

# July

**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

\*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:

We're having a taco bar! \$7

### TRIPS:

**9<sup>th</sup>:** We are going to Painting with a Twist in Knoxville where you will create your very own painting with guidance from an artist. The cost of this trip is \$40 + \$5 trip fee. Money is due on the 6<sup>th</sup>. Van leaves at 8:15.

**21<sup>st</sup>:** We are headed to the Kennedy in downtown Knoxville. This nostalgic restaurant offers a diverse menu of chef-driven, locally sourced American dishes. \$5 Van leaves out at 10:15.

**Mourning Hour on the 30<sup>th</sup> is our new grief support group. Whether you have lost a spouse, parent, child, etc., healing happens with others. Come share your stories and how it affects your life.**

|  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|--|---|--|---|---|
|  |  |   |  |   |   |
|  |  |   | Painting 9:00 1<br>Rug Hooking 10:00<br>Line Dancing 10:30<br>Hand, Knee, Foot 1:00<br>Zumba 1:00<br><b>Bingo w/ Medicare 2:30</b> | No Haircuts<br><b>No Total Fitness</b><br>Beg. Line Dance 10:30   | Closed in<br><b>Observance of Independence Day</b>                            |
|  | 6  | 7   | 8  | 9   | 10  |
|  | G. Yoga 10:00<br>C. Yoga 11:15<br>Mahjong 1:00<br>Bible Study 2:00 | Total Fitness 9:00<br>Samba 10:00<br>Tai Chi 11:00<br>Senior Strong 11:30<br>Show & Tell 1:30<br>Singo 2:30 | Painting 9:00<br>Line Dancing 10:30<br>Hand, Knee, Foot 1:00<br>Zumba 1:00   | Haircuts 9:00<br>Total Fitness 9:00<br><b>Trip 8:15</b><br>Beg. Line Dance 10:30  | Dominoes 9:30<br>Ukulele Jam 9:30<br>Senior Strong 11:30<br>Drums Alive 12:15 |
|  | 13   | 14  | 15   | 16  | 17  |
|  | G. Yoga 10:00<br>C. Yoga 11:15<br>Bible Study 2:00                 | Total Fitness 9:00<br>Samba 10:00<br>Tai Chi 11:00<br>Senior Strong 11:30<br><b>Hearing Aids 1:00</b>       | Painting 9:00<br>Rug Hooking 10:00<br>Line Dancing 10:30<br>Hand, Knee, Foot 1:00<br>Zumba 1:00                                    | Haircuts 9:00<br>Total Fitness 9:00<br>Beg. Line Dance 10:30<br><b>Lunch 12:00</b>  | Dominoes 9:30<br>Ukulele Jam 9:30<br>Senior Strong 11:30<br>Drums Alive 12:15 |
|  | 20   | 21  | 22   | 23  | 24  |
|  | G. Yoga 10:00<br>C. Yoga 11:15<br>Mahjong 1:00<br>Bible Study 2:00 | Total Fitness 9:00<br>Samba 10:00<br><b>Lunch Legends 10:15</b><br>Tai Chi 11:00<br>Senior Strong 11:30     | Painting 9:00<br>Line Dancing 10:30<br>Hand, Knee, Foot 1:00<br>Zumba 1:00   | No Haircuts<br>Total Fitness 9:00<br>Beg. Line Dance 10:30<br><b>Bean Auction w/ Buckeye 1:00</b>                                 | Dominoes 9:30<br>Ukulele Jam 9:30<br>Senior Strong 11:30<br>Drums Alive 12:15 |
|  | 27   | 28  | 29   | 30  | 31  |
|  | G. Yoga 10:00<br>C. Yoga 11:15<br>Bible Study 2:00                 | Total Fitness 9:00<br>Samba 10:00<br>Tai Chi 11:00<br>Senior Strong 11:30<br><b>Medicare Palooza 1:00</b>   | Painting 9:00<br>Line Dancing 10:30<br>Hand, Knee, Foot 1:00<br>Zumba 1:00   | Haircuts 9:00<br>Total Fitness 9:00<br>Beg. Line Dance 10:30<br><b>Mourning Hour 11:30</b><br><b>Bingo w/ Morning Pointe 1:00</b> | Dominoes 9:30<br>Ukulele Jam 9:30<br>Senior Strong 11:30<br>Drums Alive 12:15 |

**Choice Audiology** will be hosting **Hearing Aids 101** with Dr. Janna Spada on the 14<sup>th</sup>. On site hearing screenings will be available. You do not need to register for this event.

**Medicare Palooza** is happening on the 28<sup>th</sup> from 1:00-4:00 p.m. Visit our interactive booths including dental, vision, hearing, pharmacy and home care. Get expert information on how to sign up for Medicare. Play Bingo to win grand prizes. Exciting giveaways! Lots of fun and prizes for everyone! Registration not required.

**Buckeye Medical** will have a Bean Auction on the 23<sup>rd</sup> at 1:00. Participants will be given a set amount of dried beans—like lima beans or butter beans—to use as play money. You'll use these beans to bid on prizes. You do not have to register for the event.