






**SWIM TIME**  
8:00-3:30

# NOVEMBER 2009

## SOUTH KNOXVILLE SENIOR CENTER

**CENTER HOURS**  
**MON - THURS**  
8:00-4:30  
**FRI 8:00-4:00**  
**PHONE**  
865-573-5843

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> 9:00-9:45 <i>Water Aerobics</i> 9:30 BINGO 11:00-12:00 <i>Water Aerobics</i> 11:00-1:00 Advanced Quilting 12:00-1:00 <b>Covenant Lunch/Learn</b> 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>3</b> 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>4</b> 9:00-3:00 Painting 10:00 Quilting 10:30-11:30 GC practice 10:30-11:30 Computer/Photo class 11:00-12:00 <i>Water Aerobics</i> 12:00-1:00 Beadorama Jewelry</p>	<p><b>5</b> 9:00-9:45 <i>Water Aerobics</i> 9:00-11:30 Bluegrass Jam 11:30-2:00 Dance Lessons 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>6</b> 9:00-9:45 <i>Water Aerobics</i> 11:00 ROOK 11:30-12:30 Yoga 1:00 Joy Makers 1:00-2:30 Computer Class 1:30-2:15 <i>Water Aerobics</i> 2:30-3:30 <i>Wii Bowling League</i></p>
<p><b>9</b> 9:00-9:45 <i>Water Aerobics</i> 9:30 BINGO 11:00-12:00 <i>Water Aerobics</i> 11:00-1:00 Advanced Quilting 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>10</b> 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>11</b>  <b>Veterans Day Holiday Center Closed</b></p>	<p><b>12</b> 9:00-9:45 <i>Water Aerobics</i> 9:00-11:30 Bluegrass Jam 11:30-2:00 Dance Lessons 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>13</b> 9:00-9:45 <i>Water Aerobics</i> 11:00 ROOK 11:30-12:30 Yoga 1:00 Joy Makers 1:00-2:30 Computer Class 1:30-2:15 <i>Water Aerobics</i> 2:30-3:30 <i>Wii Bowling League</i></p>
<p><b>16</b> 9:00-9:45 <i>Water Aerobics</i> 9:30 BINGO 11:00-12:00 <i>Water Aerobics</i> 11:00-1:00 Advanced Quilting 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>17</b> 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>18</b> 9:00-3:00 Painting 10:00 Quilting 10:30-11:30 GC practice 10:30-11:30 Computer/Photo class 11:00-12:00 <i>Water Aerobics</i> 12:00-1:00 Beadorama Jewelry</p>	<p><b>19</b> 9:00-9:45 <i>Water Aerobics</i> 9:00-11:30 Bluegrass Jam 11:30-2:00 Dance Lessons 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>20</b> 9:00-9:45 <i>Water Aerobics</i> 11:00 ROOK 11:30-12:30 Yoga <b>12:00-2:00 Potluck</b> 1:00 Joy Makers 1:00-2:30 Computer Class 2:30-3:30 <i>Wii Bowling League</i></p>
<p><b>23</b> 9:00-9:45 <i>Water Aerobics</i> 9:30 BINGO 11:00-12:00 <i>Water Aerobics</i> 11:00-1:00 Advanced Quilting 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>24</b> 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i></p>	<p><b>25</b> 9:00-3:00 Painting 10:00 Quilting 10:30-11:30 GC practice 10:30-11:30 Computer/Photo class 11:00-12:00 <i>Water Aerobics</i> 12:00-1:00 Beadorama Jewelry</p>	<p><b>26</b> <b>Thanksgiving Holiday Center Closed</b> </p>	<p><b>27</b> <b>Thanksgiving Holiday Center Closed</b> </p>
<p><b>30</b> 9:00-9:45 <i>Water Aerobics</i> 9:30 BINGO 11:00-12:00 <i>Water Aerobics</i> 11:00-1:00 Advanced Quilting 1:00-2:00 Gospel Music 1:30-2:15 <i>Water Aerobics</i></p>				