

Carter Senior Center
9040 Asheville Highway
Knoxville, TN 37924

JULY

Tara Stirone, Coordinator
Jessica McCall, Assistant
865-932-2939

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>*****</p> <p>For more program information, check out our website: Knoxcounty.org/Senior Services</p> <p>*****</p>	<p>Thank you to our sponsor</p>  <p>HEALTH MEDICARE LIFE RETIREMENT (865) 691-5571 • www.iiictn.com</p>		<p>1</p> <p>8:00 Weekday Walkers 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes 2:00 Guitar Jam</p>
<p>4</p>  <p>CENTER CLOSED</p>	<p>5</p> <p>8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:00 SAIL Fitness Class 3:15 Wii Bowling</p>	<p>6</p> <p>8:00 Weekday Walkers 9:00 Farkle Dice 11:30 SENIOR MEALS 12:00 Patriotic Parfaits 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss</p>	<p>7</p> <p>FCE Meeting Cancelled</p> <p>8:00 Weekday Walkers 9:00 Cards - Pinochle 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 SAIL Fitness Class 3:15 Wii Bowling</p>	<p>8</p> <p>Edward Jones Coffee Club Cancelled</p> <p>8:00 Weekday Walkers 9:00 Cards - UNO 10:30 FIELD TRIP - Museum of Art & Chocolate Factory 1:00 Dominoes 2:00 Guitar Jam</p>
<p>11</p> <p>8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Super Seniors 11:30 Beading Club 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong</p>	<p>12</p> <p>8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:00 SAIL Fitness Class 3:15 Wii Bowling</p>	<p>13</p> <p>8:00 Weekday Walkers 9:00 Farkle Dice 11:00 Carter Café & Movie Matinee 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss</p>	<p>14</p> <p>8:00 Weekday Walkers 9:00 Cards - Pinochle 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 SAIL Fitness Class 3:15 Wii Bowling</p>	<p>15</p> <p>8:00 Weekday Walkers 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes 2:00 Guitar Jam</p>
<p>18</p> <p>8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong</p>	<p>19</p> <p>8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:00 SAIL Fitness Class 3:15 Wii Bowling</p>	<p>20</p> <p>8:00 Weekday Walkers 9:00 Farkle Dice 11:30 Clear Captions 11:30 SENIOR MEALS 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss</p>	<p>21</p> <p>8:00 Weekday Walkers 9:00 Cards - Pinochle 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 SAIL Fitness Class 3:15 Wii Bowling</p>	<p>22</p> <p>8:00 Weekday Walkers 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes 2:00 Guitar Jam</p>
<p>25</p> <p>8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 12:00 Lunch Bunch (Aubrey's) 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong</p>	<p>26</p> <p>National BagelFest Day</p> <p>8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:00 SAIL Fitness Class 3:15 Wii Bowling</p>	<p>27</p> <p>8:00 Weekday Walkers 9:00 Farkle Dice 11:30 Veterans Services 11:30 Potluck Luncheon (Southern BBQ) 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss</p>	<p>28</p> <p>8:00 Weekday Walkers 9:00 Cards - Pinochle 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 SAIL Fitness Class 3:15 Wii Bowling</p>	<p>29</p> <p>8:00 Weekday Walkers 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes 2:00 Guitar Jam</p>

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August

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:00 Mighty Musical @ TN Theatre 11:30 Beading Club 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong	2 8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:00 SAIL Fitness Class 3:15 Wii Bowling	3 8:00 Weekday Walkers 9:00 Farkle Dice 11:30 Choice in Senior Care - Dementia SENIOR MEALS 1:00 BINGO 2:00 Wii Bowling 2:00 History Class 3:00 Corn Hole Toss	4 National Chocolate Chip Day 8:00 Weekday Walkers 9:00 Cards - Pinochle 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 SAIL Fitness Class 3:15 Wii Bowling	5 8:00 Weekday Walkers 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes 2:00 Guitar Jam
8 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Super Seniors 11:30 Beading Club 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong	9 8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:00 SAIL Fitness Class 3:15 Wii Bowling	10 8:00 Weekday Walkers 9:00 Farkle Dice 11:00 Edward Jones Lunch and Learn 1:00 BINGO 2:00 Wii Bowling 2:00 History Class 3:00 Corn Hole Toss	11 8:00 Weekday Walkers 9:00 Cards - Pinochle 10:30 FCE Meeting 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 SAIL Fitness Class 3:15 Wii Bowling	12 Edward Jones Coffee Club Cancelled 8:00 Weekday Walkers 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes 2:00 Guitar Jam
15 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong	16 8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:00 SAIL Fitness Class 3:15 Wii Bowling	17 8:00 Weekday Walkers 9:00 Farkle Dice 11:30 Mutual of Omaha SENIOR MEALS 1:00 BINGO 2:00 Wii Bowling 2:00 History Class 3:00 Corn Hole Toss	18 8:00 Weekday Walkers 9:00 Cards - Pinochle 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 SAIL Fitness Class 3:15 Wii Bowling	19 8:00 Weekday Walkers 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes 2:00 Guitar Jam
22 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 12:00 Lunch Bunch (Puleo's) 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong	23 8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:00 SAIL Fitness Class 3:15 Wii Bowling	24 8:00 Weekday Walkers 9:00 Farkle Dice 11:30 Accuquest Hearing Screenings SENIOR MEALS 1:00 BINGO 2:00 Wii Bowling 2:00 History Class 3:00 Corn Hole Toss	25 Fitness Classes Cancelled 8:00 Weekday Walkers 9:00 Cards - Pinochle 12:00 AARP Driving Class 3:15 Wii Bowling	26 Guitar Jam Cancelled 8:00 Weekday Walkers 9:00 Cards - UNO 11:00 Movie Matinee 12:00 AARP Driving Class 1:00 Dominoes
29 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong	30 8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:00 SAIL Fitness Class 3:15 Wii Bowling	31 8:00 Weekday Walkers 9:00 Farkle Dice 11:30 Veterans Services Potluck Luncheon (Hot Dog Grillout) 1:00 BINGO 2:30 Wii Bowling 2:00 History Class 3:00 Corn Hole Toss	* * * * * For more program information, check out our website: Knoxcounty.org/Senior Services * * * * *	Thank you to our sponsor  <small>HEALTH MEDICARE LIFE RETIREMENT (865) 691-5571 • www.iictn.com</small>