





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

# SEPTEMBER 2009

## SOUTH KNOXVILLE SENIOR CENTER

**CENTER HOURS**  
**MON - Thurs.**  
8:00-4:30  
**Friday 8:00-4:00**  
**PHONE 865-573-5843**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 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>	<b>2</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 1:00-3:00 GAMES GALORE	<b>3</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>	<b>4</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 Classes 1:30-2:15 <i>Water Aerobics</i>
<b>7</b>  CENTER CLOSED IN OBSERVATION OF LABOR DAY	<b>8</b> 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 <b>12:00 LUNCH AND LEARN</b> 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i>	<b>9</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 1:00-3:00 GAMES GALORE	<b>10</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>	<b>11</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>
<b>14</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 Clogging Lessons 1:30-2:15 <i>Water Aerobics</i>	<b>15</b> 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>	<b>16</b> 9:00-3:00 Painting 10:00 Quilting 10:30-11:30 GC practice 10:30-1:30 Computer/Photo class 11:00-12:00 <i>Water Aerobics</i> 12:00-1:00 Beadorama Jewelry 1:00-3:00 GAMES GALORE	<b>17</b> 9:00-9:45 <i>Water Aerobics</i> 9:00-11:30 Bluegrass Jam <b>9:00 LIONS CLUB</b> 11:30-2:00 Dance Lessons 1:30-2:15 <i>Water Aerobics</i>	<b>18</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>
<b>21</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 Clogging Lessons 1:30-2:15 <i>Water Aerobics</i>	<b>22</b> 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>	<b>23</b> 9:00-3:00 Painting 10:00 Quilting 10:30-11:30 Computer/Photo class 11:00-12:00 <i>Water Aerobics</i> 12:00-1:00 Beadorama Jewelry <b>12:30-3:30 TAILGATE PARTY</b> 1:00-3:00 GAMES GALORE	<b>24</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>	<b>25</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>
<b>28</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 Clogging Lessons 1:00-2:00 Gospel Music 1:30-2:15 <i>Water Aerobics</i>	<b>29</b> 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>	<b>30 CENTER CLOSED</b>   <b>MAYOR'S ANNUAL SENIOR PICNIC</b> Wednesday, September 30 11:30 am to 1:00 pm	 <b>Red Hatters</b> See Bulletin Board for contact information regarding activities	