



KNOX COUNTY
TENNESSEE

HALLS SENIOR CENTER

4405 Crippen Road, Knoxville, TN 37918

865-922-0416

www.knoxcounty.org/seniors

SEPTEMBER/OCTOBER 2024

Happenings...

MUSIC for SENIORS
presents
Frank Dycus Legacy
FREE Daytime Concert Series

PAPPY FISHER
AND HIS OLDTIME ENTERTAINERS

Wednesday, September 18th
1:00pm - 2:00pm
Halls Senior Center



Presented by AARP, **Pappy Fisher and His Old Time Entertainers** hail from the Appalachian region of Knoxville, Tennessee, embracing the spirit of early old-time string bands from the 1920s and 30s, such as: Gid Tanner and the Skillet Lickers, Uncle Dave Macon and the Fruit Jar Drinkers, Roane County Ramblers, Charlie Poole and countless others. The Instrumentation of the entertainers include banjo, bass, guitar, and fiddle, which is sure make you dance!

On behalf of **Music for Seniors Frank Dycus Legacy FREE Daytime Concert Series**, we're grateful for our venue host this month **Halls Senior Center** and partnering support from the **Tennessee Arts Commission!**

We hope you'll join us for this exciting event as part of **Music for Seniors Frank Dycus Legacy**

FREE Daytime Concert Series!

Limited seating— you must register for this event at 865-922-0416.

Bingo at Halls!

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

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

Sept. 4th @ 10:00 AM
Sept. 26th @ 11:00 AM
Oct. 2nd @ 10 :00 AM



Knox County Veterans Services

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

October 16th—2-4 PM
November 20th—2-4 PM
December 18th—2-4 PM



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

First Saturday
Elks Lodge #160
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church
214 Cedar St., Sevierville 37862

Second Saturday
Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday
Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

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

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

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

West End Baptist Church
116 West End St, Newport 37821

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

Knox County Senior Centers will be closed:

Sept. 2nd for Labor Day
&
Oct. 18th closing @ 11:15 AM for a Staff Retreat



September/October 2024

Pickleball

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



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

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

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



Mahjong

Monday and Friday
@ 12:30 PM



Senior Information and Referral

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

September 16th @ 10 AM
and October 21st @ 10 AM

**Senior
Information
& Referral**

Cardio Drumming

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

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

Thursdays
@ 1:00 PM



Walking Club

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

**Take that first step to
better health!**

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



September/October 2024



END OF THE SUMMER BASH

September 12th @ Noon

Join us for BBQ and sides!



Entertainment provided by the Knoxville Area Dulcimer Club.

Call 865-922-0416 to register. You must have a ticket to attend.

Medicare 101 with Ryan Ritter
September 9th and October 7th
@ 11:00 AM

Sign up at 865-922-0416 or
Email Ryan at:
rritter@wisdominsurancenetwork.com



Senior Q & A with Core
Insurance
Every 1st Thursday of the
month @ Noon–2:00 PM
September 5th & October 3rd



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

Carter Senior Center 865-932-2939
Corryton Senior Center 865-688-5882
Halls Senior Center 865-922-0416
Karns Senior Center 865-951-2653
South Knoxville Center Senior 865-573-5843
West Knox County Senior Center 865-288-7805

Monday Movie Matinee



September 16th
@ 1:00 PM

*Midnight in the Garden of
Good and Evil*

October 14th
@ 1:00 PM
The Phantom of the Opera

Popcorn will be provided.

September/October 2024

Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze

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

Knox County Trustee Justin Biggs
and his team will be at the
Halls Senior Center on
October 10th @ 10:00 AM



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

Crafts with Susanne

Join us for Crafts with Susanne.

September 3rd @ 10 AM
Fun, homemade envelopes!



October 1st @ 10 AM
Cork Pumpkins



Call 865-922-0416
to sign up.

Mexican Train Dominoes Tuesday & Friday @ Noon



Drop off your
worn or tattered
flags to the Halls
Senior Center and
will make sure there are
disposed of properly.

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



Nace Coker Insurance

INFLATION REDUCTION ACT PRESENTATION

Sept. 10th @ 1:30 PM

A presentation and discussion on the probable implications that the Inflation Reduction Act from 2022 will have on PART D drug coverage in the future.

Annual Notice of Change for Humana Gold Plus Presentation

October 8th @ 11:00 AM

Humana Seminar

October 17th @ 11:00 AM

September/October 2024

Introducing...

Lily Tomlin

Lily was adopted by Senior Services Manager, April Tomlin. She was found on the interstate downtown clinging to a retaining wall scared stiff as traffic flew by her. She had just had puppies, and no one knows what happened to them. She is especially sweet and loving and loves attention. Lily has just completed her HABIT (Human-Animal Bond in Tennessee) training and is an approved therapy dog to visit nursing homes, assisted-living residences, retirement centers, rehabilitation facilities, and more. HABIT is composed of representatives from the University of Tennessee College of Veterinarian Medicine, from the community, and private veterinarian practitioners. Lily visited the Halls Senior Center on August 8th and will be coming back soon!



LINE DANCE

5 Week Basic Steps Course
Tuesdays, Sept. 10—Oct. 8th
11:15 AM—Noon

In this class you will learn and dance 20 of the most used line dance steps. This will enable you to attend beginner classes here at Halls Senior Center as well as other facilities.



\$12.00 per person payable to the instructor.



Halloween Bash

Oct. 31st @ Noon

Hot dog, chips, cookie, drink, and Halloween treats!



Call 865-922-0416 to register. You must have a ticket to attend.



In 2003, Senior Angel Tree made spirits bright by delivering 768 gifts and 396 grocery gift cards to local Seniors in need of holiday cheer! This year's Angel Tree will launch on **MONDAY, NOV. 4th**.

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

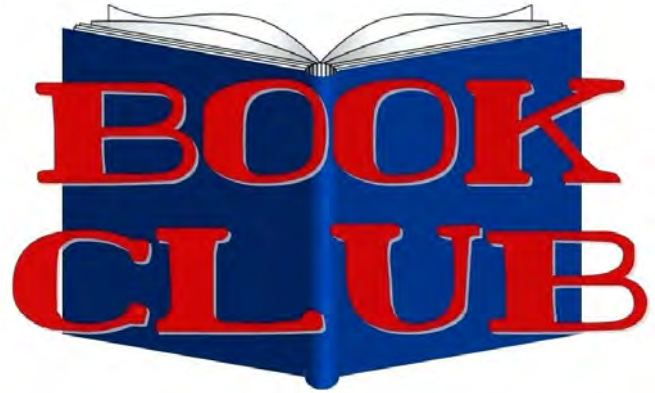
Volunteers call each recipient in October to check wish lists. They help with gift pick-ups in November, followed by wrapping gifts in December. You can also help by adopting a need. Keep an eye out for the official launch at the Halls Senior

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

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

September/October 2024

September book is
***Fat Chance by
Brandi Kennedy.***



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

Upcoming meetings...

Wednesday, September 18th @ 11:00 AM
Fat Chance by Brandy Kennedy

Wednesday, October 23rd @ 11:00 AM
It Ends with Us by Colleen Hoover

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

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



Halls Senior Center

4405 Crippen Road,
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Phone: 865-922-0416
www.knoxcounty.org/seniors/

September 2024



Center Hours—M-F 8:00 AM-4:30 PM

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

Mon	Tue	Wed	Thu	Fri
<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:00 Scrapbooking 10:00 Bridge 10:00 Pinochle 10:00 Exercise Class 12:30 Mahjong 1:00 Rook 1:00-4:30 Ping Pong</p>	<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Hand & Foot 10:00 Exercise Class 12:00 Mexican Train Dominoes 1:00 Mat Class 1:00-4:00 Pickleball</p>	<p>8:00-4:30 Fitness Room/ Caleb is here! 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:30 Rook 10:00 Hand & Foot 10:00 Beginner Line Dance 11:00 Intermed Line Dance 1:00 Bridge 1:00 Rook 1:00-4:00 Pickleball</p>	<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Quilting 10:00 Exercise Class 11:00 Polynesian Dance 12:00 Rummikub 12:30 Mahjong 1:00 Cardio Drumming 1:00-4:00 Pickleball</p>	<p>8:00-4:30 Fitness Room 8:00-4:30 GAMES ALL DAY 8:00-4:30 Billiards 8:00-1:00 Ping Pong (except 1st Friday) 10:00 Euchre 11:00 Art/Craft Social 12:00 Mexican Train Dominoes 12:30 Mahjong 1:00-4:00 Pickleball</p>
<p>2 Knox County Senior Centers Closed for Labor Day</p>	<p>3 Crafts w/Susanne @ 10 AM Fun Envelopes</p>	<p>4  10:00 AM Foods to Balance Blood Sugar @ 11:00 by Humana</p>	<p>5 Quilting Sew-In @ 8:30 AM Senior Q & A w/CORE Noon-2 PM Quality Home Health in Lobby 11:00 AM—1:00</p>	<p>6</p>
<p>9 Medicare 101 @ 11:00 AM Wisdom Insurance Network</p>	<p>10 Medicare Inflation/Reduction Drug Coverage @ 1:30 Line Dance Basics 11:00 Am—Noon</p>	<p>11 PICTIONARY @ 1:00 PM</p>	<p>12 END OF SUMMER BASH @ Noon/ BBQ pork lunch/Dulcimer Club Performance. You must REGISTER @ 865-922-0416.</p>	<p>13</p>
<p>16 Monday Movie 1:00 PM <i>Midnight in the Garden of Good and Evil</i> Popcorn provided. Sr. Info. & Referral 10 AM—Noon</p>	<p>17 Senior Walk Halls Greenway & Senior Center Tour @ 10:00 a.m., 4405 Crippen Road Lunch @ Bel Air Grill RSVP 865-288-3761. Line Dance Basics 11:00 Am—Noon</p>	<p>18 MUSIC FOR SENIORS @ 1:00 PM Book Club @ 11:00 US Air Force Birthday </p>	<p>19 Medicare 101 11:00 AM Senior Financial Group</p>	<p>20  First day of Fall on Sunday, Sept. 22nd</p>
<p>23</p>	<p>24 Line Dance Basics 11:00 Am—Noon KISMET  @ 11:00 AM</p>	<p>25 Humana in the lobby 11:00 AM—1:00 PM September Birthdays @ 1:00 PM with The Pointe at Lifespring </p>	<p>26  11:00 AM</p>	<p>27 Backgammon @ 1:00</p>
<p>30</p>				

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October 2024



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

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	<p>1 Line Dance Basics 11:00 Am—Noon Crafts @ 10 AM Pumpkins Battling Dangerous Belly Fat by Humana @ 1:30 PM</p>	<p>2  @ 10:00 AM Connected Nations Cyber Security & more @ 11:00 AM</p>	<p>3 Senior Q & A with Noon-2 PM  QUILTERS Class @ 8:30 AM</p>	4
<p>7 Medicare 101 @ 11:00 with Ryan/ Wisdom Insurance Network</p>	<p>8 KISMET @ 11:00 AM  Line Dance Basics 11:00 Am—Noon ANOC Humana 11:00 AM—Noon</p>	<p>9 Humana 11:00 AM—1:00 PM</p>	<p>10 BIG Changes in Medicare—hot dog lunch @ Noon with Andy/The Providence Group. Register 865-922-0416. TAX RELIEF for Seniors @10:00</p>	<p>11 Happy Birthday US Navy Oct. 13th </p>
<p>14 Monday Movie Matinee 1:00 PM <i>The Phantom of the Opera</i> Popcorn provided. Core ANOC 10 AM—Noon</p>	<p>15 Senior Walk Sequoyah Park, 1400 Cherokee Blvd. @ 10:00 AM Lunch at The Round Up RSVP 865-288-3761.</p>	<p>16 TAILGATE Party  Beat Bama! NOON Veterans Services 2-4</p>	<p>17 Humana Gold Plus @ 11:00 AM</p>	<p>18 Senior Centers CLOSE @ 11:15 AM for Staff Retreat</p>
<p>21 Sr. Info. & Referral 10:AM—Noon Core Insur. 10 AM—Noon</p>	<p>22  KISMET @ 11:00 AM</p>	<p>23 Book Club @ 11:00</p>	<p>24  National Bologna Day</p>	<p>25 Pictionary 10:30 AM</p>
<p>28 Core Insur. 10 AM—Noon</p>	<p>29 American Senior Benefits 11:00 AM—1:00 PM</p>	<p>30 </p>	<p>31 Halloween Bash @ Noon Hot dog, chips, cookie, drink, and Halloween treats!</p>	<p> HAPPY HALLOWEEN</p>

MUSIC *for*
SENIORS

presents

Frank Dycus Legacy
FREE Daytime Concert Series

PAPPY FISHER AND HIS OLDTIME ENTERTAINERS

Wednesday, September 18th
1:00pm - 2:00pm
Halls Senior Center



presented by

AARP
Tennessee

Presented by AARP, **Pappy Fisher and His Old Time Entertainers** hail from the Appalachian region of Knoxville, Tennessee, embracing the spirit of early old-time string bands from the 1920s and 30s, such as: Gid Tanner and the Skillet Lickers, Uncle Dave Macon and the Fruit Jar Drinkers, Roane County Ramblers, Charlie Poole and countless others. The instrumentation of the entertainers include banjo, bass, guitar, and fiddle, which is sure make you dance!

On behalf of **Music for Seniors Frank Dycus Legacy FREE Daytime Concert Series**, we're grateful for our venue host this month **Halls Senior Center** and partnering support from the **Tennessee Arts Commission!**

We hope you'll join us for this exciting event as part of Music for Seniors Frank Dycus Legacy **FREE Daytime Concert Series!**

Limited seating— you must register for this event by calling the Halls Senior Center at 865-922-0416.



VETERAN URGENT CARE RESOURCES

URGENT CARE

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

Care is available to treat non-life threatening conditions.

When to choose VA urgent care:

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



When using urgent care at a community provider:

You can also show the card on your mobile device.

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

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



Do you need help using your VA urgent care benefits?

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

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

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

- AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, or WY.
- Your region listed on the card to check your eligibility.



DOWNLOAD VA URGENT CARE BILLING INFORMATION CARD

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



FIND VA-APPROVED PROVIDERS AND PHARMACIES

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



CHECK YOUR ELIGIBILITY!

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

SELECT:

OPTION 1

THEN

OPTION 3

AND THEN

OPTION 1

Family members are not authorized to use urgent care benefits.

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

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

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

Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze

Are you 65 and over, own your primary residence, and your income in 2023 was \$36,370 or below you may qualify for Tax Relief.

Are you 65 and over, own your primary residence and your income in 2023 was \$60,000 or below you may qualify for Tax Freeze.



If you are a Disabled Veteran, Widow(er) of a DV own your primary residence you may qualify for Tax Relief .

**Applications are open October 1, 2024 — April 5, 2025
You must sign up every year.**

Knox County Trustee Justin Biggs and members of his team will be at Knox County Senior Centers in October to meet with you to answer questions and accept your applications.

October 1 at 10 A.M. Karns Senior Center 8042 Oak Ridge Highway Knoxville, TN

October 9 at 9 A.M. Corryton Senior Center 9331 Davis Drive Corryton, TN

October 10 at 10 A.M. Halls Senior Center 9331 4405 Crippen Rd, Knoxville TN

October 11 9:30 A.M. West Knox County Senior Center 239 Jamestown Blvd, Suite 101 Farragut, TN

October 22 at 10 A.M. South Knox Senior Center 6729 Martel Lane Knoxville, TN

October 23 at 10 A.M. Carter Senior Center 9040 Asheville Highway Knoxville, TN



KNOX COUNTY

VETERANS SERVICES OFFICE

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

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

Corryton- October 14, 2024 2:00 pm to 4:00 pm

Halls- October 16, 2024 2:00 pm to 4:00 pm

Carter- October 30, 2024 2:00 pm to 4:00 pm

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

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

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

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

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

**CALL THE KNOX COUNTY SENIOR CENTER TO
SCHEDULE AN APPOINTMENT**





Knoxville Seniors Got Talent Auditions

Calling All Talented Seniors Citizens - Audition for Seniors Got Talent!

Are you over 60 and have a talent to showcase? Audition for the 2024 Seniors Got Talent event! Submit your video by Friday, October 4th or attend an in-person audition. The main event will be held on Tuesday, November 12th at 7pm at The Bijou Theatre.

In-Person Audition Dates and Locations:

Tuesday, September 24th: at Morning Pointe of Powell, 7700 Dannaher Dr from 6pm-7pm

Wednesday, September 25th: at Morning Pointe of Lenoir City, 198 Morning Pointe Dr from 6pm-7pm

Thursday, September 26th: at Morning Pointe of Hardin Valley, 2449 Reagan Rd from 6pm-7pm

Friday, September 27th: at Morning Pointe of Knoxville, 9649 Westland Dr from 6pm-7pm

Saturday, September 30th: at The Lantern at Morning Pointe, 960 S Charles G Seivers Blvd in Clinton from 2pm-4pm

Prizes include \$1,000 for 1st place, \$500 for 2nd, and \$250 for 3rd. Don't miss this chance to shine!

For more details and to register, visit [Morning Pointe Foundation](#) or call (423) 910-4022.

**Learn some of the BIG
changes in Medicare
for next year!**



**October 10th
@ Noon**

**Join us for Hot Dogs,
Baked Beans, Slaw & Chips**

**Sponsored by Andy Williams with
The Providence Group**

**You must register to attend
by calling 865-922-0416.**

Nace Coker Insurance

INFLATION REDUCTION ACT PRESENTATION

Sept. 10th @ 1:30 PM

A presentation and discussion on the probable implications that the Inflation Reduction Act from 2022 will have on PART D drug coverage in the future.

Annual Notice of Change for Humana Gold Plus Presentation

October 8th @ 11:00 AM

Humana Seminar

October 17th @ 11:00 AM



Movie Matinees

September 16th @ 1:00 PM

Midnight in the Garden of Good and Evil

The most important party of the Savannah Christmas season ends with a bang! When affable host Wim Williams shoots a man to death. The party is over, the mystery begins. Director Clint Eastwood.

October 14th @ 1:00 PM

The Phantom of the Opera

He is a genius whose rapturous music fills the Opera Populaire of 1870 Paris—and a solitary soul hiding his disfigurement behind a mask and dwelling in the catacombs below. But he can no longer hide his love for young soprano Christine. And the Phantom may emerge from the shadows past the point of no return.



END OF THE SUMMER BASH

September 12th @ Noon

Join us for BBQ and sides!

**Entertainment provided by the
Knoxville Area Dulcimer Club.**

**You must have a ticket
to attend.
Call 865-922-0416.**



October 2nd @ 11:00 AM - Twenty-minute quick overview presentation on scams, internet safety, etc.

Register @ 865-922-0416.

All attendees will be registered for a small cash drawing by Connected Nations.

BRING DIGITAL SKILLS TRAINING TO YOUR COMMUNITY

We are looking for organizations to host digital skills classes in their communities.

Connected Nation's digital skills training is for everyone! Have one of our team members come out and help your community or organization enhance their technology skills.

- > FREE classes taught by Connected Nation staff
- > MONTHLY and quarterly incentives to top performing organizations
- > IN PERSON TRAINING or continuing virtual courses
- > FREE TRAINING in English or Spanish
- > DEVICE ASSISTANCE available to eligible institutions
- > SIX course offerings of your choice (See below)

COMPUTER BASICS

Learn the essentials of using your computer, including how to navigate and use your mouse efficiently.

INTERNET BASICS

Discover how to use popular web browsers like Google Chrome and make the most of search engines like Google with handy search tips.

INTERNET SAFETY

Discover how to protect yourself online by creating secure accounts and avoiding common scams.

EMAIL BASICS

Understand the basics of email, from sending messages to managing your inbox with ease.

MOBILE DEVICE BASICS

Get to grips with your iPhone or Android device, learning how to navigate it effectively along with some handy tricks.

VIDEO CONFERENCING

Learn how to set up a Zoom account, understand the difference between being a participant and a host, and explore its key features.



SIGN UP NOW SCAN CODE OR VISIT LINK

[CONNECTEDNATION.ORG/
PROGRAMS/DIGITAL-LITERACY-LEARNING](https://CONNECTEDNATION.ORG/PROGRAMS/DIGITAL-LITERACY-LEARNING)

**CONNECTED
NATION**



Everyone Belongs.

THE CAC - RETIRED & SENIOR VOLUNTEER PROGRAM PRESENTS:

2024 SENIOR SAFETY SUMMIT

EMERGENCY PREPAREDNESS FOR WEATHER DISASTERS

LOCAL EMERGENCY ORGANIZATIONS WILL BE PRESENT TO SHARE INFORMATION AND RESOURCES TO BE PREPARED!

FRIDAY, SEPTEMBER 6, 2024
10AM - 12PM

O'CONNOR SENIOR CENTER
611 WINONA ST, KNOXVILLE, TN



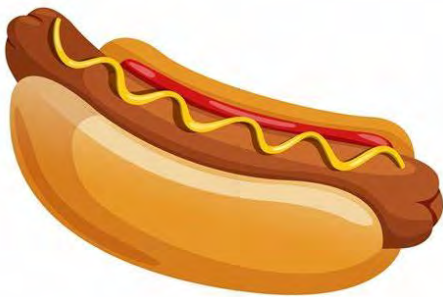
AmeriCorps
Seniors

 **CAC** Community
Action
Committee
OFFICE ON AGING

Halloween Bash

Oct. 31st @ Noon

***Hot dog, chips, cookie, drink,
and Halloween treats!***



**You must have a ticket to attend.
Call 865-922-0416.**

**Wear your favorite
Halloween costume!**



Introducing...

Lily Tomlin



Lily was adopted by Senior Services Manager, April Tomlin. She was found on the interstate downtown clinging to a retaining wall scared stiff as traffic flew by her. She had just had puppies, and no one knows what happened to them. She is especially sweet and loving and loves attention. Lily has just completed her HABIT (Human-Animal Bond in Tennessee) training and is an approved therapy dog to visit nursing homes, assisted-living residences, retirement centers, rehabilitation facilities, and more. HABIT is composed of representatives from the University of Tennessee College of Veterinarian Medicine, from the community, and private veterinarian practitioners. Lily visited the Halls Senior Center on August 8th and will be coming back soon!



**Knox County Senior Centers
will close at 11:15 AM
on Friday, Oct. 18
for a staff retreat.**





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

First Saturday

Elks Lodge #160
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church
214 Cedar St., Sevierville 37862

Second Saturday

Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

Last Saturday

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

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

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

West End Baptist Church
116 West End St, Newport 37821

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

LABOR DAY



**Knox County Senior
Centers will be closed on
Monday, September 2nd
for Labor Day!**

LEARN TO LINE DANCE

5 WEEK BASIC STEPS COURSE

TUESDAYS SEPTEMBER 10 THRU
OCTOBER 8, 2024
11:15AM TO 12:00PM

**\$12.00 PER PERSON PAYABLE TO INSTRUCTOR
SIGN UP AT FRONT DESK OR CALL 865-922-0416**

IN THIS CLASS YOU WILL LEARN AND DANCE 20 OF THE MOST
USED LINE DANCE STEPS. THIS WILL ENABLE YOU TO
ATTEND BEGINNER CLASSES HERE AT HALLS AS WELL AS
OTHER FACILITIES.

FUN AND GREAT EXERCISE!

CAC OFFICE ON AGING Senior Angel Tree

2024

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



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

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

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



LET'S TALK ABOUT MEDICARE!



**The biggest changes
to Medicare in 25+
years!!!**

To learn more about
your Medicare
options, eligibility, and
get answers to all your
questions & snacks!!

**Halls
Senior Center**

Date: 09/03/2024

Time: 10:30AM- 12:30PM





Halls Greenway and Senior Center Tour

**September 17th
@ 10:00 AM
4405 Crippen Road**

Meet at the Halls Senior Center for a quick tour before we head out on the Halls Greenway.

The Halls Greenway connects Halls Community Park with the Halls Library on Emory Road. To the north, it runs .6 mile along Beaver Creek and crosses some unusual wetland areas with access to nature trails and an overlook. Southbound from the park, it continues .3 mile to Summer Oak Lane.

**Lunch on your own at
Bel-Air Grill
3820 Neal Drive**



**Register for the walk by calling
865-288-3761 or email
seniorservices@knoxcounty.org**

Knox County Senior Services Monthly Walk

Cherokee Blvd in Beautiful Sequoyah Hills

1400 Cherokee Blvd. / Sequoyah Park

October 15th, Tuesday

10:00am

Lunch after walk at Holly's Gourmet Market

5107 Kingston Pike

Register at: seniorservices@knoxcounty.org or call 865-288-3761



We will meet at Sequoyah Park (most western park/close to the corner of Scenic Drive and Cherokee Blvd) We will walk down the riverbank and cut over to the median pathway to the Indian Burial Mound. Then we will turn around and head back on the median pathway looking at the beautiful homes and fall colors.

Restrooms are available in the parking area.

Approximately a 2 miles walk on flat ground.





Annual Notice of Change (Humana)

**Oct. 21st
@ 10:00 AM**

**Oct. 28th
@ 10:00 AM**

**Nov. 4th
@ 10:00 AM**

Crafts with Susanne Presents:



Fun, Homemade Envelopes!

Learn how to make creative envelopes using fun paper and notions you have at home. Your creativity is the only limit!

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

Bring any fun paper or notions you may have!

Fun Craft



Cork Pumpkins!

Learn how to make a pumpkin decoration out of corks. You can bring your own greenery, fall colored leaves or embellishments.

October 1st at 10 AM
RSVP at the front desk or
call 865-922-0416

All supplies provided!

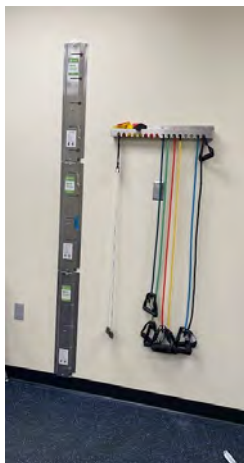
FITNESS ROOM IS NOW OPEN!

FITNESS ROOM ORIENTATION IS MANDATORY

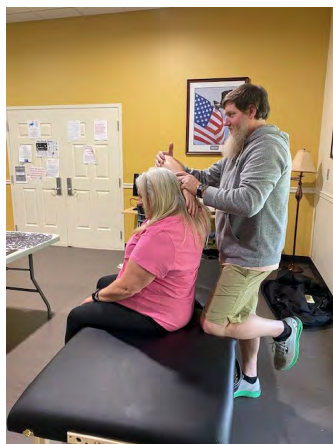
Stop by to see the new fitness room and schedule your orientation or call 865-922-0416.



personal training



fitness consultation



stretching



Grief Recovery Resources



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



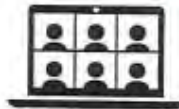
In-Person & Online Grief Recovery Support Group.

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



Facebook Group. Hope-Help-Healing

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



Online Zoom Support. Hope Circle

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



Monthly Newsletter.

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



Community Events.

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

For more information or to register for Grief Recovery Support Groups or upcoming events.
www.mynattfh.com ~ 865-407-0214 ~ GriefRecoveryJoy-Chelsi@mynattfh.com

Exploring the Benefits of Assisted Stretching

Caleb Newsome, NASM-CPT, CES

In the realm of fitness and wellness, stretching often takes a back seat to more vigorous forms of exercise. However, the importance of flexibility cannot be overstated, as it plays a crucial role in overall health and physical performance. While self-stretching routines have long been advocated, assisted stretching is emerging as a powerful tool for enhancing flexibility, improving mobility, and preventing injury. Let's look at a few benefits of assisted stretching and why it's becoming increasingly popular among fitness enthusiasts and athletes alike.

Enhanced Flexibility and Range of Motion

By assisting individuals in achieving deeper stretches, assisted stretching can significantly enhance flexibility and increase range of motion. Improved flexibility not only enhances performance but also reduces the risk of injury by allowing muscles and joints to move more freely.

Improved Posture and Alignment

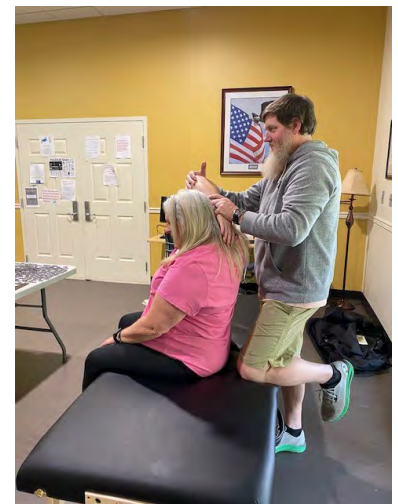
Many people suffer from poor posture due to sedentary lifestyles, prolonged sitting, or muscle imbalances. Assisted stretching can help address these issues by targeting specific muscle groups that may be tight or restricted, leading to improved posture and alignment. Through targeted stretching techniques, assisted stretching can release tension in tight muscles, alleviate muscle imbalances, and promote proper alignment of the spine and joints. This not only improves overall posture but also reduces the risk of chronic pain and injuries associated with poor posture, such as back pain, neck pain, and sciatica.

Relaxation and Stress Relief

In addition to its physical benefits, assisted stretching also provides a profound sense of relaxation and stress relief. The gentle, controlled movements involved in assisted stretching help stimulate the parasympathetic nervous system, promoting a state of relaxation and reducing stress levels.

Customized Approach to Stretching

One of the greatest advantages of assisted stretching is its ability to provide a customized approach to stretching based on individual needs and goals. Unlike generic stretching routines, which may not address specific areas of tightness or restriction, assisted stretching allows for tailored stretching protocols that address everyone's unique imbalances and limitations. In conclusion, assisted stretching offers a wealth of benefits for individuals looking to enhance their flexibility, improve mobility, and prevent injury. From increased range of motion and improved posture to relaxation and stress relief, the advantages of assisted stretching extend far beyond the physical realm. By incorporating assisted stretching into their wellness routines, individuals can unlock their full potential and achieve a greater sense of overall well-being.



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

For information or to RSVP

seniorservices@knoxcounty.org



865-288-3761

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

JANUARY 16th at 10:00 am

Join Carole, Laurie, and Eilene

WEST TOWN MALL (INDOORS)

7600 Kingston Pike 37919

Lunch-Many Options in Food Court

FEBRUARY 20th at 9:30 am

Join Robyn and Sue

FORT SANDERS HEALTH AND FITNESS (Indoors)

270 Fort Sanders Blvd. 37922

Lunch at Sami's Cafe

MARCH 19th at 10:00 am

Join Tara, Patty, and Eilene

BEVERLY PARK INTERGENERATIONAL PARK

5311 Beverly Park Circle 37918

Lunch at Henry's Deli

APRIL 16th at 9:30 am

Join Judy and Carole

BAXTER GARDENS

3901 Sam Cooper Lane 37918

Lunch at Litton's

MAY 21st at 9:30 am

Join Darrell and Cindy

SEVEN ISLANDS BIRDING PARK

2809 Kelly Lane, Kodak, 37764

Bring brown bag lunch at the park

JUNE 18th at 9:00 am

Join Robyn and Aliyete

UT ARBORETUM OAK RIDGE

901 South Illinois Avenue 37830

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

JULY 16th at 9:30 am

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

AUGUST 20th at 9:00 am

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

SEPTEMBER 17th at 10:00 am

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

OCTOBER 15th at 10:00 am

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

NOVEMBER 19th at 10:00 am

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

DECEMBER 17th at 5:30 pm

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

Knoxcounty.org/seniors/
Feel free to join us for
the dutch treat lunches

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

