

Knoxville

May in-person events

Be sure to call to RSVP at **865-329-8892**.  
Class times and dates are subject to change.



4438 Western Ave.  
Knoxville, TN 37921  
**865-329-8892 (TTY: 711)**  
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div>10 - 10:45 a.m. SilverSneakers® Chair Yoga*</div> <div>11 - 11:45 a.m. SilverSneakers® Classic*</div> <div>10 a.m. - 1 p.m. SNAP benefit consultation with Knox County Office on Aging</div>	<div>2</div> <div>11 - 11:45 a.m. SilverSneakers® Circuit*</div> <div>12 - 12:45 p.m. SilverSneakers® Chair Yoga*</div> <div>1 - 2 p.m. What you need to know about Alzheimer's disease with Dr. DeGuzman</div> <div>2 - 2:30 p.m. Medicines explained</div>	<div>3</div> <div>9 - 10 a.m. Coffee &amp; conversation</div>
<div>6</div> <div>11 a.m. - 12 p.m. Bingo with Special Guest Derrick</div> <div>1 - 1:45 p.m. SilverSneakers® Tai Chi/ Qigong*</div> <div>2 - 2:45 p.m. SilverSneakers® Stability*</div>	<div>7</div> <div>10 - 10:45 a.m. SilverSneakers® SAIL (Stay Active &amp; Independent for Life)*</div> <div>11 - 11:45 a.m. SilverSneakers® Chair Yoga*</div> <div>1 - 3 p.m. Free from falls Week 1 (RSVP)</div>	<div>8</div> <div>10 - 10:45 a.m. SilverSneakers® Chair Yoga*</div> <div>11 - 11:45 a.m. SilverSneakers® Classic*</div> <div>1 - 3 p.m. Movie and popcorn</div>	<div>9</div> <div>11 - 11:45 a.m. SilverSneakers® Circuit*</div> <div>12 - 12:45 p.m. SilverSneakers® Chair Yoga*</div> <div>1 - 2 p.m. Fall asleep, stay asleep</div>	<div>10</div> <div>1 - 2 p.m. Mother's Day social &amp; craft (RSVP)</div>
<div>13</div> <div>11 a.m. - 12 p.m. Cornhole</div> <div>1 - 1:45 p.m. SilverSneakers® Tai Chi/ Qigong*</div> <div>2 - 2:45 p.m. SilverSneakers® Stability*</div>	<div>14</div> <div>10 - 10:45 a.m. SilverSneakers® SAIL (Stay Active &amp; Independent for Life)*</div> <div>11 - 11:45 a.m. SilverSneakers® Chair Yoga*</div> <div>1 - 3 p.m. Free from falls Week 2 (RSVP)</div>	<div>15</div> <div>10 - 10:45 a.m. SilverSneakers® Chair Yoga*</div> <div>11 - 11:45 a.m. SilverSneakers® Classic*</div> <div>1 - 2 p.m. Parkinson's support group</div>	<div>16</div> <div>11 - 11:45 a.m. SilverSneakers® Circuit*</div> <div>12 - 12:45 p.m. SilverSneakers® Chair Yoga*</div> <div>1 - 2 p.m. MIND diet: Foods to fight dementia</div> <div>2 - 3 p.m. Healthy cooking demo</div>	<div>17</div> <div>9 - 10 a.m. Coffee &amp; conversation</div>
<div>20</div> <div>1 - 1:45 p.m. SilverSneakers® Tai Chi/ Qigong*</div> <div>2 - 2:45 p.m. SilverSneakers® Stability*</div>	<div>21</div> <div>10 - 10:45 a.m. SilverSneakers® SAIL (Stay Active &amp; Independent for Life)*</div> <div>11 - 11:45 a.m. SilverSneakers® Chair Yoga*</div> <div>1 - 3 p.m. Free from falls Week 3 (RSVP)</div>	<div>22</div> <div>10 - 10:45 a.m. SilverSneakers® Chair Yoga*</div> <div>11 - 11:45 a.m. SilverSneakers® Classic*</div> <div>1 - 2 p.m. Gratitude workshop</div>	<div>23</div> <div>11 - 11:45 a.m. SilverSneakers® Circuit*</div> <div>12 - 12:45 p.m. SilverSneakers® Chair Yoga*</div> <div>1 - 2 p.m. Bingo with Special Guest Kenny</div>	<div>24</div> <div>10 a.m. - 12 p.m. Sewing group</div> <div>Happy Memorial Day! We are closing at 12 p.m. in observance of the holiday.</div>
<div>27</div> <div>Happy Memorial Day! We are closed in observance of the holiday.</div>	<div>28</div> <div>10 - 10:45 a.m. SilverSneakers® SAIL (Stay Active &amp; Independent for Life)*</div> <div>11 - 11:45 a.m. SilverSneakers® Chair Yoga*</div> <div>1 - 3 p.m. Free from falls Week 4 (RSVP)</div>	<div>29</div> <div>10 - 10:45 a.m. SilverSneakers® Chair Yoga*</div> <div>11 - 11:45 a.m. SilverSneakers® Classic*</div>	<div>30</div> <div>11 - 11:45 a.m. SilverSneakers® Circuit*</div> <div>12 - 12:45 p.m. SilverSneakers® Chair Yoga*</div>	<div>31</div> <div>10:30 a.m. - 12 p.m. Find your feel great weight Month 5 (RSVP)</div>



\*For Humana members with this benefit only.

For accommodations of persons with special needs at meetings, call **865-329-8892 (TTY: 711)**.