

# May

Loudon County Senior Center & Office on Aging  
901 Main Street Loudon, TN 37774  
(605) 452-5445

**We are open Monday-Friday from 8:30-4:00 pm.** 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. Call the center for help with a SNAP application,

\*Transportation to and from the grocery store, bank, beauty/barber shop, routine doctor visits, etc. is available by appointment.

\*Trip and lunch sign-ups will begin on the first business day of the month. There is a \$5 fee for trips and lunch. You can register yourself and one other person.

\*Total Fitness/SAIL meet at Blairland Baptist Church at 730 Steekee Road in Loudon.

\*Haircuts are available every Wednesday starting at 9:00. Call (517) 784-2881 for an appointment.



# 2023

## TRIPS:

**16<sup>th</sup>**- The Island in Pigeon Forge provides shopping, dining, and entertainment and features a 200 ft. Ferris wheel and multi-million dollar show fountain. Van leaves at 9:30. \$5 fee.

**24<sup>th</sup>**- We will head to the John T. O'Connor Senior Center in Knoxville to watch a play. We will stop for lunch before the show. Van leaves at 10:30. \$5 fee.

**30<sup>th</sup>**- We head to Briarwood Safari Park in Bybee, TN. Board the tractor pulled wagon to enjoy a scenic four-mile ride featuring animals from six continents. Animals that will eat right out of your hand! Van leaves at 8:30. \$21 + \$5 fee.

*English Folk Dance will be on Mondays at 2:00. This dance is moderately aerobic and moves at a pleasant pace. No partner needed.*

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 Eng. Folk Dance 2:00	2 Total Fitness/SAIL 9:00 <b>Food Boxes 9:30</b> Hand & Foot 10:00	3 Painting 9:00 Knit Alongs 12:00 Senior Steppers 12:20 Rug Hookers 12:30 Latin Beat 1:00	4 Total Fitness/SAIL 9:00 Line Dancing 10:30 <b>Gospel Singing 1:00</b>	5 Crochet w/ Kim 10:00 Yoga 10:00 Chair Yoga 11:15 <b>Bingo w/ River Oaks 1:00</b>
	8 Yoga 10:00 Color Club 11:00 Chair Yoga 11:15 Eng. Folk Dance 2:00	9 Total Fitness/SAIL 9:00 Hand & Foot 10:00 <b>Cooking for Your Health 10:00</b>	10 Painting 9:00 Knit Alongs 12:00 Senior Steppers 12:20 Latin Beat 1:00	11 Total Fitness/SAIL 9:00 Line Dancing 10:30 <b>Karaoke w/ Caris Healthcare 1:00</b>	12 Dominoes 9:30 Crochet w/ Kim 10:00 Yoga 10:00 Chair Yoga 11:15 <b>Bingo w/ Choice Audiology 1:00</b>
	15 Yoga 10:00 Chair Yoga 11:15 Mahjong 1:00 <b>Bingo w/ Select 1:00</b> Eng. Folk Dance 2:00	16 Total Fitness/SAIL 9:00 <b>Trip 9:30</b> Hand & Foot 10:00	17 Painting 9:00 Knit Alongs 12:00 Senior Steppers 12:20 Rug Hookers 12:30 Latin Beat 1:00	18 Total Fitness/SAIL 9:00 Line Dancing 10:15 <b>Lunch 12:00 &amp; Stroke Screenings</b>	19 Dominoes 9:30 Crochet w/ Kim 10:00 Yoga 10:00 Chair Yoga 11:15 <b>Laugh Out Loud w/ Becki 1:00</b>
	22 Yoga 10:00 Color Club 11:00 Chair Yoga 11:15 Eng. Folk Dance 2:00	23 Total Fitness/SAIL 9:00 Hand & Foot 10:00	24 Painting 9:00 <b>Trip 10:30</b> Knit Alongs 12:00 Senior Steppers 12:20 Latin Beat 1:00	25 Total Fitness/SAIL 9:00 <b>Health Screen 9:00</b> <b>Safe Driving 10:00</b> Line Dancing 10:30 <b>Birthday Bingo 1:00</b>	26 Dominoes 9:30 Crochet w/ Kim 10:00 Yoga 10:00 Chair Yoga 11:15 <b>Safe Driving 10:00</b>
	29 <b>Closed in Observance of Memorial Day</b>	30 Total Fitness/SAIL 9:00 Hand & Foot 10:00 <b>Trip 8:30</b>	31 Painting 9:00 Knit Alongs 12:00 Senior Steppers 12:20 Latin Beat 1:00	*Join Becki on the 19 <sup>th</sup> at 1:00 for Laugh Out Loud. Come tell your funniest story, joke, and/or riddle. *Sign-up for the health screenings on the 25 <sup>th</sup> and get your blood sugar, blood pressure, hearing & vision checked free of charge.	

**Lunch Menu:** Hot dogs, chili, slaw, chips, dessert, & beverage.

Register for the AARP Smart Driver classroom course and you might save money on your car insurance! This two-day class will be from 10:00 to 2:00 on the 25<sup>th</sup> and 26<sup>th</sup>. Refresh your driving skills and discover proven driving methods to help keep you and your loved ones safe on the road. \$20 for AARP members \$25 for non-members

\*Come join our Senior Steppers every Wednesday at 12:20. Great way to help meet your daily step goal!  
\*Stroke screenings will be available after lunch on the 18<sup>th</sup>. Covenant Health will use ultrasound technology to look for narrowed carotid arteries, which increase the risk of stroke.