

September

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.

*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

2026

Lunch Menu:

Chicken Salad
Croissant \$7

TRIPS:

30th: We are gonna take a boat ride down the Tennessee River! Join us as we head to Tennessee National to board a boat and set out to explore Loudon from the water. We will stop at the Tennessee National Clubhouse for lunch before heading back to the center. Cost of the boat ride is \$22 + \$5 transport fee. Money is due by September 11th. Van leaves out at 9:00.

*Must be able to board the boat with limited assistance due to uneven surfaces and movement.

Monday	Tuesday	Wednesday	Thursday	Friday
	Total Fitness 9:00 ¹ Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Stories with Becki 1:30 SINGO 2:00	Painting 9:00 ² Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Mourning Hr. 1:00 Zumba 4:00	Haircuts 9:00 ³ Total Fitness 9:00 Beg. Line Dance 10:30 Cyber Safety 1:00	Dominoes 9:30 ⁴ Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15 Bingo w/ Morning Pointe 1:00
7 Closed in Observance of Labor Day	8 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30	9 Painting 9:00 Line Dancing 10:30 Scams 1:00 Hand, Knee, Foot 1:00 Zumba 4:00	10 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30	11 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15 Bingo w/ Adoration 1:00
14 Sassy Steppers 8:30 G. Yoga 10:00 C. Yoga 11:15 <u>Genealogy 1:00</u> Bible Study 2:00	15 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30	16 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	17 Haircuts 9:00 Total Fitness 9:00 No Line Dance Lunch 12:00 Gospel Singing 12:45	18 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15
21 Sassy Steppers 8:30 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 <u>Genealogy 1:00</u> Bible Study 2:00	22 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30	23 Painting 9:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	24 Senior Expo 9:00-12:00 Haircuts 9:00 Total Fitness 9:00	25 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15
28 G. Yoga 10:00 C. Yoga 11:15 <u>Genealogy 1:00</u> Bible Study 2:00	29 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30	30 Painting 9:00 Trip 8:30 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	Don't forget our biggest event of the year coming up on the 24 th from 9-12. The senior expo will have over 50 vendors with lots of information, giveaways, crafts, etc. You can buy lunch from Loudon High School's Culinary Arts Food Truck or get a haircut from Paulette. Be sure to register for one of the many door prizes that will be given away.	

Senior Council Board Member, Jerry Burke, will be conducting 3 Genealogy classes starting on the 14th. Jerry has over 20 years Genealogy research experience & over 10 years DNA experience. The classes build a basic foundation for those interested in researching their family history. You may register now for this class. Space is very limited.

Tech 4 All Tennessee will host an AI & Cyber Safety Workshop on the 3rd. This class is perfect for beginners or lifelong learners who want to build confidence with technology and stay safe online. Sign up today!