

SOUTH KNOXVILLE SENIOR CENTER

6729 Martel Lane
Knoxville, TN 37920
(865)573-5843

November 2018



CENTER HOURS
MONDAY THRU FRIDAY 7:30-4:00
POOL HOURS
MONDAY THRU FRIDAY 7:30-3:30

Mon	Tue	Wed	Thu	Fri
<p>29 9:00 Water Aerobics 10:00 G.A.G.G. 11:00 Quilting 11:00 Water Peeps 12:30 Dominos 1:00 Water Aerobics 2:00 Aquaball</p>	<p>30 8:45 Adv. Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 9:35 Ukulele Lessons 10:00 Gentle Flow Yoga 10:00 Crafts/Beading 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</p> 	<p>31 7:30-3:30 Open Swim 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 1:00 Ping Pong</p>	<p>1 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Musicians Social 1:00 ROOK/Pinochle 1:00 Water Aerobics 1:30 Line Dance 2:00 Aquaball</p>	<p>2 8:45 Adv. Cardio Fitness 9:00 Water Aerobics 10:00 Yoga 11:00 G.A.G.G. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</p>
<p>5 9:00 Water Aerobics 10:00 Aaron T Show-ELVIS WILL BE IN THE BUILDING!!!! 11:00 Quilting 11:00 Water Peeps 12:30 Dominos 1:00 Water Aerobics</p> 	<p>6 8:45 Adv. Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 9:35 Ukulele Lessons 10:00 Gentle Flow Yoga 10:00 Crafts/Beading 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</p> <p><i>*November Birthdays Celebrate-CORE Advisors</i></p> 	<p>7 7:30 Open Swim 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 1:00 Ping Pong</p> <p>*U.T. Mobile Mammography Here (by appt.)</p> <p>Call 305-9308 to schedule appt.</p> 	<p>8 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Musicians Social 1:00 ROOK/Pinochle 1:00 Water Aerobics 1:30 Line Dance 2:00 Aquaball</p>	<p>9 8:45 Adv. Sr. Cardio Fit 9:00 Water Aerobics 10:00 Yoga 11:00 G.A.G.G. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</p>
<p>12</p> <p>Senior Center Closed for Veterans Day</p> 	<p>13 8:45 Adv. Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 9:35 Ukulele Lessons 10:00 Gentle Flow Yoga 10:00 Crafts/Beading 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</p>	<p>14 7:30 Open Swim 8:30 Guitar Lessons 9:00 Painting 9:00 Toenail Trim 10:00 Quilting 11:00 Water Peeps 1:00 Ping Pong</p>	<p>15 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Musicians Social 9:00 Veterans Services Here 1:00 ROOK/Pinochle 1:00 Water Aerobics 1:30 Line Dance 2:00 Aquaball</p> 	<p>16 8:45 Adv. Sr. Cardio Fit. 9:00 Water Aerobics 10:00 Yoga 11:00 G.A.G.G. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</p>
<p>19 9:00 Water Aerobics 10:00 G.A.G.G. 11:00 Quilting 11:00 Water Peeps 11:30 Humana-Medicare Sales Meeting 12:30 Dominos 1:00 Water Aerobics 2:00 Aquaball</p>	<p>20 8:45 Adv. Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 9:35 Ukulele Lessons 10:00 Gentle Flow Yoga 10:00 Crafts/Beading 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</p>	<p>21 7:30-3:30 Open Swim 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 1:00 Ping Pong</p>	<p>22</p> <p>Happy Thanksgiving!</p> 	<p>23</p> <p>Center Closed for the Holidays.</p>
<p>26 9:00 Water Aerobics 10:00 G.A.G.G. 11:00 Quilting 11:00 Water Peeps 12:30 Dominos 1:00 Gospel Singing 1:00 Water Aerobics 2:00 Aquaball</p> 	<p>27 8:45 Adv. Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 9:35 Ukulele Lessons 10:00 Gentle Flow Yoga 10:00 Crafts/Beading 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</p>	<p>28 7:30 Open Swim 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 1:00 Ping Pong</p>	<p>29 9:00 Water Aerobics 9:00 South Knox Opry 9:00 Beltone Here 12:00 Musicians Social 1:00 ROOK/Pinochle 1:00 Water Aerobics 1:30 Line Dance 2:00 Aquaball</p>	<p>30 8:45 Adv. Sr. Cardio Fit 9:00 Water Aerobics 10:00 Yoga 11:00 G.A.G.G. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</p>

SOUTH KNOXVILLE SENIOR CENTER

6729 Martel Lane
 Knoxville, TN 37920
 (865)573-5843



CENTER HOURS

MONDAY THRU FRIDAY 7:30-4:00

POOL HOURS

Mon	Tue	Wed	Thu	Fri
<p>3 9:00 Water Aerobics 10:00 G.A.G.G. 11:00 Quilting 11:00 Water Peeps 11:30 South Doyle Madrigal Singers Christmas Prog. 1:00 Water Aerobics 12:30 Dominos</p>	<p>4 8:45 Adv. Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Jewelry Making 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</p>	<p>5 8:30 Guitar Lessons 9:00 Art Class 10:00 Quilting 11:00 Water Peeps 1:00 Ping Pong</p>	<p>6 9:00 Water Aerobics 9:00 South Knox Opry 12:15 Line Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 2:00 Aqua ball</p>	<p>7 8:45 Adv. Sr. Cardio Fit. 9:00 Water Aerobics 10:00 Yoga 11:00 G.A.G.G. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting</p>
<p>10 9:00 Water Aerobics 10:00 G.A.G.G. 11:00 Quilting 11:00 Water Peeps 1:00 Water Aerobics 12:30 Dominos 2:00 Aquaball</p>	<p>11*December Birthday Celebration-CORE Ins. 8:45 Adv. Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Jewelry Making 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</p>	<p>12 8:30 Guitar Lessons 9:00 Art Class 10:00 Quilting 11:00 Water Peeps 1:00 Ping Pong</p>	<p>13 9:00 Water Aerobics 9:00 South Knox Opry 12:15 Line Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 2:00 Aqua ball</p>	<p>14 8:45 Adv. Sr. Cardio Fit. 9:00 Water Aerobics 10:00 Yoga 11:00 G.A.G.G. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting</p>
<p>17 9:00 Water Aerobics 10:00 G.A.G.G. 11:00 Quilting 11:00 Water Peeps 1:00 Water Aerobics 12:30 Dominos 1:00 Gospel Sing 2:00 Aquaball</p>	<p>18 8:45 Adv. Cardio Fit. 8:45 Dulcimer Lesson 9:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Jewelry Making 1:00 Cards 1:00 Water Aerobics 2:00 Aqua ball</p>	<p>19 8:30 Guitar Lessons 9:00 Art Class 10:00 Quilting 11:00 Water Peeps 1:00 Ping Pong</p>	<p>20 9:00 Water Aerobics 9:00 Christmas Party at the South Knox Opry!! 9:00 Veterans Services Here 12:15 Line Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 2:00 Aqua ball</p>	<p>21 8:45 Adv. Sr. Cardio Fit 9:00 Water Aerobics 10:00 Yoga 11:00 G.A.G.G. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting</p>
<p>24 Closed for Christmas Eve!</p>	<p>25 Merry Christmas!</p>	<p>26 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 1:00 Ping Pong</p>	<p>27 9:00 Water Aerobics 9:00 South Knox Opry 9:00-12:00 Beltone-Free Hearing Test 12:15 Line Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 2:00 Aqua ball</p>	<p>28 8:45 Adv. Sr. Cardio Fit 9:00 Water Aerobics 10:00 Yoga 11:00 G.A.G.G. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting</p>
<p>26 9:00 Water Aerobics 10:00 G.A.G.G. 11:00 Quilting 11:00 Water Peeps 1:00 Water Aerobics 12:30 Dominos 2:00 Aquaball</p>	<p>27 8:45 Adv. Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Jewelry Making 1:00 Cards 1:00 Water Aerobics 2:00 Aqua ball</p>	<p>28 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 1:00 Ping Pong</p>	<p>29 9:00 Water Aerobics 9:00 South Knox Opry 1:00 ROOK/Pinochle 1:00 Water Aerobics 1:30 Line Dance 2:00 Aqua ball</p>	<p>30 8:45 Adv. Sr. Cardio Fit 9:00 Water Aerobics 10:00 Yoga 11:00 G.A.G.G. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting</p>