

May

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. \$4 in county \$5 out of county (round trip)

*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	
Register for our cookout! Bring your lawn chair and have a delicious burger /hot dog, play a game of cornhole, and fellowship with some of the best seniors around.	We want to meet your family! Bring your kids, grandkids, siblings, etc. on the 19 th from 5:00-7:00 so you can give them a personal tour of the center, and they can meet the staff that you all love so much. 😊		<i>The Living Well with Heart Failure session on the 18th will focus on helping participants understand heart failure clearly and feel confident managing it on a day-to-day basis. Register today!</i>		Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Bingo w/ Morning Point 1:00	1
TRIPS: 14 th : Lunch Legends will head to the Greenback Diner. You will need to pre-order your meal by the 11 th . Van leaves at 10:15. 27 th : We are going back to Briarwood Safari Park to interact with the animals! Cost of the trip is \$24 (due by the 15 th) + \$5 transport fee. Van leaves out at 8:15.	4 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Computer Class 1:00 Bible Study 2:00	Total Fitness 9:00 5 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30 Stories 1:30 Singo 2:30 Veterans 1:00-4:00	6 Painting 9:00 Thrive @ Home 9:00 Rug Hooking 10:00 Line Dancing 10:30 Computer Class 1:00 Hand, Knee, Foot 1:00 Zumba 4:00	7 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 Cooking Class 1:00 Caregiver Support 2:00	8 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Computer Class 1:00	8
	11 G. Yoga 10:00 C. Yoga 11:15 Computer Class 1:00 Bible Study 2:00	12 Total Fitness 9:00 Samba 9:30 Tai Chi 11:00 Senior Strong 11:30 Bingo w/ Buckeye 1:00 Songwriting 2:00	13 Painting 9:00 Line Dancing 10:30 Computer Class 1:00 Hand, Knee, Foot 1:00 Zumba 4:00	14 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 Lunch Legends 10:30	15 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 CPR 1:00-5:00	15
	18 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Heart Failure 1:00 Bible Study 2:00	Open at 10:00 19 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Family Night 5:00-7:00	20 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Singo 1:00 Zumba 4:00	21 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:00 Driver Safety 10:00 Cookout 12:00 Tech Ease 12:30-3:30	22 Dominoes 9:30 Ukulele Jam 9:30 Driver Safety 10:00 Senior Strong 11:30 Bingo w/ CNS 1:30	22
Register now for the AED/CPR/First Aid class on the 15 th . This class is free unless you choose to receive a card which will cost \$15.	25 Closed in Observance of Memorial Day	26 Total Fitness 9:00 Samba 9:30 No Tai Chi No Senior Strong	27 Trip 8:15 Painting 9:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	28 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 Bingo w/ New York Life 1:00	29 Dominoes 9:30 Ukulele Jam 9:30 No Senior Strong	29
						Register now for the five-part computer class starting on the 4 th . Tech 4 All will offer information on basic computer skills as well as AI, internet safety, email, social media, etc. A laptop will be provided. <i>Thrive at Home will be at the center on the 6th at 9:00 to share info on their program for caregivers and their loved ones. The program offers check-ins with loved ones, help with chores, medication reminders etc. A light breakfast will be served. Register on the 1st.</i> Music for Seniors will offer a songwriting workshop from 2:00-4:00 on the 12 th . Learn the basic elements of a good song and contribute ideas and creativity to craft both lyrically and musically, a song the group will perform together. Register today.