Wednesday, September 6th at 12:30 pm . . . Fortuitous/Ice Cream Social
Join us as we celebrate the end of summer and commemorate our eighth anniversary of the Center’s opening with an old-fashioned ice cream social! Commissioner Terry Hill will be providing the ice cream and toppings to go with it. The Barbershop Quartet, Fortuitous, will be singing for us and we will be taking up a love offering for them. The music jam will be playing right after Fortuitous, so stay and listen to some bluegrass, country, and gospel music. RSVP

Thursday, September 7th at 2:00 pm . . . Beginning Spanish
Join Bella Cartwright, upper level-student from UTK for a beginning Spanish class that will meet September to November. Beginning Spanish will cover basic conversation, grammar, and culture. This class is intended for students with no prior experience with Spanish. A workbook is needed for the class and will cost $13.00 (cash). RSVP

Monday, September 11th at 2:30 pm . . . Shoulder Pain Workshop
Join Dr. Lee Easley with Knox Physical Therapy as he discusses possible causes of shoulder pain and treatment options. RSVP

Tuesday, September 12th at 9:15 am . . . Field Trip: Tennessee Valley Fair
Join us for a field trip to the Tennessee Valley Fair! If you are 65 and older, admission is free on this date. There are activities provided in the Kerr & Jacobs Buildings and the Pepsi Tent. Transportation is provided free by CAC. RSVP

Tuesday, September 12th at 11:00 am . . . Essential Oils: Immune Health
Join Richard and Deborah as they discuss using essential oils as an excellent means for strengthening your immune system in preparation for the coming cold and flu season. RSVP

Tuesday, September 12th at 2:00 pm . . . American Sign Language, Part IV
If you have been participating in the current ASL class or have previous experience with ASL, you are eligible for this class. ASL is the primary language of many who are deaf, hard of hearing, deaf-blind, deaf-disabled and by some hearing people. Cost is $25.00. RSVP

Wednesday, September 13th at 1:00 pm . . . Medicare 101
Join Nace Coker with Humana as he discusses how Medicare works, when you can enroll, Part D drug coverage, and the options available. Discussion encouraged and snacks available. RSVP

Tuesday, September 19th 8:00 am-4:00 pm . . . AARP Safe Driving Class
AARP is offering a safe driving class from 8:00 am to 4:00 pm. Class fee is $20 for AARP members and $25 for non-members. If you have the AARP Medicare Supplement through United Healthcare, class may be free. Must have card with you. RSVP

Tuesday, September 19th 10:00 am-12:00 pm . . . Vaccine Clinic (CANX)
The Knox County Health Department will be here giving the Pfizer Bivalent Booster. They will also have the shingles, pneumonia, Mpox, and hepatitis A & B shots available. Cancelled as of 9/6

Wednesday, September 20th at 1:00 pm . . . Krfty Stamper
Join Cindy Bogard as she leads the class in making paper crafts to keep or give as a gift. September’s project is a fun fold card, candy box and holiday gift bag. Cost is $13.00 with materials provided. RSVP

Visit our website at knoxcounty.org/seniors
Friday, September 22nd from 10am –12 pm . . . Shot Clinic
Volunteer Pharmacy will be providing a flu shot clinic to include the high dose flu shots, Covid boosters and pneumonia shots. Please bring your insurance card and/or Medicare card.

Friday, September 22nd at 1:00 pm . . . Choir Performance: “Americana”
Join Suzanne Shinn and the Karns Singing Seniors as they perform songs that represent the culture and history of America. The selections will include, “Take Me Home, Country Roads, Annie’s Song,” and “Thank God I’m a Country Boy.” Refreshments will be served. RSVP

Tuesday, September 26th at 11:00 am . . . Master Gardener: Composting
“From Waste to Wonder: Mastering Hot and Cold Composting for Greener Yards.” If your composting system is so-so, you’ll want to explore some fertile solutions for your soil with JD Burnette of the Knox County Master Gardeners. During this presentation you will learn how to transform kitchen, garden, and yard waste into nutrient-rich humus, while keeping vital soil nutrients out of landfills!

Tuesday, September 26th at 1:00 pm . . . Medicare 101
Are you getting ready to retire from a job or just turning 65 in the next few months? Learn about your options and how to compare plans to make a smooth insurance transition. Join Wendy Blackburn with Integrity Insurance and learn the elements of Medicare, how to apply, timelines, tax consequences and more. Ask your questions, get your answers. No sales, no pressure. RSVP

Wednesday, September 27th at 1:00 pm . . . Iris Folding Card Class
Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for this month is ice cream cones. Cost is $5.00. RSVP

Friday, September 29th at 10:00 am . . . Fall Craft Fair
We will have a variety of vendors and items for sale: crafts, household items, homemade jams and jellies, and more. If you are interested in becoming a vendor, call or email the center for details.

Tuesday, October 3rd at 11:00 am . . . Camino de Santiago Walk
Join Linda Staffen of Core Insurance as she discusses the 550 mile Camino walk through Northern Spain that she completed in 2018. RSVP

Tuesday, October 10th at 11:00 am . . . Essential Oils
Join Richard & Deborah for this essential oils class where you be making diffuser jewelry. Cost for the class will be $15.00 and under. RSVP

Thursday, October 12th at 10:30 am . . . AARP UHC Medicare Seminar
Join Ja’el Michael, a United Healthcare Medicare Representative if you are looking for a fun, no-pressure way to learn more about Medicare. Get your questions answered. RSVP

Monday, October 16th at 2:30 am . . . Back Pain Workshop
Join Dr. Lee Easley with Knox Physical Therapy as he discusses possible causes of back pain and treatment options. RSVP

Tuesday, October 17th from 9:00 am-3:00 pm . . . Quilts of Valor Sew-in
Everyone is invited to join us for a Sew-in. A Sew-in is a special time set aside for anyone who wants to help sew quilt blocks. Participants need to bring their own sewing machine and will help with sewing 1/4” seams and putting together squares and blocks. A quilt may also be presented to a veteran. Limited space available, call 865-556-7427 or 865-310-3625 or email Vickie Fox, vefox@aol.com with any questions or to register.

Check out our webpage at www.knoxcounty.org/seniors
Wednesday, October 18th at 1:00 pm . . . Krfty Stamper
Join Cindy Bogard as she leads the class in making paper crafts to keep or give as a gift. October's project is a Halloween card, pumpkin, and "Frankie" bag. Cost is $13.00 with materials provided. RSVP

Wednesday, October 18th at 1:00 pm . . . Birding: Identifying Winter Birds
Is that beautiful, colorful bird you saw in the Spring and Summer still around in the Winter? Did it migrate to a warmer climate? What happened to it? Maybe it's still here, but it's hard to recognize because it has a different color scheme. We'll talk about those hard to identify birds.

Thursday, October 19th at 10:30 am . . . Medicare Annual Notice of Change
Join Linda Staffen with Core Insurance as she discusses Medicare benefit plan changes for 2024 with a Q & A session to follow. RSVP

Friday, October 20th from 10:00 am-12:00 pm . . . Flu Shot Clinic
Reams Drugs will be here providing a flu shot clinic to include the high dose flu shots, Covid Boosters, shingles and pneumonia shots. Please bring your insurance card and/or Medicare card. Please let us know if you need a shot other than the flu shot so we can let them know. RSVP

Tuesday, October 24th at 10:30 am . . . Humana Sales Seminar
Join Nace Coker with Humana as he discusses the 2024 Humana Gold Plus HMO plans with Q & A session to follow. RSVP

Wednesday, October 25th at 1:00 pm . . . Introduction to Beekeeping
Have you ever thought about keeping bees? If so, this introductory class will help you decide. It will include the basic cost for clothing and equipment along with basic bee biology, pest management, and harvesting honey. RSVP

Thursday, October 26th at 10:30 am . . . Sr Tax/Disabled Vet Tax Relief
Join Brian Hornback and Knox County Trustee Justin Biggs as they discuss the State of Tennessee Senior Tax Relief Program and the Disabled Veteran Tax Relief program. Sign-ups for 2023 are from October 5, 2023 – April 5, 2024. RSVP

Tuesday, October 31st from 9:00-11:00 am . . . Monster Mash Pancake Bash
Come by and join us for a Monster Mash Pancake Bash Breakfast! We will have pancakes and sides sponsored by Jeff Olsen with Reams Drugs, Nace Coker with Humana, and Butler Brothers Excavating. Costumes are optional. RSVP

Tuesday, October 31st at 12:30 pm . . . “Who Are You Walking On?”
Art Bohanan is an author and retired forensic specialist with KPD. He has over 50 years experience in the forensic world. He will discuss his book, Who Are You Walking On? This book delves into graveyard forensics and how the human body has a magnetic energy field, which changes when we die, thus the term “The Human Imprint Signal” was born. He will have new cases to discuss. Also book 12 in his series, Ben is out. He has taken his son, Ben, back to 1778 to help during the American Revolution. Ben was a UT police officer killed 11-11-04. RSVP

Coming up in November . . .
Veteran's Day—If you are a Veteran and we don’t have a photo of you, please bring one by or email it to Sue.Dolislager@knoxcounty.org. We will be having a Veterans Day Program, Friday, November 3rd at 1:00 pm.
Senior Angel Tree—Please see attached flyer.
Reindeer Run—We’re changing our fun walk/run up this year from a Turkey Trot to a Reindeer Run. This will be held on Thursday, November 30th at 10:30. We will be collecting non-perishable items starting in November to benefit the food pantry at Beaver Ridge United Methodist Church.
Beltone  
**Tuesday, September 12th at 8:30**  
A representative from Beltone will be here once a quarter offering hearing aid cleaning, hearing check-ups or hearing tests. Please call to schedule an appointment.

**Birding**  
**Wednesday, October 18th at 1:00**  
Birding meets on Wednesdays either once a month or every other as scheduled. The topic this month is Identifying Winter Birds.

**Grief Support**  
1st and 3rd Thursdays at 12:30 pm  
September 7th & 21st  
October 5th & 19th  
**Please RSVP**

**Hymn Sing**  
**September 20th & October 18th at 1:00 pm**  
Join us as we gather together and enjoy an old-fashioned gospel song sing-a-long.

**Medicare Q & A**  
Join Linda Staffen of Core Insurance on September 18th & October 4th from 9-11 in the hallway for an informal time of Questions & Answers about Medicare. No need to register, just stop in.

**Senior Walks**  
Senior Services schedules a walk each month usually on the third Tuesday of the month. If you would like to be on the email listing to receive information about these walks, please email seniorservices@knoxcounty.org.

**BINGO**  
BINGO is the 2nd and last Thursday of the month at 11:00 am. Bring a new $5.00 value gift to participate! Bingo w/Niki is September 14th & October 12th. Second BINGO is September 28th sponsored by Penney Mayo with Farm Bureau & October 26th at 11:00 am.

**Book Club**  
**September 13th at 2:00 pm**  
*Wish You Well* by David Baldacci. The story starts with the Cardinal family planning to move from New York to California due to money problems, then shifts to the mountains of Virginia after a car accident leaves the father dead and the mother in a catatonic state.

**October 11th at 2:00 pm**  
*Travels with Charley* by John Steinbeck. The book follows a cross-country road trip the author took with his dog, a brown poodle named Charley.

**Mystery Book Club**  
**September 27th at 2:00 pm**  
*The Moonstone* by Wilkie Collins. It is an early example of the modern detective novel, and established many of the ground rules of the modern genre.

**October 25th at 2:00 pm**  
*Pudd'nhead Wilson* by Mark Twain. Its central intrigue revolves around two boys—one, born into slavery, with 1/32 black ancestry; the other, white, born to be the master of the house. The two boys, who look similar, are switched at infancy. Each grows into the other's social role.

**Need Help with Fitness?**  
Call and make an appointment with Dustin, our new Fitness Coordinator for Senior Services. He can help with nutrition, fitness introduction, and exercise routines. Call today 865-951-2653.

**Music Jam**  
**First Wednesdays, September 6th & October 4th at 1:00 pm**  
Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument to join in!

**Veterans Services**  
Knox County Veteran Services are here to assist Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. Please call 865-215-5645 to make an appointment. **RSVP**
Medicare Open Enrollment 2024

Medicare Open Enrollment season runs October 15th thru December 7th. Open Enrollment is the time when Medicare beneficiaries can make changes to their plans, especially when it comes to Part D—Prescription Drug Plans. It is important to review your part D coverage every year because premiums, co-payments and the drugs covered can change from year-to-year, even within the same plan. Also, a change in the medication you’re taking can affect if a plan is right for you.

There are a variety of insurance providers visiting Karns Senior Center throughout the remainder of the year to provide information on the upcoming changes and options available.

**Wednesday, September 13th at 1:00 pm**
Medicare 101
Nace Coker, Humana
Licensed Insurance Broker
865-640-8175
nacecokerbroker@gmail.com

**Monday, September 18th from 9:00 am - 11:00 am**
Medicare Q & A (in the hallway)
Linda Staffen, Core Insurance
877.404.8060 ext. 1
linda@coreinsuranceadvisors.com

**Tuesday, September 26th at 1:00 pm**
Medicare 101
Wendy Blackburn, Integrity Insurance
865-368-6185
wendyblackburn06@comcast.net

**Tuesday, October 3rd from 9:00 am - 11:00 am**
Q & A Session (in the hallway)
Linda Staffen, Core Insurance
1-877-404-8060, ext. 1
linda@coreinsuranceadvisors.com

**Thursday, October 12th at 10:30 am**
AARP United Healthcare Medicare Seminar
Ja’el Michael, Licensed Sales Agent
865-424-2727
jaelmichael@yahoo.com

**Thursday, October 19th at 10:30 am**
Medicare Annual Notice of Change (ANOC)
Linda Staffen, Core Insurance
877.404.8060 ext. 1
linda@coreinsuranceadvisors.com

**Tuesday, October 24th at 10:30 am**
Humana Sales Seminar
Nace Coker, Licensed Insurance Broker
865-640-8175
nacecokerbroker@gmail.com

**Friday, November 3rd from 11:00 am - 1:30 pm**
Medicare Q & A (in the hallway)
Mr. Andy Williams, Benefits Advisor
The Providence Group
865-287-0176
Andy.Williams@theprovgroup.com

**Tuesday, November 7th from 9:00 am - 1:00 pm**
United Healthcare Medicare Seminar
Bonita Fennell
423-378-7459
bonita_fennell@uhc.com

**Tuesday, November 14th at 10:30 am**
Medicare Education 101
Wendy Blackburn, Integrity Insurance Associates
865-368-6185
wendyblackburn06@comcast.net
The Senior Angel Tree kicks off **Monday, November 6**. Last year, with your support, we provided 241 Knox County residents with 1,602 gifts. Thank you!

How does it work?
- Visit your local senior center from Nov. 6th - 22nd
- Choose a senior and adopt any of their needs!
- Return gifts to the same center by Tues, Nov. 28th

Want to volunteer? Help us call participants in October to get their wish list, and help us wrap presents in December!
Contact RSVP at 865-524-2786 or rsvp@knoxseniors.org
<table>
<thead>
<tr>
<th>Date</th>
<th>Mon (7:30-4:00)</th>
<th>Tue (7:30-4:00)</th>
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<td>Knox County Veteran Services</td>
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<td>Assists Veterans and/or dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program w/Housebound Aid &amp; Attendance, Health Benefits Enrollment, Veteran Insurance and more. Please call 865-215-5645</td>
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<td>Holiday Center Closed</td>
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<td>8:00-9:30 Life Frequency Hearing Health Services</td>
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<td>2:30 Shoulder Pain Workshop w/Knox PT</td>
<td>8:30 Beltone</td>
<td>1:00 Medicare 101 w/ Nace Coker of Humana</td>
<td>11:00 BINGO with Niki sponsored by Katie w/ Innovative Restorations (bring a $5 value new/unused gift to play)</td>
<td>10:00-12:00 Flu Shot Clinic w/Volunteer Pharmacy(flu, Covid &amp; pneumonia)</td>
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<td>Line Dance Canx</td>
<td>9:15 Field Trip: TN Valley Fair</td>
<td>12:00 Book Club: Wish You Well by David Baldacci</td>
<td>2:00 Beginning Spanish Class (1)*($13.00)</td>
<td>1:00 Choral Performance “Americana”</td>
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<td>8:00-9:30 Life Frequency Hearing Health Services</td>
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<td>9:00-11:00 Medicare Q&amp;A w/Linda Staffen of Core Insurance in the hallway</td>
<td>8:00-4:00 AARP Safe Driving Class</td>
<td>1:00 Hymn Sing</td>
<td>12:30 Grief Support</td>
<td>10:00-12:00 Flu Shot Clinic w/Volunteer Pharmacy(flu, Covid &amp; pneumonia)</td>
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<td>Line Dance Begins</td>
<td>10:00-12:00 Knox County Health Dept. Vaccine Clinic (several vaccines available)-CANCELLED</td>
<td>1:00 Krfty Stamper* ($13.00)</td>
<td>2:00 Beginning Spanish Class (3)</td>
<td>1:00 Choral Performance “Americana”</td>
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<td>8:00-9:30 Life Frequency Hearing Health Services</td>
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<td>11:00 Master Gardener: Composting</td>
<td>1:00 Medicare 101 w/ Wendy Blackburn of Integrity Insurance</td>
<td>1:00 Iris Folding*($5.00)</td>
<td>11:00 BINGO sponsored by Penny Mayo of Farm Bureau (bring a $5 value new/unused gift to play)</td>
<td>10:00-2:00 Fall Craft Fair</td>
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<td>1:00 Mystery Book Club: The Moonstone by Wilkie Collins</td>
<td>2:00 ASL IV (1)</td>
<td>2:00 ASL IV (2)</td>
<td>2:00 Beginning Spanish Class (4)</td>
<td>10:00 Toenail Trimming*</td>
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<td>2:00 ASL IV (1)</td>
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<td>2:00 ASL IV (2)</td>
<td>2:00 Beginning Spanish Class (4)</td>
<td>10:00 Toenail Trimming*</td>
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These events occur every week:

- 7:30 Ping Pong
- 9:00 Cardio Strength & Stretch
- 10:00 Art Class* 
- 10:00 Pinochle
- 12:30 Canasta
- 12:30 Canasta
- 1:00 Ukulele Practice
- 1:00 Stability*
- 1:30 Genealogy Class
- 2:00 Yoga*
- 10:00 Poker
- 10:00 Pinochle
- 12:30 Pinochle
- 1:00 Sit ‘n Sew
- 10:00 Poker
- 10:00 Pinochle
- 12:30 Pinochle
- 1:00 Sit ‘n Sew
- 10:00 Poker
- 11:00 SAIL Exercise*
- 12:15 Line Dance*
- 12:30 Pinochle
- 1:00 Sit ‘n Sew
- 7:30 Ping Pong
- 9:30 ShibashiQiGong*
- 9:30 Bridge
- 10:00 Flow Yoga*
- 11:00 SAIL Exercise*
- 11:00 Trivia Time
- 1:00 Mah Jongg
- 1:00 Crafting Social
- 1:00 Stability Class*
- 1:30 Chair Yoga*
- 2:00 Yoga*
- 9:00 Cardio Strength & Stretch*
- 9:00 Chess
- 11:00 Trivia Time
- 1:00 Mah Jongg
- 1:00 Crafting Social
- 1:00 Stability Class*
- 1:30 Chair Yoga*
- 2:00 Yoga*
- 7:30 Ping Pong
- 10:00 Cardio Drumming
- 10:00 Pinochle
- 10:00 Poker
- 11:00 SAIL Exercise*
- 1:00 Mexican Train Dominos
- 1:00 Choir Practice

Activities on the calendar followed by an “*” have a fee to participate. Activities listed below in bold please RSVP.
<table>
<thead>
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<td>8:00-9:30 Life Frequency Hearing Health Services</td>
<td>9:00-11:00 Medicare Q&amp;A w/Linda Staffen of Core Insurance 11:00 Camino de Santiago Walk Presentation 2:00 ASL IV (4)</td>
<td>11:30 Social Worker Outreach 1:00 Music Jam</td>
<td>12:30 Grief Support 2:00 Beginning Spanish Class (5)</td>
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<td>8:00-9:30 Life Frequency Hearing Health Services</td>
<td>11:00 Essential Oils: Diffuser Jewelry*(15 and under) 2:00 ASL IV (5)</td>
<td>2:00 Book Club: Travels with Charlie by John Steinbeck</td>
<td>10:30 AARP UHC Medicare Seminar w/Ja’el Michael 11:00 BINGO with Niki Congero (Bring a $5 value new/unused gift to play) 2:00 Beginning Spanish Class (6)</td>
<td>Senior Services Staff Development Day—Center closes at 11:30 am</td>
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<td>8:00-9:30 Life Frequency Hearing Health Services 2:30 Back Pain Workshop w/Knox PT</td>
<td>9:00-3:00 Quilts of Valor Sew-in 2:00 ASL IV (6)</td>
<td>1:00 Krfty Stamper* ($13.00) 1:00 Hymn Sing 1:00 Birding: Identifying Winter Birds</td>
<td>10:30 Medicare Annual Notice of Change Seminar w/Linda Staffen of Core Insurance 12:30 Grief Support 2:00 Beginning Spanish Class (7)</td>
<td>10:00—12:00 Flu Shot Clinic with Reams Drugs (Flu, Covid, shingles, &amp; pneumonia)</td>
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<td>8:00-9:30 Life Frequency Hearing Health Services</td>
<td>10:30 Humana Sales Seminar w/Nace Coker 2:00 ASL IV (7)</td>
<td>1:00 Beekeeping 101 2:00 Mystery Book Club: Pudd’n head Wilson by Mark Twain</td>
<td>10:30 Tax Relief Program (Brian Hornback) 11:00 BINGO with Di-anne (Bring a $5 value new/unused gift to play) 2:00 Beginning Spanish Class (8)</td>
<td>10:00 Toenail Trimming</td>
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<td>31</td>
<td>Find more information about our programs and the other five Knox County Senior Centers at Knoxcounty.org/ Seniors</td>
<td>Follow us on Facebook! Go to Facebook.com and Search Knox County Senior Services to find out the latest programs at each center!</td>
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<td>Workout room open from 7:30 to 4:00 pm</td>
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<tr>
<td>8:00-9:30 Life Frequency Hearing Health Services</td>
<td>9:00 Social Worker 9:00-11:00 Pancake Breakfast sponsored by Reams Drugs, Humana, &amp; Butler Brothers 12:30 “Who Are You Walking On?” 2:00 ASL IV (8)</td>
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<td>These events occur every week</td>
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<tr>
<td>7:30 Ping Pong 9:00 Cardio Strength &amp; Stretch* 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit’n Sew</td>
<td>10:00 Poker 12:30 Canasta 1:00 Ukulele Practice 1:00 Stability* 1:30 Genealogy Class 2:00 Yoga*</td>
<td>7:30 Ping Pong 9:30 ShibashiQiGong* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting*</td>
<td>9:00 Cardio Strength &amp; Stretch* 9:00 Chess 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability* 1:30 Chair Yoga* 2:00 Yoga*</td>
<td>7:30 Ping Pong 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Choir Practice</td>
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