

# SENIOR PROGRAMS

## FREE!



CITY OF KNOXVILLE  
Parks and Recreation

MARCH 18 -  
MAY 10, 2024  
SUBJECT TO CHANGE  
#FINDYOURFUN

\* unless otherwise indicated

### ACTIVE AGING - PROGRAMS FOR SENIORS

#### SENIOR WALKING

Mon - Thurs  
10:30am-12pm  
Cumberland Estates  
  
Tuesdays  
10:30am- 12pm  
West Haven

#### STAY ACTIVE & INDEPENDENT FOR LIFE (SAIL)

Mon, Wed, & Fri  
10:15am - 11:15am  
Deane Hill

#### CO-ED SOFTBALL

Tues & Thurs at 10am  
Caswell Park  
\$10 / season

#### DANCING FRIENDS

Mondays  
6pm - 8:30pm  
Deane Hill

#### PICKLEBALL

Monday  
10:30am-2:30pm  
West Haven  
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Wednesday  
10:30am-1pm  
Richard Leake  
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Thursday  
10:30am-2:30pm  
West Haven  
  
See pickleball flyer  
for all offerings  
\$2 per site/day

#### DANCE TO FITNESS

Mondays  
11am-11:45am  
South Knoxville  
  
12pm - 12:45pm  
Larry Cox

#### SENIOR FITNESS

Tuesday  
12pm-2:30pm  
West Haven  
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Thursdays  
11:30am-1pm  
Cal Johnson

#### TAI CHI

Thursdays  
10:15am - 11:15am  
Deane Hill

#### BRIDGE

Wednesday  
10:30am - 2:30pm  
Cumberland Estates

#### HIKING

Thursdays 6pm  
Saturdays 9am  
See outdoor flyer

#### SENIOR VOLLEYBALL

Tues & Thurs  
1pm-2:30pm  
Richard Leake

#### SPADES

Mondays  
6pm-8pm  
Cal Johnson

#### CLASSIC GAME NIGHT FOR SENIORS

Thursdays  
6pm - 8pm  
Deane Hill

#### KNOXVILLE ARTS CENTER

Pottery, Painting, & Much More!  
Learn more at [knoxvilletn.gov/kac](http://knoxvilletn.gov/kac)

#### INDOOR POOLS

Classes & Open swim  
Williams Creek & Elmer Brine Pools  
More info at [knoxvilletn.gov/aquatics](http://knoxvilletn.gov/aquatics)

in addition to full programming schedule at:

Larry Cox Senior Center (3109 Ocoee Trail)

South Knoxville Community Center (522 Maryville Pike)

Visit [www.knoxvilletn.gov/recprograms](http://www.knoxvilletn.gov/recprograms) for facility address & more info