

February

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

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 and will be taken by phone only. There is a \$5 fee for trips and lunch. You can register yourself and one other person. Lunch menu subject to change. Please bring exact change when paying for your trip.**

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

*Call Paulette at (517) 784-2881 to make an appointment for a haircut.



2024

TRIPS:	Monday	Tuesday	Wednesday	Thursday	Friday	Lunch Menu:
<p>13th: Shopping and lunch anyone? We are headed to Greenback Farmer's Market for some fresh produce and locally made goods. We will also stop by discount stores, A Lot Less and Keevado (formerly Gimme A 5) to search for bargains. We will stop for lunch at the Soup Kitchen. \$5 trip fee. Van leaves out at 9:00 A.M.</p>		<p>We begin taking tax appointments on January 22nd. Call the center and make your appointment to receive free tax preparation services from AARP.</p>		<p>1 Total Fitness/SAIL 9:00 Line Dance 10:30 Gospel Singing 1:00</p>	<p>2 Taxes 9:00 Dominoes 9:30</p>	<p>Loaded Potato Soup, dessert, and beverage. \$5. Sign up Feb. 1st.</p>
<p>20th: We are going to Pigeon Forge for the Hatfield & McCoys Dinner Show. Cost of the trip is \$64.99 (includes an all you can eat meal) and \$5 trip fee. Van leaves out at 2:00 P.M. Money is due by 13th.</p>	<p>5 Beginning Yoga 10:00 Chronic Cond. 10:00 Chair Yoga 11:15 Mahjong 1:00</p>	<p>6 Total Fitness/SAIL 9:00 Taxes 9:00 Food Boxes 9:30 Hand & Foot 10:00</p>	<p>7 Haircuts 9:00 Painting 9:00 Rug Hooking 10:00 Zumba 11:00 Sr. Steppers 11:30 Bingo w/ Devoted Health 1:00</p>	<p>8 Total Fitness/SAIL 9:00 Line Dance 10:30</p>	<p>9 Taxes 9:00 Dominoes 9:30</p>	 <p>Sign-up to attend our Valentine's party on the 14th. Come hang out with your friends at the senior center starting at 1:00. Fun, games, and CHOCOLATE! Feel free to bring your favorite chocolate dish to share. 😊</p>
<p>Closed in Observance of President's Day</p>	<p>12 Beg. Yoga 10:00 Chronic Cond. 10:00 Color Club 11:00 Chair Yoga 11:15 Beginning Poker 1:00</p>	<p>13 Total Fitness/SAIL 9:00 Taxes 9:00 Hand & Foot 10:00 Trip 9:00</p>	<p>14 Haircuts 9:00 Painting 9:00 Zumba 11:00 Sr. Steppers 11:30 Valentine's Party 1:00</p>	<p>15 Total Fitness/SAIL 9:00 Line Dance 10:30 Lunch 12:00</p>	<p>16 Taxes 9:00 Dominoes 9:30 Bingo w/ Becki 1:00</p>	
<p>ETHRA will be here during lunch on the 15th to give information on the Supplemental Nutrition Assistance Program (SNAP)</p>	<p>19 Closed in Observance of President's Day</p>	<p>20 Total Fitness/SAIL 9:00 Taxes 9:00 Hand & Foot 10:00 Trip 2:00</p>	<p>21 Haircuts 9:00 Painting 9:00 Rug Hooking 10:00 Zumba 11:00 Sr. Steppers 11:30</p>	<p>22 Total Fitness/SAIL 9:00 Health Screening 9:00 Line Dance 10:30 Vertigo Bingo 1:00 w/ Premier PT</p>	<p>23 Taxes 9:00 Dominoes 9:30</p>	
	<p>26 Beginning Yoga 10:00 Chronic Cond. 10:00 Color Club 11:00 Chair Yoga 11:15 Beginning Poker 1:00</p>	<p>27 Total Fitness/SAIL 9:00 Taxes 9:00 Hand & Foot 10:00</p>	<p>28 Haircuts 9:00 Painting 9:00 Zumba 11:00 Sr. Steppers 11:30</p>	<p>29 Total Fitness/SAIL 9:00 Line Dance 10:30 Bingo w/ River Oaks 1:00</p>	<p>Living with a chronic illness such as heart disease, cancer, arthritis, depression, etc.? Register for our six-week Chronic Conditions workshop. Learn how to continue with normal daily activities and how to deal with the emotions that chronic conditions may bring. Workshop begins at 10:00 on the 5th and will continue through March 18th. You must pre-register for this event.</p>	