

October

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:

Meatloaf, mashed potatoes, green beans, roll, beverage, & dessert.

Stay for Bingo with Sarah after lunch!

TRIPS:

29th: Lunch Legends will head to Sevierville to eat at Chubby's. Offering delicious American made dishes, Chubby's serves home cooked meals in a fun environment. Van leaves out at 8:30 to allow time for a stop at Hamrick's for some shopping before lunch. \$5 trip fee.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>*Be sure to follow us on Facebook for all the latest updates on activities, meals, trips, etc.</i> <i>*Please be sure to notify the center asap if you need to cancel an event, trip, or activity you registered for.</i>			¹ Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 AI & Cyber Security 1:00	² Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30
Sassy Steppers 8:30 ⁵ G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:15 Mahjong 1:00 Genealogy 1:00 Bible Study 2:00	⁶ Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Stories with Becki 1:30	⁷ Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	⁸ Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 Mourning Hour 1:00	⁹ Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Bingo w/ Shalom 1:30
Sassy Step. 8:30 ¹² G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:15 Genealogy 1:00 Bible Study 2:00	¹³ Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30	¹⁴ Haircuts 9:00 Painting 9:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	¹⁵ No Haircuts Total Fitness 9:00 No Line Dance Lunch 12:00 Bingo w/ Sarah 12:45	¹⁶ Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30
Sassy Step. 8:30 ¹⁹ G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:15 Mahjong 1:00 Genealogy 1:00 Bible Study 2:00	²⁰ Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Lunch & Learn 12:30	²¹ Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	²² Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30	²³ Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30
²⁶ Sassy Steppers 8:30 G. Yoga 10:00 C. Yoga 11:15 Drums Alive 12:15 Bible Study 2:00	²⁷ Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Senior Council Meeting 2:00 SINGO 2:30	²⁸ Painting 9:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	²⁹ Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 Lunch Legends 8:30	³⁰ Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30

Join Mrs. Sarah Aguilar for a free lunch & learn on the 20th. Mrs. Sarah will discuss what changes are coming up in 2027, whether premiums are going up, and Humana plans. You may register for this event now.

Mr. Jerry Burke is bringing back his 3-part Genealogy class this month. Jerry has over 20 years of research experience and over 10 years of DNA experience. The classes build a basic foundation for those interested in researching their family history. Class begins on the 5th. You may register now. Space is very limited.