

DECEMBER 2011
SOUTH KNOXVILLE SENIOR CENTER
865-573-5843

SWIM HOURS
MONDAY THRU FRIDAY 7:30 TO 3:30

CENTER HOURS
MONDAY THRU FRIDAY 7:30 TO 4:30

Monday	Tuesday	Wednesday	Thursday	Friday
	Special Events this month: 2- Covenant Health Lunch and Learn 5- Movie Matinee 6-Humana Medicare Seminar 14-Toenail Trimming 15-Holiday Party/Craft Sale @South Knox Opry 19-Preferred Care@ Home Prog. 19-Cookie Exchange		1 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics 2:30 Aqua Motion	2 8:15 Water Walk 8:45 Bodyworks Adv. Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 11:00 ROOK 11:00 Water Dance 12:00 Covenant Health Lunch and Learn: "Holiday Stress" 1:30 Water Aerobics 2:30 Aqua Motion
5 8:15 Water Walk 9:00 Water Aerobics 9:00 Beg. Computer 9:30 BINGO 10:00 Pinochle 11:00 Water Aerobics 11:00 Adv. Quilting 1:00 Bridge 1:30 Movie Matinee	6 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Adv. Computer 9:00 Water Aerobics 10:00 Sit'bFit Class 10:00 Crafts/Beading 11:00 Water Dance 1:00 ROOK 1:30 Water Aerobics 2:00 Humana Seminar on Medicare 2:30 Aqua Motion Class	7 8:15 Water Walk 9:00 Painting 9:30 Arthritis Water Class 10:00 Quilting 11:00 Water Aerobics 1:00 Bridge	8 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics 2:30 Aqua Motion	9 8:15 Water Walk 8:45 Bodyworks Adv. Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 11:00 Yoga 11:00 ROOK 11:00 Water Dance 1:30 Water Aerobics 2:30 Aqua Motion Class
12 8:15 Water Walk 9:00 Water Aerobics 9:00 Beg. Computer 9:30 BINGO 10:00 Pinochle 11:00 Water Aerobics 11:00 Adv. Quilting 1:00 Bridge 1:30 Water Aerobics	13 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 9:00 Adv. Computer 10:00 Sit'bFit Class 10:00 Crafts/Beading 11:00 Water Dance 11:00 Tai Chi Practice 1:00 ROOK 1:30 Water Aerobics 2:00 Wii Bowling 2:30 Aqua Motion Class	14 8:15 Water Walk 9:00 Painting 9:00 Toenail Trim (by appt.) 9:00-12:00 Craft Sale 9:30 Arthritis Water Class 10:00 Quilting 10:30 Golden Cloggers 11:00 Water Aerobics 1:00 Bridge	15 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry *Holiday Party-Please bring Cookies/Craft Sale 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics 2:30 Aqua Motion	16 8:15 Water Walk 8:45 Bodyworks Adv. Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 11:00 Yoga 11:00 ROOK 11:00 Water Dance 1:30 Water Aerobics 1:30 Joymakers Practice 2:30 Aqua Motion Class
19 8:15 Water Walk 9:00 Water Aerobics 9:00 Beg. Computer 9:30 BINGO 10:00 Pinochle 10:30 Preferred Care@Home 11:00 Water Aerobics 11:00 Adv. Quilting 1:00 Bridge 1:30 Water Aerobics	20 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 1:00 ROOK 9:00 Adv. Computer 10:00 Sit'bFit Class 10:00 Crafts/Beading 11:00 Water Dance 11:00 Tai Chi Practice 1:00 ROOK 1:30 Water Aerobics 2:00 Humana Medicare Prog. 2:30 Aqua Motion Class	21 8:15 Water Walk 9:00 Painting 10:00 Quilting 10:30 Golden Cloggers 11:00 Water Aerobics 1:00 Bridge	22 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics 2:30 Aqua Motion	23 *Closed for Holidays
26 *Closed for Holiday	27 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 9:00 Adv. Computer 10:00 Sit'bFit Class 10:00 Crafts/Beading 11:00 Water Dance 11:00 Tai Chi Practice 1:00 ROOK 1:30 Water Aerobics 2:00 Wii Bowling 2:30 Aqua Motion Class	28 8:15 Water Walk 9:00 Painting 9:30 Arthritis Water Class 10:00 Quilting 10:30 Golden Cloggers 11:00 Water Aerobics 1:00 Bridge	29 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	30 8:15 Water Walk 8:45 Bodyworks Adv. Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 11:00 Yoga 11:00 ROOK 11:00 Water Dance 1:30 Water Aerobics 2:30 Aqua Motion Class