

May

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

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

TRIPS:	Monday	Tuesday	Wednesday	Thursday	Friday	Lunch Menu:
<p>10th- We are heading to Dayton, TN for the 77th Annual Tennessee Strawberry Festival featuring food and craft vendors. The van leaves out at 8:30. \$5 transport fee.</p> <p>15th- We will be going to the Farmer's Market at Market Square in downtown Knoxville. The van leaves out at 9:00. \$5 transport fee.</p>	<p>Good EaTN is an interactive cooking class sponsored by Second Harvest Food Bank where you get to take home a food box, kitchen utensils, and a new recipe. Sign-up on the 1st. Class starts on the 7th at 1:00.</p>		<p>1 Haircuts 9:00 Painting 9:00 Line Dance 10:00 Rug Hooking 10:00 Zumba 11:00</p>	<p>2 Soc. Nutritious 9:00 Total Fitness/SAIL 9:00 Line Dance 10:30 Gospel Singing 1:00</p>	<p>3 Dominoes 9:30</p>	<p>Hot Dogs, Chips, and all the fixins!</p>
	<p>6 Beginning Yoga 10:00 Diabetes 10:00 Chair Yoga 11:15 Mahjong 1:00</p>	<p>7 Total Fitness/SAIL 9:00 Food Boxes 9:30 Hand & Foot 10:00 Good Eats Cooking Club 1:00</p>	<p>8 Haircuts 9:00 Painting 9:00 Line Dance 10:00 No Zumba Sr. Steppers 11:30 Veteran's Lunch & Learn 12:00</p>	<p>9 Soc. Nutritious 9:00 Total Fitness/SAIL 9:00 Line Dance 10:30 Women's Health 1:00</p>	<p>10 Trip 9:00 Dominoes 9:30</p>	<p>Sign-up now for the veteran's lunch & learn on the 8th at 12:00. Silver Angels & Amedysis Hospice will be hosting this event which is open to all veterans and their spouses or caregivers. Learn about home care benefits available for veterans.</p>
<p><i>We will have a health class on the 13th called The Shakedown on Sugar. Sugar is everywhere and many people eat way too much of it. Find out why this popular food is on high alert when it comes to your health and what you can do about it. Class begins at 2:00 and you may register now.</i></p>	<p>13 Beg. Yoga 10:00 Color Club 11:00 Chair Yoga 11:15 No Poker Bingo w/ Woods 1:00 Health Class 2:00</p>	<p>14 Total Fitness/SAIL 9:00 Hand & Foot 10:00</p>	<p>15 Haircuts 9:00 Painting 9:00 Trip 9:00 Line Dance 10:00 Rug Hooking 10:00 No Zumba Sr. Steppers 11:30</p>	<p>16 Total Fitness/SAIL 9:00 Line Dance 10:00 Lunch 12:00 (hearing aid cleaning and checks)</p>	<p>17 Dominoes 9:30 Garden Bingo w/ Becki 1:00</p>	<p>Happy Women's Health Month! Dr. Jackson Goble will be here on the 9th at 1:00 to provide info on various issues related to women including osteoporosis, cancer, heart disease, etc. You can call the center and register today.</p>
	<p>20 Closed for Deep Cleaning (Volunteers Needed)</p>	<p>21 Closed for Deep Cleaning (Volunteers Needed)</p>	<p>22 Closed for Deep Cleaning (Volunteers Needed)</p>	<p>23 Closed</p>	<p>24 Closed</p>	
	<p>27 Closed in Observance of Memorial Day</p>	<p>28 Total Fitness/SAIL 9:00 Hand & Foot 10:00</p>	<p>29 Painting 9:00 Line Dance 10:00 No Zumba Sr. Steppers 11:30</p>	<p>30 Total Fitness/SAIL 9:00 Line Dance 10:30</p>	<p>31 Dominoes 9:30</p>	