




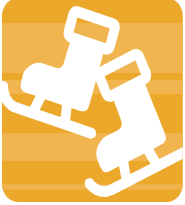


SWIM TIME
8:00-3:30

DECEMBER 2009

SOUTH KNOXVILLE SENIOR CENTER

CENTER HOURS
MON - THURS
8:00-4:30
FRI 8:00-4:00
PHONE
865-573-5843

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Come trim our tree</i> 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 1:00 ROOK 1:00-3:30 <i>Cookie Exchange</i>	2 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	3 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>	4 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>
	7 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 1:30-2:15 <i>Water Aerobics</i>	8 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i>	9 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	10 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>
14 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 1:00-3:00 Chinese Gift Exchange	15 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i>	16 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	17 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>	18 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>
21 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 1:30-2:15 <i>Water Aerobics</i>	22 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i>	23 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	24 Holiday Center Closed  	25 Holiday Center Closed 
28 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 Gospel Music 1:30-2:15 <i>Water Aerobics</i>	29 9:00-9:45 <i>Water Aerobics</i> 10:00-11:00 Exercise Thru Dance 11:00-1:00 Crafts/Sewing 1:00 ROOK 1:30-2:15 <i>Water Aerobics</i>	30 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	31 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>	