

August

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:

Chef Salad! \$7



TRIPS:

13th: We will head to the Cumberland County Playhouse in Crossville to watch Heartbreak Hotel. \$33 (due on the 7th) + \$5 trip fee. Van leaves at 1:30. We will stop for dinner after the show.

25th: Lunch Legends will visit Uncle Gus's Mountain Pit Barbecue in Decatur. This casual, low-key eatery offers smoked ribs, ribeye, chicken, steaks, and burgers in a homey setting with a rustic decor. \$5 trip fee. Van leaves at 10:30

Monday	Tuesday	Wednesday	Thursday	Friday
Join us for a lunch & learn on the 26 th . Maxim Healthcare will be here to discuss your options regarding home care, the difference between intermittent care and long-term care, and programs and insurances that will help you gain access to private duty nursing. Chick-Fil-A will be provided for lunch. You must pre-register for this event.				
3 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Bible Study 2:00	Total Fitness 9:00 4 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Show & Tell 1:30 Singo 2:30	Painting 9:00 5 Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Ice Cream Soc. 2:00 Zumba 4:00	6 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 AI Literacy 1:00	Dominoes 9:30 7 Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15 Paint for Patients 1:30
10 G. Yoga 10:00 C. Yoga 11:15 Mourning Hour 1:00 Bible Study 2:00	11 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30	12 Painting 9:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Bingo w/ Medicare 1:00 Zumba 4:00	13 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 Trip 1:30	14 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15
17 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Bible Study 2:00	18 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Bingo w/ Morning Pointe 1:00	19 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	20 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:00 Lunch 12:00 Gospel Singing 12:45	21 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15
24 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00	25 Total Fitness 9:00 Lunch Legends 10:30 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30	26 Painting 9:00 Line Dancing 10:30 Lunch & Learn 12:00 Hand, Knee, Foot 1:00 Zumba 4:00	27 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 Emergency Prep 1:00	28 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15
31 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00	Register for the Emergency Preparedness Program at the center on the 27 th . East Tennessee Regional Health Office with members of the Medical Reserve Corps will explain the importance of being prepared and how to make simple changes to be better prepared for the unexpected. They will raffle off free emergency kit backpacks.			

Tech for All TN will offer an **Artificial Intelligence** class at the center on the 6th. AI Literacy is a practical, beginner-friendly workshop designed to help participants understand how artificial intelligence is already part of everyday life and how to use it safely, responsibly, and effectively. Participants learn how to think critically about AI, write effective prompts, evaluate information, and use AI tools to support productivity, communication, learning, and everyday decision-making. You must pre-register for the class.