

March

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	We will begin a new cooking class on the 5 th from 1:00-3:00. Whisk & Wellness will provide interactive, hands-on cooking experiences to teach participants about nutrition, healthy food preparation, and essential nutrients. Sign-ups begin on the 2 nd . Space is very limited.
Pinto Beans, Sauerkraut & Weinies, Onions, Cornbread, Dessert, & Beverage.	Taxes 8:30 2 G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:30 Mahjong 1:00 Bible Study 2:00	Total Fitness 9:00 3 Food Boxes 9:30 Samba 9:30 Senior Strong 11:30 Tai Chi 11:00 Stories w/ Becki 1:30 Singo 2:30	Painting 9:00 4 Rug Hooking 10:00 Line Dancing 10:30 Trip 10:45 Zumba 4:00	Haircuts 9:00 5 Total Fitness 9:00 Line Dancing 10:30 Cooking Class 1:00 Caregiver Support 2:00	Taxes 8:30 6 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Bingo w/ Morning Point 1:00	
TRIPS:						
4th: We are going to Pinnacle Theater to watch EPIC: Elvis Presley in Concert. We will stop for a late lunch. Cost of the trip is \$11 (due upon reservation) + \$5 transport fee. Van leaves at 10:45.	Taxes 8:30 9 G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:30 Bible Study 2:00	Total Fitness 9:00 10 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30	Painting 9:00 11 Meet & Greet Ortho Doc 9:00 Line Dancing 10:30 Zumba 4:00	Haircuts 9:00 12 Total Fitness 9:00 Line Dancing 10:30 Bingo w/ New York Life 1:00	Taxes 8:30 13 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Shamrock Shakes 1:00	
26th: Lunch Legends will enjoy a delicious meal at Sami's Café in Knoxville. They offer a delicious selection of sandwiches, wraps, soups, and platters. Van leaves at 10:30.	Taxes 8:30 16 G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:30 Mahjong 1:00 Bible Study 2:00	Total Fitness 9:00 17 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30 Bingo w/ Aging Adult Assistants 1:00	Painting 9:00 18 Rug Hooking 10:00 Line Dancing 10:30 Zumba 4:00	Haircuts 9:00 19 Total Fitness 9:00 Line Dancing 10:00 Lunch 12:00 Gospel Singing 12:45	Taxes 8:30 20 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30	<i>Join us on the 11th at 9:00 for an informative health conversation with Orthopedic Surgeon Dr. Donald Sandercock. Breakfast will be served. Registration is required and will begin on the 2nd.</i>
	Taxes 8:30 23 G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:30 Bible Study 2:00	Closed for Deep Cleaning 24	Painting 9:00 25 Line Dancing 10:30 Bingo w/ Lakewood 1:00 Zumba 4:00	Haircuts 9:00 26 Total Fitness 9:00 Line Dancing 10:30 Lunch Legends 10:30	Taxes 8:30 27 Dominoes 9:30 Ukulele Jam 9:30 No Senior Strong	
	Taxes 8:30 30 G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:30 Bible Study 2:00	Total Fitness 9:00 31 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30	Come to the center on the 13th and have a delicious Shamrock Shake while fellowshiping with friends! Home Instead and Buckeye Medical will sponsor this social event. Sign-ups begin on the 2 nd .		We are looking for volunteers to help with our deep cleaning on the 24 th . We will start at 8:00 in the morning. Please call the center if you would like to be added to the volunteer list.	