

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

SEPTEMBER 2011  
SOUTH KNOXVILLE SENIOR CENTER  
865-573-5843

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

Monday	Tuesday	Wednesday	Thursday	Friday
	SEPT. 9, 9:00 A.M. U.T. MOBILE MAMMOGRAPHY SEPT. 9, 11:00 A.M. AMERILIFE PROG./LUNCH SEPT. 12, 11:30 A.M. COVERED-DISH LUNCH SEPT. 12, 1:00 P.M. MOVIE MATINEE SEPT. 13, 2:00 P.M. SENIOR RESOURCE SPECIALISTS SEPT. 14, 10-12:00 NOON CVS FLU SHOTS SEPT. 16, 1:30 P.M. FASHION SHOW WITH JUDY GARLAND SEPT. 19, 1:30 WALGREEN'S MEDICARE PART D PROG. SEPT. 26, 1:00 P.M. GOSPEL MUSIC SEPT. 30, 2:00 P.M.		<b>1</b> 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	<b>2</b> 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
<b>5</b> <b>ALL SENIOR CENTERS CLOSED FOR LABOR DAY.</b>	<b>6</b> 8:15 Water Walk 8:45 Adv. Sr. Cardio Fitness 9:00 Adv. Computer 9:00 Water Aerobics 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 2:30 Aqua Motion Class	<b>7</b> 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	<b>8</b> 8:15 Water Walk <b>8:30 Walgreen's Flu Shots</b> 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	<b>9</b> 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 <b>11:00 Amerilife/Lunch</b> 1:30 Water Aerobics 2:00 Wii Bowling 2:30 Aqua Motion Class <b>*9:00 U.T. Mobile Mammography by appt.</b>
<b>12</b> 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 <b>11:30 Covered-dish Lunch</b> 1:00 Bridge <b>1:30 Movie</b> 1:30 Water Aerobics	<b>13</b> 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 11:00 Tai Chi Beginners 12:30 Tai Chi Advanced 1:00 ROOK 1:30 Water Aerobics <b>2:00 Senior Resource Specialists</b> 2:30 Aqua Motion	<b>14</b> 8:15 Water Walk 9:00 Painting 9:30 Arthritis Water Class 10:00 Quilting <b>10:00 Flu Shots by CVS</b> <b>10:30 Golden Cloggers</b> 11:00 Water Aerobics 1:00 Bridge	<b>15</b> 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	<b>16</b> 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 <b>1:30 Fashion Show with Judy Garland</b> 1:30 Water Aerobics 2:00 Wii Bowling 2:30 Aqua Motion Class <b>*SKSC Painters Art Show and Sale begins @ 4:00 at Candora Marble. Show runs thru 9-18.</b>
<b>19</b> 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 <b>1:30 Medicare Part D Prog.</b>	<b>20</b> 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 11:00 Tai Chi Beginners 12:30 Tai Chi Advanced 1:00 ROOK 1:30 Water Aerobics 2:30 Aqua Motion Class	<b>21</b> 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	<b>22</b> 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	<b>23</b> 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
<b>26</b> 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 <b>*** 1:00 GOSPEL</b> 1:00 Bridge 1:30 Water Aerobics	<b>27</b> 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 11:00 Tai Chi Beginners 12:30 Tai Chi Advanced 1:00 ROOK 1:30 Water Aerobics 2:30 Aqua Motion Class	<b>28</b> 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	<b>29</b> 8:15 Water Walk 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Ballroom Dance 1:00 ROOK 1:30 Water Aerobics	<b>30</b> 8:15 Water Walk 9:00 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 <b>2:00 Fashion Show with Judy Garland</b> 2:30 Aqua Motion