

# June

**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	
Pulled BBQ chicken sandwich, baked beans, chips, drink, & dessert \$7. Stay for a game of Bingo hosted by Monroe Health & Rehab (open to lunch guests only.)	1 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Bible Study 2:00	2 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Show & Tell 1:30 Singo 2:30 Veterans 1:00-4:00	3 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 1:00	4 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 Caregiver Support 2:00	5 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30	Join us for an ice cream social at 1:00 on the 23 <sup>rd</sup> . Rhonda will be making some of her delicious homemade ice cream. You'll have to be here to see what flavor! You must register for this event.
<b>TRIPS:</b> 18 <sup>th</sup> : We are going to the Princess Theater in Harriman to watch a multi-award winning and nationally recognized Elvis tribute artist. All your favorite hits will be performed live, complete with authentic replica costumes of his original stage wear! Cost of ticket is \$50 (due by the 5 <sup>th</sup> ) + \$5 trip fee. Van leaves at 3:15.	8 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00	9 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 <b>Paint for Patients 1:00</b>	10 Painting 9:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 1:00	11 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:00 <b>Lunch 12:00 w/ Bingo</b>	12 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 <b>Bingo w/ Morning Pointe 1:00</b>	Join us for <b>Show &amp; Tell</b> at 1:30 on the 2 <sup>nd</sup> . Bring an item or picture and tell us the story behind it. You do not need to register for this event.
15 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Bible Study 2:00	16 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 <b>Bean Auction w/ Buckeye 1:00</b>	17 Haircuts 9:00 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 1:00	18 No Haircuts Total Fitness 9:00 Beg. Line Dance 10:30 <b>Trip 3:15</b>	19 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30	19 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30	Buckeye's certified diabetic shoe fitter will be here on the 16 <sup>th</sup> for a demo and convo about diabetic shoes. Stay for a chance to win a prize during the bean auction following the presentation. Registration not required.
22 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00	23 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 <b>Ice Cream Social 1:00</b>	24 Painting 9:00 Line Dancing 10:30 <b>Lunch &amp; Learn 12:00</b> Hand, Knee, Foot 1:00 Zumba 1:00	25 No Haircuts Total Fitness 9:00 Beg. Line Dance 10:30 <b>Bingo w/ Adoration 1:00</b>	26 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30	26 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30	
29 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00	30 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 <b>Lunch Legends 10:15</b> Senior Strong 11:30	<b>Register for East TN Audiology's lunch &amp; learn with Beltone on the 24<sup>th</sup>. What you'll learn:</b> -Common signs of hearing loss -How better hearing supports brain health, balance, and confidence -What makes modern hearing aids more comfortable and easier to use -Simple steps to improve hearing without pressure or obligation <b>You can also register for a free hearing test after the presentation.</b>				