



November
December
2024

West Knox County Senior Center

The *Scene*

The Senior Center will be closed on Monday, November 11th in observation of Veterans Day; Thursday, November 28th and Friday, November 29th for Thanksgiving Holiday; Tuesday, December 24th and Wednesday, December 25th for Christmas.

Inside This Edition:

We've included hyperlinks below. Just click on the program listing and it will take you to the newsletter page to read more about the program.

- November 1st ... [Twirlercise Exercise Class](#)
- November 4th ... [Senior Angel Tree](#)
- November 4th ... [Social Worker Outreach](#)
- November 4th ... [Bingo](#)
- November 4th ... [Music Jam](#)
- November 5th ... [Grief Support](#)
- November 6th ... [Lily Tomlin Visit](#)
- November 6th ... [Sew What](#)
- November 7th ... [Meet the Physical Therapist](#)
- November 12th ... [Core Insurance Walking Club](#)
- November 12th ... [Vaccination Clinic](#)
- November 13th ... [Color, Coffee, Chat](#)
- November 13th ... [Tips to Help Reduce Sodium](#)
- November 14th ... [Steel Magnolias Book Club](#)
- November 15th ... [Annual Craft Fair](#)
- November 18th ... [Bingo](#)
- November 18th ... [Craft Class: Harvest Wreath](#)
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- November 18th ... [Give Smart, Live Well](#)
- November 19th ... [Senior Walk: High Ground Park](#)
- November 19th ... [Grief Support](#)
- November 20th ... [Legal Aid Outreach](#)
- November 21st ... [Meet the Physical Therapist](#)
- November 21st ... [West Knox County Senior Center Book Club](#)
- November 21st ... [Vietnam Veterans Social](#)
- November 21st ... [Veteran Services Outreach](#)
- November 25th ... [Bingo](#)
- November 25th ... [Writing Workshop](#)
- November 26th ... [Lily Tomlin Visit](#)
- November 27th ... [Field Trip: Fantasy of Trees](#)

United Veterans Council of East Tennessee presents listing of free breakfast for Veterans and a guest. See [page 28](#) of this eNewsletter for additional information.

- December 2nd ... [Field Trip: Mighty Musical Monday](#)
- December 2nd ... [Social Worker Outreach](#)
- December 2nd ... [Music Jam](#)
- December 2nd ... [Bingo](#)
- December 3rd ... [Grief Support](#)
- December 4th ... [Craft Class: Christmas Ornament](#)
- December 4th ... [Healing Touch Presentation](#)
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- December 5th ... [Meet the Physical Therapist](#)
- December 5th ... [iPad/iPhone Camera Class](#)
- December 6th ... [Hearing Help with Beltone](#)
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- December 10th ... [Core Insurance Walking Club](#)
- December 11th ... [Color, Coffee, and Chat](#)
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- December 13th ... [Holiday Luncheon](#)
- December 16th ... [Bingo](#)
- December 16th ... [American Sewing Guild](#)
- December 17th ... [Grief Support](#)
- December 17th ... [Senior Walk: Founders Park](#)
- December 18th ... [Introduction to Simple Heartfulness Practices](#)
- December 18th ... [Legal Aid Outreach](#)
- December 18th ... [Craft Class: Origami Christmas Cards](#)
- December 19th ... [Meet the Physical Therapist](#)
- December 19th ... [Hot Cider in the Hallway](#)
- December 19th ... [Vietnam Veterans Social](#)
- December 19th ... [Lily Tomlin Visit](#)
- December 19th ... [Veteran Services Outreach](#)
- December 20th ... [Twirlercise](#)
- December 23rd ... [Bingo](#)
- December 23rd ... [Writing Workshop](#)
- December 30th ... [Bingo](#)

See page [19](#) for our [Tech Classes](#) for iPads/iPhones, Androids and more.

See pages [20-23](#) for [Medicare Education Programs](#) offered at the Center

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934;
Phone: 865-288-7805 and visit us online at www.KnoxCounty.org/seniors



West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

www.knoxcounty.org/seniors

Nov. 2024

Activities on the calendar followed by an "*" have a fee to participate. Activities listed below in **bold** please register to participate.

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<p>The Programs listed below occur weekly:</p>				
<p>7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Universal Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group 10:30 Bingo 12:00 Mexican Train Dominoes 12:00 MJ Group</p>	<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 9:00 Healing Touch 9:30 Intern. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group 10:15 French* 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:30 Canasta 12:30 Hand & Foot 12:50 Feldenkrais* 1:00 Portrait Art Group 2:00 Intern. Line Dance*</p>	<p>7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Universal Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Beginning Spanish* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg 1:00 Improvers Line Dance* 1:00 Bridge 1:00 Oil Painting Class*</p>	<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 9:30 Artist Group Social 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 10:15 French* 11:15 Tone & Balance* 11:45 Pickleball Lessons 12:00 Rook 12:30 Pickleball 1:00 Cribbage 1:00 Feldenkrais* 2:15 Beginning Line Dance*</p>	<p>7:30—3:45 Fitness Room Open 8:00—12:00 Table Tennis 8:45 Universal Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Ask Jake 10:00 SAIL Exercise* 11:00 Oil Painting Class* 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group 12:30 Pinochle</p>
<p>The programs listed below are non-weekly or specialty programs:</p>				<p>1 10:30 Twirlercise*</p>
<p>4 9:00 Social Worker Outreach 10:00 Medicare Presentation with Jim Sikes 1:00 Medicare Presentation with Jim Sikes 1:30 Music Jam</p> <p>Senior Angel Tree Nov. 4th —Dec 3rd</p>	<p>5 10:30 Grief Support 11:30 Medicare Q&A table with Wisdom Insurance Network</p>	<p>6 Medicare Counseling today with ETHRA 9:40 Nail Trimming* 1:00—4:00 Lily Tomlin Visit 1:30 Sew What 1:30 Medicare 101 presentation with State Health Insurance Assistance Program</p>	<p>7 9:00 Meet The Physical Therapist</p>	<p>8 10:00 Medicare QA Table with United Healthcare by Ja'el Michael 10:00 Nail Trimming* 1:00—3:00 Veterans Day Hotdog Luncheon</p>
<p>11 <i>Center Closed Veterans Day</i></p>	<p>12 10:00 Core Insurance Walking Club Information 11:30 Humana Gold Plus Medicare with Core Insurance 1:00 Vaccination with Belew Drugs</p>	<p>13 10:00 Color Coffee Chat 1:00 Tips to Help Reduce Sodium</p>	<p>14 1:00 Steel Magnolias Book Club 11:00 Penny Mayo with Humana Medicare QA table</p>	<p>15 CRAFT FAIR 12:00—3:30 PM</p>
<p>18 10:30 Give Smart, Live Well with Hillvale Wealth Management 10:00 Craft Class Harvest Wreath 12:30 American Sewing Guild 1:00 Devoted Health Insurance Sales Presentation with Nace Coker</p>	<p>19 10:00 Monthly Senior Walk: High Ground Park 10:30 Grief Support 11:30 Medicare Presentation with Dixie Curlless 1:30 Humana Medicare Q&A Table with Kenneth Lefevre</p>	<p>20 10:00 Legal Outreach 1:30 Medicare Presentation with Penny Mayo</p>	<p>21 9:00 Meet The Physical Therapist 1:00 Medicare Q&A Table with United Healthcare by Ja'el Michael 1:30 Vietnam Vet Social 1:30 Knox County Veteran Services Outreach</p>	<p>22 10:00 Humana Medicare Q&A Table with Leah Lovely</p>
<p>25 10:00 Medicare Presentation with Jim Sikes 1:00 Medicare Presentation with Jim Sikes 1:30 Writing Workshop</p>	<p>26 1:00—4:00 Lily Tomlin—Therapy dog Visit</p>	<p>27 8:45 Field Trip: Fantasy of Trees</p>	<p>28 <i>Center Closed Thanksgiving</i></p>	<p>29 <i>Center Closed Thanksgiving</i></p>



West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

www.knoxcounty.org/seniors

Dec. 2024

Activities on the calendar followed by an "*" have a fee to participate.
Activities listed below in **bold** please register to participate.

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
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The programs listed below are non-weekly or specialty programs:				
2 9:00 Social Worker Outreach 9:30-11:00 AM Medicare Q&A with Wisdom Insurance Network 11:00 Field Trip: Mighty Musical Monday 1:00 Humana Gold Plus Presentation with Nace Coker 1:30 Music Jam	3 10:30 Grief Support 11:00 Medicare QA Table with Humana with Kenneth Lefevre <div style="background-color: yellow; padding: 5px; text-align: center;"> Last Day to drop off senior Angel tree donations </div>	4 10:00 Craft Class: Ornament 10:00—1:00 Lily Tomlin Visit 1:00 Healing Touch Presentation 1:30 Sew What	5 9:00 Meet the Physical Therapist 10:00 Apple Camera Class for iPad and iPhone* 1:30 Medicare 101 Seminar with Wisdom Insurance Network	6 9:00—10:30 Hearing Help with Beltone 1:00 Fashion Show 1:30 Cancer Fighting Superfoods
9 10:00 Awesome Apps for iPhone/iPad*	10 10:00 Core Insurance Walking Club Info 10:00 Medicare Q&A Table with Brooke 12:30 Grief Support	11 9:40 Nail Trimming* 10:00 Color Coffee Chat	12	13 10:00 Nail Trimming* 10:00 Awesome Apps for Android Devices* 1:00 Holiday Luncheon
16 12:30 American Sewing Guild	17 10:30 Grief Support 11:30 Medicare Presenta- tion with Dixie Curless 5:30 Monthly Senior Walk: Founder's Park Light the Park Walk	18 9:30 Introduction to Simple Heartfulness Practices (1:3) 10:00 Legal Aid Outreach 1:00 Craft Class: Origami Christmas Card Making	19 9:00 Meet the Physical Therapist 9:30 Introduction to Simple Heartfulness Practices (2:3) 10:30 -12:00 Hot Cider 1:00—4:00 Lily Tomlin Visit 1:30 Knox County Veteran Services Outreach 1:30 Vietnam Vets Social	20 9:30 Introduction to Simple Heartful ness Practices (3:3) 10:30 Twirlercise*
23 1:30 Writing Workshop	24 <i>Center Closed Christmas Holiday</i>	25 <i>Center Closed Christmas Holiday</i>	26	27
30	31	<i>"What the new year brings to you will depend a great deal on what you bring to the new year." Vern McLellan</i>		



You Can register for our activities by calling the Center at 865-288-7805



Senior Services Mission: To provide community seniors with diverse quality of life programming for their physical, social, and intellectual well being.

About West Knox County Senior Center

Opening in January 2020, WK CSC is an activity center for individuals fifty years of age or older. The facility includes a fitness room, lending library, computer lab, room for billiards and table tennis, multi-purpose room, an art and crafts room. Special programs are offered at the Center throughout the year. Some of the programs offered are exercise classes for various levels of fitness and mobility, pickleball, pickleball lessons, technology classes including iPad and Apple products, educational programs, health and wellness classes, games, crafts, and other leisure activities. Free complimentary fitness room orientation is available and required to use the fitness equipment. We also have a Fitness Coordinator who can help you develop a routine and a plan for improved wellness. Those who want to participate in programs do need to complete a Member-Participant Form which is available at the Center's reception desk. You can visit www.KnoxCounty.org/seniors to learn more about West Knox County Senior Center and the other Knox County senior centers. Be sure to follow Knox County Senior Services on Facebook.

BINGO Schedule

To participate in our Bingo is easy; be fifty years or older, bring a white elephant gift with an approximate value of \$5 in a gift bag for the bingo prize table, call the Center at 865-288-7805 or stop by the reception desk to register. Bingo is offered on the following Mondays at 10:30 AM with the following sponsors:

- November 4th ... Alisa Rosebush with Knoxville Rehab Hospital
- November 11th ... No Bingo this day. Center closed.
- November 18th... Penny Mayo with Humana
- November 25th... Jordon Bolen, Tennova Hospice Volunteer Coordinator
- December 2nd ... Penny Mayo with Humana
- December 9th ... Lacey Sisk with NHC Health Care
- December 16th ... Alisa Rosebush with Knoxville Rehab Hospital
- December 23rd ... Ronda Davis with Sacred Ground Hospice
- December 30th ... Christine M. Chenot, United Real Estate Solutions

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



Medicare Open Enrollment is from October 15th to December 7th.

There will be several individuals on hand at the Center to help explore and answer your questions, and provide information on Medicare plans that can best suit your needs. See page [20-23](#) for a listing that includes days, times, and the individuals and agencies.

Grief Support Group

The Grief Support group at the Senior Center will meet on the following dates from 10:30 AM—12:00 PM:

- Tuesday, November 5th.,
- Tuesday, November 19th.,
- Tuesday, December 3rd.,
- Tuesday, December 17th.

Grief Support Group is sponsored by [Smoky Mountain Home Health & Hospice](#). Everyone welcome. Registration not required.



Meet the Physical Therapist

A physical therapist with [Knox PT](#) will be at West Knox County Senior Center to meet with individuals one-on-one to address their questions and concerns. Call the Center to schedule your free assessment. Appointments are limited to the following days starting at 9:00 AM:

- Thursday, November 7th.,
- Thursday, November 21st.,
- Thursday, December 5th.,
- Thursday, December 19th.



Healing Touch Program Available

Healing Touch, is available at the Center on Tuesdays from 9:00 AM— 1:00 PM by appointment only. Healing Touch is a relaxing, nurturing, heart-centered, biofield/energy practice. Gentle, intentional touch assists in balancing physical, mental, emotional, and spiritual well-being. Non-invasive, the practice clears, energizes and balances the human energy field.

Healing Touch works hand in hand with Western medicine, and is used in hospitals, long-term care facilities, private practices, and hospices. Healing touch provides a sense of calm, wholeness, and healing. Brenda Seip, Certified Healing Touch Practitioner, is volunteering her time and service for those who wish to schedule an appointment for Healing Touch. If you would like to schedule your Healing Touch appointment call 865-356-9221 or email brendashobbitthouse@gmail.com. Veterans are most welcome. Brenda will be offering a presentation on the Healing Touch program on December 4th. See [page 13](#) for more information.

Lily Tomlin Returns!

Although you may be thinking of the comedian and actress Lily Tomlin, this Lily is of a different breed. Lily is approximately 11 years old. She was found on the interstate downtown clinging to a retaining wall terrified of the oncoming traffic. She had just had puppies, and no one knows what happened to them. She is lucky to be alive and definitely a miracle. She is especially sweet and loving. She also likes attention. Fortunately, Lily’s story continues on a brighter path since her adoption by Senior Services Manager, April Tomlin. This year Lily completed the [HABIT](#) (Human-Animal Bond in Tennessee) program training and is an approved therapy dog. As an approved therapy dog she can visit nursing homes, assisted-living residences, retirement centers, rehabilitation facilities, senior centers, and more. If you would like to meet Lily Tomlin she will be visiting West Knox County Senior Center on the following dates:

Wednesday, November 6th.,
1:00 PM—4:00 PM

Tuesday, November 26th.,
1:00 PM—4:00 PM

Wednesday, December 4th.,
10:00 AM—1:00 PM

Thursday, December 19th.,
1:00 PM—4:00 PM



Beginning Spanish

Join our introduction to the Spanish language class on Wednesdays at 9:30 AM with Dr. Michael Smith, PhD., retired college language instructor. Class fee is \$5 per each class attended payable to the instructor.

Fitness Room Available

The Center’s Fitness Room is available Monday through Friday from 7:30 AM—3:45 PM. The space is equipped with Recumbent Bikes, Recumbent Stepper, Stepper, Treadmills, Workout Station, and hand-weights. The room is available to anyone fifty years of age or older. A Fitness Room orientation is required to ensure you know how to use the equipment safely. You can schedule your free orientation by calling the Center at 865-288-7805 or by stopping by the reception desk.

Follow us on Facebook

Follow us on Facebook for updated information, announcement of programs and classes, as well as changes. It’s simple to do; log into your Facebook account, search for Knox County Senior Services and click on like. You’ll see posts from West Knox County Senior Center and the other five Knox County Senior Centers.

The Center’s Library

Have you visited the Center’s library lately? We have an impressive collection of books by current and popular authors. It’s easy to use; find a book you want to read—just take it and bring it back when you’re finished. There’s no checking the book out and no time limits on how long you can keep it. The Center’s library is available Monday through Friday 7:30 AM—4:00 PM. We’re sure there’s a good read waiting for you in the Center’s library located in the Lounge (Room #010).

Please note if you’re returning a book you’ve checked-out from Knox County Public Library, it will need to be returned to the Knox County Public Library and not the senior center. The Center is not a designated drop off for books belonging to the Knox County Public Library.



November 2024

November 4th ... The Senior Angel Tree

CAC Office on Aging has launched this year's Senior Angel Tree program. It's going to appear different this year than what we've seen previously. Instead of a notebook with biographies of various seniors and their needs, this year the Office on Aging is providing a drop-off box at the local senior centers. The drop-off box will be in the lobby at West Knox County Senior Center. The list of items that are requested to be donated are: 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, and shampoo. You can drop your unwrapped donations off at the Center from November 4th until Tuesday, December 3rd.



The seniors served by the Senior Angel Tree experience a variety of circumstances with some being victims of crime, have little to no community support, have recently suffered a loss, are frail, homeless, or experienced a recent and significant decline in health. Deliver your donations and help make the holidays more special for a senior in need. For additional information you can email SeniorAngelTree@KnoxSeniors.org. You can make a difference this holiday season in the life of a senior.

This enormous effort is only possibly through the help of volunteers. The Retired Senior Volunteer Program (RSVP) puts in hundreds of hours to make the Senior Angel Tree happen. If you want to help what can you do? Volunteers help the Office on Aging wrap all the presents in December for delivery by case managers. For additional information contact RSVP (Retired Senior Volunteer Program) by emailing RSVP@KnoxSeniors.org or by phoning 865-524-2786.

The 2023 Angel Tree made spirits bright by delivering 768 gifts, 396 grocery gift cards to local seniors in need of holiday cheer! You made this possible. Thank you. Together, we can do it again in 2024.

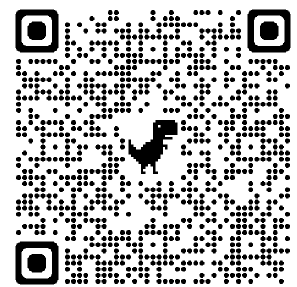


View the e-Newsletter On-Line & More

The West Knox County Senior Center Newsletter is available online. It's easy to see and convenient. To refer friends and family to view the newsletter go to:

www.knoxcounty.org/seniors

and click on West Knox County Senior Center. While on the website, you can view newsletters from the other Knox County Senior Centers: Carter, Corryton, Halls, Karns, and South Knoxville. You can also scan the QR code below.



Follow Knox County Senior Services on Facebook

If you're on Facebook you can follow Knox County Senior Services for information on West Knox County Senior Center, the other Senior Centers in Knox County, along with program updates and more. Just simply "Like" Knox County Senior Services on Facebook.



You can register for our activities by calling the Center at 865-288-7805

November 1st ... Twirlercise Exercise Class

Twirlercise is a new fitness class combining baton twirling and low impact exercise which can be done in a chair if needed. The benefits include; helping with balance, hand-eye coordination, tone and tighten the core, improve stretching and cognitive function, and is socializing fun! This class is offered on Friday, November 1st at 10:30 AM. Class fee is \$25 payable to the instructor Judy Brennan. This class will also be offered at 10:30 AM on Friday, December 20th. Please RSVP by calling the Center or stopping by the reception desk.



November 4th ... Music Jam

Visit with us for an afternoon of country, bluegrass, gospel, and music for everyone to enjoy on Monday, November 4th at 1:30 PM. Bring your instrument too or just come and listen to the music. Those who pre-register no later than Friday, November 1st will be eligible for a door prize drawing. You must be present at the Music Jam to win the door prize. You can pre-register at the reception desk or by calling the Center. We want to make sure there's plenty of refreshments!

"Rhythm and Harmony find their way into the inward places of the soul."
Plato



November 12th ... Vaccination Clinic

Belew Drug is hosting a FREE flu shot clinic on Tuesday, November 12th from 1:00 PM—3:30 PM at West Knox County Senior Center. They will have high and regular dose flu shots available. They will also have the updated Covid-19 vaccine. Just bring your insurance cards to take part in this great opportunity. No need to sign up. Walk-ins welcome.

United Veterans Council of East Tennessee presents listing of free breakfast for Veterans and a guest. See [page 28](#) of this eNewsletter for additional information.



Volunteer Spotlight

Meet Eileen



Many who participate in activities and programs at West Knox County Senior Center may have met Eileen. She and her husband were founding members of the original Strang Senior Center. She's been an volunteer through the [RSVP \(Retired Senior Volunteer Program\)](#) for eight years.

"I am involved in [Operation Gratitude](#)," Eileen says. She started by sending items in packages for deployed Military personnel and first Responders. Contributions and support of this program has evolved into a group of knitters who knit scarves to put into care packages. The knitting group has donated over 1,000 hand made scarves. Eileen also volunteers for other programs at the West Knox County Senior Center.

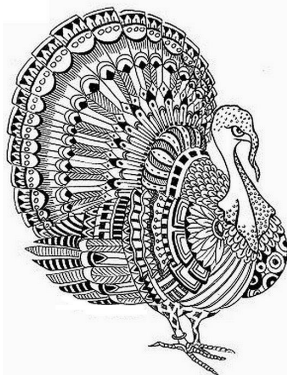
"I come from a military family," Eileen says, "my father served in World War 1, and subsequently with the conflict between Britain and Afghanistan. Following the war he spent seven years in the Ministry of Defense—a total of 25 years' service. My husband served in the Royal Air force as well as other family members."

Eileen emigrated to the US from Britain in 1991 and became a citizen on March 20, 1997. Eileen does want to thank those who have donated supplies to help the knitting group make a contribution to [Operation Gratitude](#).

You can register for our activities by calling the Center at 865-288-7805

November 13th ... Color, Coffee, and Chat

This month's theme is Thanksgiving. Did you know adult coloring books first appeared in the 1960s and 1970s? Their focus was on stress relief and with a resurgence within the past few years and now with an emphasis placed on mindfulness, creative escapes, and relaxation through art. Join us for some good company at our monthly Color, Coffee, and Chat at 10:00 AM. Materials provided. Seating is limited. Call the Center or stop by the reception desk to check on seating availability. Light refreshments sponsored by Penny Mayo with Humana Insurance.



November 13th ... Tips to Help Reduce Sodium

Eating too much sodium may have dangerous effects on your body. Learn about hidden sources of sodium, how much is too much, and easy steps to help reduce your intake especially as we approach the holiday season. This program is brought to us on Wednesday, November 13th at 1:00 PM by Salae Jenkins, Health Educator with Humana Neighborhood Center. For planning purposes please call the Center or stop by the reception desk to sign up.



November 15th ... Annual Craft Fair

Our fourth annual craft fair will be on Friday, November 15th from 12:00—3:30 PM. Whether you would like to be a vendor or simply browse the homemade creations, everyone is welcome to attend. If you would like to participate as a vendor please call 865-288-7805 to inquire about availability. There's a \$2 fee to participate as a vendor. This is the place and time to find holiday gifts for family and friends or buy something for yourself to enjoy and treasure.



Introducing

Lisa Page

You may have seen Lisa at the Center the past few weeks. She's our newly hired part-time floater. She assists not only at West Knox County Senior Center but the other senior centers too. Prior to Knox County Senior Services, she worked with the Knox County Library.



Below are five facts about Lisa;

She was born in New Haven, Connecticut. Her family moved to Knoxville when she was a teenager. She completed high school in Knox County and gained admission to the University of Tennessee where she earned a bachelors degree in Psychology.

She worked for the Knox County Public Library for ten years and has a love for reading, and also enjoys watching Science Fiction.

She's married and has a teenage daughter. She's also of Italian heritage. "I do love good food," Lisa comments, "and I have a sweet tooth too."

She likes all kinds of music but is very partial to crooners and standards of the 1940s-1970s. "I wish I had had the opportunity to see Johnny Mathis and Frank Sinatra in concert."

She's also a professional metal detectorist and likes to share her hobby with anyone interested. She says it's a wonderful way to get into nature and do a little treasure hunting on the side.



You can register for our activities by calling the Center at 865-288-7805



Community Outreach Services

Legal Aid of East Tennessee Outreach

Legal Aid of East Tennessee is available to answer your questions and assist you with finding resources and services to meet your needs. Legal Aid of East Tennessee assists individuals with estate planning documents, power of attorneys, living wills, qualified income trusts for Medicaid, conservatorships, housing issues, consumer law issues, and more. You can also visit the Legal Aid of East Tennessee webpage at www.laet.org. A representative from Legal Aid of East Tennessee will be at the West Knox County Senior Center from 10:00 AM—12:00 PM on the following days; *Wednesday, November 20th and Wednesday, December 18th*. To schedule your consultation with a representative from Legal Aid of East Tennessee call the Center at 865-288-7805. Appointment times are limited.

Social Worker Outreach

The CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You can contact the Social Worker Outreach program at (865) 546-6262. A representative with the Social Worker Outreach program will be at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: *Monday, November 4th and Monday, December 2nd*. No appointment is necessary.

Veterans Services Outreach

[Knox County Veteran Services Office](#) assists veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance Programs and more. For additional information and to speak with a representative from the Veteran Services Outreach Office, call (865) 215-5645 or email at: Veterans@knoxcounty.org. Heidi Paumen with Knox County Veteran Services will be visiting the Center at 1:30 PM on: *Thursday, November 21st and Thursday, December 19th*.

Spanish Practice Class Wednesdays at 11:00 AM

Brush up on your Spanish language skills with a group of intermediate level learners mentored by an expert in Spanish, and make some new friends. Each week you will read short stories, work on grammar, and learn about Latino culture. The group is small, welcoming, and new people have joined recently. Group members are at all levels and come and go as their schedule permits. This group meets on Wednesdays at 11:00 AM. Please attend a meeting or contact Bill.McAdams@live.com to learn more. Nos vemos pronto!

November 18th ... Craft Class—Harvest Wreath

Spruce up your home with a lovely, fall wreath just in time for Thanksgiving. Join Cindy on Monday, November 18th at 10:00 AM for an Autumn/Harvest wreath making class. All supplies will be provided but space is limited. Call the Center or stop by the reception desk to check on seating availability and to sign up.



“Write it on your heart that everyday is the best day of the year.”

Ralph Waldo Emerson

Medicare Open Enrollment is from October 15th to December 7th.

There will be several individuals on hand at the Center to help explore and answer your questions, and provide information on plans and programs that can best suit your needs. See [pages 20-23](#) for a listing that includes days, times, and the individuals and agencies.



You can register for our activities by calling the Center at 865-288-7805



November 18th ... Give Smart, Live Well

Join us for a lively and informative session on how to Make the Most of your IRA at 10:30 AM on Monday, November 18th. If you love giving back and are looking for a tax-savvy way to support your favorite causes this is the seminar for you. Discover how a Qualified Charitable Distribution (QCD) lets you donate directly from your IRA to charity, helping you lower your taxes while making a big difference. It's a win-win for your heart and your wallet. Don't miss out on this chance to learn to how give smart and live well in retirement. Call the Center to sign up for this free educational and informational program brought to us by Caroline Friedrich, PBA, CFP founder and financial advisor at Hillvale Wealth Management, LLC. Hillvale Wealth is a fee-only fiduciary investment firm based in Knoxville.

November 21st ...Vietnam Veterans Social

Join other Vietnam Veterans this month at West Knox County Senior Center for the Vietnam Veterans Social. It's a welcoming place to share your experiences, chat, and visit with other veterans of the Vietnam War. Registration is not required for this 1:30 PM social on Thursday, November 21st.

November 25th...Writing Workshop Journals, Short Stories, and Beyond!

This workshop is for new, aspiring, and experienced writers. The group will explore writing as an exercise of expression and beginning or continuing a writing project of your choice. Writing activities and resources will be shared. The focus includes encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop. Participants will need to bring a notebook for note-taking and are welcome to bring a sample of their writing. This workshop meets at 1:30 PM on Monday, November 25th. Please RSVP by calling the Center.

Trivia Time

Tuesdays at 11:00 AM

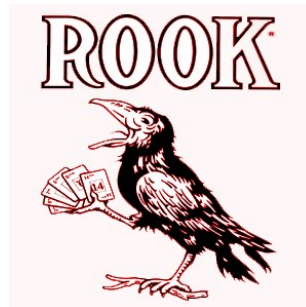
No need to feel intimidated. It's not Trivial Pursuit or Jeopardy. We have fun challenging ourselves and learning something new every week! No need to register to participate.

Billiards & Table Tennis

The West Knox County Senior Center billiard table and Table Tennis is available Monday through Friday from 7:30 AM—3:45 PM . We have a table top Table Tennis Conversion Top that can sit atop the Billiard table when the Billiard table is not in use.

**Rook Players!
Thursdays at 12:00 PM**

Do you play Rook or would like to learn to play? Feel free to stop in and join a game or participate in a free lesson on Thursdays at 12:00 PM.



**Cribbage Players
Wanted!**

Do you play Cribbage? Join us on Thursdays from 1:00—3:30 PM.



Knitters Wanted

Join our knitting group Tuesdays at 10:00 AM. They're working on a variety of projects for charity as well as other interests.

You can register for our activities by calling the Center at 865-288-7805

Core Insurance Advisors of Knoxville Walking Club Information Session

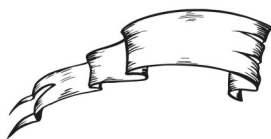
Tuesday, November 12th at 10:00 AM

Tuesday, December 10th at 10:00 AM

[Core Insurance](#) announces information on their walking club to get you set for a new year! Stop in when they'll provide information on how easy it is to join and even easier to participate. Just track your steps whether you're walking in your neighborhood, on greenways, woodland trails, or just around town. They'll even provide you with a free pedometer to keep track of your progress. Report your steps and be eligible to win prizes! Walking is a great way to help maintain a healthy weight, helps regulate blood pressure and cholesterol, helps ease arthritis and stiffness, strengthens muscles and bones, lowers risk of falls, and much more—and why not receive recognition for those steps you do take. It might even motivate you to do more in 2025! To learn more about the Core Insurance Advisors Walking Club visit with Brooke Thurman at 10:00 AM on Tuesday, November 12th or Tuesday, December 10th at 10:00 AM.

November 27th ... Field Trip: Fantasy of Trees

Join us on Wednesday, November 27th for a trip to World's Fair Park for the 40th Anniversary of Fantasy of Trees! [East Tennessee Children's Hospital Fantasy of Trees](#) presented by Axle Logistics has returned and will be the holiday event you don't want to miss. The annual event is the hospital's largest fundraiser, attracting nearly 60,000 people during the week of Thanksgiving. Travel through a forest of more than 350 beautiful designed trees, holiday accessories, store front windows, door designs, table centerpieces, and Adopt-A-Tree forest decorated by local school children. All priced to sell. We ask for you to arrive at the Center no later than 8:45 AM. It costs \$8 to enter the event. We will return to the Center at 12:30 PM. If you are interested in attending, please stop by the reception desk or call the Center to inquire about seating availability. Seating is limited. Transportation for this field trip is provided courtesy of CAC transit.



"Your present circumstances don't determine where you can go. They merely determine where you start."

Nido Qubein



December 2nd ... Field Trip: Mighty Musical Monday

On Monday, December 2nd we will be visiting the historic Tennessee Theater in downtown Knoxville for a showing of the Mighty Musical Monday! While a performer is still to be announced, it will be a live instrumental concert. The event is free and begins at 12:00 PM. We ask you arrive at the Center no later than 11:00 AM, as the bus will be leaving around 11:15 AM. We will return to the Center by 3:00 PM following the musical event. Please note that the theater does not provide a lunch, but concessions will be available to purchase. If you're interested in attending, please call the Center or stop by the reception desk to inquire about seating availability for the van. Seating is limited. Transportation provided courtesy of CAC transit.

Medicare Open Enrollment is from October 15th to December 7th

There will be several individuals on hand at the Center to help explore and answer your questions, and provide information on plans and programs that can best suit your needs. See pages [20-23](#) for a listing that includes days, times, and the individuals and agencies.

Technology Classes

We have Computer and Technology classes scheduled on the following days at 10:00 AM:

December 5th ... iPad/iPhone Camera Class

December 9th ... Awesome Apps for iPad/iPhone

December 13th ... Awesome Apps for Android Users

See our Tech Classes Pages in this eNewsletter on [page 19](#) for additional information including information on any applicable fees and how to register to participate.



You can register for our activities by calling the Center at 865-288-7805



December 2nd ... Music Jam

Visit with us for an afternoon of country, bluegrass, gospel, and music for everyone to enjoy on Monday, December 2nd at 1:30 PM. Bring your instrument too or just come and listen to the music. Those who pre-register no later than November 25th will be eligible for a door prize drawing. You must be present at the Music Jam to win the door prize. You can pre-register at the reception desk or by calling the Center. We want to make sure there's plenty of refreshments! Sponsor will be Tennova Hospice Volunteer Program. Stop by and meet Jordon Bolen and obtain information on volunteer opportunities with Tennova Hospice.

December 4th ... Craft Class: Christmas Ornament

It's Christmas ornament craft class time on Wednesday, December 4th at 10:00 AM. With the use of Christmas sheet music, the class will make a small ornament. This cute, timeless ornament craft comes just in time to decorate your tree, incorporate in holiday wrapping, or as a gift for someone special. All supplies provided and seating is limited. Call the Center or stop by the reception desk to check on seating availability.



Art Class Models Wanted

The portrait art group at West Knox County Senior Center meets on Tuesdays from 1:00—3:00 PM. They are looking for individuals who are willing to model for class. If you would like to have more information call Carrie-Ellen Barnes at 865-661-1927.

Candy Donation Request

The Center is requesting donations of hard candy. If you would like to donate a bag of hard candy, you can deliver it to the reception desk. Candy will be made available at the sign-in table in the reception area.

Signing Up via Email

You can contact the Center via email to check on seating availability for activities and program. Email:

West.SeniorCenter@KnoxCounty.org

Be sure to include in your name, your phone number, and the program you're inquiring about or want to sign up for.



Omron Blood Pressure Monitoring System Available for Check-Out

The West Knox County Senior Center has Omron Blood Pressure Monitoring systems available for check-out for two weeks. The program is sponsored in part by the American Heart Association and Cherokee Health Systems.

The program encourages individuals to become more aware of their blood pressure through home monitoring, and speaking with their primary care provider with concerns about blood pressure. If you would like to check-out an Omron Blood Pressure Monitoring kit, see the staff at the reception desk.



Medicare Open Enrollment is from October 15th to December 7th.

There will be several individuals on hand at the Center to help explore and answer your questions, and provide information on plans and programs that can best suit your needs. Click on pages [20-23](#) for our [Medicare Education Programs](#) with days, times, and the individuals and agencies.

Your Announcements

If your Senior Center group has news or announcement you would like to share in the January/February 2025 eNewsletter, please provide information to Darrell before December 6th. You can drop it off at the Reception Desk or email West.SeniorCenter@KnoxCounty.org



You can register for our activities by calling the Center at 865-288-7805

December 4th ... Healing Touch Presentation

Healing Touch is a relaxing, nurturing, heart-centered, biofield/energy practice. Gentle, intentional touch assists in balancing physical, mental, emotional, and spiritual well-being. Non-invasive, the practice clears, energizes and balances the human energy field. It goes hand in hand with Western medicine, and is used in hospitals, long-term care facilities, private practices, and hospices. You may have seen it offered in the West Knox County Senior Center eNewsletter or flyers posted on the bulletin boards. You may be curious as to what Healing Touch actually is. Brenda Seip, Certified Healing Touch Practitioner, invites you to attend a presentation on Healing Touch. Brenda will be offering a free and informative presentation and discussion on Wednesday, December 4th at 1:00 PM. For planning purposes, please call the Center at 865-288-7805 to sign up to attend. Your questions are most welcome.

Monthly Senior Walks

Knox County Senior Services has a monthly walking group. The group meets up the third Tuesday of each month. You're more than welcome to join. You can click on the following to obtain information on our November and December walks. It's a great way to meet people, visit some of our surrounding walk-friendly locations that you may not otherwise visit on your own, or scout a walk-way to introduce to friends and family.

Some of the places we have walked are: [Seven Island Birding Park](#), [UT Arboretum](#), [Baxter Gardens](#), [Marine Park Greenway trail](#), [Sequoyah Park](#), [Third Creek Greenway](#), [Halls Greenway](#), and other locations.

If you would like to be added to the email list to receive information on the upcoming walks and how to participate you can email:

SeniorServices@KnoxCounty.org or phone 865-288-3761 and request to be added to the Walking Group.

Information on our November and Decembers walks are presented on [pages 26 & 27](#) of this newsletter.

December 6th...Hearing Help with Beltone

One in four people experience hearing loss. It can be natural progression as we age to experience some hearing loss. Severity of loss can vary from person to person. Mr. Michael Murphy, BC-HIS., from Beltone Hearing Center will be offering hearing screenings and hearing aid cleanings at West Knox County Senior Center on Friday, December 6th from 9:00 AM—10:30 AM. You can sign up for a free consultation, hearing aid cleaning, or hearing test at the reception desk or phone the Senior Center.

December 6th ...Cancer Fighting Superfoods

Although many causes of cancer are unknown, it's important to learn about potential links that you can control—such as the food you eat. Join us to learn what foods may help to fight free radicals and help reduce your risk of cancer. This program is brought to us by Salae Maxwell, Health Educator with Humana Neighborhood Center. Call the Center or stop by the reception desk to sign up for this free and informative program brought to us on Friday, December 6th at 1:30 PM.

December 6th ... Winter Fashion Show

The holidays are coming and family is headed your way. Now's the time to look at fashion that's made for you. Join us for a fun and trendy Pre-holiday Winter fashion show on Friday, December 6th at 1:00 PM. Mae Larue is so excited to be coming back for another fashion show. Kim with Mae Larue Boutique specializes in looks for women over fifty, and is obsessed with providing a tailored, empowering customer experience. Not only will you see the latest trends on the runway, but she will bring the clothes directly to you here at the Center. Feel free to bring a friend and RSVP by calling the Center at 865-288-7805 or stopping by the Reception Desk.



You can register for our activities by calling the Center at 865-288-7805

December 11th ... Color, Coffee, Chat

As the holidays fast approach our focus on this month's Color, Coffee, and Chat is Christmas. Adult coloring allows you to indulge in a calming activity. Over the past few years many themes have emerged such as elaborate traditional and abstract animal illustrations, nature scenes, simple to complex mandalas, and various holidays being represented. It's developed into a craft that allows for personal preferences and artistic expression. Join us for a moment of mindfulness, and creative artistic expression in Color, Coffee, and Chat offered on Wednesday, December 11th at 10:00 AM. All materials provided. Call the Center or stop by the reception desk to check on seating availability and to sign up. Refreshments provided by Penny Mayo with Humana.



December 13th ... Holiday Luncheon

We welcome the holidays and the arrival of a new year with a holiday Christmas luncheon scheduled for Friday, December 13th starting at 1:00 PM. To attend this year's holiday luncheon you will need a ticket for admission. Tickets will be available at the reception desk starting on Monday, November 20th. There are only one hundred tickets available. You must pick up your ticket in person while supplies last. You cannot reserve tickets and only two tickets are permitted per person. Tickets will no longer be available after Friday, December 8th. You will need to present your ticket at the time of the luncheon on Friday, December 13th in order to obtain your seat. The holiday luncheon is brought to us by the generosity of Comfort Keepers, Core Insurance Advisors of Knoxville, and Trustwell Living West Knoxville. Musical performance by the Cole Center for Parkinson's and Movement Disorders.

December 18th ... Introduction to Simple Heartfulness Practices

Heartfulness is a heart-centered approach to life, where you will ideally be able to live each moment by the heart. The qualities of heartfulness are: compassion, sincerity, contentment, truthfulness, forgiveness, and stress management. Join Dr. Diana Sarkar for a three session introduction to Simple Heartfulness Practices. The introduction will involve three consecutive sessions which will be offered at 9:30 AM starting on Wednesday, December 18th; and be followed by the second session on Thursday, December 19; and final session on Friday, December 20th. If you would like to learn more about using heartfulness practices as a tool to live a more effective life, call the Center or stop by the reception desk to inquire about seating availability for this free program. We request that participants be able to commit to attending all three sessions.



"Within you there is a stillness and a sanctuary to which you can retreat at anytime and be yourself."

Hermann Hess

December 18th ... Craft Class: Origami Christmas Card Making

Join Mana Muramatsu with the Japan Outreach Initiative when she will be offering free craft class on Origami Christmas card making on Wednesday, December 18th at 1:00 PM. Materials provided. This class is just in time for the holidays. Learn to hand craft that special card with a different flair for the holiday season. Call the Center or stop by the reception desk to check on seating availability and to sign up.

December 19th ... Hot Cider in the Hallway

What's December without a cup of hot cider? On Thursday, December 19th from 10:30 AM—12:00 PM, April Tomlin, Senior Services Manager invites you to stop by West Knox County Senior Center to enjoy a cup of hot cider. No need to sign up. We'll have the cider ready for you.



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

You can register for our activities by calling the Center at 865-288-7805

December 19th ...Vietnam Veterans Social

Join other Vietnam Veterans each month at West Knox County Senior Center for the Vietnam Veterans Social. It's a welcoming place to share your experiences, chat, and visit with other veterans of the Vietnam War. Registration is not required for this 1:30 PM social on Thursday, December 19th

December 20th ... Twirlercise Exercise Class

Twirlercise is a new fitness class combining baton twirling and low impact exercise which can be done in a chair if needed. The benefits include; helping with balance, hand-eye coordination, tone and tighten the core, improve stretching, cognitive function, and socializing fun! This class will be offered Friday, December 20th at 10:30 AM. Class fee is \$25 payable to the instructor Judy Brennan. This class will be continue to be offered monthly in 2025 and on a more consistent basis. Check the January/February 2025 eNewsletter for day and time.

December 23rd ...Writing Workshop Journals, Short Stories, and Beyond!

This workshop is for new, aspiring, and experienced writers. The group will explore writing as an exercise of expression and beginning or continuing a writing project of your choice. Writing activities and resources will be shared. The focus includes encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop. Participants need to bring a notebook for note-taking and are welcome to bring a sample of their writing. This workshop meets at 1:30 PM on Monday, December 23rd.

Starting in January 1st through February 28th You Could Win a \$25 gift card to Calhoun's Restaurant!

During the month of January and February 2025 you have a chance to win a \$25 gift card to Calhoun's restaurant. It's easy to enter—when you come to the Center, be sure to sign-in at the table in the lobby. Some groups have their own sign-in sheets, but we'll be using the sign-in sheets in the lobby to randomly determine the winner. The winner will be announced at the first March. When you visit the Center be sure to sign-in at the table in the lobby. Only one winner will be announced and it could be you! You must be fifty years of age or older to be eligible to win.



Water Fountain Saves Plastic Bottles

You may have noticed the water fountains with the filtered bottle filling stations at West Knox County Senior Center; one in the reception area and the one in the back hallway. These fountains are purposed to enhance sustainability by minimizing our dependency on disposable plastic bottles. By using your own existing water bottles you have saved more than 10,174 plastic bottles from landfills according to the fountain's counter. There's more to do and this is a good start. Congratulations!

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



You can register for our activities by calling the Center at 865-288-7805



Billiards

The West Knox County Senior Center billiard table is available Monday through Friday. Call ahead or stop by the reception desk to see if the Billiards table is available.

Trivia Time

Tuesdays at 11:00 AM

No need to feel intimidated. It's not Trivial Pursuit or Jeopardy. We have fun challenging ourselves and learning something new every week! No need to register to participate.

Why Sign-up for Programs & Activities?

For many of our programs and activities we request, for planning and scheduling purposes, that you sign-up ahead of time. Why do we request you sign-up? It will help us determining what room needs to be set aside for an activity or program since some rooms obviously hold more people than others. Also, in some situations a presenter or instructor will want a minimum number and/or a maximum number of participants in order for a program to be held.

If a presenter is providing materials for the class it will help determine how many copies need to be made. In addition, if a program is cancelled or rescheduled we can let you know of the changes. Items on the activity calendar in **Bold** require registration. As you read the article and description of the class/program in the eNewsletter it will also indicate whether or not registration is requested. To register call the Center at 865-288-7805 or stop by the reception desk. You can also let us know if you want a reminder phone call. Contact information is also important in the event the program is cancelled or rescheduled, we can let you know.

Music From Other Places, Other Rooms

Want to visit the other Knox County Senior Center but don't know where to start? Below is a listing of musical programs the other Knox County Senior Centers have. Some of the programs are open to an audience whereas others are open to musicians only. Feel free to stop in and visit. You'll be most welcomed:

Carter Senior Center

9040 Asheville Hwy.,
Knoxville, TN 37924;
Phone: 865-932-2939

Guitar Jam on Fridays at 2:00 PM. Open to anyone who plays acoustic instruments and has an open audience.

Corryton Senior Center

9331 Davis Dr.,
Corryton, TN 37721;
Phone: 865-688-5882

Music Jam on Tuesdays at 1:30 PM. Open to anyone who plays acoustic instruments and the program has an open audience.

Karns Senior Center

8042 Oak Ridge Hwy.,
Knoxville, TN 37931;
Phone: 865-951-2653

Guitar Jam on Mondays 1:30—3:30 PM. Open to anyone who can play guitar and likes music from the '60s and '70s. No open audience.

Music Jam the first Wednesday of the month from 1:00—3:00 PM. Open to anyone who plays an instrument and likes bluegrass and Americana. Open audience.

South Knoxville Senior Center

6729 Martel Ln.,
Knoxville, TN 37920;
Phone: 865-573-5843

South Knox Opry plays on Thursdays from 9:00 AM—12:00 PM. They have an assortment of music from country, gospel, to bluegrass. The program is open to anyone who plays acoustic instruments and has an open audience.

Gospel singing fourth Monday of each month from 1:00—3:00 PM. Open to anyone who plays an acoustic instrument and has an open audience.





Book Clubs



Steel Magnolia Book Club

This book club meets on the second Thursday of every month at 1:00PM. You may join at any time!

November 14th ... *Home Front* by Kristin Hannah

Like many couples, Michael and Jolene Zarkades have to face the pressures of everyday life—children, careers, bills, chores—even as their twelve-year marriage is falling apart. Then a deployment sends Jolene deep into harm's way and leaves defense attorney Michael at home, unaccustomed to being a single parent to their two girls. As a mother, it agonizes Jolene to leave her family, but as a soldier, she has always understood the true meaning of duty. In her letters home, she paints a rose-colored version of her life on the front lines, shielding her family from the truth. But war will change Jolene in ways that none of them could have foreseen. When tragedy strikes, Michael must face his darkest fear and fight a battle of his own—for everything that matters to his family.

No Book for December ... Happy Holidays!

West Knox Senior Center Book Club

This book club meets on the third Thursday of every month at 12:00PM. You may join at any time!

November 21st ... *The Women* by Kristen Hannah

When twenty-year-old nursing student Frances "Frankie" McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path. As green and inexperienced as the men sent to Vietnam to fight, Frankie is over-whelmed by the chaos and destruction of war. Each day is a gamble of life and death, hope and betrayal; friendships run deep and can be shattered in an instant. In war, she meets—and becomes one of—the lucky, the brave, the broken, and the lost. But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam.

No Book for December ... Happy Holidays!



Ready City USA

Join Read City for your most exciting challenge yet! For more information on what Read City is offering in 2024, visit:

www.KnoxCountyLibrary.org/read-city



West Knox County Senior Center Library is Available

The Center's library is open Monday through Friday 7:30 AM—4:00 PM. Feel free to stop in and browse the library. Our check-out system is on the honor system. You take which books you want to read and return them whenever you're finished. If you have current titles you would like to donate, you can drop those off at the Senior Center's Reception Desk.

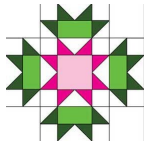


You can register for our activities by calling the Center at 865-288-7805

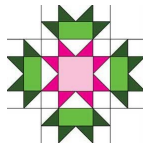


Sew What

Join other sewing and fabric enthusiasts for a monthly gathering involving a short demonstration. A new pattern will be highlighted each month. Bring a finished or unfinished project or two you're working on for a Show and Tell. This group meets the first Wednesday of each month at 1:30 PM. are presented below:



*Wednesday, November 6th.,
Wednesday, December 4th*



Portrait Drawing Group

The Barbara West Portrait group meets at the Center on Tuesdays from 1:00—3:00 PM. Bring your own supplies and \$5 for a model fee. The class has a sitting model every week providing excellent practice for your drawing skills. All skill levels welcome, even if you think you can't draw. Learn and practice in a casual and friendly environment.

American Sewing Guild

Monday, November 18th and Monday, December 16th
At 12:30 PM

The American Sewing Guild—West Knoxville Neighborhood Group plans a wide variety of sewing activities which may include: hands-on sewing projects, demonstrations of specific techniques, quilting, garment fitting and construction, service projects, and more. "Sew and Tell" is their way of kicking off each meeting. They welcome sewists of all levels to come visit their group to see what they're all about. For more information about the national organization you can visit www.asg.org. They meet at West Knox County Senior Center the third Monday of each month at 12:30 PM.

Knitters & Crocheters Wanted

Knitters and Crocheters to knit and crochet scarves for the Care Packages donated to Operation Gratitude for our deployed military and first responders. The Knitting Group has yarn, needles, and hooks. We just need willing hands to come along to meet the group. The Knitting Group meets on Tuesdays at 10:00 AM at West Knox County Senior Center.

For more information on Operation Gratitude visit www.OperationGratitude.com

Arts & Crafts

Artists Group Social

Thursdays at 9:30 AM—12:00 PM

Bring an art project you're working on or come for inspiration on your next creation. The Art Group Social offers the opportunity for artist to get together. It's a welcoming, encouraging, and inspiring environment. No fee to participate.

Watercolor & Drawing Class

Wednesdays at 9:30 AM—12:00 PM

You can learn the beauty of water coloring and exploring proportions, light and shadow, value, composition and more in this Watercolor and Drawing class. No previous experience is necessary. Class fee \$15 for each class attended.

Fees payable to the instructor, Mr. Nort Horwitz. A supply list is available at the reception desk.

Watercolor Group

Mondays at 10:00 AM—12:00 PM

If you enjoy the art of Watercolor, you're more than welcome to join the Watercolor Group on Mondays at 10:00 AM. There's no instructor and there's no fee. It's a gathering of water-color artists working on their own projects, motivating one another, sharing enthusiasm, gaining inspiration, and enjoying socialization. No need to register to participate.

Oil Painting Class

Wednesdays 1:00 PM—3:30 PM

or Fridays 11:00—1:00 PM

With Carla Sanchez

Want to join the oil painting class? *There's openings now for new students!* Class fee is \$80 per month payable to the instructor. Feel free to visit the class, meet the instructor, observe the class, and obtain a supply list.



You can inquire about our classes by calling the Center at 865-288-7805



Tech Classes

December 5th ... iPad/iPhone Camera Class

Have you ever tried to take a picture, only to see yourself? Have you accidentally taken twenty of the same picture? During this two hour workshop offered on Thursday, December 5, 2024 10:00 AM—12:00 PM you will learn the following: how to take a picture, front vs. rear facing, tools on your mobile device camera, editing photos, creating and organizing albums, sending and receiving pictures from email and text, and popular photo apps. Class fee is \$20 and is payable at time of registration. You can register for this two hour class at the Reception Desk at Senior Center. Deadline to register is Tuesday, December 3rd. This class is brought to us by Social Media 4 Seniors.

December 9th ... Awesome Apps for Apple Products (iPad/iPhone)

Do you have apps all over your Smartphone or tablet? Maybe several pages of them? Have you ever wondered how to organize them, or how they got on your device to begin with? During this two hour Awesome Apps Workshop you will learn the following: how to manage apps; searching, organizing into folders, and deleting unwanted apps; downloading and installing apps from the App Store or the Google Play Store; and introducing some of the most popular apps used today. Stop by the Reception Desk to sign up for this two hour class taught on Monday, December 9th from 10:00 AM—12:00 PM. Class fee is \$20 payable at time of registration. This class must have a minimum of three paid participants with a maximum of five participants. Registration deadline is Friday, December 6th. This class is brought to us by Social Media for Seniors. Barbara Edwards will be in the instructor. You will need to bring your iPad and iPhone to the class along with your password to explore apps you may want to add to your phone.

December 13th ... Awesome Apps for Android

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this two hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. Deadline to register is Wednesday, December 11th. Class fee is \$20.00 and must be paid at time of registration. You can register at the reception desk. This class must have a minimum of five students in order to meet. This class will meet on Friday, December 13th from 10:00 AM—12:00 PM. Instructor is Catherine Everhart with Social Media 4 Seniors.



Ask Jake!

Need assistance with your smartphone, tablet, laptop, or other electronic device? Free and individual tutoring sessions available most Fridays from 9:30 AM—11:00 AM with Jake. To check on seating availability, and to sign-up for your tutoring session, call the Center or stop by the Reception Desk.

Social Media 4 Seniors classes do require payment in advance. Their classes do require a minimum number of individuals to be paid and registered in order for the class to make. However, if the class is cancelled by Social Media 4 Seniors due to lack of enrollment, a refund will be made to those individuals who have paid for the class. A refund may not be made if a student has prepaid but fails to attend the class.

Medicare Education Presentations

Open enrollment October 15th—December 7th

November 4th ... Medicare Presentation

If you're currently or soon to be on Medicare don't forget the upcoming Medicare Annual Election period which starts in October (October 15th thru December 7th). Jim Sikes, a licensed/certified Medicare Special who has been working with the Farragut and surrounding area Medicare Beneficiaries for the past 15+ years will be holding his annual informational/enrollment meetings here at West Knox County Senior Center on Monday, November 4th at 10:00 AM and again at 1:00 PM. Jim can assist you with multiple carriers, most notably Humana and BlueCross BlueShield. If you need to reach him you may contact him at 865-566-8502 or email at cortsdad@charter.net. It is not necessary to make a reservation. Just show-up on the date and meeting time most convenient for you.

November 5th ... Medicare Q&A table in the hallway with Ryan Ritter

Meet your local Medicare Expert, Ryan Ritter, with [Wisdom Insurance Network](#). He will be at a table in the hallway on Tuesday, November 5th from 11:30 AM—1:00 PM. He brings his many years of experience to his table to share the constant changes in Medicare and ensure you are on the plan that truly fits your needs. Giveaway items from multiple insurance carriers will be provided, along with a Medicare overview presentation sent via email if you wish. Ryan can't wait to meet the West Knox County Senior Center community and help in any way possible.

November 6 ... Insurance Counseling Appointments

Review your Medicare plan with a [SHIP \(State Health Insurance Assistance Program\)](#) Counselor during Open Enrollment to see if you have the best coverage for 2025. SHIP is a free and unbiased federally funded service that does not promote or endorse any insurance company. Together you and a SHIP Counselor can compare your current plan to other available plans and see which is most cost-effective for you. To schedule your appointment to meet with a SHIP counselor at West Knox County Senior Center call the SHIP Program at 1-844-887-7447 to schedule your individual one-on-one appointment to meet with a SHIP Counselor at West Knox County Senior Center on Wednesday, November 6th.

You can learn more about the State Health Insurance Assistance Program by visiting their website at this [link](#).

November 6 ... Medicare 101 Presentation

Join Amanda Johnson, [SHIP/MIPPA](#) Program Manager with [East Tennessee Human Resource Agency](#) on Wednesday, November 6th at 1:30 PM for Medicare 101. Amanda will be covering Part A Hospital and Part B Medical; Part D Prescription Drug Coverage, Medicare Supplement Insurance, Medicare Advantage Plans and you will have the opportunity to compare your Advantage Plans. She will also cover low income programs such as TennCare, Medicare Savings Programs, and low income subsidy and a description of SHIP (State Health Insurance Assistance Plan) during this 1:30 PM group presentation.

November 8... Medicare Q&A Table in the Hallway

Medicare plans for people managing chronic health issues/diabetes/cardiovascular disease/chronic heart conditions. We are here to help make sure you know about and understand all the different programs and resources available with Medicare, so you can find the best plan for your needs and get the best care for you. Get all your questions answered at a safe, convenient, in-person meeting with [Ja'el Michael with United Healthcare](#) on Friday, November 8th at 10:00 AM.

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

Medicare Education Presentations

Open enrollment October 15th—December 7th

November 12th ... Humana Gold Plus Medicare Plan Presentation

Brooke with [Core Insurance Advisors](#) will be presenting the Humana Medicare Gold Plus plan for 2025. Sales materials and information will be available. Q&A session will follow the presentation offered on Tuesday, November 12th at 11:30 AM. RSVP not required.

November 18th ... Devoted Health Insurance Sales Presentation

Please join Mr. Nace Coker with [Tri Star Senior Advisors](#) and with sixteen years in the Senior market will be offering a presentation on the plans offered by Devoted Health Insurance for 2025 on Monday, December 18th at 1:00 PM. Q&A will be offered after the presentation. No need to sign up. Walk-ins welcome.

November 19th ... Medicare Presentation with Dixie Curless

The Medicare Annual Enrollment Period is upon us (October 15th – December 7th)! With many changes to benefits anticipated this coming enrollment season, now is the time to educate yourself on the options! The Inflation Reduction Act final phase will be rolled out in 2024 and will impact a lot of Medicare beneficiaries who typically hit the “doughnut hole” - how can this benefit you? Find out if Tennessee will have any 5 star carrier Medicare Advantage plans. Curious what the deductibles and Medicare Part B premiums will be? Medicare is a big decision and you should review annually! Feel confident in your decision by understanding your Medicare rights and entitlements. Join me for a no cost, no-obligation Medicare 101 presentation! I've been a licensed health insurance advisor for 15 years and represent many of the products in your area. If you're unable to attend and would like a one on one personalized review, please contact Dixie Curless at 931-266-2774 or email Dixiedcurless@gmail.com. Dixie will be at West Knox County Senior Center on Tuesday, November 19th at 11:30 AM.

November 19th ... Medicare Q&A Table

Medicare Q&A table in the hallway at 1:30 PM on Tuesday, November 19th with Kenneth Lefevre with Humana. No RSVP required. Walk-ins welcome.

November 20th ... Medicare Presentation

The alphabet soup of Medicare ... A, B, C, and D. Don't make the recipe more difficult than it is. It's all about timing. Join Penny Mayo, from Humana as she will be at the Center on Wednesday, November 20th at 1:30 PM for a talk about the special plans only used for Medicare. Humana can help you with all aspects of Medicare including when to enroll, how to avoid late enrollment penalties, what type of plan makes the most sense for you, and when you can make changes with your current plan. No need to sign up to participate. Your questions are welcome.

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Medicare Education Presentations

Open enrollment October 15th—December 7th

November 21 ... Medicare Q&A Table in the Hallway with United Healthcare

Medicare plans for people managing chronic health issues/diabetes/cardiovascular disease/chronic heart conditions. We are here to help make sure you know about and understand all the different programs and resources available with Medicare, so you can find the best plan for your needs and get the best care for you. Get all your questions answered at a safe, convenient, in-person meeting with [Ja'el Michael with United Healthcare](#) on Thursday November 21st at 1:00 PM.

November 22nd ... Medicare Q&A Table in the Hallway

Licensed Humana agent Leah Lovely will host a Medicare Q&A table and provide fresh produce. Join Leah on Friday, November 22nd from 10:00 AM—12:00 PM to answer your Medicare questions. Let Humana help you get Medicare-ready.

November 25th ... Medicare Presentation

If you're currently or soon to be on Medicare don't forget the upcoming Medicare Annual Election period which starts in October (October 15th thru December 7th). Jim Sikes, a licensed/certified Medicare Special who has been working with the Farragut and surrounding area Medicare Beneficiaries for the past 15+ years will be holding his annual informational/enrollment meetings here at West Knox County Senior Center on Monday, November 25th at 10:00 AM and again at 1:00 PM. Jim can assist you with multiple carriers, most notably Humana and BlueCross BlueShield. If you need to reach him you may contact him at 865-566-8502 or email at cortsdad@charter.net. It is not necessary to make a reservation. Just show-up on the date and meeting time most convenient for you.

December 2nd ... Medicare Q&A Table with Wisdom Insurance Network

Meet your local Medicare Expert, Ryan Ritter, with [Wisdom Insurance Network](#). He will be at a table in the hallway on Monday, December 2nd from 9:30 AM—11:00 AM. He brings his many years of experience to his table to share the constant changes in Medicare and ensure you are on the plan that truly fits your needs. Giveaway items from multiple insurance carriers will be provided, along with a Medicare overview presentation sent via email if you wish. Ryan can't wait to meet the West Knox County Senior Center community and help in any way possible.

December 2nd ... Humana Gold Plus Presentation

Please join Mr. Nace Coker with [Tri Star Senior Advisors](#) for a presentation on Humana Gold Plus offering for 2024. Nace has fifteen years experiencing representing Humana. Your questions welcome following this presentation scheduled for Monday, December 2nd at 1:00 PM. No need to register to attend. Walk-ins welcome.

December 3rd ... Medicare Q&A Table with Kenneth Lefevre of Humana

Medicare Q&A table in the hallway at 11:00 AM on Tuesday, December 3rd with Kenneth Lefevre with Humana. No RSVP required. Walk-ins welcome.

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Medicare Education Presentations

Open enrollment October 15th—December 7th

December 5th ... Medicare 101 Seminar with Wisdom Insurance Network

The biggest changes to Medicare in twenty plus years! Ryan Ritter with [Wisdom Insurance Network](#) is presenting on Thursday, December 5th at 1:30 PM. Don't wait until the last minute to learn about the changes to Medicare prescription drugs this upcoming plan year. Agents across the state and country will serve almost every Medicare recipient due to these changes. Come prepared with questions and Ryan will provide the answers you need to understand the complexity of Medicare. Please email RRitter@Wisdominsurancenetwork.com or call 865-503-4516 to sign up for this Medicare 101 or book a one-on-one appointment with Ryan.

December 9th ... Medicare Q&A Table in the Hallway

Penny Mayo with Humana will have a Medicare Q&A Table in the hallway outside the SAIL (Stay Active & Independent for Life) exercise class on Monday, December 9th from 9:30 AM—11:15 AM. Feel free to stop by and meet Penny and ask her your Medicare questions.

December 17th ... Medicare Presentation with Dixie Curless

The Medicare Annual Enrollment Period is upon us (October 15th – December 7th)! With many changes to benefits anticipated this coming enrollment season, now is the time to educate yourself on the options! The Inflation Reduction Act final phase will be rolled out in 2024 and will impact a lot of Medicare beneficiaries who typically hit the “doughnut hole” - how can this benefit you? Find out if Tennessee will have any 5 star carrier Medicare Advantage plans. Curious what the deductibles and Medicare Part B premiums will be? Medicare is a big decision and you should review annually! Feel confident in your decision by understanding your Medicare rights and entitlements. Join me for a no cost, no-obligation Medicare 101 presentation! I've been a licensed health insurance advisor for 15 years and represent many of the products in your area. If you're unable to attend and would like a one on one personalized review, please contact Dixie Curless at 931-266-2774 or email Dixiedcurless@gmail.com. Dixie will be at West Knox County Senior Center on Tuesday, December 17th at 11:30 AM.

My Medicare questions & programs I want to attend:



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Fitness Activities at West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

(865) 288-7805

11/2024 12/2024



Cardio/Strength/Stretch Class Wednesdays and Fridays 9:00 AM Class fee: \$5 Room #021

This class is a great combination of Cardio (low impact yet energizing), Strength (focus on all major muscle groups), and Stretch (slow and gentle stretches). This class is brought to us by Covenant BodyWORKS. Students can start at any time. Class is approximately 60 minutes long.

Feldenkrais—Movement Improvement Tuesdays at 12:50 PM & Thursdays at 1:00 PM. Class fee \$5. Room #021

This class is taught by Debbie Ashton, certified Feldenkrais professional. The class concentrates on small movements, done on mats, and helps flexibility and mobility. Therapeutic sequences help relieve pain and difficulty in daily functioning. Instructor Debbie Ashton worked in physical therapy clinics as a Feldenkrais practitioner for twenty-two years. Students can start at any time.

Line Dance Class for Beginners Thursdays 2:15 PM. Class fee \$5 Room #021

Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Thursday. It's imperative that new students commit to attending the first seven weeks of the beginning of a new class to learn the steps. Fees payable to the instructor. Please sign up at the reception desk.

Line Dance Improvers Class Wednesday 1:00 PM. Class fee: \$5.00 per class attended Room #021

For those who have completed the beginning line dance class but not advanced enough to move on to the Intermediate class. Class is suited for those who have completed the beginning line dance class or have experience line dancing. Class is approximately 90 minutes long. Class instructor is Diane Hensley.

Line Dance Class Intermediate Tuesdays 2:00 PM Class fee: \$5.00 per class attended Room #021

One of the most fun classes you'll ever do! Great music, from pop to Irish dancing, rock to country line music. The Tuesday class is for those who have learned the dances, or can pick them up quickly. This is the more advanced Line Dance Class. Wear shoes you can dance in and make turns. Class instructor Diane Hensley.

Pickleball Tuesdays 12:00—3:30 PM and Thursdays 12:30 PM—3:30 PM Class fee: Free Room: Gymnasium

Play pickleball or want to be introduced to the sport? Join us in the gymnasium on Tuesday and Thursday afternoons for a friendly and fun game of pickleball. If you're new to pickleball and would like to learn, call the Center and speak with Cindy—she can teach you the basics to help get you started. Beginning Lessons are on Thursdays from 11:45 AM—12:30 PM.

Chair Yoga Strength Tuesdays 11:15 AM Class Fee: \$5 Room: #021

This class utilizes a chair, light hand-held strength training equipment. If you want to work muscles, improve posture, decrease stress and increase your energy level, this class is for you. Students may start at any time. This class is brought to us by Covenant BodyWorks.

Gentle Yoga Wednesdays at 11:15 AM Class fee: \$5 Room: #021

A practice of yoga postures and breath work at a relaxed pace. The intent of this class is improved posture, flexibility, balance, and core strength with the added benefit of enhanced well being. Bring a yoga mat, and a towel for added cushioning. Wear comfortable, stretchy clothing (layers if you are cold natured). You must be able to get down and up from the floor. This class is brought to us by Covenant Bodyworks. Students can start at any time. Class is approximately 60 minutes long.

Fitness Room Availability. The Center's Fitness Room (Room #014) is equipped with treadmills, an elliptical, recumbent bikes, a semi-recumbent stepper, and free weights. The room is open Monday through Friday from 7:30 AM—3:45 PM. We offer free and required orientations on how to safely use the equipment. You can call the Center or stop by the reception desk to schedule your free orientation.

Fitness Activities at West Knox County Senior Center

11/2024 12/2024

SAIL (Stay Active & Independent for Life) Exercise Class Room: Gymnasium (Community Center level)

Mondays, Wednesdays, and Fridays at 10:00 AM-11:00 AM Class fee: \$4.00 per each class attended.

Stay Active and Independent for Life (SAIL) is an evidenced-based program designed to lower the risk of falling. SAIL was created for mature adults and includes: aerobic activity, balance, strength, and flexibility. All of these exercises can be done standing or seated depending on the needs of the student. Students can start at any time. This class is offered under the guidance of the Knox County Health Department. Class instructor is Rachel Piotrowski. Class is approximately 60 minutes long. This class is taught in the upstairs Gymnasium.

Universal Tai Chi —Mondays, Wednesdays, Fridays 8:45 AM—9:45 AM Class fee \$2

Join instructor Cheryl Chandler for Universal Tai Chi. This is a soft martial arts exercise that focuses on balance, flexibility, agility, and stamina. It is an ideal workout for seniors as it can decrease stress, anxiety, and depression. This class will also concentrate on relaxation and comfortable moves. Most of all it is fun and you will meet some wonderful people. The Monday class is taught in the Multi-Purpose Room (Room #021). The Wednesday and Friday classes are taught in the gymnasium (Community Center level). No experience necessary to join the class.

Yang Style Tai Chi For Beginners (Tai Chi I) Tuesdays 9:45 -11:00 AM Class fee: \$3 Room: #021

Join us for improving your health with the widely popular Yang Style Tai Chi. It combines slow graceful movements, meditation and relaxing breathing. The class is led by long-timer instructor Mr. Pat Barbieri, with twenty-three years experience. This class meets once a week. Studies have show that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength. This class includes fifteen minutes of stretching exercises for increasing range of motion and flexibility. New students can start at any time but a new class kicks off on Tuesday, September 10th at 9:45 AM..

Yang Style Tai Chi (Tai Chi II) Thursdays 9:45 AM—11:00 AM Class fee: \$3 Room #021

If you've taken Mr. Barbieri's class before *or* are familiar with Yang Style Tai Chi, feel free to join his class on Thursdays. The class includes fifteen minutes of stretching exercises for increasing range of motion, balance, and flexibility. Class fee is \$3 per student per class attended. Class fees payable to the instructor.

Tone & Balance Thursdays 11:15 AM Class fee \$5 Room: #021 Multipurpose Room

This class is designed to improve your balance, increase strength in all major muscle groups and enhance your range of motion, all of which will assist you in performance your daily activities such as lifting, bending, sitting, etc... This class is brought to us by Covenant BodyWORKS. New students can start at any time. No need to pre-register.

Personal Fitness Training Available

With the guidance of a personal trainer, you can set and attain realistic fitness goals. Enjoy the benefits of a personal trainer; safety, accountability, encouragement, and individual attention. Personal Training fee is \$25 for a thirty minute session, a one hour session is \$50, for a group it is \$20 per person for a thirty minute session. To schedule your appointment to meet with Rachel call the Center or stop by the reception desk. Rachel will call you to schedule your appointment.

Get Your Free Fitness Room Orientation

Want to use the Center's Fitness Room? It's equipped with treadmills, an elliptical, recumbent bike, semi-recumbent stepper, and free weights. Call the Center or stop by the reception desk and inquire about your free Fitness Room orientation. Learn to use the machines safely, get the most of your workout, and help you reach, and maintain your health and wellness goals. The orientation takes approximately fifteen minutes to complete.



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



Roundup Restaurant & Ice Cream

3643 Sevierville Pike

Knoxville, TN 37920



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!

If you're interested in participating, please pre-register by emailing seniorservices@knoxcounty.org or call (865) 288-3761.





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

Starting March 30th
West End Baptist Church
116 West End St, Newport 37821

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

Hannah Hood for Queen Ryan Ritter for King

100% of proceeds go
to support the CAC-
Knoxville Senior
Companion Program



TOP GOLF TOURNAMENT

1st place wins the
grand prize!

Silent Auction

\$100 - Per Player
Sponsorships Available

SUNDAY
NOVEMBER 10

TOP GOLF FARRAGUT

Play time from 2-5 pm
Food Included in Ticket

RAIN OR SHINE

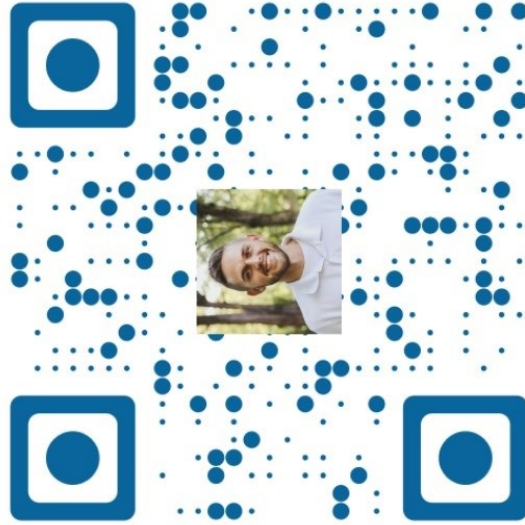
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The Senior Companion Program engages those age 55 years and older in volunteer service to provide companionship and support to older adults who are experiencing loneliness, isolation, and barriers of aging. This volunteer program allows seniors to build meaningful relationships with one another in adult day facilities and in-home settings. To learn more about the Senior Companion Program go to www.KnoxSeniors.org/companion.



DONATE



Ryan Ritter