

April

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>9th: We are taking an early morning trip to Cades Cove in hopes of seeing more wildlife than we did last time! Van leaves out at 6:30 A.M. We will stop for a late breakfast/early lunch on the way home. \$5 trip fee due the day of trip.</p>  <p>26th: We will be going to the Dogwood Arts Festival in Knoxville. We are leaving the center at 9:00 A.M. \$5 trip fee due the day of trip.</p>	<p>1 Beginning Yoga 10:00 Diabetes 10:00 Chair Yoga 11:15 Mahjong 1:00</p>	<p>2 Total Fitness/SAIL 9:00 Taxes 9:00 Food Boxes 9:30 Hand & Foot 10:00</p>	<p>3 Haircuts 9:00 Painting 9:00 Line Dance 10:00 Rug Hooking 10:00 Zumba 11:00 Sr. Steppers 11:30</p>	<p>4 Soc. Nutritious 9:00 Total Fitness/SAIL 9:00 Line Dance 10:30 Gospel Singing 1:00</p>	<p>5 Taxes 9:00 Dominoes 9:30</p>	<p>Spaghetti & Salad</p> 
	<p>8 Beginning Yoga 10:00 Diabetes 10:00 Color Club 11:00 Chair Yoga 11:15 Beginning Poker 1:00</p>	<p>9 Total Fitness/SAIL 9:00 Taxes 9:00 Hand & Foot 10:00 Trip 6:30</p>	<p>10 Haircuts 9:00 Painting 9:00 Line Dance 10:00 Rug Hooking 10:00 Zumba 11:00 Sr. Steppers 11:30</p>	<p>11 Soc. Nutritious 9:00 Total Fitness/SAIL 9:00 Line Dance 10:30 Bingo w/ Hearing Life 1:00</p>	<p>12 Taxes 9:00 Dominoes 9:30</p>	<p>NEW: Socially Nutritious is a 6-week education program featuring nutritional info for shopping on a budget for one or two people, hydration & diet tips for heart, brain, bone, and muscle health. The program also provides one on one assistance with technology to help seniors stay connected with friends and family. Participants will be connected in a private Facebook group to provide additional support for behavior change and foster intergenerational communication. You must pre-register for this free program which begins on April 4th at 9:00 A.M.</p>
	<p>15 Beginning Yoga 10:00 Diabetes 10:00 Chair Yoga 11:15 Mahjong 1:00</p>	<p>16 Total Fitness/SAIL 9:00 Hand & Foot 10:00</p>	<p>17 Haircuts 9:00 Painting 9:00 Line Dance 10:00 Rug Hooking 10:00 Zumba 11:00 Sr. Steppers 11:30</p>	<p>18 Soc. Nutritious 9:00 Total Fitness/SAIL 9:00 Line Dance 10:00 Lunch 12:00</p>	<p>19 Dominoes 9:30 Bingo w/ Devoted Health 1:00</p>	
	<p>22 Beginning Yoga 10:00 Diabetes 10:00 Color Club 11:00 Chair Yoga 11:15 Beginning Poker 1:00</p>	<p>23 Total Fitness/SAIL 9:00 Hand & Foot 10:00</p>	<p>24 Haircuts 9:00 Painting 9:00 Line Dance 10:00 Rug Hooking 10:00 Zumba 11:00 Sr. Steppers 11:30</p>	<p>25 Soc. Nutritious 9:00 Total Fitness/SAIL 9:00 Line Dance 10:30</p>	<p>26 Trip 9:00 Dominoes 9:30</p>	
	<p>29 Beginning Yoga 10:00 Diabetes 10:00 Chair Yoga 11:15</p>	<p>30 Total Fitness/SAIL 9:00 Hand & Foot 10:00</p>	<p>Sign-up now!!! Tony Lowery of the Loudon County Health Department will focus on understanding how diabetes works, identifying and preventing diabetic complications, meal planning, strategies to monitor, manage, and control diabetes and much more. Class starts on April 1st at 10:00 and continues every Monday through May 6th.</p>			