

November

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:
We're having our annual Thanksgiving Potluck. The center will provide turkey, rolls, dessert, and drinks. Each person will need to bring a prepared, covered side dish to serve at least 10 people. You must register for this event as there is very limited space.



TRIPS:

17th: Lunch Legends will visit Elvira's Café in Sevierville. This cozy mountainside restaurant serves delicious Southern comfort food. Van leaves at 11:30. \$5 trip fee.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sassy Steppers 8:30 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Bible Study 2:00	3 T. Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Mahjong 1:00 Stories w/ Becki 1:30 SINGO 2:30	4 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	5 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 Lunch & Learn 11:00 Mourning Hour 1:00	6 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15
9 Sassy Steppers 8:30 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00	10 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Mahjong 1:00	11 Closed in Observance of Veteran's Day	12 Haircuts 9:00 Total Fitness 9:00 Beg. Line Dance 10:30 Bingo w/ Bible Group 1:00	13 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15
16 Sassy Steppers 8:30 G. Yoga 10:00 C. Yoga 11:15 Mahjong 1:00 Bible Study 2:00	17 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Lunch Legends 11:30 Mahjong 1:00	18 Painting 9:00 Rug Hooking 10:00 Line Dancing 10:30 Hand, Knee, Foot 1:00 Zumba 4:00	19 Haircuts 9:00 Total Fitness 9:00 Potluck 12:00 w/ Gospel Singing to Follow	20 Dominoes 9:30 Ukulele Jam 9:30 Senior Strong 11:30 Drums Alive 12:15
23 Sassy Steppers 8:30 No G. Yoga No C. Yoga Bible Study 2:00	24 Total Fitness 9:00 Samba 10:00 Tai Chi 11:00 Senior Strong 11:30 Mahjong 1:00	25 No Painting No Line Dancing No Hand, Knee, Foot Bingo w/ Becki 1:00 No Zumba	26 Closed in Observance of Thanksgiving	27 Closed in Observance of Thanksgiving
30 Sassy Steppers 8:30 G. Yoga 10:00 C. Yoga 11:15 Bible Study 2:00				

Mrs. Sara will host a lunch & learn on the 5th at 11:00. She will be offering help to anyone who missed any of the changes to Medicare. She will also discuss whether a supplement is right for you. You can register for this event now.

Mourning Hour Grief Support group will meet at 1:00 on the 5th. Their focus will be navigating through holiday grief. It doesn't matter how long you've been grieving; it hits hardest during the holidays. The ornaments, the memories, the plans you made together, being alone. Learn tools and tips and have conversations with others having similar or different emotions or feelings.

