



2023

# Karns Senior Center The Navigator

*Holiday closings: Good Friday, April 7th*

## **Wednesday, Thursday, March 1 & 2 at 10:00 am . . . iPad/iPhone Beyond**

Join Social Media 4 Seniors to add to your basic knowledge of the iPad/iPhone; photo transfer, getting media into your iTunes library, email/internet use, managing emails, ways to free up space, security features, customizing your device, using safari, cloud servers, and more. Cost is \$35.00, pre-paid. Class size is limited. **RSVP**

## **Tuesday, March 7th & April 4th . . . Field Trip: Harrah's Casino**

Join others from Karns & West Knox Co. Senior Center for a trip to Harrah's Casino in Cherokee, NC. Cost is \$40 payable to Olympus and get a \$25 voucher from Harrah's upon arrival by providing a valid government issued Photo ID and valid email address. To register, call Olympus at 865-523-2796 for departure & return locations and time.

## **Tuesday, March 7th at 10:30 . . . Humana Go365**

Join Linda Staffen with Core Insurance to learn about the great health and wellness benefits Humana has to offer through their Go365 program. Get assistance with sign-up/registration for Go365 to earn rewards, with the potential to earn more than \$200 in redeemable gift cards. Feel free to bring your own laptop, tablet or smart phone for registration assistance. **RSVP**

## **Friday, March 10th at 8:30 am . . . Vet-to-Vet Cafe**

Join Caris Healthcare, a partner of the We Honor Veterans program. They recognize veterans in the community through the Vet-to-Vet Cafes, in which Veterans throughout the community join together in fellowship to reminisce with other veterans while enjoying light refreshments! **RSVP**

## **Monday, March 13th at 2:00 pm . . . Tax Relief & Tax Freeze Presentation**

Knox Co. Trustee Justin Biggs and staff will present information about the State of TN Tax Relief and Tax Freeze programs. Any Knox Co. property owners 65+ whose income is \$31,600 or less are eligible for Tax Relief, this year \$117. Any Disabled Veteran and/or Spouse or Widow(er) of a DV is eligible for Tax Relief, this year \$680. Those aged 65+, whose income is \$42,440 or less are eligible for Tax Freeze. **RSVP**

## **Tuesday, March 14th at 10:30 am . . . Coffee, Tea and RSVP**

All Karns volunteers and those interested are welcome to drop by. Non-RSVPs are welcome to enroll while here. This is to thank our volunteers and get everyone to meet each other and RSVP staff, but it's also a great opportunity for centers to get other people engaged in volunteering! Sponsored by NHC Homecare. **RSVP**

## **Wednesday, March 15th at 1:00 pm . . . Krfty Stamper**

Join Cindy Bogard as she leads the class in making paper crafts to keep or give as a gift. This month's project is an Easter card, 3 Easter treat boxes and St Patrick's candy box. Cost is \$13.00 with materials provided. **RSVP**



## **Thursday, March 16th at 11:00 am . . . Irish Trivia**

"If you're enough lucky to be Irish...You're lucky enough!" (Irish Proverb) Join Vicki from Hope Springs Adult Day Care Center to celebrate St Patrick's Day with Irish Trivia and enjoy some traditional Irish sweets. **RSVP**

## **Tuesday, March 21st at 11:30 am . . . Healing & Essential Oils**

Join Richard and Deborah as they discuss using essential oils to help heal and recover from diseases, cancer, and injuries. **RSVP**

Visit our website at [knoxcounty.org/seniors](http://knoxcounty.org/seniors)

**Friday, March 24th at 1:00 pm . . . Flag Retirement Ceremony**

Karns High School JROTC will lead us in a Flag Retirement ceremony. The choir will be performing some patriotic songs before the ceremony begins. We will move to the outside near the flagpole for the flag retirement. Refreshments will be served, compliments of Core Insurance. **RSVP**

**Monday, March 27th at 1:30 pm . . . Low Back Pain Workshop**

Do you suffer from back or leg pain when you stand or walk, when you drive, or sit for long periods of time? Do you experience pain, numbness or tingling? Does your back ever "go out" if you move the wrong way? Learn how to naturally heal back pain and sciatica for good. Join Dr. Lee with Knox Physical Therapy as he discusses the causes of low back pain and treatment options. **RSVP**

**Tuesday, March 28th at 10:30 am . . . Iris Folding Card Class**

Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for this month is a rainbow. Cost is \$5.00. **RSVP**

**Tuesday, March 28th at 11:00 am . . . Master Gardener**

Title: "Up to Your Neck in Weeds!" Join Master Gardeners Lynn Carlson and Bretynn Race as they walk you through some strategies for identifying and dealing with those pesky winter weeds that may already be blooming.

**Tuesday, March 28th at 2:00 pm . . . American Sign Language Part II**

If you have been participating in the current ASL class or have previous experience with ASL, you are eligible for this class. ASL is the primary language of many who are deaf, hard of hearing, deaf-blind, deaf-disabled and by some hearing people. Cost is \$25.00. **RSVP**

**Wednesday, March 29th at 10:45 am . . . Field Trip: Blue Plate Special**

Join us for a trip downtown to the WDVX studio and the Blue Plate Special. This is a free show that begins at 12:00 noon. You may bring a sack lunch or snack with you. Transportation provided compliments of CAC. **RSVP**

**Wednesday, March 29th at 12:30 pm . . . Fall Prevention Workshop**

Join Dr. Jacob Lohr with Drayer Physical Therapy as he discusses new and fun ways to improve balance, reduce fall risk, and improve your overall quality of life. Focusing on core/leg strength, posture, and balance related education. **RSVP**

**Tuesday, April 4th at 11:30 am . . . Easter Luncheon**

Join us for a time of fellowship as we gather to enjoy a meal together, provided by Butler Brothers Excavating, Reams Drugs, and Cigna. Please do not bring any food in for the meal. **To ensure we have enough food, everyone must register to attend! RSVP**

**Thursday, April 6th at 10:15 am . . . Quilts of Valor Sew-in**

Everyone is invited to join us for a sew-in, which is a special time set aside for those who want to help sew quilt blocks. Participants need to bring their own sewing machine and will help with sewing 1/4" seams and putting together squares and blocks. A quilt may also be presented to a veteran. Limited space available, email Vickie Fox, vefox@aol.com or call the center, 865-951-2653. **RSVP**

**Tuesday, April 11th at 10:30 am . . . Emergency Preparedness Senior Class**

Join Dakota Russell, Emergency Preparedness Health Educator with the Knox County Health Dept. to learn how to navigate in emergency situations like natural disasters, what to do with your pets during emergencies, as well as how to prevent falls. With recent snow storms, freezing temperatures, and power outages it's important for everyone to be prepared and know what to do. Everyone is welcome, so bring a friend or a caregiver, play some bingo, and learn about emergency preparedness! **RSVP**

**Karns Senior Center**  
**8042 Oak Ridge Highway, Knoxville, TN 37932, Phone: 865-951-2653**

**Thursday, April 13th at 10:30 am . . . KUB Energy/Water Saving Workshop**

KUB offers free energy and water saving workshops in partnership with TVA's EnergyRight® Solutions and City of Knoxville's Savings in the House Programs. Along with various tips, attendees also leave the workshop with tools and materials to begin putting tips into action. These workshops include an hour-long presentation, six interactive displays to show how each tip makes a difference, and a Home Energy Starter Kit and Water Conservation Kit for each attendee. **RSVP**

**Friday, April 14th at 10:00 am . . . Android and Beyond**

You will learn about photo transfer between Android devices, email principles, cloud accounts, calendar applications, Google maps, and more in this four-hour class by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

**Friday, April 14th at 1:00 pm . . . Choir Performance**

Join the Karns Singing Seniors as they perform, "An Old Time Gospel Sing." They will feature old hymns & tunes we all may or may not remember. Refreshments sponsored by Casey Parker of Caris Healthcare. **RSVP**

**Tuesday, April 18th at 11:30 am . . . Hormones and Essential Oils**

Join Richard and Deborah as they discuss using essential oils to help balance and improve your natural systems and hormones. **RSVP**

**Tuesday, April 18th at 12:30 pm . . . Medicare 101**

Join Andy Williams with Cigna as he discusses your options and how to compare plans to make a smooth insurance transition. Learn the elements of Medicare, how to apply, timelines, and more. Ask questions, get answers, no sales, no pressure. **RSVP**

**Wednesday, April 19th at 1:00 pm . . . Krfty Stamper**

Join Cindy as she leads the class in making paper crafts. April's project is an easel card, candy box and altered small legal pad cover. Cost is \$13.00 with materials provided. **RSVP**

**Thursday & Friday, April 20th & 21st . . . AARP Safe Driving Class**

AARP is offering a safe driving class on Thursday from 10:30 to 4:00 and Friday from 12:30 to 3:30. Class fee is \$20 for AARP members and \$25 for non-members. If you have the AARP Medicare Supplement through United Healthcare, class may be free. Must have card with you. **RSVP**

**Monday, April 24th at 1:30 pm . . . Rotator Cuff Pain**

Join Dr. Lee Easley with Knox PT as he discusses causes of rotator cuff pain and treatment options. **RSVP**

**Tuesday, April 25th at 11:00 am . . . Master Gardener**

Attracting Hummingbirds to Your Yard, "Little 'Flying Jewels' of the Garden. Join Master Gardener-Marian Phillips to learn some interesting facts and characteristics of hummingbirds. Learn how to play to the strengths of these little incredible birds, and you will have them returning year after year to your garden for three seasons of the year!

**Friday, April 28th at 9:30 am . . . Field Trip: Dogwood Arts Festival**

Join us for a trip to the World's Fair Site for the Dogwood Arts Festival. The festival is held on the beautifully redesigned Performance Lawn at World's Fair Park and features over 100 fine art vendors, live music, entertainment, children's activities, food & beverage vendors, and more. Transportation compliments of CAC. **RSVP**

**Visit our website at [knoxcounty.org/seniors](http://knoxcounty.org/seniors)**

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**Beltone**

**Tuesday, March 14th  
at 8:30**

A representative from Beltone will be here once a quarter offering hearing aid cleaning, hearing check-ups or hearing tests. Please call to schedule an appointment.

**Birding**

**Wednesday, March 15th**

Birding meets on Wednesdays either once a month or every other as scheduled. March's topic is Best Places to find birds.

**Computer Application Assistance**

**Thursday, March 23rd**

at 1:00 pm  
With Mr. Robert Terrell

**Grief Support**

1st and 3rd Thursdays at  
12:30 pm  
March 2nd & 16th  
April 6th & 20th

**Hymn Sing**

**March 15th, April 19th  
Both at 1:00 pm**

Join us as we gather for an old-fashioned gospel sing-a-long.

**Medicare Q & A**

Join Linda Staffen of Core Insurance on March 7th at 11:30 & April 11th at 11:30 in the hallway for an informal time of Questions & Answers about Medicare. No need to register, just stop in.

**Senior Walks**

Senior Services schedules a walk each month usually on the third Tuesday of the month. If you would like to be on the email listing to receive information about these walks, please email seniorservices@knoxcounty.org.

**BINGO**

BINGO is the 2nd and 4th Thursday of the month at 11:00 am. Bring a new \$5.00 value gift to participate! Bingo w/Niki is March 9th, sponsored by Andy Williams with Cigna and April 13th. Second BINGO is March 23rd at 11:00 am sponsored by Caroline Combs-Young with Quality Home Health and April 27th sponsored by Daisja Latimore of Oak St. Health.

**Book Club**

**March 8th at 2:00 pm**

*The Lincoln Highway* by Amor Towles. Set in June 1954, it follows brothers Emmett and Billy Watson who plan to leave their home in Nebraska, and travel along the Lincoln Highway.

**April 12th at 2:00 pm**

*The Madhouse at the End of the Earth* by Julian Sancton. In the darkness, plagued by a mysterious illness and besieged by monotony, they descended into madness.

**Mystery Book Club**

**March 22nd at 2:00 pm**

*Full Dark House* by Christopher Fowler. Edgy, suspenseful, and darkly comic, the first novel in a riveting new mystery series starring two cranky but brilliant old detectives whose lifelong friendship was forged solving crimes for the London Police Department's Peculiar Crimes Unit.

**April 26th at 2:00 pm**

*The Coroner's Lunch* by Colin Cotterill. To get to the truth, Siri and his team face government secrets, spying neighbors, victim hauntings, Hmong shamans, botched romances, and other deadly dangers.

**Need Help with Fitness?**

Call and make an appointment with Dustin, our new Fitness Coordinator for Senior Services. He can help with nutrition, fitness introduction, and exercise routines. Call today 865-951-2653.



**Social Worker Outreach**

**Wednesday, March 1st, 11:30  
Tuesday, April 4th, 10:30**

Wendy Skiles with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You may contact them at (865) 546-6262.

**Music Jam**

**First Wednesdays,  
March 1st &  
April 5th at 1:15 pm**

Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument to join in!

**Veterans Services**

**Friday, March 17th  
at 10:00**

A representative from Knox County Veteran Services Office will be here quarterly to assist Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. Please call to make an appointment. **RSVP**

# Knox County Senior Services Walks

## Tuesday, March 21st at 10:00am



I.C. King Park, 2625 Maryville Pike,  
Knoxville, TN 37920



Make sure that you meet us at the **new expansion entrance** on Old Maryville Pike! Alcoa Highway is under construction and that entrance cannot be safely accessed. From Alcoa Hwy 129 take John Sevier Hwy exit and make a right turn before Weigel's. Drive around the back to the stop sign at Old Maryville Pike. Then take a left and drive until you see the pavilion, swing sets and sign for the 2625 Old Maryville Pike Entrance.

Meet at the shelter, which provides benches, water fountain, and restrooms and we will take off on our adventure from there! The trail can be a little slippery if it has been wet, so be prepared! We will climb some moderate ridges, twist and turn through forested woods, and contour around Knob Creek. Trails are marked easy to moderate.

After the walk, cruise on down to a South Knox Gem, **Love That BBQ**, at 1901 Maryville Pike, 37920.

A Mom and Pop, family run, casual homemade BBQ restaurant where the ribs fall off the bone, the fries are hand-cut, the fried bologna sandwiches are out-of-this-world, and whatever you do...

Order the homemade Banana Pudding!!!!



Remember to RSVP to [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)  
or call 865-288-3761



## **Tuesday, April 18<sup>th</sup> / Hike to begin at 9:30 am**

**House Mountain State Park/9601 Hogskin Rd, Corryton, TN 37721**

**Lunch after at Henry's Deli/7231 Tazewell Pike, Corryton, TN 37721**

Join Robyn, Sue, and Dustin for a hike at House Mountain State Park.\* You can meet us at Corryton Senior Center parking lot at 9:15 am, or at House Mountain parking lot at 9:30 am. There are rustic toilets available at the parking lot, but no water fountains (so bring water).

House Mountain is a 500-acre natural area located in Knox County. The 2,100-foot crest of House Mountain features beautiful vistas where hikers can see the Cumberlands some 30 miles away or look northeast at adjacent Clinch Mountain.

**DIRECTIONS TO HOUSE MTN:** From Knoxville, take I-40 E to Rutledge Pike exit/US 11W and go north and east on Rutledge Pike. After about 10 miles, look for the "House Mountain State Park" sign on the right side of the highway and turn left on Idumea Road. Turn left on Hogskin Road. The parking area is less than a mile on the right.

**DIRECTIONS TO CORRYTON SENIOR CENTER:** Take I75N/640 E towards Asheville/Lexington. Take Exit 6 (US 441) and turn left on Broadway/Old Broadway. Stay right on Tazewell Pike (TN 331). Turn right on Emory Rd. NE/TN 331. Turn left on Foster Rd. Turn right on Davis Rd. Corryton Senior Center is on the left at 9331 Davis Road.

**\* The terrain is steep, and rocky in places and the trail is unpaved. Please be aware of these challenges if you are planning to hike with us. Duration may vary depending on conditions.**



**Karns Senior Center**  
 8042 Oak Ridge Hwy., Knoxville, TN 37931-  
 2317Ph: (865) 951-2653, Fax: (865) 951-2530



**2023**

Activities on the calendar followed by an "\*" have a fee to participate. Activities listed below in bold please RSVP.

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
Weekly recurring programs are listed at the very bottom of the calendar. Special or one-time programs are listed on the dates they occur. If you have any questions about any program, please contact us at 865-951-2653	<b>Music Jam is on the first Wednesday of every month!</b> Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument to join in!	<b>1</b> 10:00 iPad/iPhone & Beyond Class 1* (\$35.00)  11:30 Social Worker Outreach 1:15 Music Jam (New start time!) <b>New SAIL Class Begins!</b>	<b>2</b> 10:00 iPad/iPhone & Beyond Class 2*  12:30 Grief Support	<b>3</b>
<b>6</b>	<b>7</b> 7:00 Harrah's Casino  10:30 Go 365 Program w/Core Insurance  11:30 Medicare Q&A  2:00—3:00 American Sign Language Class*	<b>8</b> 2:00 Book Club: <i>The Lincoln Highway</i> by Amor Towles	<b>9</b> 11:00 BINGO with Niki sponsored by Andy Williams of Cigna (bring a \$5 value new/unused gift)	<b>10</b> 8:30 Vet-to-Vet Café sponsored by Caris Healthcare
<b>13</b> 2:00 Tax Relief/Tax Freeze Presentation	<b>14</b> 8:30 Beltone Hearing  10:30 Coffee, Tea, and RSVP  2:00—3:00 American Sign Language Class*	<b>15</b> 1:00 Birding: Best Places to Find Birds  1:00 Hymn Sing  1:00 Krfty Stamper* (\$13.00)	<b>16</b> 11:00 Irish Trivia with Vickie Worley of Hope Springs Adult Daycare  12:30 Grief Support	<b>17</b> 10:00 Veterans Services by appointment only
<b>20</b>	<b>21</b> 11:30 Healing & Essential Oils    <b>Senior Walk</b>	<b>22</b> 2:00 Mystery Book Club: <i>Full Dark House</i> by Christopher Fowler	<b>23</b> 11:00 BINGO sponsored by Caroline Combs-Young of Quality Home Health (Bring a \$5 value new/unused gift to play)  1:00 Computer Application Assistance	<b>24</b> 1:00 Flag Retirement Ceremony with Karns JROTC refreshments provided by Core Insurance
<b>27</b> 1:30 Low Back Pain & Sciatica with Dr. Lee of Knox PT	<b>28</b> 10:30 Iris Folding Card Class* (\$5.00) 11:00 Master Gardener: Dealing with Winter Weeds 2:00 ASL Class Part II* (Class 1)	<b>29</b> 10:45 Field Trip to WDVX Blue Plate Special  12:30 Fall Prevention Program with Dr. Jake Lohr of Drayer PT	<b>30</b> 10-2 CPR/AED Class by Karns Volunteer Fire Dept.	<b>31</b> 10:00 Toenail Trimming*
<b>These events occur every week</b>				
7:30 Ping Pong 9:00 Cardio Strength & Stretch* <b>10:00 Art Class*</b> 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew <b>1:30 Beginning Piano*</b>	10:00 Poker 10:00 Pinochle 12:30 Canasta 1:00 Stability* 1:30 Genealogy Class 2:00 Yoga*	7:30 Ping Pong 9:00 ShibashiQiGong* 9:30 Bridge 9:30 Flow Yoga* 10:30 SAIL Exercise* 11:00 Rook 11:45 SAIL Exercise* 1:00 Canasta <b>1:00 Oil or Acrylic Painting*</b>	9:00 Cardio Strength & Stretch* 9:00 Chess 11:00 Trivia Time 1:00 Chair Yoga* 1:00 Mah Jongg 1:00 Crafting Social 2:00 Stability Class* 2:00 Yoga*	7:30 Ping Pong 9:00 Ukulele Practice 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Choir Practice



# Karns Senior Center

8042 Oak Ridge Hwy., Knoxville, TN 37931-2317  
Ph: (865) 951-2653, Fax: (865) 951-2530



# 2023

Activities on the calendar followed by an "\*" have a fee to participate. Activities listed below in bold please RSVP.

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<b>3</b> 	<b>4</b> 7:00 Harrah's Casino 10:30 Social Worker Outreach <b>11:30 Luncheon sponsored by Butler Brothers Excavating, Reams &amp; Cigna (MUST RSVP!) NO ASL Today</b>	<b>5</b> 1:15 Music Jam (New start time!)	<b>6</b> <b>10:15 Quilts of Valor</b> 12:30 Grief Support	<b>7</b> <b>Holiday Center Closed Good Friday</b> 
<b>10</b> 	<b>11</b> 8:30 Smoky Mtn Model A Club 9:30 Medicare Q&A w/ Core Insurance <b>10:30 Emergency Preparedness Senior Class with Dakota Russell</b> <b>2:00 ASL Class Part II* (Class 2)</b> 	<b>12</b> 2:00 Book Club: <i>The Madhouse at the End of the Earth</i> by Julian Sancton	<b>13</b> <b>10:30 KUB Energy Efficiency Workshop</b> 11:00 BINGO with Niki Congero	<b>14</b> <b>10:00-3:00 Android and Beyond</b> <b>1:00 Choir Performance, "An Old Time Gospel Sing" sponsored by Caris Healthcare</b>
<b>17</b> 	<b>18</b> 11:30 Hormones and Essential Oils <b>12:30 Medicare 101 with Andy Williams of Cigna</b> <b>2:00 ASL Class Part II* (Class 3)</b> Senior Walk	<b>19</b> <b>1:00 Hymn Sing</b> <b>1:00 Krfty Stamper* (\$13.00)</b>	<b>20</b> <b>10:30-4:00 AARP Safe Driving Class</b> 12:30 Grief Support	<b>21</b> <b>10:00 Veterans Services</b> <b>10:00 Toenail Trimming</b> <b>12:30-3:30 AARP Safe Driving Class</b>
<b>24</b> <b>1:30 Rotator Cuff Pain with Dr. Lee of Knox PT</b>	<b>25</b> 11:00 Master Gardener: Attracting Hummingbirds to Your Yard <b>2:00 ASL Class Part II* (Class 4)</b>	<b>26</b> 2:00 Mystery Book Club: <i>The Coroner's Lunch</i> by Colin Cotterill 	<b>27</b> 11:00 BINGO with Dianne sponsored by Daisja Lattimore of Oak Street Health	<b>28</b> <b>9:30 Field Trip: Dogwood Arts Festival</b>
<b>Workout room open from 7:30 to 4:00 pm</b> 	Weekly recurring programs are listed at the very bottom of the calendar. Special or one-time programs are listed on the dates they occur. If you have any questions about any program, please contact us at 865-951-2653	<b>Find more information about our programs and the other five Knox County Senior Centers at <a href="http://Knoxcounty.org/Seniors">Knoxcounty.org/Seniors</a></b>	<b>Check us out on Facebook, search Knox County Senior Services</b> 	Hymn Sing has a new start time on the first Wednesday of each month at 1:15 pm! Bring your instrument and come join us!
<b>These events occur every week</b>				
7:30 Ping Pong 9:00 Cardio Strength & Stretch* <b>10:00 Art Class*</b> 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew <b>1:30 Beginning Piano*</b>	10:00 Poker 10:00 Pinochle 12:30 Canasta 1:00 Stability* 1:30 Genealogy Class 2:00 Yoga*	7:30 Ping Pong 9:00 ShibashiQiGong* 9:30 Bridge 9:30 Flow Yoga* 10:30 SAIL Exercise* 11:00 Rook 11:45 SAIL Exercise* 1:00 Canasta <b>1:00 Oil or Acrylic Painting*</b>	9:00 Cardio Strength & Stretch* 9:00 Chess 11:00 Trivia Time 1:00 Chair Yoga* 1:00 Mah Jongg 1:00 Crafting Social 2:00 Stability Class* 2:00 Yoga*	7:30 Ping Pong 9:00 Ukulele Practice 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Choir Practice