

Carter Senior Center  
 9040 Asheville Highway  
 Knoxville, TN 37924



Tara Stirone, Coordinator  
 Jessica Sexton, Assistant  
 Phone: 865.932.2939

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 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	<b>2</b> 8:00 Weekday Walkers 9:00 Farkle Dice <b>11:30 Veterans Day Program - Carter Elementary Chorus</b> 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss	<b>3</b> 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	<b>4</b> 8:00 Weekday Walkers 9:00 Cards - UNO <b>10:00 5th ANNUAL TURKEY TROT</b> 1:00 Dominoes 2:00 Guitar Jam  <b>GOBBLE! GOBBLE! GOBBLE!</b>
<b>7</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting <b>11:00 Mighty Musical @ TN Theatre</b> 11:30 Beading Club 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong	<b>8</b> 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	<b>9</b> 8:00 Weekday Walkers 9:00 Farkle Dice <b>11:00 Medicare - Humana</b> 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss	<b>10</b> 8:00 Weekday Walkers 9:00 Cards - Pinochle <b>10:30 FCE Meeting</b> 11:00 Tai Chi Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 SAIL Fitness Class 3:15 Wii Bowling	<b>11</b>  <b>VETERANS DAY</b> Honoring All Who Served <b>CENTER CLOSED</b>
<b>14</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting <b>11:30 Super Seniors</b> 11:30 Beading Club 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong	<b>15</b> 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	<b>16</b> 8:00 Weekday Walkers 9:00 Farkle Dice <b>11:30 Medicare - IIC</b> 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss	<b>17</b> 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	<b>18</b> 8:00 Weekday Walkers <b>8:30 Blood Pressure</b> <b>8:30 Edward Jones Coffee Club</b> 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes 2:00 Guitar Jam
<b>21</b> 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	<b>22</b> 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	<b>23</b> 8:00 Weekday Walkers 9:00 Farkle Dice <b>11:00 Carter Café &amp; Movie Matinee</b> 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss	<b>24</b>  <b>hAPPY thankS gIVING</b> <b>CENTER CLOSED</b>	<b>25</b>  <i>thanksgiving gather thankful family blessed grateful together blessings november</i> <b>CENTER CLOSED</b>
<b>28 CYBER MONDAY</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club <b>12:00 Lunch Bunch (Puleo's)</b> 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong	<b>29</b> 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	<b>30</b> 8:00 Weekday Walkers 9:00 Farkle Dice <b>11:30 Veterans Services Potluck Luncheon (Breakfast)</b> 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss	* * * * * <b>For more program information, check out our website:</b> <b>Knoxcounty.org/Senior Services</b> * * * * *	<b>Thank you to our sponsor</b>  <b>IIC</b> Independent Insurance Consultants <small>HEALTH   MEDICARE   LIFE   RETIREMENT</small> <small>(865) 691-5571 • www.iicn.com</small>

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<p><b>5</b></p> <p>8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting <b>11:00 Mighty Musical @ TN Theatre</b> 11:30 Beading Club 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong</p>	<p><b>6</b></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><b>7</b></p> <p>8:00 Weekday Walkers 9:00 Farkle Dice <b>11:30 IIC Medicare Seminar</b> 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss</p>	<p><b>8</b></p> <p>8:00 Weekday Walkers 9:00 Cards - Pinochle <b>10:30 FCE Meeting</b> 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><b>9</b></p> <p>8:00 Weekday Walkers <b>8:30 Blood Pressure</b> <b>8:30 Edward Jones Coffee Club</b> 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes 2:00 Guitar Jam</p>
<p><b>12</b></p> <p><b>Super Seniors Cancelled</b> 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><b>13</b></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><b>14</b></p> <p>8:00 Weekday Walkers 9:00 Farkle Dice <b>11:30 Holiday "Food" Hopping</b> 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss</p>	<p><b>15</b></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><b>16</b></p> <p>8:00 Weekday Walkers 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes <b>1:30 Guitar Jam</b> <b>Holiday Hoedown Potluck</b></p>
<p><b>19</b></p> <p>8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club <b>12:00 Lunch Bunch (Cracker Barrel)</b> 1:00 Art Class 3:00 Wii Bowling 3:00 Ping Pong</p>	<p><b>20</b></p> <p><b>No Fitness Classes for the Holidays</b></p> <p>8:00 Weekday Walkers 9:00 Cards - Rook 3:15 Wii Bowling</p>	<p><b>21</b></p> <p>8:00 Weekday Walkers 9:00 Farkle Dice <b>11:30 Cookie Swap &amp; White Elephant Gift Exchange</b> 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss</p>	<p><b>22</b></p> <p><b>No Fitness Classes for the Holidays</b></p> <p>8:00 Weekday Walkers 9:00 Cards - Pinochle 11:00 Tai Chi Beginner 11:30 Tai Chi Practice 3:15 Wii Bowling</p>	<p><b>23</b></p> 
<p><b>26</b></p> 	<p><b>27</b></p> <p><b>No Fitness Classes for the Holidays</b></p> <p>8:00 Weekday Walkers 9:00 Cards - Rook 3:15 Wii Bowling</p>	<p><b>28</b></p> <p><b>Ring in the New Year Celebration</b> 8:00 Weekday Walkers 9:00 Farkle Dice <b>11:30 Veterans Services Potluck Luncheon (Soup and Sandwich)</b> 1:00 BINGO 2:00 Wii Bowling 3:00 Corn Hole Toss</p>	<p><b>29</b></p> <p><b>No Fitness Classes for the Holidays</b></p> <p>8:00 Weekday Walkers 9:00 Cards - Pinochle 11:00 Tai Chi Beginner 11:30 Tai Chi Practice 3:15 Wii Bowling</p>	<p><b>30</b></p> <p>8:00 Weekday Walkers 9:00 Cards - UNO 11:00 Movie Matinee 1:00 Dominoes 2:00 Guitar Jam</p>