




SWIM TIME
8:00-3:30

OCTOBER 2009

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

SOUTH KNOXVILLE SENIOR CENTER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
|  <p>Red Hatters See Bulletin Board for contact information regarding activities</p> | | | 1 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> | 2 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> |
| 5 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 Clogging Lessons 1:30-2:15 <i>Water Aerobics</i> | 6 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 11:00 Garden Club 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i> | 7 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 1:00-3:00 GAMES GALORE | 8 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> | 9 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> |
| 12 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 Clogging Lessons 1:30-2:15 <i>Water Aerobics</i> | 13 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 11:00 Garden Club 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i> | 14 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 1:00-3:00 GAMES GALORE | 15 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> | 16 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> |
| 19 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 Clogging Lessons 1:30-2:15 <i>Water Aerobics</i> | 20 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 11:00 Garden Club 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i> | 21 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 1:00-3:00 GAMES GALORE | 22 9:00-9:45 <i>Water Aerobics</i> 9:00-11:30 Bluegrass Jam 9:00 LIONS CLUB 11:30-2:00 Dance Lessons 1:30-2:15 <i>Water Aerobics</i> | 23 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> |
| 26 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 Clogging Lessons 1:00-2:00 Gospel Music 1:30-2:15 <i>Water Aerobics</i> | 27 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 11:00 Garden Club 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i> | 28 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 1:00-3:00 GAMES GALORE | 29 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> | 30 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 1:00-3:00 BOO FEST |