



KNOX COUNTY  
TENNESSEE

# HALLS SENIOR CENTER

4405 Crippen Road, Knoxville, TN 37918

865-922-0416

www.knoxcounty.org/seniors

**NOVEMBER/DECEMBER 2024**

*Happenings...*

## Join Second Harvest Food Bank for



*An interactive cooking class for  
adults 60+*

**Thursday, Nov. 7th, 2:00-3:00 PM**  
**Call 865-922-0416 to sign up!**  
**Limited Seating.**



You take home:

- new recipe
- fresh produce
- ingredients
- kitchen tools



## Bingo at Halls!

There will be no fee and no gifts needed to play. Our featured sponsor will call Bingo and provide a coverall prize. Participants can only win one prize and everyone is eligible to win the coverall prize. Prizes and gift cards are donated by a variety of sponsors along with their service information.

Come fill the room and let's have fun playing Bingo!

**Nov. 6th @ 10:00 AM**  
**December 4th @ 11:00 AM**



## Knox County Veterans Services

The third Wednesday of every month Knox County Veterans Services will have an information table and be available for questions in the lobby at Halls Senior Center.

**November 20th—2-4 PM**  
**December 18th—2-4 PM**



## Veterans Day Breakfast Sponsored by Amedisys

**November 5th @ 10:00 AM**

Stop by and enjoy breakfast treats with your fellow Veterans.

RSVP by calling 865-922-0416



*You could save on your car insurance!*

**AARP Smart Driver  
Classroom Course**

**November 14th—Noon-4:00 PM**

**AND**

**November 15th, 9:00 AM to 1:00 PM**

**\$20 for AARP members**

**\$25 for non-members**

**Call 865-922-0416 to register!**

**Knox County  
Senior Centers  
will be closed:**

**Nov. 11  
Veterans Day**

**Nov. 28 & 28  
Thanksgiving**

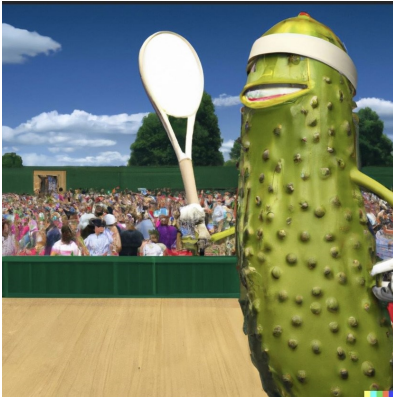
**Dec. 24 & 25  
Christmas**

**Jan. 1st  
New Year's  
Day**

# November/December 2024

## Pickleball

Tuesday, Wednesday,  
Thursday and  
Friday 1:00-4:30 PM



SAIL CLASS  
Monday & Wednesday  
8:30-9:30 AM

No class on first Wednesday of the month  
and will have an additional class on  
Friday that week.

SAIL (Stay Active and Independent for  
Life) is a strength and balance exercise for  
all shapes, sizes and levels of fitness.



## Mahjong

Monday and Friday  
@ 12:30 PM



## Senior Information and Referral

Melinda Bryant will be here to provide  
individual assistance to our seniors. If  
you have questions, she would love to  
help find the answers!

November 18th @ 10 AM  
and December 16th @ 10 AM

Senior  
Information  
& Referral

## Cardio Drumming

Try this fun, half hour, upper body  
class to the oldies!

All equipment is supplied, just bring  
yourself and be ready for some fun.

Thursdays  
@ 1:00 PM



## Walking Club

Walk when you want/at  
your own pace. Walkers  
receive a free pedometer  
to track their steps and  
will be awarded prizes  
for miles walked.

Take that first step to  
better health!

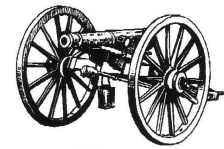
It's always more fun to  
walk with a friend.  
Call 865-922-0416 or  
sign up in the office.



# November/December 2024



## Civil War Presentation November 21st @ 2:00 PM



Mr. Ed Bardill is Civil War Living Historian and Re-enactor with 30 years of experience. He has had the honor of being in several videos for the "Heartland Series" and WLVT Channel 8 Bicentennial Series. In 2001, He was in the close battle scenes for "Gods and Generals" shot on location in Virginia and Maryland.

Ed Bardill will take us a step back in history to five years after the Civil War. The uniformed articles, tent and equipment including his musket are authentic reproductions. He will also have some items from battlefields on display.

Call 865-922-0416 to sign up!



## Differences in Senior Living Options (Independent, Assisted & Memory Care)

December 12th @ 11:30 AM

Call 865-922-0416 to register.

Senior Q & A with Core  
Insurance  
Every 1st Thursday of the  
month @ Noon-2:00 PM  
November 7th



# HAPPY HOLIDAYS

Did you know Knox County has  
**SIX** Senior Centers you can enjoy?

Carter Senior Center 865-932-2939

Corryton Senior Center 865-688-5882

Halls Senior Center 865-922-0416

Karns Senior Center 865-951-2653

South Knoxville Center Senior 865-573-5843

West Knox County Senior Center 865-288-7805

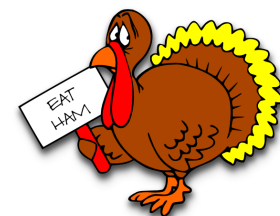
## Monday Movie Matinee



November 18th  
@ 1:00 PM  
*Heidi*

December 16th  
@ 1:00 PM  
*The Christmas Story*

Popcorn will be provided.



# November/December 2024

## Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze

Applications are open  
Oct. 1, 2024 though April 5, 2025  
You must sign up every year.

Knox County Trustee Justin Biggs  
and his team will be at the  
Halls Senior Center on  
January 16th 1:00-2:30 PM



## Mexican Train Dominoes Tuesday & Friday @ Noon



Our Euchre group is  
growing but we would  
love to have more  
players. Join us every  
Friday @ 10:00 AM or call  
865-922-0416 for more  
information.



## Crafts with Susanne

Join us for Crafts with Susanne.

November 5th @ 10 AM  
Bottle Gnome



December 3rd @ 10 AM  
Snowman Vase



Call 865-922-0416  
to sign up.

## Senior Angel Tree

Donate any of the items below to help support a local senior  
who has experienced a difficult year. We'll make sure each item  
makes its way into a stocking for a senior in need.

### Acceptable Items:

- Non-slip cozy socks
- Tissue boxes
- Throw Blankets
- \$10 gift card to Kroger
- \$10 gift card to Food City
- Laundry Pods
- Lotion
- Dish Soap
- Bar Soap
- Shampoo

Return donations to this location by Tuesday, December 3<sup>rd</sup>.



Drop off your  
worn or tattered  
flags to the Halls  
Senior Center and we will  
make sure they are dis-  
posed of properly.

Monday-Friday,  
8:00 AM to 4:30 PM

# November/December 2024

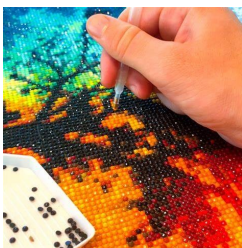
## Quilters Sale—November 6th @ 9:00 AM—Noon



### Diamond Art with Kathy & Lynda

Nov. 22 @ 11:00 AM

Diamond art is where faceted resin rhinestones are meticulously placed on adhesive canvas. The canvas is printed with a design, and each section is marked with symbols that correspond to a specific color of a diamond.



Call to register 865-922-0416.



presents 13 free breakfasts for Veterans and guests monthly  
Coffee at 8:00 am - Chow line 8:30 am

#### First Saturday

Elks Lodge #160  
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church  
214 Cedar St., Sevierville 37862

#### Second Saturday

Hillcrest Community Church  
1615 Price Ave, Knoxville 37920

Kodak Church  
2923 Bryan Rd, Kodak 37764

#### Third Saturday

Community Center  
1708 West Emory Rd, Powell 37849

First United Methodist Church  
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church  
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church  
1001 Ebenezer Rd, Knoxville 37923

#### Last Saturday

Oliver Springs DAV  
Tri-County Chapter 26  
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24  
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154  
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church  
3110 Wears Valley Rd, Sevierville, 37862  
Located approximately 7 miles S of  
Pigeon Forge and 8 miles NE of Townsend

West End Baptist Church  
116 West End St, Newport 37821

For more information or to sponsor a  
breakfast call 865-604-4443

Knox County Government and Senior Centers do not endorse any commercial product, service or viewpoint expressed by Third Party Vendors. Activities, trips, and services provided by any Knox County Senior Center are educational in nature and only meant to inform.

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## November 2024



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**DAILY SCHEDULE REMAINS THE SAME. SPECIAL EVENTS ARE LISTED BY DATE.**

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	<p><b>SENIOR ANGEL TREE DURING NOVEMBER</b></p>			<p>1</p>
<p>4 <b>Core Insurance 10 AM-Noon</b></p> <p>Socially Nutritious Supper Club @ 11 AM TUESDAY, Nov. 5th</p> <p><b>Senior Angel Tree Begins</b></p>	<p>5 Crafts w/Susanne @ 10 AM—Bottle Gnome Understanding Parkinson's 2-3 PM</p> <p><b>Veterans Breakfast By Amedisys @10:00 AM RSVP 865-922-0416</b></p>	<p>6</p> <p><b>QUILTERS SALE @ 9:00 AM-Noon</b> Life Frequency Hearing Aids Lunch &amp; Learn, 11 AM—noon</p> <p><b>NO LINE DANCING</b></p>	<p>7 Quilting Sew-In @ 8:30 AM Senior Q &amp; A w/CORE Noon-2 PM Second Harvest Class 2:00-3:00 PM YOU MUST REGISTER LIMITED SEATING</p>	<p>8 <b>Marine Corps Birthday (Sunday 10th)</b></p> 
<p>11 <b>Knox County Senior Centers are CLOSED</b></p> <p><b>VETERANS DAY</b></p>	<p>12</p> <p>Humana in the Lobby 11:00 AM—1:00 PM Socially Nutritious Supper Club @ 11 AM</p>	<p>13</p>	<p>14</p> <p><b>AARP Smart Driving Class Noon-4:00 PM Call to register 865-922-0416.</b></p>	<p>15</p> <p><b>AARP Smart Driving Class 9:00 AM-1:00 PM Call to register 865-922-0416.</b></p>
<p>18 <b>Monday Movie 1:00 PM Heidi</b> Popcorn provided. Sr. Info. &amp; Referral 10 AM—Noon</p>	<p>19 Senior Walk—High Ground Park, 1000 Cherokee Trail 37920, @ 10:00 AM. Lunch at the Round Up, RSVP 865-288-3761.</p> <p>Socially Nutritious Supper Club @ 11 AM</p>	<p>20 Book Club @ 11:00 <b>Veteran Services 2-4 PM</b></p> <p><b>Medicare 101 @ noon w/Humana</b></p>	<p>21</p> <p>Civil War Presentation @ 2:00 PM</p>	<p>22</p> <p><b>Diamond Dots w/Kathy &amp; Lynda @ 11:00 AM</b></p>
<p>25</p>	<p>26</p> <p>Socially Nutritious Supper Club @ 11 AM</p>	<p>27</p> <p>November Birthdays @ 1:00 PM with The Pointe at Lifespring</p> 	<p>28</p> <p><b>Knox County Senior Centers are CLOSED</b></p>	<p>29</p> <p><b>Knox County Senior Centers are CLOSED</b></p>

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## December 2024



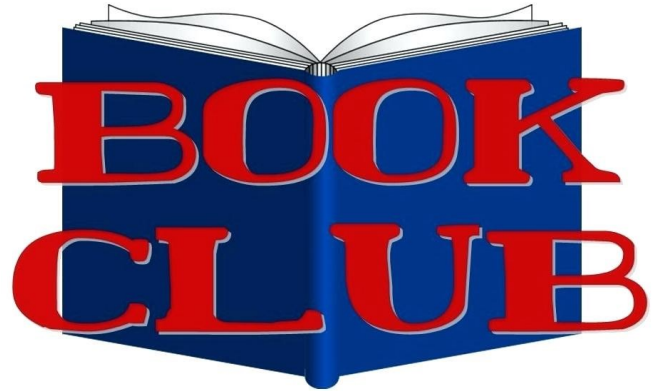
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2 <div style="border: 2px solid green; padding: 5px; display: inline-block;"> <b>LAST DAY for Senior Angel Tree</b> </div>	3 Crafts w/Susanne @ 10 AM Snowman Vase Socially Nutritious Supper Club @ 11 AM	4  @ 10:00 AM Wisdom Insurance Group in the Lobby 11AM-1:00 PM	5 QUILTERS Class @ 8:30 AM Senior Q & A with Noon-2 PM	6
9	10 Humana in the Lobby 11:00 AM-1:00 PM	11 Japanese Culture/ Origami Christmas Card Making w/ Manaa @ 11:00 AM	13 Differences in Senior Living Options @ 11:30 AM	13 National Guard Birthday 
16 Monday Movie Matinee 1:00 PM A Christmas Story Popcorn provided.	17 Senior Walk Christmas Lights Founders Park, 405 N. Campbell Station Rd. 37934 @ 5:30 PM RSVP 865-288-3761.	18 Veterans Services 2-4 PM Book Club @ 11:00	19 Holiday Brunch w/Humana and Building Stronger Bones @ 10:30 AM Register by calling 865-922-0416	20 Space Force Birthday 
23 Sr. Info. & Referral 10 AM—Noon	24 Knox County Senior Centers are CLOSED	25 Knox County Senior Centers are CLOSED	26  KISMET @ 11:00 AM	27 
30	31 	Jan. 1st, 2025 Knox County Senior Centers are CLOSED		

**November/December 2024**

September book is  
*Fat Chance by  
Brandi Kennedy.*



**The author is local and has agreed to come to our meeting and discuss the book with us! We would love to have you join us.**

**Upcoming meetings...**

Wednesday, November 20th @ 11:00 AM  
The Silent Patient by Alex Michaelides

Wednesday, December 18th @ 11:00 AM  
The Surgeon by Leslie Wolfe





# Thank You Veteran

*There are not words enough.  
There is not a hug strong enough.*



*All I can offer is thank you.*

*You are my hero.*

*You are in my thoughts.*

*You are in my prayers.*

*For all you've done, thank you  
For your service.*



Join Second Harvest Food Bank for



An interactive cooking class for adults age **60+** & their caregivers

**THURSDAY, | 2:00 PM -**  
**NOV 7 | 3:00 PM**

## **HALLS SENIOR CENTER**

4405 Crippen Road  
Knoxville, TN 37918

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TO SIGN UP, CONTACT THE  
SENIOR CENTER AT **865-922-0416**

*Spots are limited*

**YOU TAKE  
HOME:**

- ✓ new recipe
- ✓ fresh produce
- ✓ ingredients
- ✓ kitchen tools





# Senior Angel Tree

Donate any of the items below to help support a local senior who has experienced a difficult year. We'll make sure each item makes its way into a stocking for a senior in need.

## Acceptable Items:

- Non-slip cozy socks
- Tissue boxes
- Throw Blankets
- \$10 gift card to Kroger
- \$10 gift card to Food City
- Laundry Pods
- Lotion
- Dish Soap
- Bar Soap
- Shampoo



Return donations to this location by Tuesday, December 3<sup>rd</sup>.



# VETERAN URGENT CARE RESOURCES



Veterans enrolled in VA health care can use over 4,000 urgent care locations.

Care is available to treat non-life threatening conditions.

When to choose VA urgent care:

- If you're a Veteran enrolled in VA health care, and
- You received care at a VA or in-network provider sometime in the past 24 months.
- VA and in-network urgent care providers can meet many of your health care needs. They may be able to provide some diagnostic tests, like certain blood and urine tests.
- You can often get care for minor illnesses or injuries much faster than in an emergency room.



## When using urgent care at a community provider:

You can also show the card on your mobile device.

What do to when you arrive at a community urgent care provider:

- Confirm that the provider is in VA's network. If you go to an out-of-network urgent care provider, you may have to pay for the full cost of care.
- Show your VA Health Identification Card and fill out the provider's intake form.
- Tell the provider you want to use your VA urgent care benefit. Show the provider your urgent care assistance card if requested.



## Do you need help using your VA urgent care benefits?

Call **888-901-6609** if the provider is in Puerto Rico, Washington, D.C., or any of these states:

- AL, AR, CT, DE, FL, GA, IA, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, VA, VI, VT, WI, or WV.

Call **866-620-2071** if the provider is in any of these states:

- AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, or WY.

Your region listed on the card to check your eligibility.



**CHECK YOUR ELIGIBILITY!**

FIRST, CALL:  
**1-800-MyVA411**  
**(1-800-698-2411)**  
**(TTY: 711).**

SELECT:

OPTION 1

THEN

OPTION 3

AND THEN

OPTION 1

Family members are not authorized to use urgent care benefits.



**DOWNLOAD VA URGENT CARE BILLING INFORMATION CARD**

<https://www.va.gov/COMMUNITYCARE/docs/programs/OCC-Billing-Information-Card.pdf>



**FIND VA-APPROVED PROVIDERS AND PHARMACIES**

<https://www.va.gov/find-locations>

Choosing VA means getting everything you need in one spot. Learn more about VA urgent care, eligibility requirements and examples of urgent care services by visiting VA's dedicated urgent care benefit page at <https://www.va.gov/resources/getting-urgent-care-at-va-or-in-network-community-providers/>.

Have Questions? 1-800-MyVA411 (1-800-698-2411) is always the right number.

For more information, visit <https://www.VA.gov>.



*Holiday Brunch  
with Humana*

*Building Stronger Bones*

By Salae Jenkins

**December 19th  
@ 10:30 AM**

**Call 865-922-0416 to sign up!**



# KNOX COUNTY

## VETERANS SERVICES OFFICE

**THE KNOX COUNTY VETERANS SERVICES OFFICE WILL BE AT THE SENIOR CENTERS TO PROVIDE ONE-ON-ONE ASSISTANCE TO VETERANS AND FAMILY MEMBERS.**

**WE WILL EXPLAIN VA BENEFITS, ANSWER QUESTIONS, AND ASSIST VETERANS AND FAMILY MEMBERS WITH FILING FOR THEIR VA BENEFITS.**

~~Corryton~~- November 6, 2024 2:00 pm to 4:00 pm

~~Karns~~- November 8, 2024 8:00 am to 10:00 am

~~Halls~~- November 20, 2024 2:00 pm to 4:00 pm

~~West~~ - November 21, 2024 1:30 pm to 4:00 pm

~~South~~- November 22, 2024 8:30 am to 11:00 am

~~Carter~~- November 27, 2024 2:00 pm to 4:00 pm

~~Corryton~~- December 9, 2024 2:00 pm to 4:00 pm

~~Karns~~ - December 13, 2024 8:00 am to 10:00 am

~~Halls~~- December 18, 2024 2:00 pm to 4:00 pm

~~West~~- December 19, 2024 1:30 pm to 4:00 pm

~~South~~- December 27, 2024 8:30 am to 11:00 am

**CALL THE KNOX COUNTY SENIOR CENTER TO**

**SCHEDULE AN APPOINTMENT**





## Free Nutrition Class

Food



Friends



Fun

## Excited about your health goals for 2024?

### Join Socially Nutritious - A Virtual Social Supper Club!

East Tennessee State University and University of Tennessee Extension

#### In this 6-week workshop, you'll:



#### Talk about foods for:

Strong Muscle and Bones

A Healthy Heart

Better Brain Health

And More!



Connect with Nutrition Students



Meet an Accountability Partner  
(Nutrition Ambassador)



Make new friends in a private  
Facebook group



Try new recipes together

#### Upcoming Workshop

#### October/November Classes

Tuesdays, 11:00 a.m. - 12:30 p.m.

Starts **October 29, 2024**

Halls Senior Center  
4405 Crippen Road  
Knoxville, TN 37918

## Call 865-922-0416 to register!

#### Help us learn what works!

This research study seeks to reduce the risk of malnutrition, food insecurity, and loneliness among older adults through a hybrid nutrition education program. You may participate in the program without enrolling in the study, but we encourage you to consider registering to help us improve this program for next time!

For more information, contact:

Dr. Whitney Bignell

Email: [bignell@etsu.edu](mailto:bignell@etsu.edu)

Phone: (423) 439-7537

<https://www.sociallynutritious.org>

This project was supported, in part by grant number 90INNU0031, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



## High Ground Park

**Tuesday, November 19th @ 10:00am**

High Ground Park commemorates the historic site of Fort Higley. The park features a peaceful walking trail that winds through hardwood forests, wildflowers and native flowering bushes and past the remnants of defensive emplacements such as rifle trenches and a cannon redoubt. High Ground Park features a one-mile trail leading up to the Fort Higley earthworks as well as an auxiliary trail following an old military road. At the highest point at the park, visitors enjoy a panoramic view of the surrounding area from the park's signature red chairs. The park is located at **1000 Cherokee Trail Knoxville, TN 37920.**

*No restrooms available. Parking is limited. Meet at far end of the parking lot at stone wall /entrance to trail.*

Register by calling or register by emailing: 865-288-3761 or [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)



**Roundup Restaurant & Ice Cream**

**3643 Sevierville Pike**

**Knoxville, TN 37920**





**You could save  
on your car  
insurance!**

## **AARP Smart Driver Classroom Course**

**November 14th—Noon-4:00 PM  
AND  
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**\$20 for AARP members  
\$25 for non-members**

**Halls Senior Center  
4405 Crippen Road, Knoxville, TN**

**You can make a reservation by calling the  
Halls Senior Center at 865-922-0416.**



## **KNOX COUNTY SENIOR SERVICES**

### ***FOUNDERS PARK: LIGHT THE PARK WALK***

**405 N CAMPBELL STATION RD, FARRAGUT, TN 37934**

**Tuesday, December 17th at 5:30PM**

Join Judy, Sarah, and April for a holiday lights walk at Founders Park! We will meet in front of the Knox County Public Library (417 N. Campbell Station Rd) and stroll for approximately 1.5 to 2 miles.

The pathways are paved, and there are some hills.

**Penny Mayo/Humana will be providing hot chocolate and coffee!**

Afterwards, you are free to join us for dinner at Cracker Barrel (716 N. Campbell Station Rd) for an end-of-day meal!

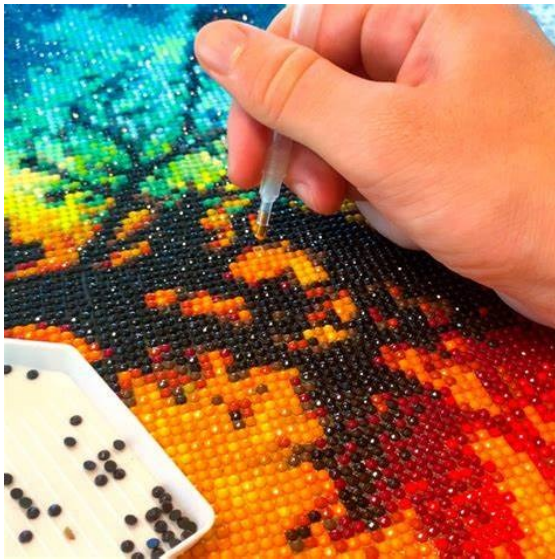
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**DIAMOND ART**  
**With Kathy & Lynda**  
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## Civil War Presentation

**November 21st**

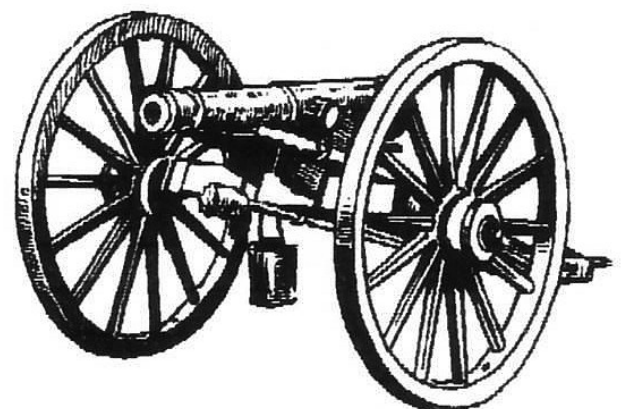
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Ed Bardill will take us a step back in history to five years after the Civil War. The uniformed articles, tent and equipment including his musket are authentic reproductions. He will also have some items from battlefields on display.

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**to sign up!**





# Differences in Senior Living Options

(Independent, Assisted & Memory Care)

**December 12th**  
**@ 11:30 AM**

**Call 865-922-0416 to register.**



Join Mana Muramatsu,  
with the Japan Outreach Initiative  
for a presentation on Japan and  
she will teach us how to make  
Origami Christmas Cards.



**Dec. 11 @ 11:00 AM**

**Call 865-922-0416 to register.**



# Veterans Day Breakfast Sponsored by Amedisys

**November 5th @ 10:00 AM**

**Stop by and enjoy breakfast  
with your fellow Veterans.**

**RSVP by calling 865-922-0416**







# ***Movie Matinees***

**November 18th @ 1:00 PM**

## ***Heidi***

When her aunt tires of caring for her, orphan Heidi (Shirley Temple) goes to live in the Alps with her gruff grandfather (Jean Hersholt), who comes to adore her. Eventually placed with another family, Heidi fights to join her grandfather again.

**December 16th @ 1:00 PM**

## ***A Christmas Story***

In the 1940's, a young boy named Ralphie Parker attempts to convince his parents, teacher, and Santa Claus that a Red Ryder Range 200 Shot BB gun really is the perfect Christmas gift.

# Hearing Healthcare Presentation

Halls Senior Center



## BUYER BEWARE

Are you concerned about *overpaying* for hearing aids?  
Does my current *Health Insurance* plan pay for hearing aids?  
What is Over-the-Counter and online hearing aids?

**Lunch & Learn**

**November 6, 11:00 AM – Noon**

**FREE Hearing Screening**

**Nov. 8 – Call 865-922-0416 for an appointment.**

Find out the TRUTH about your hearing aids and get  
ALL your questions answered from a hearing industry expert!  
*Seating is limited and will fill up fast for this event*

# Crafts with Susanne Presents:



## Bottle Gnome

Learn how to make this adorable holiday gnome.

You will need to bring an empty water bottle filled with beans, rice or sand (this will give weight to the water bottle) and 10" x 12" piece of fabric for the hat. All other supplies will be provided.

November 5th @ 10 AM

RSVP at the front desk or

call 865-922-0416

## **Crafts with Susanne Presents:**



### **Snowman Vase**

**You will need to bring a small glass jar (photo is using an empty Oui yogurt jar). Anything you would like used to decorate or fill the vase. We have some items available to decorate with. All other supplies will be provided.**

**December 3rd at 10 AM  
RSVP at the front desk or  
call 865-922-0416**

# Humana®

## Understanding Parkinson's Disease

Presented by Salae Jenkins

November 5th - 2:00-3:00 PM

Call 865-922-0416 to register.



# CAC OFFICE ON AGING Senior Angel Tree

2024



In 2023, Senior Angel Tree made spirits bright by delivering 768 gifts and 396 grocery gift cards to local Seniors in need of holiday cheer! This year's Angel Tree will launch on Monday, November 4th.



This effort is only possible through the help of volunteers. Our Retired & Senior Volunteer Program (RSVP) puts in hundreds of hours to make the Senior Angel Tree happen. Want to help?

Volunteers call each recipient in October to check wish lists. They help with gift pick-ups in November, followed by wrapping gifts in December. You can also help by adopting a need. Keep an eye out for the official launch at your Senior Center!

- To volunteer, contact RSVP at 865-524-2786 or [rsvp@knoxseniors.org](mailto:rsvp@knoxseniors.org)
- To donate, drop by your local Senior Center starting November 4th!

# FITNESS ROOM IS NOW OPEN!

**FITNESS ROOM ORIENTATION IS MANDATORY**

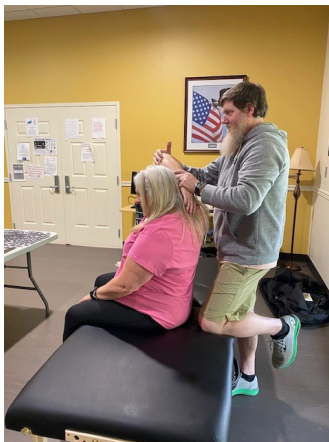
**Stop by to see the new fitness room and schedule your orientation or call 865-922-0416.**



**personal training**



**fitness consultation**



**stretching**



# Grief Recovery Resources



*Mynatt Funeral Home is proud to partner with **Walking with Joy~ Loss & Grief Recovery** to provide the best resources and information available to you during this period of grief and healing. The Grief Recovery Method® is the only grief support program shown to be evidence-based. Our certified Grief Recovery specialists provide expert grief support to empower you with knowledge and strengthen you with a step-by-step guide using actions proven to heal your heart.*



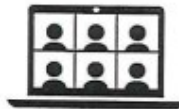
## **In-Person & Online Grief Recovery Support Group.**

The Grief Recovery Method® gives a step-by-step guide of actions that are proven to heal your heart. In these Support Groups you will be given a process that can be used for a lifetime to help you move beyond the pain caused by death, loss and any lifestyle change.



## **Facebook Group. Hope-Help-Healing**

Join this Grief Recovery based group to receive daily quotes, hopeful encouragements and grief healing videos.



## **Online Zoom Support. Hope Circle**

This weekly Circle gathers a community of griever together in an open share format to journey through grief. Videos, panel discussions, guest speakers and a plethora of resources will be included to introduce new tools. **Meeting ID: 829 0028 2226 Passcode: HOPE**



## **Monthly Newsletter.**

The Grief Recovery Monthly free newsletter offers timely inspiration and event reminders delivered right to your inbox.



## **Community Events.**

Special events focused around holidays are held to support you on your grief recovery journey. They will provide opportunities to build community as well as equip you with new tools to find a path of healing.

For more information or to register for Grief Recovery Support Groups or upcoming events.  
[www.mynattfh.com](http://www.mynattfh.com) ~ 865-407-0214 ~ [GriefRecoveryJoy-Chelsi@mynattfh.com](mailto:GriefRecoveryJoy-Chelsi@mynattfh.com)



**KNOX COUNTY SENIOR SERVICES  
2024 MONTHLY SENIOR WALKS**

For information or to RSVP

[seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)



**865-288-3761**

**Join us for some fun walks, nature, socializing and good food**

**JANUARY 16<sup>th</sup> at 10:00 am**

Join Carole, Laurie, and Eilene

WEST TOWN MALL (INDOORS)

7600 Kingston Pike 37919

Lunch-Many Options in Food Court

**FEBRUARY 20<sup>th</sup> at 9:30 am**

Join Robyn and Sue

FORT SANDERS HEALTH AND FITNESS (Indoors)

270 Fort Sanders Blvd. 37922

Lunch at Sami's Cafe

**MARCH 19<sup>th</sup> at 10:00 am**

Join Tara, Patty, and Eilene

BEVERLY PARK INTERGENERATIONAL PARK

5311 Beverly Park Circle 37918

Lunch at Henry's Deli

**APRIL 16<sup>th</sup> at 9:30 am**

Join Judy and Carole

BAXTER GARDENS

3901 Sam Cooper Lane 37918

Lunch at Litton's

**MAY 21<sup>st</sup> at 9:30 am**

Join Darrell and Cindy

SEVEN ISLANDS BIRDING PARK

2809 Kelly Lane, Kodak, 37764

Bring brown bag lunch at the park

**JUNE 18<sup>th</sup> at 9:00 am**

Join Robyn and Aliyete

UT ARBORETUM OAK RIDGE

901 South Illinois Avenue 37830

Lunch at Woody's 114 Union Rd., Oak Ridge

**JULY 16<sup>th</sup> at 9:30 am**

Join April, Tara, and Laurie  
COLLIER PRESERVE BEAVER CREEK DUO (Angora Frog Farm)  
330 West Emory Road 37849  
Lunch at Southern Kitchen Sandwich Co.

**AUGUST 20<sup>th</sup> at 9:00 am**

Join Susanne, Dustin, and Sue  
MARINE PARK GREENWAY TRAIL  
2201 Alcoa Hwy 37920  
Lunch at SoKno Tacos

**SEPTEMBER 17<sup>th</sup> at 10:00 am**

Join Judy and April  
HALLS GREENWAY & SENIOR CENTER TOUR  
4405 Crippen Road 37918  
Lunch at Bel Air Grill

**OCTOBER 15<sup>th</sup> at 10:00 am**

Join Sarah, Jessica, and Kim  
SEQUOYAH PARK  
1400 Cherokee Blvd. 37919  
Lunch at Holly's Gourmet Market

**NOVEMBER 19<sup>th</sup> at 10:00 am**

Join Susanne and Jessica  
HIGH GROUND PARK  
1000 Cherokee Trail 37920  
Lunch at The Round Up

**DECEMBER 17<sup>th</sup> at 5:30 pm**

Join Saraha, April, and Judy  
CHRISTMAS LIGHTS WALK  
Founders Park  
405 N. Campbell Station Road 37934

[Knoxcounty.org/seniors/](http://Knoxcounty.org/seniors/)

Feel free to join us for  
the dutch treat lunches

**JOIN OUR EMAIL LIST FOR FINAL DETAILS & UPDATES ABOUT THE WALKS**

