

**September  
& October**

**2024**

**Karns Senior Center**  
*The Navigator*

*Holiday closings: September 2nd, Labor Day*



**Congratulations to Sue Dolislager!!** New Coordinator of Karns Senior Center. Sue has been with Knox County for 15 years. The first twelve of those years was with Knox County Schools and the last three with Knox County Senior Services as the Assistant at Karns Senior Center. She has been a tremendous asset to the center and has a heart for people and for service. Sue says, "I'm excited to be stepping into the role of Coordinator. In my time here I have grown to love the people and I look forward to each day I get to spend among friends. We will miss Robyn, but Laurie and I hope to continue in her footsteps."

**Congratulations to Laurie Lebert!!** New Assistant of Karns Senior Center. Laurie has been with Senior Services for 15 months and has been a great asset floating around to all six centers whenever and wherever needed. You may remember her from her classes, "Cooking with Laurie," which focused on plant-based and healthy eating. Laurie came in with a passion for serving seniors. She has used her gifts of kindness and compassion as a volunteer with UT Hospice for the past six years before coming to Senior Services. She is looking forward to her new role as the Assistant at Karns Senior Center.



### **Tuesday, September 3rd at 10:00 am . . . Harmonicas for Health**

Playing the harmonica can help you learn therapeutic breathing techniques and improve lung function. Humana is offering a 4 week fun and interactive in person series from the COPD Foundation this September starting on Tuesdays, September 3rd, from 10am-12pm. This is a free class and they provide a harmonica and book of songs for each participant. **RSVP**

### **Tuesday, September 3rd at 10:30 am . . . Iris Folding Card Class**

Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for this month is a girl with an umbrella. Cost is \$5.00 per class. **RSVP**

### **Thursday, September 5th at 10:30 am . . . Video Otoscopy**

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

### **Tuesday, September 10th at 8:30 am . . . Beltone**

A representative from Beltone will be here offering free hearing screenings and hearing aid cleanings by appointment. **RSVP**

### **Tuesday, September 10th at 9:30 am . . . Field Trip: Senior Day at the Fair**

Join us for a field trip to the Tennessee Valley Fair! If you are 65 and older, admission is free on this date. There are activities provided in the Kerr & Jacobs Buildings and the Pepsi Tent. Transportation is provided free by CAC. **RSVP**

### **Friday, September 13th at 9:30 am . . . Exercise & Managing Arthritis**

Arthritis is a common condition characterized by inflammation and stiffness in the joints, often resulting in pain and reduced mobility. While it may seem counterintuitive, exercise is actually a crucial component in managing arthritis symptoms and improving overall joint health. Join Caleb, Fitness Coordinator, to discover how to incorporate exercise into arthritis management. **RSVP**

Visit our website at [knoxcounty.org/seniors](http://knoxcounty.org/seniors)

**Karns Senior Center**  
**8042 Oak Ridge Highway, Knoxville, TN 37932, Phone: 865-951-2653**

**Monday, September 16th at 1:30 pm . . . Shoulder Pain Workshop**

Join Dr. Lee Easley with Knox Physical Therapy as he discusses possible causes of shoulder pain and treatment options. **RSVP**

**Wednesday, September 18th & October 2nd at 1:00 pm . . . Krfty Stamper**

Join Cindy as she teaches how to make paper crafts for home use or gift-giving. September's project is a sunflower card, Hershey watermelon, & a coffee cup gift card holder. October's project is a Frankie bag, test tube candy box, & Halloween card. Cost is \$13.00 **each class** with materials provided. **RSVP**

**Thursday, September 19th at 10:30 am . . . Getting Your House in Order**

Smoky Mountain Hospice has prepared a booklet called, "Getting Your House In Order Planning Guide" to assist you in recording memories, information, and directives to assist your loved ones for future planning in the event of an illness or death. It is Smoky Mountain Hospice's goal for this booklet to help families and loved ones make decisions with decreased anxiety and burden during very difficult times. **RSVP**

**Friday, September 20th at 12:00 pm . . . Visit with Lily Tomlin, HABIT dog**

Lily Tomlin is an 11 year old recently trained HABIT (Human-Animal Bond in Tennessee) dog and belongs to April Tomlin, Senior Services Manager. As an approved therapy dog, she can visit nursing homes, assisted living homes, retirement centers, rehab facilities, senior centers, and more. Come and see her while she visits us at Karns Senior Center.

**Tuesday, September 24th from 10:00 am -2:00 pm . . . Fall Craft Fair**

We will have a variety of vendors and items for sale: crafts, household items, homemade jams and jellies, and more. Please come visit us and shop that day!!

**Wednesday, September 25th at 1:00 pm . . . History Class**

Dr. Henry Wilson will be here discussing the topic: East Tennessee in the 1960's. This will cover the struggle for civil rights & desegregation, Vietnam and the "hippie" counterculture, and urban renewal & redevelopment, especially in downtown Knoxville. **RSVP**

**Friday, September 27th from 11:00-1:00 . . . Flu Shot Clinic**

Gordon's Drugs will be here hosting a flu shot clinic. Other shots such as Covid, pneumonia, and shingles are available but you must call to register for one of the other shots. **RSVP**

**Monday & Tuesday, Sept. 30th & Oct. 1st, 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**

**Thursday, October 3rd at 10:30 am . . . Annual Notice of Change (ANOC)**

Join Nace Coker with Tri Star Advisors as he discusses the Humana Gold Plus benefit plan changes for 2025 with a Q & A session to follow. **RSVP**

**Thursday, October 3rd at 11:00 am . . . Cyber Security Presentation**

A representative with Connected Nations will teach how to protect yourself from scams and fraud, how to recognize this and prevent it from happening with Facebook, Medicare, phone calls, and internet scams that are active right now. A cash drawing will be held for those who come to the class.

**Friday, October 4th from 8:00-4:00 pm . . . AARP Safe Driving**

AARP is offering this safe driving class. Class fee is \$20 for AARP members, \$25 for non-members, and free with the AARP Medicare Supplement through United Healthcare. Bring card. **RSVP**

**Monday, October 7th at 11:00 am . . . Field Trip: Mighty Musical Monday**

Join us for a field trip to the Tennessee Theater to enjoy a live concert. Program to be announced at a later date. Transportation provided by CAC free of charge. Concessions are available. **RSVP**

**Monday, October 7th at 1:30 pm . . . Medicare 101**

Are you getting ready to retire from a job or just turning 65 in the next few months? Learn about your options and how to compare plans to make a smooth insurance transition. Join Wendy Blackburn with Sr. Financial Group and learn the elements of Medicare, how to apply, timelines, tax consequences and more. Ask your questions, get your answers. No sales, no pressure. **RSVP**

**Tuesday, October 8th from 10:00-3:00 pm. . . Quilts of Valor Sew-in**

Everyone is invited to join us for a Sew-in. This is a special time set aside for anyone who wants to help sew quilt blocks. Participants need to bring their own sewing machine and will help with sewing 1/4" seams and putting together squares and blocks. A quilt may also be presented to a veteran. Limited space available, email Vickie Fox, vefox@aol.com with any questions or to register.

**Wednesday, October 9th from 10:00-12:00 . . . Flu Shot Clinic**

Volunteer Pharmacy will be here hosting a flu shot clinic. Other shots such as Covid, pneumonia, and shingles are available but you must call to register for one of the other shots. **RSVP**

**Wednesday, October 9th at 12:30 . . . Healthcare Expenses in Retirement**

Join Nelson Brittain with Stone Bridge Advisors to learn what baby boomers need to know about Medicare and long-term care. **RSVP**

**Thursday, October 10th, at 10:30 & 1:45 pm . . . Annual Notice of Change**

Join Linda Staffen of Core Insurance as she discusses Humana Medicare benefit plan changes for 2025 with a Q&A session to follow. She will answer other plan questions at her Q & A Table. **RSVP**

**Friday, October 11th, at 8:00 am . . . Veterans Services Office**

The Knox County Veterans Services Office will be 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, Veteran Insurance programs and more.

**Friday, October 11th, at 8:30 am . . . Vet-to-Vet Café**

Caris Healthcare, a partner of the We Honor Veterans program recognizes veterans in the community through the Vet-to-Vet Cafes, in which veterans throughout the community join together in fellowship to reminisce with other veterans while enjoying light refreshments! **RSVP**

**Monday, October 14th at 8:00 am . . . Visit with Lily Tomlin, HABIT dog**

Lily Tomlin is an 11 year old recently trained HABIT (Human-Animal Bond in Tennessee) dog and belongs to April Tomlin, Senior Services Manager. As an approved therapy dog, she can visit nursing homes, assisted living homes, retirement centers, rehab facilities, senior centers, and more. Come and see her while she visits us at Karns Senior Center.

**Monday, October 14th 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**

**Thursday, October 17th from 8:00-3:00 pm . . . Medicare Open Enrollment**

A SHIP (State Health Insurance Assistance Program) counselor will be offering one-on-one counseling to review your Medicare Plan and see what the best coverage for 2025 is for your needs. They do not sell insurance, but with the information obtained you can then work with an insurance provider to sign up for the recommended plan. Please call Melinda Bryant, 865-524-2786 to register.

**Tuesday, October 22nd at 10:00 am . . . Understanding the Science of Sleep**

Join Salae Jenkins, Health Educator with Humana to learn why it's important to get enough sleep. Sleep allows your body and mind to recharge. Learn about the science behind sleep disorders, and what you can do to help get a better night's sleep. **RSVP**

**Wednesday, October 30th at 1:00 pm . . . History Class**

Dr. Henry Wilson will be here to highlight major political and economic developments during the tumultuous decade of the Seventies, including major political scandals, urban renewal and the fallout from Watergate. Attention will also be paid to significant social and cultural developments in our region. **RSVP**

**Life Frequency  
Hearing Health  
Mondays**

**From 8:00– 9:30 am**

Luke Amos 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,  
October 16th at 1:00**

Topic: Birds of Winter  
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**

**September 18th, 1:00 pm**

Join us as we gather together and enjoy an old-fashioned gospel song sing-a-long. **No Hymn Sing in October.**

**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  
Wednesdays, September 4th &  
October 2nd at 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 September 12th is sponsored by Yes Insurance & September 26th is sponsored by Westmoreland Health & Rehab. BINGO October 10th is sponsored by Kris Brinkmeier w/Caris Healthcare. The second BINGO in October is cancelled due to early voting.

**Book Club**

**September 11th at 2:00 pm**

*The Ride of Her Life* by Elizabeth Letts. The true story of a woman, her horse, and their last-chance journey across America.

**October 9th at 2:00 pm**

*Horse* by Geraldine Brooks. An enslaved groom named Jarret and a bay foal forge a bond of understanding that will carry the horse to record-setting victories across the South.

**Mystery Book Club**

**September 25th at 2:00 pm**

*Coyote Alibi* by J. Burges and D. Burges. The story revolves around a Navajo woman who finds a job as a paralegal/secretary to a laid-back white lawyer with questionable ethics.

**October 23rd at 2:00 pm**

*Peculiar Combination* by Ashley Weaver. The heroine is a safecracker who breaks into houses by picking door locks.

**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**

Medicare Open Enrollment season runs October 15th thru December 7th. Several Medicare Agents will be here during the months of September, October, and November to offer Question & Answer (Q&A) sessions as well as Medicare classes. Please see the separate sheet that tells when each individual agent will be here and what they are offering.

**Music Jam**

**First Wednesdays of the month**

**September 4th &**

**October 2nd at 1:00 pm**

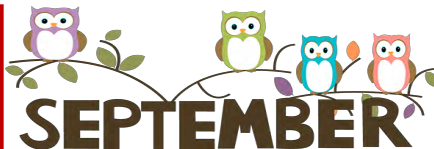
Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument to join in!

**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. They will be here on Friday, October 11th at 8:00 am or call 865-215-5645 to make an appointment.



**Karns Senior Center**  
 8042 Oak Ridge Hwy., Knoxville, TN 37931  
 Ph: (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)
<b>These events occur weekly</b>				
7:30 Ping Pong 9:00 Cardio Class* <b>10:00 Art Class*</b> 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew	10:00 Poker 10:00 Pinochle 12:30 Canasta 12:30 Chair Yoga 1:00 Stability Class 1:00 Cribbage 1:30 Genealogy Class 2:00 Yoga*	7:30 Ping Pong 9:30 Enerchi 9:30 Bridge 10:00 Flow Yoga 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting	9:00 Cardio Class* 11:00 Trivia Time 12:30 Chair Yoga 1:00 Stability Class 1:00 Crafting Social 1:00 Mah Jongg 2:00 Yoga* <b>1:45 Beginning Spanish*</b> <b>2:45 Intermed. Spanish*</b>	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
<b>2</b>  <b>Holiday Center Closed Labor Day</b>	<b>3</b> <b>10:00 Harmonicas for Health (1)</b> 10:00 Medicare Q&A & Walking Club update w/ Linda Staffen, Core Ins. <b>10:30 Iris Folding* (\$5.00)</b> <b>1:45 Beginning ASL*(2)</b> <b>2:45 ASL, Part II* (2)</b>	<b>4</b> 10:30-12:30 Social Worker Outreach  12:00-2:00 American Sr. Benefits (in the hallway)  1:00 Music Jam	<b>5</b> <b>10:30 Otoscopy Exams with Acuity Hearing</b>   <b>No Spanish Class today</b>	<b>6</b>    <b>1:00 Choir Practice starts back</b>
<b>9</b> <b>8:00-9:30 Life Frequency Hearing Health Services</b>  <b>10:00 Medicare Q&amp;A w/ Wendy Blackburn of Sr Financial Group</b> <b>1:30 Quilting*-Class 2</b>	<b>10</b> <b>8:30 Beltone</b> <b>9:30 Field Trip: Senior Day at the Fair</b> <b>10:00 Harmonicas for Health (2)</b>  <b>1:45 Beginning ASL*(3)</b> <b>2:45 ASL, Part II* (3)</b>	<b>11</b> 10:30-12:30 Medicare Q&A w/Ja'el Michael of United Healthcare  2:00 Book Club: <i>The Ride of Her Life</i> by Elizabeth Letts	<b>12</b> 11:00 BINGO sponsored by Stephen Jackson w/Yes Insurance (bring a \$5 value new/unused gift)	<b>13</b> <b>9:30 Exercise &amp; Managing Arthritis w/Caleb</b>  <b>1:00 Choir Practice</b>
<b>16</b> <b>8:00-9:30 Life Frequency Hearing Health Services</b>  <b>1:30 Shoulder Pain Workshop w/Knox PT</b>  <b>1:30 Quilting*-Class 3</b>	<b>17</b> <b>10:00 Harmonicas for Health (3)</b>  <b>1:45 Beginning ASL*(4)</b> <b>2:45 ASL, Part II* (4)</b>  <b>Senior Walk</b>	<b>18</b> 11:00-1:00 American Sr. Benefits (in the hallway)  1:00 Hymn Sing  <b>1:00 Krfty Stamper* (\$13.00)</b>	<b>19</b> 10:00-12:00 Medicare Q&A w/Kenneth Lefevre of Humana  <b>10:30 Getting Your House in Order by Smoky Mountain Hospice</b>	<b>20</b> 12:00-1:00 Visit by Lily Tomlin, HABIT dog  <b>1:00 Choir Practice</b>
<b>23</b> <b>8:00-9:30 Life Frequency Hearing Health Services</b>  <b>1:30 Quilting*-Class 4</b>	<b>24</b> <b>10:00 Harmonicas for Health (4)</b>  <b>10:00-2:00 Craft Fair</b>  <b>1:45 Beginning ASL*(5)</b> <b>2:45 ASL, Part II* (5)</b>	<b>25</b> <b>10:00 Toenail Trimming*</b> 10:00-12:00 Medicare Q&A w/Ryan Ritter of Wisdom Insurance <b>1:00 History class w/Dr. Wilson</b> 2:00 Mystery Book Club: <i>Coyote Alibi</i> by Burges	<b>26</b> 11:00 BINGO sponsored by Debbie Marko w/ Westmoreland Health & Rehab (bring a \$5 value new/unused gift)	<b>27</b> <b>10:00 Toenail Trimming*</b>  <b>11:00-1:00 Shot clinic w/ Gordon's Drugs (Flu, Covid, others on request)</b>  <b>1:00 Choir Practice</b>
<b>30</b> <b>8:00-9:30 Life Frequency Hearing Health Services</b>  <b>10:00 iPad/iPhone Basics Class* (\$35.00)</b> <b>1:30 Quilting*-Class 5</b>	<b>Find more information about our programs and the other five Knox County Senior Centers at <a href="http://Knoxcounty.org/Seniors">Knoxcounty.org/Seniors</a></b>	<b>Books and Puzzles available for lending during our business hours, 7:30 to 4:00</b> 	<b>Workout room open daily from 7:30 to 4:00</b> 	<b>Weekly recurring programs are listed at the top of the calendar. Special or one-time programs are listed on the dates they occur. If you have any questions please contact us at 865-951-2653</b>



# Karns Senior Center

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

# October

# 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)
<b>These events occur weekly, classes in red may be cancelled during early voting, please check with the center</b>				
7:30 Ping Pong 9:00 Cardio Class* <b>10:00 Art Class*</b> 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew	10:00 Poker 10:00 Pinochle 12:30 Canasta 12:30 Chair Yoga 1:00 Stability Class 1:00 Cribbage 1:30 Genealogy Class 2:00 Yoga*	7:30 Ping Pong 9:30 Enerchi 9:30 Bridge 10:00 Flow Yoga 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting	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* <b>1:45 Beginning Spanish*</b> <b>2:45 Intermed. Spanish*</b>	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
<b>Workout room open daily from 7:30 to 4:00</b>  	<b>1</b> 10:00 Tax Relief w/Brian Hornback  10:00 iPad/iPhone Basics Class* (\$35.00)  1:45 Beginning ASL*(6) 2:45 ASL, Part II* (6)	<b>2</b> 10:30-12:30 Social Worker Outreach 11-1 American Sr. Benefits (in the hallway) <b>1:00 Krfty Stamper* (\$13.00)</b>  1:00 Music Jam	<b>3</b> 10:30 ANOC w/Nace Coker of Tri Star Advisors  11:00 Cyber Security Presentation w/Ashley Clemmons	<b>4</b> 8:00-4:00 AARP Safe Driving class (craft room)
<b>7</b> 8:00-9:30 Life Frequency Hearing Svcs. 10-12:00 Medicare Q&A w/Wendy/Sr Fin. Group <b>11:00 Mighty Musical Monday</b> <b>1:30 Quilting*-Class 6</b> <b>1:30 Medicare 101 w/Wendy Blackburn</b>	<b>8</b> 10-3 Quilts of Valor  1:45 Beginning ASL* - Class 7 2:45 ASL, Part II* - Class 7	<b>9</b> 10:00-12:00 Flu Shot clinic w/ Volunteer Pharmacy <b>12:30 Managing Healthcare Expenses in Retirement/Nelson Brittain of Stone Bridge</b> 2:00 Book Club: <i>Horse</i> by Geraldine Brooks	<b>10</b> 10:30 & 1:45 ANOC w/Linda Staffen, Core Ins.  11:00 BINGO sponsored by Caris (Bring a \$5 gift) 11:30 Medicare Q&A & walking club w/Linda	<b>11</b> 8:00 Veterans Services  8:30 Vet-to-Vet Café  10:30-12:30 Medicare Q&A w/Ja'el Michael of United Healthcare
<b>14</b> 8:00-9:30 Visit by Lily Tomlin, HABIT dog <b>8:00-9:30 Life Frequency Hearing Health Services</b>  <b>1:30 Back Pain Workshop w/Knox PT</b> <i>Early Voting set-up</i>	<b>15</b> 11-1 American Sr. Benefits (in the hallway)  1:45 Beginning ASL*(8) 2:45 ASL, Part II* (8)  <b>Senior Walk</b>	<b>16</b> 12-1:30 Q&A w/Penny Mayo of Humana 1:00 Birding: Birds of Winter <b>1:00 Hymn Sing (canx)</b>  <i>Early Voting begins</i>	<b>17</b> <b>8:00-3:00 Medicare Open Enrollment by SHIP trained counselors (call Melinda Bryant, 865-524-2786 to make an appointment)</b>  <i>No Spanish today</i>	<b>18</b> Senior Services Staff Development Day—Center closes at 11:30 am <b>Center Closed at 11:30 am</b> <i>Early Voting</i>
<b>21</b> <b>8:00-9:30 Life Frequency Hearing Health Services</b>  10-12:00 Anna Waldman w/United Healthcare  <i>Early Voting</i>	<b>22</b> 10-12 Medicare Q&A w/ Anna Waldman of United Healthcare  <b>10:00 Understanding the Science of Sleep w/Salae Maxwell of Humana</b> <i>Early Voting</i>	<b>23</b> <b>10:00 Toenail Trimming*</b> 10:30-12:30 Medicare Q&A w/Kenneth Lefevre of Humana 2:00 Mystery Book Club: <i>Peculiar Combination</i> by Ashley Weaver <i>Early Voting</i>	<b>24</b>         <i>Early Voting</i>	<b>25</b> <b>10:00 Toenail Trimming*</b>         <i>Early Voting</i>
<b>28</b> <b>8:00-9:30 Life Frequency Hearing Health Services</b>         <i>Early Voting</i>	<b>29</b>         <i>Early Voting</i>	<b>30</b> 10-12:00 Medicare Q&A w/ Ryan Ritter of Wisdom Insurance  <b>1:00 History Class w/Dr. Henry Wilson</b>    <i>Early Voting</i>	<b>31</b> <b>11:00 BINGO Cancelled due to early voting</b>         <i>Early Voting</i>	<b>Find more information about our programs and the other five Knox County Senior Centers at <a href="http://Knoxcounty.org/Seniors">Knoxcounty.org/Seniors</a></b>

# Medicare Open Enrollment 2025

Medicare Open Enrollment season runs October 15th thru December 7th. Open Enrollment is the time when Medicare beneficiaries can make changes to their plans, especially when it comes to Part D—Prescription Drug Plans. It is important to review your part D coverage every year because premiums, co-payments and the drugs covered can change from year-to-year, even within the same plan. Also, a change in the medication you're taking can affect if a plan is right for you.

There are a variety of insurance providers visiting Karns Senior Center throughout the remainder of the year to provide information on the upcoming changes and options available.

**Tuesday, September 3rd, 10:00am-12:00pm**

Medicare Q&A (in the hallway)  
Linda Staffen, Core Insurance  
877.404.8060 ext. 1  
linda@coreinsuranceadvisors.com

**Wednesday, October 2nd, 11:00am-1:00pm**

Medicare & Benefits Q&A (in the hallway)  
American Senior Benefits  
423-237-2661  
tbrown@asb.insure

**Wednesday, September 4th, 12:00pm-2:00pm**

Medicare & Benefits Q&A (in the hallway)  
American Senior Benefits  
423-237-2661  
tbrown@asb.insure

**Thursday, October 3rd, 10:30 am**

Annual Notice of Change (ANOC)  
Nace Coker, Licensed Insurance Broker  
865-456-8175  
nacecokerbroker@gmail.com

**Monday, September 9th, 10:00am-12:00pm**

Medicare Q&A (in the hallway)  
Wendy Blackburn, Senior Financial Group  
865-368-6185  
wendyblackburn06@comcast.net

**Monday, October 7th, 10:00-12:00 Medicare Q&A at 10:00/Medicare 101 at 1:30**

Wendy Blackburn, Senior Financial Group  
865-368-6185  
wendyblackburn06@comcast.net

**Wednesday, September 11th, 10:30am -12:30pm**

Medicare Q & A (in the hallway)  
Ja'el Michael, United Healthcare  
775-220-6464  
jaelmichael@yahoo.com

**Thursday, October 10th, 10:30am & 1:45pm**

Annual Notice of Change (ANOC)  
**11:30am-1:30pm, Medicare Q&A (in the hallway)**  
Linda Staffen, Core Insurance  
877.404.8060 ext. 1  
linda@coreinsuranceadvisors.com

**Wednesday, September 18th, 11:00am-1:00pm**

Medicare & Benefits Q&A (in the hallway)  
American Senior Benefits  
423-237-2661  
tbrown@asb.insure

**Friday, October 11th, 10:30am -12:30pm**

Medicare Q & A (in the hallway)  
Ja'el Michael, United Healthcare  
775-220-6464  
jaelmichael@yahoo.com

**Thursday, September 19th, 10:00am-12:00pm**

Medicare Q&A (in the hallway)  
Kenneth Lefevre, Humana  
865-601-6174  
klefevre1@humana.com

**Tuesday, October 15th, 11:00am-1:00pm**

Medicare & Benefits Q&A (in the hallway)  
American Senior Benefits  
423-237-2661  
tbrown@asb.insure

**Wednesday, September 25th, 10:00am-12:00pm**

Medicare Q & A Session (in the hallway)  
Ryan Ritter, Wisdom Insurance  
865-503-4516  
ritter@wisdominsurancenetwork.com

**Wednesday, October 16th, 12:00-1:30pm**

Medicare Q & A (in the hallway)  
Penny Mayo, Humana  
865-469-2250

# Medicare Open Enrollment 2025

Medicare Open Enrollment season runs October 15th thru December 7th. Open Enrollment is the time when Medicare beneficiaries can make changes to their plans, especially when it comes to Part D—Prescription Drug Plans. It is important to review your part D coverage every year because premiums, co-payments and the drugs covered can change from year-to-year, even within the same plan. Also, a change in the medication you're taking can affect if a plan is right for you.

There are a variety of insurance providers visiting Karns Senior Center throughout the remainder of the year to provide information on the upcoming changes and options available.

**Thursday, October 17th, 8:00 am-3:00 pm**

Medicare Open Enrollment, SHIP Counselor  
Melinda Bryant, Information & Benefits Counselor  
865-524-2786

**Monday & Tuesday, October 21st & 22nd,  
10:00am-12:00pm**

Medicare Q & A (in the hallway)  
Anna Waldman, United Healthcare  
865-382-4626  
[awaldman06@comcast.net](mailto:awaldman06@comcast.net)

**Wednesday, October 23rd, 10:30am-12:30pm**

Medicare Q & A (in the hallway)  
Kenneth Lefevre, Humana  
865-601-6174  
[klefevre1@humana.com](mailto:klefevre1@humana.com)

**Wednesday, October 30th, 10:00am-12:00pm**

Medicare Q & A (in the hallway)  
Ryan Ritter, Wisdom Insurance  
865-503-4516  
[ritter@wisdominsurancenetwork.com](mailto:ritter@wisdominsurancenetwork.com)





## **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](mailto:seniorservices@knoxcounty.org)**

# **Knox County Senior Services Monthly Walk**

## **Cherokee Blud in Beautiful Sequoyah Hills**

**1400 Cherokee Blud. / Sequoyah Park**

**October 15th, Tuesday**

**10:00am**

**Lunch after walk at Holly's Gourmet Market**

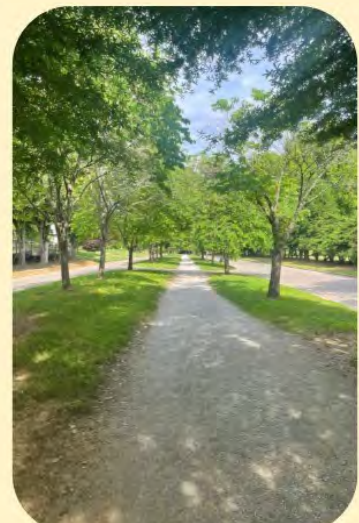
**5107 Kingston Pike**

**Register at: [seniorservices@knoxcounty.org](mailto: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 Blud) 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.**



# CAC OFFICE ON AGING Senior Angel Tree

2024

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



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

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

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