buffet or order from the menu. \$5 trip fee. Van leaves out at 10:30.	9 Taxes 8:30 G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:30 Bible Study 2:00	10 Total Fitness 9:00 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30 <b>Power Outage 1:00</b>	11 Painting 9:00 Line Dancing 10:30 <b>Bingo w/ New York Life 1:00</b> Knitters 2:00 Zumba 4:00	12 <b>Trip 8:00</b> Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:00 Senior Chess 1:00	13 Taxes 8:30 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 <b>Painting for Patients 1:00</b>	Our Place will be here on the 6 <sup>th</sup> to have a bean auction. All participants in the auction will receive beans to be used in place of cash to bid on items just as you would in a real auction.
	16 <b>Closed in Observance of President's Day</b>	17 Total Fitness 9:00 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30	18 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Knitters 2:00 Zumba 4:00	19 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:00 <b>Lunch 12:00</b> <b>Falls/BP Checks 12:10</b> <b>Tech Guru 12:30-3:30</b> Senior Chess 1:00	20 Taxes 8:30 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 <b>Bingo w/ Morning Point 1:00</b>	Tax season is upon us! Please call the center to schedule your appointment.
	23 Taxes 8:30 G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:30 Bible Study 2:00	24 Total Fitness 9:00 Samba 9:30 <b>Lunch Legends 10:30</b> Tai Chi 11:00 Senior Strong 11:30	25 Painting 9:00 Line Dancing 10:30 <b>Bingo w/ Lakewood 1:00</b> Knitters 2:00 Zumba 4:00	26 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:00 Senior Chess 1:00	27 Taxes 8:30 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30	