







Carter Senior Center  
9040 Asheville Highway  
Knoxville, TN 37924

# JULY

## 2021

Tara Stirone, Coordinator  
Patty Vick, Assistant  
Phone: 865.932.2939

<b>MONDAY</b> 8am-4:30pm	<b>TUESDAY</b> 8am-4:30pm	<b>WEDNESDAY</b> 8am-4:30pm	<b>THURSDAY</b> 8am-4:30pm	<b>FRIDAY</b> 8am-4:30pm
 	<p>*****</p> <p>For more program information, check out our website: <a href="http://Knoxcounty.org/SeniorServices">Knoxcounty.org/Senior Services</a></p> <p>*****</p> 		<p><b>1</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Open Card Play 1:00 Flow Yoga 2:00 Art Class</p>	<p><b>2</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Cardio Craze 2:00 Guitar Jam</p> 
<p><b>5</b></p>  <b>CENTER CLOSED</b>	<p><b>6</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 12:00 Cooking with Tara (VIRTUAL) 1:00 Cardio Craze</p>	<p><b>7</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 12:00 BINGO 1:15 Seated SAIL Fitness Class 2:00 SAIL Fitness Class</p>	<p><b>8</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Open Card Play 1:00 Flow Yoga 2:00 Art Class</p>	<p><b>9</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Cardio Craze 2:00 Guitar Jam</p>
<p><b>12</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Quilting 1:15 Seated SAIL Fitness Class 2:00 SAIL Fitness Class 3:00 History Class</p>	<p><b>13</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 12:00 Cooking with Tara (VIRTUAL) 1:00 Cardio Craze</p>	<p><b>14</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 12:00 BINGO 1:15 Seated SAIL Fitness Class 2:00 SAIL Fitness Class</p>	<p><b>15</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Open Card Play 1:00 Flow Yoga 2:00 Art Class</p>	<p><b>16</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Cardio Craze 2:00 Guitar Jam</p>
<p><b>19</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Quilting 1:15 Seated SAIL Fitness Class 2:00 SAIL Fitness Class 3:00 History Class</p>	<p><b>20</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 12:00 Cooking with Tara (VIRTUAL) 1:00 Cardio Craze</p>	<p><b>21</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 12:00 BINGO 1:15 Seated SAIL Fitness Class 2:00 SAIL Fitness Class</p>	<p><b>22</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Open Card Play 1:00 Flow Yoga 2:00 Art Class</p>	<p><b>23</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Cardio Craze 2:00 Guitar Jam</p>
<p><b>26</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Quilting 1:15 Seated SAIL Fitness Class 2:00 SAIL Fitness Class 3:00 History Class</p>	<p><b>27</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 12:00 Cooking with Tara (VIRTUAL) 1:00 Cardio Craze</p>	<p><b>28</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 10:30 Senior Info and Referral Services 11:00 Name That Tune 11:30 Veterans Services 12:00 BINGO 1:15 Seated SAIL Fitness Class 2:00 SAIL Fitness Class</p>	<p><b>29</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 9:00 Open Card Play 1:00 Flow Yoga 2:00 Art Class</p>	<p><b>30</b></p> <p>8:00 Billiards 8:00 Weekday Walkers 10:00 Cardio Craze 2:00 Guitar Jam</p>

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# August 2021

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<b>2</b> 8:00 Billiards 8:00 Weekday Walkers 10:00 Quilting 10:30 Senior Coverage Q&A 1:15 Seated SAIL Fitness Class 2:00 SAIL Fitness Class 3:00 History Class	<b>3</b> 8:00 Billiards 8:00 Weekday Walkers 9:00 Cards - Rook 12:00 Cooking with Tara (VIRTUAL) 1:00 Cardio Craze	<b>4</b> 8:00 Billiards 8:00 Weekday Walkers 12:00 BINGO 1:15 Seated SAIL Fitness Class 2:00 SAIL Fitness Class	<b>5</b> 8:00 Billiards 8:00 Weekday Walkers 9:00 Open Card Play 1:00 Flow Yoga 2:00 Art Class	<b>6</b> 8:00 Billiards 8:00 Weekday Walkers 10:00 Cardio Craze 2:00 Guitar Jam
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