

OCTOBER 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
3 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	4 8:15 Water Walk 8:45 Adv. Cardio Fitness 9:00 Water Aerobics 9:00 Adv. Computer 10:00 Sit bFit Class 11:00 Crafts/Beading 11:00 Water Dance 11:00 Tai Chi Beginners 12:30 Tai Chi Advanced 1:00 ROOK 1:30 Water Aerobics 2:00 Aqua Motion Class 3:00 Advanced Chiropractic Program	5 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	6 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	7 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 11:00 Yoga 11:00 ROOK 11:00 Water Dance 1:30 Water Aerobics 2:00 Wii Bowling 2:30 Aqua Motion Class
10 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	11 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 9:00 Adv. Computer 10:00 Sit'bFit Class 11:00 Crafts/Beading 11:00 Water Dance 1:00 ROOK 1:30 Water Aerobics 2:30 Aqua Motion Class	12 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	13 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	14 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 11:00 Yoga 11:00 ROOK 11:00 Water Dance 1:30 Water Aerobics 2:00 Wii Bowling 2:30 Aqua Motion Class
17 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 1:30 Water Aerobics 2:30 Aqua Motion Class	18 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 9:00 Adv. Computer 10:00 Sit'bFit Class 11:00 Crafts/Beading 11:00 Water Dance 1:00 ROOK 1:30 Water Aerobic 2:30 Aqua Motion	19 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	20 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 10:30 U.T. Flu Shots 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	21 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 10:00 Sit'bFit Class 11:00 Yoga 11:00 ROOK 11:00 Water Dance 1:30 Water Aerobics 2:00 Wii Bowling 2:30 Aqua Motion Class
24 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 1:00 Gospel Music 1:30 Water Aerobics	25 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Water Aerobics 9:00 Adv. Computer 10:00 Sit'bFit Class 11:00 Crafts/Beading 11:00 Water Dance 1:00 ROOK 1:30 Water Aerobics 2:30 Aqua Motion Class	26 8:15 Water Walk 9:00 Toenail Trim (appt.) 9:00 Painting 9:30 Arthritis Water Class 10:00 Quilting 10:30 Golden Cloggers 11:00 Water Aerobics 1:00 Bridge	27 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	28 8:15 Water Walk 8:45 Adv. Cardio Fitness 9:00 Water Aerobics 10:00 Sit B'Fit Class 11:00 Yoga 11:00 ROOK 11:00 Water Dance 1:30 Water Aerobics 2:00 Wii Bowling 2:30 Aqua Motion Class
31 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 Halloween Party	**SPECIAL EVENTS THIS MONTH Tuesday, Oct. 4, Advanced Chiropractic Program Thursday, Oct. 20, Flu Shots By U.T. Medical Center Thursday, Oct. 27, Halloween Hoedown @ Opry Monday, Oct. 31, Halloween Party Sponsored By Williamsburg Villas			

