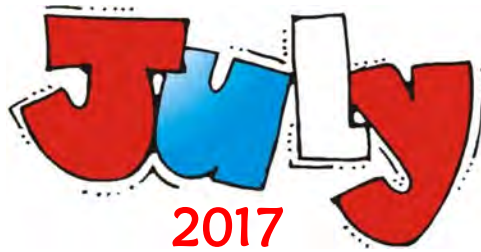


Carter Senior Center  
9040 Asheville Highway  
Knoxville, TN 37924



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting <b>11:00 Mighty Musical @ TN Theatre</b> 11:30 Beading Club 12:00 Art Class 2:15 SAIL Fitness Class</p>	<p><b>4</b>  <b>CENTER CLOSED</b></p>	<p><b>5</b> 8:00 Weekday Walkers <b>11:30 Gentry-Griffey Presentation</b> 1:00 BINGO <b>2:00 History Class - Folklore &amp; Folk Wisdom</b> 2:15 SAIL Fitness Class 3:30 Wii Bowling</p>	<p><b>6</b> 8:00 Weekday Walkers 9:00 Cards - Pinochle <b>9:30 Walk With Ease</b> 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 Wii Bowling</p>	<p><b>7</b> 8:00 Weekday Walkers 9:00 Cards - UNO 9:45 Chair Yoga 11:00 Movie Matinee 2:00 Guitar Jam</p>
<p><b>10</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 12:00 Art Class 2:15 SAIL Fitness Class</p>	<p><b>11</b> 8:00 Weekday Walkers 9:00 Cards - Rook <b>9:30 Walk With Ease</b> 12:30 Cardio Craze 1:30 Super Stretchers 2:30 Wii Bowling</p>	<p><b>12</b> 8:00 Weekday Walkers <b>11:00 Carter Café &amp; Movie Matinee</b> 1:00 BINGO <b>2:00 History Class</b> 2:15 SAIL Fitness Class 3:30 Wii Bowling</p>	<p><b>13</b> 8:00 Weekday Walkers 9:00 Cards - Pinochle <b>9:30 Walk With Ease</b> <b>10:30 FCE Meeting</b> 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 Wii Bowling</p>	<p><b>14</b> 8:00 Weekday Walkers <b>8:30 Edward Jones Coffee Club</b> 9:00 Cards - UNO 9:45 Chair Yoga 11:00 Movie Matinee 2:00 Guitar Jam</p>
<p><b>17</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 12:00 Art Class 2:15 SAIL Fitness Class</p>	<p><b>18</b> 8:00 Weekday Walkers 9:00 Cards - Rook <b>9:30 Walk With Ease</b> 12:30 Cardio Craze 1:30 Super Stretchers 2:30 Wii Bowling</p>	<p><b>19</b> 8:00 Weekday Walkers <b>11:30 SNAP Benefits for Seniors</b> 1:00 BINGO <b>2:00 History Class</b> 2:15 SAIL Fitness Class 3:30 Wii Bowling</p>	<p><b>20</b> 8:00 Weekday Walkers 9:00 Cards - Pinochle <b>9:30 Walk With Ease</b> 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 Wii Bowling</p>	<p><b>21</b> 8:00 Weekday Walkers 9:00 Cards - UNO 9:45 Chair Yoga 11:00 Movie Matinee <b>12:00 Humana Go365</b> 1:30 Guitar Jam Party <b>*Ice Cream Social*</b></p>
<p><b>24</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club <b>12:00 Lunch Bunch (Puleo's)</b> 12:00 Art Class 2:15 SAIL Fitness Class</p>	<p><b>25</b> 8:00 Weekday Walkers 9:00 Cards - Rook <b>9:30 Walk With Ease</b> 12:30 Cardio Craze 1:30 Super Stretchers 2:30 Wii Bowling</p>	<p><b>26 National BagelFest Day</b> 8:00 Weekday Walkers <b>10:30 FREE Health Screenings</b> <b>10:30 Senior Info and Referral Services</b> 11:30 Veterans Services <b>11:30 Potluck Luncheon (Christmas in July)</b> 1:00 BINGO <b>2:00 History Class</b> 2:15 SAIL Fitness Class 3:30 Wii Bowling</p>	<p><b>27</b> 8:00 Weekday Walkers 9:00 Cards - Pinochle <b>9:30 Walk With Ease</b> 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 Wii Bowling</p>	<p><b>28</b> 8:00 Weekday Walkers 9:00 Cards - UNO 9:45 Chair Yoga 11:00 Movie Matinee 2:00 Guitar Jam</p>
<p><b>31</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 12:00 Art Class 2:15 SAIL Fitness Class</p>			<p>***** For more program information, check out our website: <a href="http://Knoxcounty.org/SeniorServices">Knoxcounty.org/SeniorServices</a> *****</p>	 <b>Thank you to our newsletter sponsor</b>

Carter Senior Center  
9040 Asheville Highway  
Knoxville, TN 37924

# August

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

## 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 8:00 Weekday Walkers 9:00 Cards - Rook <b>9:30 Walk With Ease</b> 12:30 Cardio Craze 1:30 Super Stretchers 2:30 Wii Bowling	<b>2</b> 8:00 Weekday Walkers <b>11:30 Random Acts of Flowers</b> 1:00 BINGO 2:00 History Class 2:15 SAIL Fitness Class 3:30 Wii Bowling	<b>3</b> 8:00 Weekday Walkers 9:00 Cards - Pinochle <b>9:30 Walk With Ease</b> 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 Wii Bowling	<b>4</b> 8:00 Weekday Walkers 9:00 Cards - UNO 9:45 Chair Yoga 11:00 Movie Matinee 2:00 Guitar Jam
	<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 12:00 Art Class 2:15 SAIL Fitness Class	<b>8</b> 8:00 Weekday Walkers 9:00 Cards - Rook <b>9:30 Walk With Ease</b> 12:30 Cardio Craze 1:30 Super Stretchers 2:30 Wii Bowling	<b>9</b> 8:00 Weekday Walkers <b>11:00 Carter Café &amp; Movie Matinee</b> 1:00 BINGO 2:00 History Class 2:15 SAIL Fitness Class 3:30 Wii Bowling	<b>10</b> 8:00 Weekday Walkers 9:00 Cards - Pinochle <b>9:30 Walk With Ease</b> <b>10:30 FCE Meeting</b> 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 Wii Bowling
<b>14</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 12:00 Art Class 2:15 SAIL Fitness Class	<b>15</b> 8:00 Weekday Walkers 9:00 Cards - Rook <b>9:30 Walk With Ease</b> 12:30 Cardio Craze 1:30 Super Stretchers 2:30 Wii Bowling	<b>16</b> 8:00 Weekday Walkers <b>11:30 Matter of Balance Presentation</b> 1:00 BINGO 2:00 History Class 2:15 SAIL Fitness Class 3:30 Wii Bowling	<b>17</b> 8:00 Weekday Walkers 9:00 Cards - Pinochle <b>9:30 Walk With Ease</b> 11:00 Tai Chi - Beginner 11:30 Tai Chi Practice 12:30 Cardio Craze 2:00 Wii Bowling	<b>18</b> 8:00 Weekday Walkers 9:00 Cards - UNO 9:45 Chair Yoga 11:00 Movie Matinee 1:30 Guitar Jam Party <b>"SUMMER SANDWICHES"</b>
<b>21</b> <b>National Senior Citizens Day</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club 12:00 Art Class 2:15 SAIL Fitness Class	<b>22</b> 8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:30 Wii Bowling	<b>23</b> 8:00 Weekday Walkers <b>11:30 UT K-9 Sniff Dogs</b> 1:00 BINGO 2:00 History Class 2:15 SAIL Fitness Class 3:30 Wii Bowling	<b>24</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 Wii Bowling	<b>25</b> 8:00 Weekday Walkers 9:00 Cards - UNO 9:45 Chair Yoga 11:00 Movie Matinee 2:00 Guitar Jam
<b>28</b> 8:00 Weekday Walkers 9:00 Cards - Euchre 10:00 Quilting 11:30 Beading Club <b>12:00 Lunch Bunch (Cracker Barrel)</b> 12:00 Art Class 2:15 SAIL Fitness Class	<b>29</b> 8:00 Weekday Walkers 9:00 Cards - Rook 12:30 Cardio Craze 1:30 Super Stretchers 2:30 Wii Bowling	<b>30</b> 8:00 Weekday Walkers <b>10:30 FREE Health Screenings</b> <b>10:30 Senior Info and Referral Services</b> 11:30 Veterans Services <b>11:30 Potluck Luncheon (Summer Cookout)</b> 1:00 BINGO 2:00 History Class 2:15 SAIL Fitness Class 3:30 Wii Bowling	<b>31</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 Wii Bowling	 <p>For more program information, check out our website: <a href="http://Knoxcounty.org/SeniorServices">Knoxcounty.org/Senior Services</a></p>