

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.	McCay Southern Generators will be here at 1:00 on the 10 th to discuss staying safe during a power outage. Learn how to: Stay safe by avoiding common hazards during outages and keep your home secure, stay comfortable by managing temperature, lighting, and food safety until power is restored, stay connected by keeping phones, radios, and medical devices powered and ready, etc.					There will be a new senior chess club every Thursday at 1:00 beginning on the 5 th .
12 th : We are headed to the Pinball Museum 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 Food Boxes 9:30 Samba 9:30 Senior Strong 11:30 Tai Chi 11:00 Stories w/ Becki 1:30 Singo 2:30	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 Caregiver Support 2:00	6 Taxes 8:30 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Valentine Bean Auction 1:00	Caris Healthcare will host Painting for Patients on the 13 th . 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.
	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 Power Outage 1:00	11 Painting 9:00 Line Dancing 10:30 Bingo w/ New York Life 1:00 Knitters 2:00 Zumba 4:00	12 Trip 8:00 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 Painting for Patients 1:00	Our Place will be here on the 6 th 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 Closed in Observance of President's Day	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 Lunch 12:00 Falls/BP Checks 12:10 Tech Guru 12:30-3:30 Senior Chess 1:00	20 Taxes 8:30 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Bingo w/ Morning Point 1:00	
	24 th : Lunch Legends is headed to Donna's Old Town Café 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.	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 Lunch Legends 10:30 Tai Chi 11:00 Senior Strong 11:30	25 Painting 9:00 Line Dancing 10:30 Bingo w/ Lakewood 1:00 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