

December

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Dr Almand Surgery Day No Shots	3	4	5 Dr Almand Surgery CW No Shots	6
7	8	9 Dr Almand Surgery Day No Shots	10	11	12	13
14	15	16 Dr Almand Surgery Day No Shots	17	18	19 Dr Almand out of office No Shots	20
21	22 Dr Almand out of office No shots	23 Dr Almand out of office No Shots	24 Closed for Holiday No Shots	25 Closed for Holiday No Shots	26	27
28	29	30 Dr Almand Surgery Day No Shots	31			

Shot Hours Monday – Thursday 8 – 11:30AM and 1- 4:30 PM Fridays only 8 – 11:30AM. Phone: 865-983-4090 Please Call if you have any questions.

Website: foothillsentahc.com Click the Sinus/Allergy tab, then click Allergy Shots. Download the link that says Allergy Shot hours.

Please be courteous to all staff and other patients. We ask that you do not come in with fever or any other active symptoms of sickness. Thank you for understanding.

PLEASE NOTE THAT ALLERGY SCHEDULE IS SUBJECT TO CHANGE ACCORDING TO DOCTOR'S AVAILABILITY. PLEASE USE OTHER SOURCES TO CHECK SCHEDULE BEFORE COMING.