

**November &
December**

2024

Karns Senior Center
The Navigator

Holiday closings: November 11th, 28th, and 29th and December 24th & 25th

Monday, November 4th at 1:30 pm... Back Pain Workshop

Join Dr. Lee Easley with Knox Physical Therapy as he discusses possible causes of back pain and treatment. Get the information you need to address this common problem. **RSVP**

Tuesday, November 5th from 10:00-12:00... Living with Diabetes

Managing diabetes often means making a lot of daily decisions around food, exercise, and medications. It may feel overwhelming and lonely. Join Salae Jenkins from Humana, for this 4-week series to learn simple strategies to help better manage your blood sugar. **RSVP**

Thursday, November 7th from 10:30-12:00... Financial Literacy Seminar

Join Hilary Anderson, AAA Life & Annuity Agent, as she presents money-saving tips on budgeting, paying off debt, and financial goal-setting. Refreshments provided. **RSVP**

Thursday, November 7th from 10:30-12:00... Humana Changes for 2025

Join Nace Coker, Licensed Insurance Broker, and get experienced insurance guidance. This informational meeting will allow you the opportunity to learn about the changes you can expect for the coming year so you can review your options. **RSVP**

Friday, November 8th at 1:00... Veteran's Day Program and Choir Performance

We invite our veterans to join us as we recognize your service to our country. Karns choir will lead a musical performance and we will be joined by Karns HS JROTC presenting the colors. Refreshments courtesy of American Senior Benefits. Veterans, if you would like to share a photo with us from your service days, please stop at the Center ASAP and we will include those in our program. **RSVP**

Tuesday, November 12th from 8:00-3:00... SHIP/CAC Medicare

SHIP Counselors work to give accurate and helpful information regarding Medicare and other related health insurances. Compare your current plan against other plans for the coming year and determine which is best for your needs. Call Melinda Bryant, CAC/Office on Aging at 865-524-2786, to make an appointment. **RSVP**

Tuesday, November 12th from 11:00-12:00... Hearing Health Lunch & Learn

Get your questions about your hearing health and hearing aids answered by Luke Amos of Life Frequency Hearing Health Services. Lunch will be served. **Must RSVP**

Wednesday, November 13th from 12:30-3:00... Hearing Screening w/ Life Frequency

This is an opportunity to have your hearing screened and speak with a knowledgeable hearing specialist, Luke Amos, about ways to improve your hearing. Call to make an appointment. **RSVP**

Thursday, November 14th from 10:30-12:00... JoAnn Parsley Book Launch

Our own JoAnn Parsley has finished her second book! Come and meet the author and get your copy of her new book, the second in the series. No obligation to purchase. Refreshments will be served. **RSVP**

Visit our website at knoxcounty.org/seniors

Friday, November 15th from 9:30-11:00... Turkey Trot

The Turkey Trot is back! This is a one mile walk/run open to all of our members. We will be collecting 5 non-perishable food items per person as registration to benefit Beaver Ridge UMC food pantry. See enclosed flier for more info. **Please register by Tuesday, Nov. 12th. RSVP**

Monday, November 18th from 1:30-3:30... Bowl Cozy Sewing Project

Needing Christmas presents? This bowl cozy is a great gift because you can make it yourself! This 2 hour class will show you how to make different sizes of bowl cozies and is for everyone: seasoned sewer or beginner. Cost is \$20 which includes the pattern. Materials list will be made available. **RSVP**

Tuesday, November 19th from 10:30-12:00... Charitable Giving

Join Nelson Brittain of StoneBridge Advisors, Inc. as he discusses the benefits and considerations for charitable giving. Do you know the difference between CLT's, CRT's, and DAF's? Let Nelson explain the different options available to you. **RSVP**

Wednesday, November 20th at 1:00... Krfty Stamper

Join Cindy Bogard as she teaches how to make paper crafts to use or give as gifts. This month's project is a Thanksgiving card, turkey magnet, fall candy box. Cost is \$13 with materials provided. **RSVP**



Thursday, November 21st from 11:00-12:00... Cooking with Laurie

Join Laurie for this cooking class featuring her delicious Smoky Maple Vegan Sweet Potato Au Gratin. This cozy baked recipe will be a holiday side dish everyone will love just in time for the season. **RSVP**

Friday, November 22nd from 10:00-2:00... Humana Go 365

Do you have Go365 as a benefit to your Humana account and want to understand it? Salae Jenkins will be available to answer your questions about the program and assist you in learning the features and benefits of the program. Call Salae Jenkins at 865-839-0176 for reservations.

Tuesday, Nov. 26th (10:00-12:00) & Monday, Dec. 2nd (1:30- 3:00)...Medicare Changes

It's here! Annual enrollment is upon us. Are you aware of the Medicare changes for 2025? Join Wendy Blackburn from Senior Financial Group for information about Medicare costs, tax implications, deadlines and how to enroll so you can make your choice for next year. **RSVP**

Monday, December 2nd from 1:30-2:30... Shoulder Pain Workshop

Are you suffering from shoulder pain or lack of mobility? Join Dr. Lee Easley of Knox PT as he discusses the causes of shoulder pain as well as treatment options. **RSVP**

Tuesday, December 3rd from 10:30-11:30... Etegami w/ Mana

Etegami, or Japanese postcard art, dates back to the 1870's when the Japanese Postal Service began printing standardized postcards. Soon individuals were painting beautiful postcards to send to family and friends. Join us to create your own etegami and learn more about this traditional Japanese art form. **RSVP**



Thursday, December 5th from 11:30-1:00... Holiday Meal

Join us for a time of fellowship as we gather to enjoy a meal together. All your favorite holiday food provided by the wonderful ladies of Butler Bros. Excavating. **To ensure we have enough food you must register to attend.**

Friday, December 6th from 2:00-4:00... Fraud & Scam Awareness & Prevention

Join Knox Co. Senior Services Manager April Tomlin for this important presentation on how to identify and avoid scams and protect yourself from becoming a victim. Becoming aware is the first step in protecting yourself! **RSVP**

Tuesday, December 10th from 8:00-10:00... Beltone

A representative from Beltone will be here offering hearing aid cleaning, hearing check-ups. Please call to schedule an appointment time. **RSVP**

Tuesday, December 10th from 10:00-11:00... Building Stronger Bones

You're never too old to improve the health of your bones. Find out why managing osteoporosis is important for your well-being and learn tips for boosting your bone health. Join Salae Jenkins from Humana for this presentation. **RSVP**

Friday, December 13th from 1:00-3:00... Karns Choir Christmas Concert

The Karns Choir will present a special program of Christmas music to help get us all in the holiday spirit! Come listen and support our talented senior choir led by Suzanne Shinn. Light refreshments will be served sponsored by Penny Mayo with Humana. **RSVP**

Tuesday, December 17th from 10:30-12:00... Investment Planning

Are you being adequately compensated for the risks you are taking? How do you know? Join Nelson Brittain of StoneBridge Advisors, Inc. as he discusses investment planning, offering information to help you make informed decisions. **RSVP**

Tuesday, December 17th from 2:00-3:00... Holidays and Grief

The holiday season can be particularly difficult for those who are grieving. Join Casey Parker from Shalom Hospice for this craft activity designed to help those who have suffered loss find a way to include their loved ones as they navigate the holiday season. **RSVP**

Wednesday, December 18th at 1:00 ... Krfty Stamper

Join Cindy Bogard as she teaches how to make paper crafts to use or give as gifts. This month's project is a rocking Christmas card, candy box ornament, and gift card holder. Cost is \$13 with materials provided. **RSVP**



Thursday, December 19th from 10:30-12:00... Rocky Top ENT

Rocky Top Hearing specializes in providing patient-centered medical treatment for hearing loss and tinnitus. There are many ways in which hearing loss can impact your health and well-being. Susan Webb, MA, CCC-A, enjoys working with patients to find solutions that best suit their listening needs. **RSVP**

Thursday, December 19th from 2:00-3:00... Ask Brandon for Tech Help

If you need assistance with some basic computer questions or help with your phone, you can schedule a time to meet with Brandon Dicorato of Sr. Financial Group for help. Bring your device with you! **RSVP**

Life Frequency Hearing Health

**Mondays
from 8:00– 9:30 am**

Luke Amos with Life Frequency is here once a week offering hearing aid cleaning and hearing check-ups. Please call his office at 865-310-5008 to schedule.

Birding

Meets on the 3rd Wednesday every other month.

**No Birding scheduled for
November & December**

These classes will not be offered in November or December:

**Iris Folding
Essential Oils
History Class**

Look for them in 2025!

Hymn Sing

**Every Third Wednesday
November 20th at 1:00 pm
December 18th at 1:00 pm**

Come and sing along with some old favorite hymns. We will be adding some guest musicians for our December event. All are welcome!

Music Jam

**Every First Wednesday
November 6th at 1:00 pm
December 4th at 1:00 pm**

Join us for an afternoon of country, bluegrass, and gospel music. Bring your instrument to join in or just come and listen!

**November refreshments
provided by Nace Coker,
Licensed Insurance Broker
December refreshments
provided by Wendy Blackburn,
Senior Financial Group.**

Grief Support

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

BINGO

For November and December we have only one BINGO scheduled each month due to the holidays. We will have BINGO on Thursday, November 14th and Thursday, December 12th at 11:00 am. Bring a new \$5.00 value gift to participate!

Book Club

November 13th at 2:00 pm

A Walk in the Woods by Bill Bryson

This book chronicles the author's experiences hiking the Appalachian Trail from Georgia to Maine, in 1996. Bryson blends humor with information on various aspects of American history, nature conservation, botany, geology, geography, industrialization, and wildlife.

December 11th at 2:00 pm

Featuring the movie ***A Walk in the Woods*** and holiday party.

Mystery Book Club

November 20th at 2:00 pm

Changing Tides by Veronica Mixon

A financial analyst discovers life is complicated, even in her peaceful, laid-back community in the Georgia Low Country. She faces a real estate empire teetering on bankruptcy, professional thieves masquerading as friends, and a tenacious US Marshal who unearths truths that crumble her foundation of self and family.

December 18th at 2:00 pm

Hercule Poirot's Christmas by Agatha Christie

The book features Christie's famous detective Hercule Poirot. A family reuniting for Christmas finds the host of the gathering murdered in a private room.

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. You can schedule an appointment to meet with a representative here on:

**Friday, November 8th
from 8:00-10:00**

**Friday, December 13th
from 8:00-10:00**

Please call 865-215-5645 for more information.

Senior Walks

Knox County Senior Services schedules a walk monthly for seniors. If you would like to receive information about these walks, please email:

seniorservices@knoxcounty.org
or call 865-288-3761.

Social Worker Outreach

**Every First Wednesday,
November 6th, 10:00-12:00
December 4th, 10:00-12:00**

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 also contact their office at (865) 546-6262.



Karns Senior Center

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

November

2024




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)

Daily Schedule Remains The Same/Special Events Are Listed By Date				
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 1:30 Guitar Jam	9:00 Pinochle 10:00 Poker 12:30 Canasta 12:30 Chair Yoga 1:00 Stability Class 1:00 Cribbage 1:30 Genealogy 2:00 Yoga*	7:30 Ping Pong 9:30 Tai Chi 9:30 Bridge 10:00 Flow Yoga 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oils and Acrylics	9:00 Cardio Class* 11:00 Trivia 12:30 Chair Yoga 1:00 Stability Class 1:00 Crafting Social 1:00 Mah Jongg 2:00 Yoga* 1:45 Beg. Spanish* 2:45 Inter. Spanish*	7:30 Ping Pong 9:00 Pinochle 10:00 Cardio Drumming 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train 1:00 Euchre 1:00 Choir Practice 2:30 Ukulele Practice
Line Dance* classes start back on Monday, Nov. 4th at 12:15	ASL classes start back on Tuesday, October 29th 1:45 Beg. ASL* 2:45 ASL II*	Activities on the calendar followed by an (*) have a fee to participate. Activities listed in bold, please RSVP	Classes in the Multi Purpose Room resume on Monday, November 4th	1 Early Voting Take-down
4 8:00-9:30 Life Frequency Hearing Health Services 10:00-12:00 Q&A Sr. Financial Group 12:15 Line Dance* 1:30 Knox PT/ Back Pain	5 10:00-12:00 Living w/ Diabetes w/ Salae Jenkins (4 week class) 1:45 Beg. ASL* 2:45 ASL Part II*	6 10:00-12:00 Social Worker Outreach 1:00 Music Jam Refreshments sponsored by Nace Coker	7 10:30-12:00 Humana Changes 2025 Presentation w/ Nace Coker 10:30-12:00 Financial Literacy w/ Hilary Anderson	8 8:00-10:00 Veteran's Services 1:00 Veteran's Day Program/Karns Choir w/ Karns HS JROTC sponsored by: American Sr. Benefits
11 Veterans Day Center Closed 	12 8:00-3:00 SHIP/CAC Medicare 10:00-12:00 Living w/ Diabetes 11:00-12:30 Life Frequency Hearing Lunch & Learn 1:45 Beg. ASL* 2:45 ASL Part II*	13 10:00-12:00 Medicare Q&A Core Insurance 12:30-3:00 Hearing Screening w/ Life Frequency Hearing 2:00 Book Club: <i>A Walk in the Woods</i>	14 10:30-12:00 JoAnn Parsley Book Launch Party 11:00-12:00 BINGO (bring a \$5 value new/unused gift)	15 9:30-11:00 Annual Turkey Trot (register by 11/12 to participate) see flier for more details
18 8:00-9:30 Life Frequency Hearing Health Services 12:15 Line Dance* 1:30-3:30 Bowl Cozy Sewing Project*	19 Senior Walk 10:00-12:00 Living w/ Diabetes 10:30-12:00 Charitable Giving 1:45 Beg. ASL* 2:45 ASL Part II*	20 10:00-12:00 Medicare Q&A w/ Penny Mayo 1:00 Hymn Sing 1:00 Krfty Stamper* 2:00 Mystery Book Club: <i>Changing Tides</i>	21 10:00 Toenail Trimming* 11:00-12:00 Cooking w/ Laurie Sweet Potato Gratin	22 10:00 Toenail Trimming* 10:00-2:00 HumanaGo 365 w/ Salae Jenkins RSVP 865-839-0176
25 8:00-9:30 Life Frequency Hearing Health Services 12:15 Line Dance*	26 10:00-12:00 Living w/ Diabetes 10:00-12:00 Medicare Education Sr Financial Group 1:45 Beg. ASL* 2:45 ASL Part II*	27 10:00-12:00 Medicare Q&A, United Healthcare	28 Holiday: Center Closed 	29 Holiday: Center Closed 



Karns Senior Center

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



2024

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)

Daily Schedule Remains The Same/ Special Events Are Listed By Date

<p>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 1:30 Guitar Jam</p>	<p>9:00 Pinochle 10:00 Poker 12:30 Canasta 12:30 Chair Yoga 1:00 Stability Class 1:00 Cribbage 1:30 Genealogy 2:00 Yoga*</p>	<p>7:30 Ping Pong 9:30 Tai Chi 9:30 Bridge 10:00 Flow Yoga 10:00 Rook 11:00 SAIL Exercise* 1:00 Canasta 1:00 Oils and Acrylics</p>	<p>9:00 Cardio Class* 11:00 Trivia 12:30 Chair Yoga 1:00 Stability Class 1:00 Crafting Social 1:00 Mah Jongg 2:00 Yoga* 1:45 Beg. Spanish* 2:45 Inter. Spanish*</p>	<p>7:30 Ping Pong 9:00 Pinochle 10:00 Cardio Drumming 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train 1:00 Euchre 1:00 Choir Practice 2:30 Ukulele Practice</p>
<p>2 8:00-9:30 Life Frequency Hearing Health Services 12:15 Line Dance* 1:30-3:00 Medicare Education/Senior Financial Group 1:30 Knox PT</p>	<p>3 10:30-11:30 Etegami: Japanese Notecards w/ Mana 1:45 Beg. ASL* 2:45 ASL Part II*</p>	<p>4 10:30-12:30 Social Worker Outreach 1:00 Music Jam sponsored by: Wendy Blackburn</p>	<p>5 11:30-12:30 Holiday Meal (RSVP) sponsored by: Butler Bros.</p>	<p>6 10:00-12:00 Medicare Q&A, United Healthcare 2:00-4:00 Fraud & Scam Presentation w/ April Tomlin, Senior Services Manager</p>
<p>9 8:00-9:30 Life Frequency Hearing Health Services 12:15 Line Dance*</p>	<p>10 8:00-10:00 Beltone 10:00-11:00 Building Stronger Bones/Salae Jenkins 1:45 Beg. ASL* 2:45 ASL Part II*</p>	<p>11 12:30 Book Club: end of the year movie <i>A Walk in the Woods</i></p>	<p>12 10:00-12:00 Medicare Q&A, Core Insurance 11:00 BINGO (Bring a \$5 value new/unused gift to play)</p>	<p>13 8:00-10:00 Veteran's Services 1:00-3:00 Karns Choir Christmas Program Sponsored by: Penny Mayo/Humana</p>
<p>16 8:00-9:30 Life Frequency Hearing Health Services 10:00-2:00 Humana Go 365 w/ S. Jenkins RSVP 865-839-0176 12:15 Line Dance*</p>	<p>17 Senior Walk 10:30-12:00 Investment Planning 2:00-3:00 Holidays & Grief w/ Shalom Hospice <i>ASL ends until Jan.</i></p>	<p>18 12:00-1:30 Medicare Q&A w/Penny Mayo 1:00 Hymn Sing w/ musical guests 1:00 Krfty Stamper* 2:00 Mystery Book <i>Poirot's Christmas</i></p>	<p>19 10:30-12:00 Rocky Top ENT w/ Susan Webb, Audiologist 2:00 -3:00 Tech Help w/ Brandon Dicorato Sr. Financial Group</p>	<p>20 10:00 Toenail Trimming*</p>
<p>23 8:00-9:30 Life Frequency Hearing Health Services No Line Dance</p>	<p>24 Holiday: Center Closed </p>	<p>25 Holiday: Center Closed </p>	<p>26</p>	<p>27</p>
<p>30 8:00-9:30 Life Frequency Hearing Health Services 12:15 Line Dance*</p>	<p>31</p>			<p>Workout room open daily from 7:30-4:00 </p>

Medicare Open Enrollment 2025

Medicare Open Enrollment season runs from 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.

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. Some are informational presentations and others are Q&A options which will be held informally in the lobby.

Please take note of the following dates and times.

Monday, November 4th, 10:00-12:00

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

Thursday, November 7th, 10:30-12:00

Humana Changes for 2025
Nace Coker, Licensed Insurance Broker
865-640-8175
nacecokerbroker@gmail.com

Tuesday, November 12th, 8:00-3:00

SHIP Medicare Enrollment (computer lab)
Melinda Bryant, SHIP/CAC
Call 865-524-2786 to schedule

Wednesday, November 13th, 10:00-12:00

Medicare Q&A (in the lobby)*
Linda Staffen, Core Insurance
877-404-8060, ext. 1
linda@coreinsuranceadvisors.com

Wednesday, November 20th, 10:00-12:00

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

Friday, November 22nd, 10:00-2:00 &

Monday, December 16th, 10:00-2:00
Humana Go 365 (in computer lab)
Salae Jenkins, Humana
(RSVP: 865-839-0176)

Tuesday, November 26th, 10:00-12:00

Medicare Education Seminar
Wendy Blackburn, Sr. Financial Group
865-368-6185
wendyblackburn06@comcast.net

Wednesday, November 27th, 10:00-12:00

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

Monday, December 2nd,

10:00-12:00 Medicare Q&A (in the lobby)
1:30-3:00 Medicare Education
Wendy Blackburn, Sr. Financial Group
865-368-6185
wendyblackburn06@comcast.net

Wednesday, December 6th, 10:00-12:00

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

Wednesday, December 12th, 10:00-12:00

Medicare Q&A (in the lobby)*
Linda Staffen, Core Insurance
877-404-8060, ext. 1
Linda@coreinsuranceadvisors.com

Wednesday, December 18th, 12:00-1:30

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

* Walking Club Update



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, Saraha, 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.





Senior Angel Tree



The Senior Angel Tree program is about to launch again for the 2024 holiday season. There was so much enthusiasm from the Senior Centers last year, and we want to support that great effort again this year. The program will look a little different this year but the mission is the same, to provide needed items to area seniors. A list of acceptable donations is available at the Senior Center starting Monday, November 4th. Items should be collected and placed in drop boxes provided by and located at each local Senior Center. **The deadline for donations is Tuesday, December 3rd.** We gratefully acknowledge your help from last year's Senior Angel Tree effort and look forward to making this year's program just as successful!



Turkey Trot Race/Walk Friday, November 15th, 9:30-11:00



Join us Friday, November 15th, starting at 9:30 am, for our annual Turkey Trot! The one-mile race/walk is four loops around the Karns Senior Center. Registration is 5 non-perishable food items to be donated to Beaver Ridge UMC Food Pantry. Sign up to participate between Wed, Oct 16th and Tues, Nov 12th. The first 20 to register before Friday, Nov 1st will get a free t-shirt (sponsored by Gordon's Drugs). The male and female winner in each age category: 50-65, 66-70, 71-75, 76+, wins a prize (gift cards or turkeys)!

Sponsored by: Mike Gordon/Gordon's Drugs, Wendy Blackburn/Senior Financial Group, Casey Parker/Shalom Hospice, Nace Coker/Humana, Linda Staffen/Core Insurance, Bonnie Parton/Atria Weston Place

Attention Pickers, Grinners, and Fans alike:

Did you know that Knox County Senior Centers have multiple “Jam” options just for you? Check out the list below, put in day of the week order, and start making your rounds to fill your need to JAM!

Guitar Jam Mondays 1:30-3:30 Open to anyone who can play guitar who likes music from the 60s and 70s. No open audience (KARNS)

Music Jam first Mondays of every month 1:30 (WEST)

Gospel Singing fourth Monday of every month 1:00-3:00 Open to anyone who plays an acoustic instrument and has an open audience (SOUTH)

Corryton Jam Tuesdays at 1:30 Open to anyone who plays acoustic instruments and has an open audience (CORRYTON)

Music Jam first Wednesday of every month 1:00-3:00 Open to anyone who plays an instrument and likes bluegrass or Americana. Open Audience (KARNS)

South Knox Opry Thursdays 9:00-12:00 Country, Gospel, and Bluegrass music open to anyone who plays acoustic instruments and has an open audience (SOUTH)

Guitar Jam Fridays at 2:00 Open to anyone who plays acoustic instruments and has an open audience (CARTER)

Knox County Senior Centers:

- Carter - 9040 Asheville Highway Knoxville TN 37924 * 865-932-2939
- Corryton - 9331 Davis Drive Corryton TN 37721 * 865-688-5882
- Halls - 4405 Crippen Road Knoxville TN 37918 * 865-922-0416
- Karns - 8042 Oak Ridge Highway Knoxville TN 37931 * 865-951-2653
- South - 6729 Martel Lane Knoxville TN 37920 * 865-573-5843
- West - 239 Jamestowne Road Suite 101 Knoxville TN 37934 * 865-288-7805

Cardio Drumming	Friday	10:00-10:30
Cardio & Strength*	Monday/Thursday	9:00-10:00
Chair Yoga	Tuesday/Thursday	12:30-1:00
Flow Yoga	Wednesday	10:00-10:30
SAIL*	Monday/Wed/Friday	11:00-12:00
Stability	Tuesday/Thursday	1:00-1:30
Tai Chi	Wednesday	9:30-10:00
Yoga*	Tuesday/Thursday	2:00-3:00
Choir	Friday	1:00-2:00
Guitar Jam	Monday	1:30-3:30
Hymn Sing	3rd Wednesday	1:00-2:00
Music Jam	1st Wednesday	1:00-3:00
Ukulele Practice	Friday	2:30-3:30
Bridge	Wednesday	9:30-12:00
Canasta	Tuesday/Wednesday	12:30/1:00
Euchre	Friday	1:00
Mah Jongg	Thursday	1:00
Mexican Train Dominoes	Friday	1:00
Pinochle	Monday/Tuesday & Friday	12:30/9:00
Poker	Tuesday & Friday	10:00-12:00
Rook	Wednesday	11:00-3:30
Cribbage	Tuesday	1:00-3:00
Bingo	2nd & last Thursday	11:00-12:00
Book Clubs	2nd & last Wednesday	2:00-3:00
Genealogy	Tuesday	1:30-3:30
Line Dance*	Monday	12:15-1:15
Ping Pong	Monday/Wed/Friday	7:30-9:30
Trivia	Thursday	11:00-12:00
Art Class*	Monday	10:00-12:00
Crafting Social	Thursday	1:00-3:30
Iris Folding*	1st Tuesday (Feb-Nov)	10:30-11:30
Krfty Stamper*	3rd Wednesday	1:00-2:00
Oils & Acrylics	Wednesday	12:30-3:30