

February 2015

Calendar of Events
for *Your* Knoxville
Guidance Center

These Events Occur EVERY WEEK at *Your* Local Guidance Center

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| EVERY MONDAY: 10 to 11 am *SilverSneakers® Yoga 11:30 am to 12:30 pm Walking Group (Cumberland Estates Recreation Center) 11:30 am to 12:30 pm Bingo: White Elephant 2 to 3 pm *SilverSneakers® Yoga | EVERY TUESDAY: 9 to 10:30 am Java & Brain Games 2 to 3 pm *SilverSneakers® Classic 3 to 4 pm Senior Tai Chi | EVERY WEDNESDAY: 9 to 10:30 am Tea Time & Current Events 10 to 11 am *SilverSneakers® Yoga 11:30 am to 12:30 pm Walking Group (Cumberland Estates Recreation Center) | EVERY THURSDAY: 10 to 11 am Bingo: White Elephant 2 to 3 pm *SilverSneakers® Classic | EVERY FRIDAY: 12 to 1:30 pm Knit & Crochet for Charity 2 to 3 pm *SilverSneakers® Yoga |
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Featured Events This Month

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 1 to 2 pm Well-being Academy: Diabetes Carb Counting Workshop | 3 10:30 to 11:30 am Well-being Academy: Healthy Eating to Control Cholesterol 12 to 1:30 pm Bucket List Book Club: “A Tale of Two Cities” | 4 12 to 1 pm Line Dancing 1 to 2 pm Ballroom Dancing: Advanced 2 to 3 pm Ballroom Dancing: Beginner | 5 9 to 10 am Well-being Academy: Sleep Myths 11:15 to 1 pm Movie & Popcorn: Belle 3:15 to 4:30 pm Container Gardening: Bulbs | 6 9 am to 5 pm Wear Red Day® 9 to 10:30 am Specialty Artisan Hot Cocoa & Puzzles 10 to 11 am Brain Games 11 am to 12 pm Wii™ Wheel of Fortune & Sports |
| 9 12:45 to 2 pm Fireside Arts for Fun: Valentine Day Cards | 10 10 to 11 am Diabetes Support Group: Facilitated by Leslie Blevins & Isabell Huie 11:30 am to 12:30 pm Talking to Your Aging Relatives About the Future  | 11 | 12 11:15 am to 1 pm Movie & Popcorn: The Out-of-Towners 3:15 to 4:30 pm Dressing Girls for Charity: Basic Designs | 13 All day An Affair of the Heart Celebration 10:30 to 11:30 am  Healthy U: Healthy Heart 11:30 am to 1:30 pm Movie & Popcorn: Valentine’s Day |
| 16 12:30 to 2 pm  Technology 101: Basics of the Internet and Computers | 17 10 to 11 am Healthy Cooking Demonstration: Salads with Protein 11:30 am to 12:30 pm Congestive Heart Failure: Managing Day-to-Day | 18 | 19 9 to 10 am Well-being Academy: Superfoods 11:15 am to 1 pm Movie & Popcorn: If I Stay 3:15 to 4:30 pm Container Gardening: Starting Seedlings | 20 9 to 10:30 am Specialty Artisan Hot Cocoa & Puzzles 10 to 11 am Brain Games 11 am to 12 pm Wii™ Wheel of Fortune & Sports 1 to 2 pm February Birthday Celebration |
| 23 12:30 to 2 pm  Technology 101: Smartphones & Tablets | 24 10 to 11 am Diabetes Support Group: Facilitated by Leslie Blevins & Isabell Huie 12 to 1 pm  Just a Dash: How Much Salt is Too Much? | 25 11 am to 12 pm New Health, New You: Accomplishing Healthy Goals | 26 11:15 am to 1 pm Movie & Popcorn: And So It Goes 3:15 to 4:30 pm Dressing Girls for Charity: Basic Designs | 27 10 to 11:30 am Wellbeing for Men Series: Men’s Health 11:30 am to 12:30 pm Brain Games 12:30 to 1:30 pm Wii™ Wheel of Fortune & Sports |