


Monday	Tuesday	Wednesday	Thursday	Friday
<b>FRANK R. STRANG SENIOR CENTER</b> <b>670-6693</b>			9:00 Beg Tai Chi 10:00 Tai Chi 10:00 Painting 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:30 Stability Ball 2:00 Chorus <b>1</b> 5:45 Cardio 3	<b>8:30 Covenant Bd</b> 8:45 Cardio 3 9:30 Canasta 9:30 Cards/Games <b>10:00 Men's Club</b> 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom <b>2</b> 2:00 Ballroom
8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Soc. Bridge 11:00 Belly Dance 12:15 Adv Belly Dance <b>12:30 DIY Bingo</b> 2:00 Line Dance 2:00 Texas Hold'em 2:00 <b>Bridge Class #1</b> 5:45 Cardio 3 <b>5</b>	9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 1:00 Pinochle 2:00 Yoga 5:45 Pilates <b>6</b>	8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Social Bridge <b>12:00 Covenant</b> <b>Passport presents</b> <b>Lunch &amp; Learn</b> <b>Managing</b> <b>Rheumatoid Arthritis</b> <b>Call 541-4500</b> 1:00 Spanish <b>7</b>	9:00 Beg Tai Chi <b>9:00 Caregiver Course-Bob Coyne</b> 10:00 Tai Chi 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:30 Stability Ball <b>1:00 Covenant</b> <b>Flu Shots by Appt</b> 2:00 Chorus <b>8</b> 5:45 Cardio 3	8:45 Cardio 3 9:30 Canasta 9:30 Cards/Games 10:00 Cardio 2 10:30 Soc. Bridge <b>11:00 Creative Wrtg</b> 11:15 Pilates 1:00 Ballroom 2:00 Ballroom <b>9</b>
8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Soc. Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 2:00 Line Dance 2:00 Texas Hold'em 2:00 Bridge Class # 2 5:45 Cardio 3 <b>12</b>	9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Canasta <b>1:00 Home Instead</b> Informational 1:00 Pinochle 2:00 Yoga <b>13</b> 5:45 Pilates	8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Social Bridge <b>12:30 James Newburn, UT Curator</b> <b>FALL GARDENING</b> <b>In East Tennessee</b> <b>Please register</b> 1:00 Spanish Club <b>14</b>	9:00 Beg Tai Chi 10:00 Tai Chi 10:00 Painting 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates <b>12:00 Book Club</b> 12:30 Stability Ball 2:00 Chorus 5:45 Cardio 3 <b>15</b>	8:45 Cardio 3 9:30 Canasta 9:30 Cards/Games 10:00 Cardio 2 <b>10:00 Men's Club</b> 10:30 Soc. Bridge 11:15 Pilates 1:00 Ballroom 2:00 Ballroom <b>16</b>
8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Soc. Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 2:00 Line Dance 2:00 Bridge Class # 3 5:45 Cardio 3 <b>19</b>	9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 1:00 Pinochle 1:30 Red Hats Mimis 2:00 Yoga <b>20</b> 5:45 Pilates	8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Social Bridge <b>12:00 Parkwest presents..</b> <b>Diabetes Control</b> <b>Call 541-4500</b> 1:00 Spanish <b>21</b>	9:00 Beg Tai Chi 10:00 Tai Chi 10:00 Painting 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:30 Stability Ball 2:00 Chorus 5:45 Cardio 3 <b>22</b>	8:45 Cardio 3 9:30 Canasta 9:30 Cards/Games 10:00 Cardio 2 10:30 Soc. Bridge <b>11:00 Creative Wrtg</b> 11:15 Pilates 1:00 Ballroom 2:00 Ballroom <b>23</b>
8:45 Cardio 3 9:30 Watercolor <b>9:30 Morning Pointe</b> 10:00 Cardio 2 10:30 Soc. Bridge 11:00 Belly Dance 12:15 Adv Belly Dance 2:00 Line Dance 2:00 Bridge Class # 4 5:45 Cardio 3 <b>26</b>	9:00 Beg Tai Chi 9:30 BBBridge 10:00 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Canasta <b>1:00 GRUB CLUB Wasabi</b> 2:00 Yoga 5:45 Pilates <b>27</b>	8:45 Cardio 3 9:30 Watercolor 10:00 Cardio 2 10:30 Social Bridge <b>12:30 What Really Happened in Salem?</b> <b>Dr. Elaine Breslaw, Historian &amp; UT Professor Speaks</b> 1:00 Spanish Club <b>28</b>	9:00 Beg Tai Chi 10:00 Tai Chi <b>11:00 AAA Safe Driver Course</b> 11:00 Blood Press 11:00 Dup. Bridge 11:15 Pilates 12:30 Stability Ball 5:45 Cardio 3 <b>29</b>	8:45 Cardio 3 9:30 Canasta 10:30 Soc. Bridge <b>10-12 Halloween Trick or Treat Day</b> <b>Drop in for Treats, Cider &amp; Donuts!</b> <b>Show us your Mask!</b> <b>11:00 AAA Safe Driver Course</b> <b>30</b> 1&2 Ballroom

Drop in for Halloween Treats, Cider & Donuts, Friday, October 30