

**May &
June**

2024

Karns Senior Center *The Navigator*

Holiday closings: May 27th, Memorial Day & June 19th, Emancipation Day

Thursday, May 2nd at 10:30 am . . . Knoxville Tours Presentation

Tonya Raby with Knoxville Tours will be here showing a video, handing out catalogs, and will have a question & answer session on upcoming trips with Knoxville Tours. **RSVP**

Monday, May 6-10 & 13th at 12:30-3:30 pm . . . Tech Smart Class

If you are 50 or older and interested in learning practical computer skills to meet your needs in this current electronic age, sign up for the training today. CAC will offer 18 hours of training, 3 hours a day for 6 days, and after the completion of this training you will go home with a new Chromebook, bag and mouse pad for only \$25. **RSVP**

Tuesday, May 7th– June 25th at 10:00 am . . . Matter of Balance Class

A Matter of Balance Class is an award-winning program designed to manage falls and increase activity levels. If you are concerned about falls; interested in improving balance, flexibility and strength; fallen in the past, or have restricted activities because of falling concerns, this class is for you. Join Heather Kyle-Harmon, UT Extension Agent for an 8-week class. **RSVP**

Wednesday, May 8th at 9:30 am . . . Field Trip: Market Square Farmer's Mkt

Market Square Farmers' Market is an open-air market managed by Nourish Knoxville. Everything is grown, raised, and/or made by our vendors within a 150-mile radius of Knoxville. Products vary by season and include fresh fruits & vegetables, honey, pasture-raised meats, edible items & ornamental plants, cut flowers, artisan crafts, and more! Transportation compliments of CAC. **RSVP**

Friday, May 10th, 10-12 & 1-3 pm . . . Android Basics Class

Learn the basics of the Android phone or tablet in this four-hour class taught by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

Tuesday, May 14th at 11:00 am . . . Essential Oils: Summer Make & Take

Join Richard and Deborah for this essential oils class as they make summer-themed items such as a bug-spray (lemongrass and/or citronella), a lavender cooling spray for sunburn relief, etc., using natural and healthy essential oils. There will be a small charge (\$4-\$10 range) for supplies. **RSVP**

Tuesday, May 14th at 2:00 & 3:00 pm . . . American Sign Language

ASL is a language that has the same linguistic properties as spoken languages, with grammar that differs from English and is expressed by hand and face movements. Beginning ASL at 2:00 is for beginners, Part II at 3:00 must have some experience. Cost is \$25.00/8 weeks. **RSVP**

Wednesday, May 15th from 10:00 am-12:00 pm . . . Apple Camera Class

During this 2-hour workshop you will learn how to take a front vs. rear facing picture, tools on your mobile device camera, editing your pics, sending and receiving pictures, and popular photo apps. Cost is \$20.00, **prepaid** by cash or check made to Social Media 4 Seniors. **RSVP**

Wednesday, May 15th & June 12th at 1:00 pm . . . Krfty Stamper

Join Cindy as she teaches how to make paper crafts for home use or gift-giving. May's project is lip balm box, scrap pieces card, and a candy box. June's project is 4th of July card, bird house candy box, and a decorated post it note pad. Cost is \$13.00 with materials provided. **RSVP**

Thursday, May 16th at 10:30 am . . . Social Security Presentation

Have you wondered how Social Security works? How does when you file effect your benefits, spouses benefits, survivors, and taxation? If so, please join Nace Coker, Registered Social Security Analyst (RSSA) for a Social Security Presentation with Q and A. **RSVP**

Visit our website at knoxcounty.org/seniors

Thursday, May 16th at 10:30 am . . . Making a Fairy Gnome Garden

Come and join the UT Gardens staff in creating a miniature landscape consisting of small plants and small accessories designed to spark creativity and bring a small enchanted world to life. Cost is \$12.00 (cash only) to include all materials. **RSVP**

Friday, May 17th at 1:00 pm . . . Choir Performance: "Broadway Memories"

Come and listen to our choir featuring musical selections we love from Broadway past like The Sound of Music, South Pacific, Carousel, Man of La Mancha and more! Refreshments sponsored by Core Insurance. **RSVP**

Monday, May 20th, 1:30 pm . . . Urinary Incontinence/Pelvic Floor Class

Dr. Marie Lavelle, Pelvic Floor Specialist, with Knox PT, will discuss urinary incontinence, causes and treatment. If you have trouble making it to the restroom without urinary leakage; leak urine when you cough, laugh, sneeze or exercise; or urinate more than seven times a day or wake during the night to urinate, pelvic floor physical therapy treatment could help! **RSVP**

Tuesday, May 21st at 10:30 pm . . . Axonics Presentation

Overactive bladder, fecal incontinence and urinary retention may be caused by abnormal communication between the brain and bladder or bowel. Come and find out if this therapy could be beneficial to you. **RSVP**

Wednesday, May 22nd at 1:00 pm . . . East TN During the Roaring 20's

East TN experienced a number of seismic events, from the end of 1918 through the Stock Market crash at the end of the decade. In between these landmark events, East Tennesseans dealt with riots, pandemics, prohibition, and the gradual establishment of Great Smoky Mountains National Park. With these landmark historical events as a backdrop, this class will also discuss the responses of the people of our region to such drastic changes in their everyday lives. **RSVP**

Thursday, May 23rd at 10:30 am . . . Sushi Making Workshop w/Mana

Join Mana of the Japan Outreach Initiative (JOI) for a sushi making workshop. Each student will learn how to make the California roll. Cost is \$10.00 each with all supplies provided. **RSVP**

Friday, May 24th at 9:00 . . Video Otoscopy with Acuity Hearing

A Hearing Instrument Specialist will use a tiny video camera (otoscope) to painlessly look inside your ear. This 10-15 minute exam allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled. You will see your eardrum on a video monitor! **RSVP**

Friday, May 24th at 9:30 . . Exercise & Cognitive Health

Join Caleb, Fitness Coordinator, to look at the relationship between exercise and cognitive health and learn practical tips to incorporate exercise into your routine. **RSVP**

Tuesday, May 28th & June 25th at 10:30 am . . . Iris Folding Class

Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for May is a flower in a pot, June's project is TBD. Cost is \$5.00. **RSVP**

Wednesday & Thursday, May 29 & 30, 10-12 pm . . . iPad/iPhone Basics

Learn the basics of the iPad/iPhone or tablet in this four-hour class taught by Social Media 4 Seniors. Cost is \$35.00, prepaid. **RSVP**

Wednesday, May 29th at 1:00 pm . . . Summer Dance

Join us for dancing with music provided by DJ John Rutherford. Dance to a combination of ballroom, Latin, line dancing, and country music. Light refreshments will be served. Cost is \$5.00. **RSVP**

Monday, June 1st at 1:30 pm . . . Living with Parkinson's

Don't let this diagnosis stop you from living the life you want. Marino Physical Therapy will cover the major limiting issues in PD and how to best overcome them. You can move and be better! **RSVP**

Tuesday, June 4th at 10:00 am . . . Awesome Apps for Android

Do you have apps all over your smartphone or tablet? Learn how to download, install, and manage apps and get an introduction of some of the most popular apps used. This is a two-hour class and cost is \$20.00, prepaid. **RSVP**

Thursday, June 6th at 10:30 am . . . Healing Touch with Brenda Seip

Healing Touch is a relaxing, nurturing, heart-centered, biofield/energy practice. Gentle, intentionally touch assists in balancing physical, mental, emotional and spiritual well-being. Non-invasive, the practice clears, energizes and balances the human energy field. **RSVP**

Friday, June 7th at 12:30 pm . . . Graphite Powder Drawing Class

Don Caldwell, graphite pencil artist, teaches how to draw a life-like landscape portrait. Learn new techniques and how to use the right tools. Cost is \$25.00 with all supplies included. **RSVP**

Tuesday, June 11th at 9:30 am . . . Beltone Hearing Health Seminar

Join Mr. Mike Murphy for a discussion of what hearing loss is, signs to look for, and how to address overall concerns about hearing and communication. **RSVP**

Tuesday, June 11th at 11:00 am . . . Essential Oils: Total Body Wellness

Essential oils are a step towards a healthy lifestyle for you and your home. Richard & Deborah will share how using essential oils can help with body wellness and good health. **RSVP**

Monday & Tuesday, June 17 & 18, 10-12 . . . iPad/iPhone Beyond Class

Join Social Media 4 Seniors to add to your basic knowledge of the iPad/iPhone. Cost is \$35.00 prepaid. **RSVP**

Thursday, June 20th at 10:30 am . . . Video Otoscopy Exams

Join Acuity Hearing Centers for a painless experience where Hearing Instrument Specialist Amber Simpson will use a tiny video camera (video otoscope) to look inside your ear. This tool allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled. You will see your eardrum on a video monitor! Each exam takes about 10-15 minutes. **RSVP**

Friday, June 21st at 9:30 pm . . . Exercise & Aging Presentation w/Caleb

Join Caleb Newsome, Fitness Coordinator to explore some practical strategies for integrating physical activity into your daily life. **RSVP**

Monday, June 24th at 1:30 pm . . . Back Pain Workshop

Join Dr. Lee Easley with Knox PT as he discusses possible causes of back pain and treatment. **RSVP**

Wednesday, June 26th at 1:00 pm . . . East TN During the Depression Era

In the decade leading up to World War II, East Tennesseans struggled with the severe societal impacts of the Great Depression, while adjusting to the increasing impact of federal programs such as TVA, the CCC's, and the establishment of the first major Eastern National Park in the Great Smokies. This class will explore both the details of these events and the reaction of the region's population to the intrusion of powerful outside forces into East Tennessee. **RSVP**

Thursday, June 27th at 10:30 am . . . Special Needs Trusts

Learn about a Supplemental Needs trust. This special vehicle provides financial support for the benefit of an individual with physical or mental disabilities, yet ensures that the beneficiary remains eligible for government benefits that cover basic needs. **RSVP**

Friday, June 28th at 8:45 am . . . Field Trip: Daylily Festival

Join us for a trip to the Oakes Daylily Farm where you will see many varieties of daylilies in full bloom. There will be music, free refreshments and lunch available for purchase. Free daylilies will be given away while they last. Take money for purchase of lunch. **RSVP**

**Life Frequency
Hearing Health
Mondays**

From 8:00– 9:30 am

Luke Amos, Life Frequency is here once a week offering hearing aid cleaning, hearing check-ups or hearing tests. Please call 865-310-5008 to schedule.

**Birding
Third Wednesday,
No Birding scheduled for
May or June**

Birding meets on Wednesdays every other month as scheduled.

Grief Support

If you are in need of grief support, please contact us and we will reach out to a grief support provider.

**Hymn Sing
Wednesday, May 15th
at 1:00 pm**

Join us as we gather together and enjoy an old-fashioned gospel song sing-along. **No Hymn Sing in June or July**

Senior Walks

Senior Services schedules a walk monthly (usually third Tuesday).

If you would like to be on the email listing to receive information about these walks, please email seniorservices@knoxcounty.org.

Social Worker Outreach

Wednesday, May 1st, 10:30

Wednesday, June 5th, 10:30

Melinda Bryant with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You may contact them at (865) 546-6262.

BINGO

BINGO is the 2nd and last Thursday of the month at 11:00 am. Bring a new \$5.00 value gift to participate! Bingo w/Niki is May 9th sponsored by Quality Home Health & June 13th sponsored by Deana Oliver of Gentiva Hospice. Second BINGO is May 30th sponsored by Smoky Mtn Hospice & June 27th sponsored by Penny Mayo, Farm Bureau.

Book Club

May 8th at 2:00 pm

The Housemaid by Freida McFadden is a twisted tale of manipulation, deceit, and survival.

June 12th at 2:00 pm

A Girl Called Samson by Amy Harmon is the saga of a young woman who dares to chart her own destiny in life and love during the American Revolutionary War.

Mystery Book Club

May 22nd at 2:00 pm

The Magpie Mudders by Anthony Horowitz. On the night of Mary's funeral, someone burgles Pye Hall. Two weeks later, an unknown suspect murders wealthy local Magnus Pye.

June 26th at 2:00 pm

The River We Remember by William Kent Krueger. In 1958, a small Minnesota town is rocked by a shocking murder, pouring fresh fuel on old grievances.

Need Fitness Help?

Call and make an appointment with Caleb, our Fitness Coordinator for Senior Services. He can help with nutrition, fitness introduction, and exercise routines. Call today 865-951-2653.

Medicare Q & A

Join Linda Staffen of Core Insurance on May 17th from 12:30-2:30 & June 17th from 10-12 in the hallway for an informal time of Questions & Answers about Medicare. No need to register, just stop in.

Penny Mayo of Farm Bureau Healthcare/Medicare plans will not be here during May or June. Watch the calendar for her return in July.

Music Jam

First Wednesdays of the month

May 1st &

June 5th at 1:00 pm

Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument to join in!

Veterans Services

Knox County Veteran Services are here to assist 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. Please call 865-215-5645 to make an appointment.





Karns Senior Center
 8042 Oak Ridge Hwy., Knoxville, TN 37931-
 2317Ph: (865) 951-2653, Fax: (865) 951-2530



2024

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

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)
Spanish Class Thursdays 1:45 Beginning 2:45 Intermediate Join instructor Beverly Burdette at any time.	Happy Mother's Day!! Come by and enjoy a muffin on Friday, May 10th at 9:30 sponsored by Wendy Blackburn of Integrity Insurance Associates	1 10:30-12:30 Social Worker Outreach 1:00 Music Jam 	2 10:30 Knoxville Tours Presentation w/Tonya Raby	3
6 8:00-9:30 Life Frequency Hearing Health Services 12:30-3:30 Tech Class* 1:30 Quilting (Cls 5)	7 10:00 Matter of Balance (Cls 1) 12:30-3:30 Tech Class	8 9:30-1:00 Field Trip: Market Square Farmer's Market 12:30-3:30 Tech Class 2:00 Book Club: <i>The Housemaid</i> by Freida McFadden	9 11:00 BINGO with Niki sponsored by Caroline Combs w/Quality Home Health (bring a \$5 value new/unused gift) 12:30-3:30 Tech Class	10 9:30 Muffins for Moms sponsored by Wendy Blackburn, Integrity Insurance 10:00-12:00/1:00-3:00 Android Basics Class*(\$35.00) 1:00 Senior Prom at Halls Senior Center, NO RSVP 12:30-3:30 Tech Class
13 8:00-9:30 Life Frequency Hearing Health Services 12:30-3:30 Tech Class 1:30 Quilting (Cls 6)	14 8:30 Beltone 10:00 Matter of Balance (Cls 2) 11:00 Essential Oils: Summer Make & Take* (\$4-\$10) Begin 8 weeks ASL	15 10:00-12:00 Apple Camera Class* (\$20.00) 1:00 Hymn Sing 1:00 Krfty Stamper* (\$13.00)	16 10:30 Social Security Presentation w/Nace Coker 10:30 Making a Fairy Gnome Garden w/Deb Wolfe* (\$12.00) No Chair yoga or Stability	17 1:00 Choir Performance "Broadway Memories" Drink refreshment sponsored by Core Insurance
20 8:00-9:30 Life Frequency Hearing Health Services 1:30 Urinary Incontinence/Pelvic Floor Class w/Specialist, Dr. Lavelle of Knox PT	21 10:00 Matter of Balance (Cls 3) 10:30 Axonics Presentation w/Katie Davis	22 1:00 History Class w/Dr. Wilson: E TN During the Roaring Twenties 2:00 Mystery Book Club: <i>The Magpie Murders</i> by Anthony Horowitz	23 10:30 Sushi Making workshop w/Mana* (\$10.00) No Spanish	24 9:00-11:00 Video Otopscopy Exams w/Acuity Hearing 9:30 Exercise & Cognitive Health w/Caleb 12:30 Choir Meeting
27 Holiday Center Closed 	28 10:00 Matter of Balance (Cls 4) 10:30 Iris Folding* (\$5.00) - Flower in a pot	29 10:00 Toenail Trimming* 10:00 iPad/iPhone Basics Class*(\$35.00) 1:00 Summer Dance* w/live DJ sponsored by Olympus (\$5.00)	30 10:00 iPad/iPhone Basics Class*(\$35.00) 11:00 BINGO sponsored by Deanna Waddell w/Smoky Mtn Hospice (Bring a \$5 value new/unused gift to play)	31 10:00 Toenail Trimming* Choir on Break
These events occur every week				
7:30 Ping Pong 9:00 Cardio Class* 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew Monday	10:00 Poker 10:00 Pinochle 12:30 Canasta 1:00 Cribbage 1:00 Stability Class 1:30 Genealogy Class 2:00 Yoga* 2:00 Beginning ASL* 3:00 ASL, Part II* Tuesday	7:30 Ping Pong 9:30 Light Saber Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting* Wednesday	9:00 Cardio Class* 11:00 Trivia Time 12:30 Chair Yoga 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability Class 2:00 Yoga* 1:45 Beginning Spanish* 2:45 Intermed. Spanish* Thursday	7:30 Ping Pong 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Euchre Card Game 1:00 Choir Practice 2:30 Ukulele Practice Friday



Karns Senior Center

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2024

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3 8:00-9:30 Life Frequency Hearing Health Services 1:30 Living with Parkinson's w/Marino PT	4 10:00 Matter of Balance (Cls 5) 10:00 Awesome Apps for Androids Class* (\$20.00)	5 10:30-12:30 Social Worker Outreach 1:00 Music Jam	6 10:30 Healing Touch w/ Brenda Seip No Spanish	7 12:30 Graphite Powder drawing class*(\$25.00) Choir on break
10 8:00-9:30 Life Frequency Hearing Health Services	11 9:30 Hearing Health Seminar w/Beltone 10:00 Matter of Balance (Cls 6) 11:00 Essential Oils: Total Body Wellness	12 1:00 Krfty Stamper* (\$13.00) 2:00 Book Club: <i>A Girl Called Samson</i> by Amy Harmon 	13 11:00 BINGO with Niki sponsored by Deana Oliver w/Gentiva Hospice (Bring a \$5 value new/unused gift to play)	14 9:00 Donuts for Dads sponsored by Comfort Keepers Choir on break
17 8:00-9:30 Hearing Health Services 10:00 Medicare Q&A/ Walking Club update 10:00 iPad/iPhone Beyond the BasicsClass* (\$35.00)	18 10:00 Matter of Balance (Cls 7) 10:00 iPad/iPhone Beyond the BasicsClass* (\$35.00) No ASL	19 Holiday Center Closed (Emancipation Day)	20 10:30-12:15 Video Otoscopy Exams with Acuity Hearing	21 9:30 Exercise & Aging w/ Caleb
24 8:00-9:30 Life Frequency Hearing Health Services 1:30 Back Pain Presentation w/Knox PT	25 10:00 Matter of Balance (Cls 8) 10:30 Iris Folding* (\$5.00) - Project TBD	26 10:00 Toenail Trimming* 1:00 History w/Dr. Wilson: Depression Era in E TN 2:00 Mystery Book Club: <i>The River We Remember</i> by William Kent Krueger	27 10:30 Special Needs Trusts w/Nelson Brittain of Stonebridge Advisors 11:00 BINGO sponsored by Penny Mayo of Farm Bureau Health Plans (Bring a \$5 value new/unused gift to play)	28 8:45 Field Trip: Daylily Festival 10:00 Toenail Trimming* Choir on break
Donuts for Dads Friday, June 14th at 9:00 am Sponsored by Comfort Keepers	Weekly recurring programs are listed at the very bottom of the calendar. Special or one-time programs are listed on the dates they occur. If you have any questions about any program, please contact us at 865-	New time for Chair Yoga! Thursdays at 12:30	Workout room open from 7:30 to 4:00 pm 	Find more information about our programs and the other five Knox County Senior Centers at Knoxcounty.org/Seniors
These events occur every week				
7:30 Ping Pong 9:00 Cardio Class* 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew Monday	10:00 Poker 10:00 Pinochle 12:30 Canasta 1:00 Cribbage 1:00 Stability Class 1:30 Genealogy Class 2:00 Yoga* 2:00 Beginning ASL* 3:00 ASL, Part II* Tuesday	7:30 Ping Pong 9:30 Light Saber Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting* Wednesday	9:00 Cardio Class* 11:00 Trivia Time 12:30 Chair Yoga 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability Class 2:00 Yoga* 1:45 Beginning Spanish* 2:45 Intermed. Spanish* Thursday	7:30 Ping Pong 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Euchre Card Game 1:00 Choir Practice 2:30 Ukulele Practice Friday



A Night To
REMEMBER
SENIOR PROM CELEBRATION!

ALL SENIORS WELCOME!

LIGHT REFRESHMENTS & A DJ

FRI, MAY 10TH FROM 1PM-3PM

AT THE DOOR

\$5

HALLS SENIOR CENTER

4405 CRIPPEN RD,

KNOXVILLE, TN 37918

\$5

AT THE DOOR

DRESS CODE: DRESS IN YOUR BEST.

Seven Island Birding Park Walk

Date: Tuesday, May 21, 2024

Time: 9:30 AM

Location: 2809 Kelly Ln., Kodak, TN 37764

Join us for a senior walk and birding tour at one of Tennessee's premier birding destinations, Seven Island Birding Park (2809 Kelly Ln., Kodak, TN 37764). Birding enthusiast, Mr. Robert Terrell will be leading our tour. We will meet at 9:30 AM at the parking lot at Seven Islands Birding Park and begin our walk at 9:45 AM.

Anticipate a four mile walk with some inclines and declines as well as uneven earthen paths through wooded and open terrain. Bring a brown bag lunch and enjoy lunch at the Bluebird Barn which is located adjacent to the parking entrance. Remember to wear comfortable shoes, snacks if desired, and bring your binoculars! This walk is brought to you by Darrell Gooding, Coordinator and Cindy Petty, Assistant Coordinator, from West Knox County Senior Center. To RSVP call 865-288-3761 or email SeniorServices@knoxcounty.org.



UT Arboretum Walk

901 S Illinois Ave, Oak Ridge, TN 37830

JUNE 18th at 9AM

Join us at the UT Arboretum for a fun walk! We will meet in the parking lot and then walk a couple of miles on one of the trails. Make sure to bring your water!



For lunch we will eat at Woody's, located on 114 Union Valley Rd, Oak Ridge, TN 37830. This is a 2 minute drive from the Arboretum.



Make sure to RSVP to 865-288-3761 or email

seniorservices@knoxcounty.org