

# July

Loudon County Senior Center & Office on Aging  
 901 Main Street Loudon, TN 37774  
 (865) 458-5445




We are open Monday-Friday from 8:30-2:30pm. Please understand days, hours and activities are subject to change and we will do our best to notify every one of those changes in a timely manner. Please practice social distancing by staying 6 feet apart. Staff will disinfect rooms throughout the day; however, we ask that everyone wipe down all equipment after each use including exercise machines and billiard equipment. The kitchen is closed so please see a staff member for assistance. The exercise room will be closed between 12:30 and 1:30 every Wednesday afternoon.

\*Trip sign-ups will begin on the first business day of the month. There is a \$4 transportation fee to be collected on the day of the trip. Trips paid for in advance may not be eligible for a refund.

\*You must sign-up to receive a meal at drive-thru events.



## 2021

	Monday	Tuesday	Wednesday	Thursday	Friday		
<p><b>SIGN-UP NOW!!!</b></p> <p>You don't want to miss our Christmas Bingo on July 19<sup>th</sup>. We will have a special guest host. You will need to sign-up by Friday, July 16<sup>th</sup> for this event.</p> 				<p>1 Total Fitness/SAIL @ Blairland 9:00 Drive Thru Lunch 12:00</p>	<p>2</p>	<p>Sign-up for our 4<sup>th</sup> of July/Christmas drive thru lunch by June 28<sup>th</sup>. We'll be serving up hot dogs! Everyone who signs-up for the event will be registered to win a "car door prize" to be awarded when the winner picks up their meal.</p> 	
	<p>5 Closed in observance of Independence Day</p>	<p>6 Total Fitness/SAIL @ Blairland 9:00</p>	<p>7 Knit Alongs 12:00 Yoga 12:30</p>	<p>8 Total Fitness/SAIL @ Blairland 9:00</p>	<p>9</p>		<p>*Follow us on Facebook for news, updates, announcements, and events!</p> <p>*If you would like to be added to our telephone reassurance program, please call the center at (865) 458-5445</p>
	<p>12</p>	<p>13 Total Fitness/SAIL @ Blairland 9:00</p>	<p>14 Painting 9:00 Knit Alongs 12:00 Yoga 12:30</p>	<p>15 Total Fitness/SAIL @ Blairland 9:00</p>	<p>16 Amish Market @ Tellico Plains 8:45</p>		
	<p>19 Mahjong 12:00 Christmas Bingo 1:00</p>	<p>20 Total Fitness/SAIL @ Blairland 9:00</p>	<p>21 Painting 9:00 Knit Alongs 12:00 Yoga 12:30</p>	<p>22 Total Fitness/SAIL @ Blairland 9:00</p>	<p>23</p>		
	<p>26</p>	<p>27 Total Fitness/SAIL @ Blairland 9:00</p>	<p>28 Painting 9:00 Knit Alongs 12:00 Yoga 12:30</p>	<p>29 Total Fitness/SAIL @ Blairland 9:00</p>	<p>30</p>		

Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same. -President Ronald Reagan

