# Larry Cox Senior Center
3109 Ocoee Trail  
(865) 546-1700  

## July 2022

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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| **HOURS OF OPERATION**  
Monday - 8am-4pm  
Tuesday 8am-4pm  
Wednesday 8am-4pm  
Thursday 8am-4pm  
Friday 8am-4pm  
Unless noted & subject to change  | **LEGEND**  | **NOW ACCEPTING: SENIOR FITNESS & HEALTH PROGRAMS**  
CHECK WITH YOUR INSURANCE PROVIDER FOR ELIGIBILITY  | **SilverSneakers** by Trinity Health  
**Silver&Fit**  
**One Pass** by UnitedHealthcare  |  |  |  |
| 3 | 4 **FACILITY CLOSED** | 5 Walking /DVD 8am  
Tennis @ Edgewood Park 9am  
Senior Exercise 11am | 6 Walking /DVD 8am  
Bingo 12pm  
$5 gift card (sign up) | 7 Walking /DVD 8am  
Tennis @ Edgewood Park 9am  
Senior Exercise 11am  
Looming 11am  
Bagging Cotton Candy 12pm  
Sign up in advance | 8 Walking /DVD 8am  
Bingo 12pm  
$5 gift card (sign up) | 9 **COLLECTING DONATIONS!**  
Collecting small & medium-sized teddy bears to donate to officers who give them to kids in traumatic situations. |
| 10 "People don't care about what you know until they know you care" | 11 Walking /DVD 8am  
Guitar Practice 8:15am  
Beginner Pickleball 9am  
Intro to Line Dance 11-11:30am  
Beginner Line Dance 11:30-12p | 12 Walking /DVD 8am  
Tennis @ Edgewood Park 9am  
Senior Exercise 11am | 13 Walking /DVD 8am  
Cookout 12pm  
Volunteer Celebration  
Sign up in advance | 14 Walking /DVD 8am  
Tennis @ Edgewood Park 9am  
Senior Exercise 11am  
Looming 11am  
Bagging Cotton Candy 12pm  
Sign up in advance | 15 Walking /DVD 8am  
Bingo 12pm  
$5 gift card (sign up) | 16 **JULY BIRTHDAYS**  
2nd Phyllis McCarter  
4th Cindy Marley  
5th Tommie Edmonds  
6th Ann Mostelle  
7th Kathy Herd  |
| 17 Be Somebody Who Makes Everybody Feel Like a Somebody! | 18 Walking /DVD 8am  
Guitar Practice 8:15am  
Beginner Pickleball 9am  
Intro to Line Dance 11-11:30am  
Beginner Line Dance 11:30-12p | 19 Walking /DVD 8am  
Tennis @ Edgewood Park 9am  
Senior Exercise 11am | 20 Walking /DVD 8am  
Bingo 12pm  
$5 gift card (sign up) | 21 Walking /DVD 8am  
Tennis @ Edgewood Park 9am  
Senior Exercise 11am  
Looming 11am  
Bagging Cotton Candy 12pm  
Sign up in advance | 22 Walking /DVD 8am  
Bingo 12pm  
$5 gift card (sign up) | 23 10th Genie Braid  
11th Alfreda Howell  
15th Floraine Layne  
16th Darlene Haynes  
17th Jerry Denton  
19th Cricket Sharp  |
| 24 Remember … Whatever you do behind someone’s back, you are also doing in front of God’s eyes. | 25 Walking /DVD 8am  
Guitar Practice 8:15am  
Beginner Pickleball 9am  
Intro to Line Dance 11-11:30am  
Beginner Line Dance 11:30-12p | 26 Walking /DVD 8am  
Tennis @ Edgewood Park 9am  
Senior Exercise 11am | 27 Walking /DVD 8am  
Fun Celebration 12pm  
Family Feud Game  
Sign up in advance | 28 Walking /DVD 8am  
Tennis @ Edgewood Park 9am  
Senior Exercise 11am  
Looming 11am | 29 Walking /DVD 8am  
Bingo 12pm  
$5 gift card (sign up) | 30/31 22nd Osana Sutton  
24th Karen Tipton  
26th Sadie Davidson  
29th Corrie Neal |

For more information, please visit www.knoxvilletn.gov/recprograms