

# August

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. We will do our best to notify every one of those changes in a timely manner. 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.


\*Follow us on Facebook for news, updates, announcements, and events!

\*If you would like to be added to our telephone reassurance program, please call the center at (865) 458-5445

\*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.



## 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
Have questions about Medicare? Which plan is right for you? When should you enroll? What is the difference between Medicare supplements and Medicare Advantage plans? Do you like ice cream? 😊 Get the answers you need and enjoy some ice cream at our Medicare Seminar on Tuesday, July 17 <sup>th</sup> at 1:00. You must pre-register for this event. Call the center to sign up today! (865) 458-5445	2 Mahjong 12:00	3 Total Fitness/SAIL @ Blairland 9:00 Hand & Foot 10:00	4 Knit Alongs 12:00 Yoga 12:30	5 Total Fitness/SAIL @ Blairland 9:00 Bingo w/ Humana 1:00	6 Seashell Museum/Carmichael 9:45	Check out some of the new events coming up this month including Name that Tune w/ Humana at 1:00 on the 12 <sup>th</sup> and the Hand & Foot card group meeting every Tuesday at 10:00.    Sign-up for our August 6th visit to the Seashell Museum in Loudon. The cost for entry into the museum is \$10. We will enjoy a delicious lunch at the Carmichael Inn after the tour. Sign-ups start on August 2 <sup>nd</sup> .
	9	10 Total Fitness/SAIL @ Blairland 9:00 Hand & Foot 10:00	11 Painting 9:00 Knit Alongs 12:00 Yoga 12:30	12 Total Fitness/SAIL @ Blairland 9:00 Name that Tune/Humana 1:00	13	
	16 Mahjong 12:00	17 TotalFitness/SAIL@ Blairland 9:00 Hand & Foot 10:00 Medicare & Ice Cream 1:00	18 Painting 9:00 Knit Alongs 12:00 Yoga 12:30	19 Total Fitness/SAIL @ Blairland 9:00	20 Art with Karen 9:00	
	23	24 Total Fitness/SAIL @ Blairland 9:00 Hand & Foot 10:00	25 Painting 9:00 Knit Alongs 12:00 Yoga 12:30	26 Total Fitness/SAIL @ Blairland 9:00	27 Bingo w/ Lakewood/River Oaks 1:00	
	30	31 Total Fitness/SAIL @ Blairland 9:00 Hand & Foot 10:00				
<p><b>Join the senior center's art instructor, Karen Harper, in creating a beautiful painting on Friday, August 20<sup>th</sup> at 9:00. The cost of the class will be \$10. You can sign-up for the class beginning August 2<sup>nd</sup>. Space is limited.</b></p>						