

April

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:

It's a potluck! We will supply the fried chicken, rolls, dessert, and beverage. Each person should bring a prepared side dish to serve at least 10.

TRIPS:

8th: We are taking a trip to the Sunsphere in Knoxville. We'll take in a 360-degree view from the observation deck. We will stop for lunch and browse Market Square. There will be some walking during this trip. Price of the trip is \$10 due on the 3rd + \$5 trip fee. Van leaves at 9:00.

20th: Lunch Legends is heading to the Pearl at Aspire in Clinton. We will enjoy a dining experience with southern flavors and modern twists such as pasta, bone-in pork chops, chicken tacos, etc. \$5 trip fee. Van leaves at 9:45.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>This month's Whisk & Wellness cooking class will be protein spaghetti with homemade garden sauce. This is a hands-on cooking class which everyone is expected to participate in and you must be able to stand for an extended period. Sign-ups begin on the 1st.</i>		1 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 4:00	2 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30 Cooking Class 1:00 Caregiver Support 2:00	3 Closed in Observance of Good Friday
6 Taxes 8:30 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Bible Study 2:00	7 Total Fitness 9:00 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30 Stories 1:30 Singo 2:30 Veterans 1:00-4:00	8 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Trip 9:00 Zumba 4:00	9 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30	10 Taxes 8:30 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Bingo w/ Adoration 1:00
13 Taxes 8:30 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00	14 Total Fitness 9:00 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30 Shalom Hospice 1:00	15 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 4:00	16 Haircuts 9:00 Total Fitness 9:00 No Line Dance Potluck 12:00 Tech Ease 12:30-3:30	17 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Bingo w/ Morning Pointe 1:00
20 Lunch Legends 9:45 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Bible Study 2:00	21 Total Fitness 9:00 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30	22 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 4:00	23 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30	24 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Painting for Patients 1:00
27 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00	28 Total Fitness 9:00 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30	29 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Zumba 4:00	30 Haircuts 9:00 Total Fitness 9:00 Line Dancing 10:30 Bingo w/ New York Life 1:00	Come put your artistic side to work at "Painting for Patients" on the 24th at 1:00. Create a beautiful painting with guidance from Brenda of Caris Healthcare to be donated to homebound patients. Sign-ups begin on the 1st.

Loudon County Veteran's Service Officer Ron Hutson will be here on the first Tuesday of every month from 1:00 until 4:00. Ron is a proud Vietnam-era veteran who served his country in both the United States Marine Corps and the United States Air Force. He will be here to not only help, but to lend an ear to area veterans.

Shalom Hospice will be here at 1:00 on the 14th to discuss different methods of end-of-life care for both patients and their families. This includes Shalom's holistic approach and virtual reality experiences as an added source of comfort.