



Sept/Oct
2024

West Knox County Senior Center

The *Scene*

The Senior Center will be closed on Monday, September 2nd for Labor Day.

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- [October 28th ... Meet and Greet with Author JoAnn Parsley](#)
- [October 28th ... Writing Workshop](#)
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West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934;
Phone: 865-288-7805 and visit us online at www.KnoxCounty.org/seniors



West Knox County Senior Center

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Sept. 2024

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

Mon (7:30—4:00)	Tue (7:30—4:00)	Wed (7:30—4:00)	Thu (7:30—4:00)	Fri (7:30—4:00)
<p>The programs listed below occur weekly:</p>				
<p>7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group 10:30 Bingo 12:00 Mexican Train Dominoes 12:00 MJ Group</p>	<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 9:00 Healing Touch 9:30 Interm. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group 10:15 Spanish II* 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:30 Canasta 12:30 Hand & Foot 12:50 Feldenkrais* 1:00 Portrait Art Group 2:00 Interm. Line Dance*</p>	<p>7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Beg. Spanish Intro* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg 1:00 Improvers Line Dance* 1:00 Bridge 1:00 Oil Painting Class*</p>	<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 7:30—4:00 Caleb Newsome available for health and fitness Consultations 9:00 French* 9:30 Artist Group Social 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 10:15 Spanish II* 11:15 Tone & Balance* 11:45 Pickleball Lessons 12:00 Rook 12:30 Pickleball 1:00 Cribbage 1:00 Feldenkrais* 2:15 Beginning Line Dance*</p>	<p>7:30—3:45 Fitness Room Open 8:00—12:00 Table Tennis 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:00 Pinochle Double Deck Class 9:30 Ask Jake 10:00 SAIL Exercise* 11:00 Oil Painting Class* 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group 12:30 Pinochle</p>
<p>The programs listed below are non-weekly or specialty programs:</p>				
<p>2 <i>Center Closed Labor Day</i></p>	<p>3 10:00 AM —1:00 PM Meet Lily Tomlin, Therapy Dog 10:30 Grief Support 1:00 Medicare Q&A Table with United HealthCare</p>	<p>4 1:30 Sew What 9:30 Beg. Spanish Intro starts*</p>	<p>5 9:00 Meet the Physical Therapist 2:15 PM New beginning Line Dance class starts.</p>	<p>6 9:00 Double Deck Pinochle for Beginners 10:00 Medicare Q&A Table with Kenneth Lefevre 9:00—10:30 Hearing Help with Beltone</p>
<p>9 9:00 Social Worker Outreach 1:30 Music Jam</p>	<p>10 9:30 Field Trip: Tennessee Valley Fair 10:00 Medicare Q&A Table in the Hallway with Core Insurance & Walking Club Info 1:30 History Class: Literary History of East TN* (1:3) 9:45 AM Yang Style Tai Chi new beginners class starts</p>	<p>11 9:00 Spanish an Intro* 9:40 Nail Trimming* 10:00 Mah Jongg Lesson*(1:5) 10:30 Cornhole Tournament Falls 8:45 AM Tai Chi with Cheryl new beginner class starts.</p>	<p>12 1:00 Steel Magnolia’s Book Club</p>	<p>13 9:00 Double Deck Pinochle for Beginners 10:00 Nail Trimming*</p>
<p>16 12:30 American Sewing Guild</p>	<p>17 10:00 Senior Walk: Halls Greenway & Senior Center Tour 10:30 Grief Support 11:30 Medicare Presentation with Dixie Curless 1:30 History Class: Literary History of East TN* (2:3) 1:30 Medicare QA table with Wisdom Insurance Network</p>	<p>18 9:00 Spanish an Intro* 10:00 Color Coffee Chat 10:00 Legal Outreach 10:00 Mah Jongg Lesson* (2:5)</p>	<p>19 9:00 Meet the Physical Therapist 12:00 WKCS Book Club 10:30 Field Trip: Aldi’s with Caleb</p>	<p>20 9:00 Double Deck Pinochle for Beginners 10:00—3:00 Android Basics Workshop*</p>
<p>23 10:00 Craft Class: Paper Pumpkin 1:30 Writing Workshop</p>	<p>24 1:30 History Class: Literary History of East TN* (3:3) 1:00 Hearing Table in the Hallway with Acuity</p>	<p>25 9:00 Spanish an Intro* 10:00 Mah Jongg Lesson* (3:5) 10:30 Cornhole Tournament</p>	<p>26 1:00—3:30 PM Meet Lily Tomlin, Therapy Dog 11:00 AARP Smart Driver Class* 1:00 Humana Medicare Q&A Table with Leah Lovely 1:30 Vietnam Vets Social</p>	<p>27 11:00 AARP Smart Driver Class* 10:30 Twirlercise*</p>
<p>30</p>	<p>Medicare Annual Open Enrollment is coming. See pages 22-29 of our eNewsletter for presentations and Q&A sessions with various providers. We will also have a Medicare Information Bulletin Board at the Center listing these programs for your convenience.</p>			



West Knox County Senior Center

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

Phone: 865-288-7805

www.knoxcounty.org/seniors

Oct. 2024

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Activities listed below in **bold** please register to participate.

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The programs listed below are non-weekly or specialty programs:				
	1 10:00 AM Medicare Q&A Table with Brooke & Walking Club Info 10:30 Grief Support	2 10:00 Mah Jongg Lesson* (4-5) 1:30 Sew What	3 9:00 Meet the Physical Therapist 10:00 Humana Annual Notice of Change Presentation with Core Insurance 1:00 Humana Annual notice of Change seminar for Humana Gold Plus plan with Core Insurance.	4 9:00 Double Deck Pinochle for Beginners 10:30 Internet Basics with Connected Nations 1:30 Battling Dangerous Belly Fat Presentation
7 9:00 Social Worker Outreach 1:30 Music Jam 1:30 Shalom Hospice of Greater Knoxville Presentation	8 11:15 Field Trip: WDVX Blue Plate Special 1:30 History Class: Musical History of East TN* (1-3) <div style="border: 1px dashed yellow; padding: 5px; text-align: center;"> Gymnasium Closed No Pickleball today. </div>	9 9:40 Nail Trimming* 10:00 Mah Jongg Lesson* (5-5) 1:00 Medicare Q&A Table with United Healthcare by Ja'el Michael <div style="border: 1px dashed yellow; padding: 5px; text-align: center;"> Gymnasium Closed No SAIL Class today. </div>	10 10:00 iPad iPhone Basics* 1:00 Steel Magnolias Book Club 1:00 Medicare QA Table with Humana with Kenneth Lefevre 1:00 Exercise & Bone Health Presentation <div style="border: 1px dashed yellow; padding: 5px; text-align: center;"> Gymnasium Closed no pickleball today. </div>	11 9:00 Double Deck Pinochle for Beginners 9:30 Tax Relief & Tax Freeze Presentation 10:00 iPad iPhone Basics* Workshop* 10:30 Twirlercise* 10:00 Nail Trimming* 1:30 Japanese Etegame
14 10:00 Craft Class: Candy Corn Burlap Decoration 1:00 Humana Annual Notice of Change Presentation with Nace Coker	15 10:00 Senior Walk: Cherokee Blvd. 10:30 Grief Support 11:30 Medicare Presentation with Dixie Curless 1:30 History Class: Musical History of East TN* (2,3) 2:00 Humana Gold Plus plan for 2025 presentation with Brooke	16 10:00 Color Coffee Chat 10:00 Legal Outreach 10:00—1:00 Meet Lily Tomlin, Therapy Dog 12:30 Flu Shot Clinic with Mac's Pharmacy 1:00 United Healthcare Medicare Advantage plan Presentation for 2025 with Brooke	17 9:00 Meet the Physical Therapist 12:00 WKCS Book Club 1:00 Devoted Health Medicare Advantage Plan for 2025 seminar with Core Insurance Advisors	18 Center closes at 11:30 AM this day. <div style="border: 1px solid black; padding: 5px; transform: rotate(-15deg); display: inline-block;"> Take Note </div>
21 10:00 Medicare Presentation with Jim Sikes 12:30 American Sewing Guild 1:00 Medicare Presentation with Jim Sikes	22 1:30 History Class: Musical History of East TN* (3,3) 1:30 Medicare Q&A with Wisdom Insurance Network	23 1:30 Simply Speaking—Advanced Funeral Planning with Greg Dodge	24 11:00 AARP Smart Driver Class* 1:00—3:30 Meet Lily Tomlin, Therapy Dog 1:30 Vietnam Veterans Social 1:30 Veteran Serv. Outreach 1:30 Medicare 101 Presentation with Wisdom Insurance Network	25 11:00 AARP Smart Driver Class* 1:00 Sri Lankan Cooking Demonstration with Ranjini
28 10:30 Donuts with author Joanne Parsley book launch 1:30 Getting Your House in Order—Recording your Directives 1:30 Writing Workshop	29 12:00 Humana Q&A Table with Leah Lovely 1:30 Understanding & Treating Hearing Loss	30 9:45 Medicare Q&A table with Penny from Humana 1:30 Wellness: A Nurses Story.	31 10:30 Medicare Q&A with American Senior Benefits 1:30 Stroke Prevention Presentation	



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

About West Knox County Senior Center

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

BINGO Schedule

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

- September 2nd ... Center closed this day. No Bingo.
- September 9th ... Alisa Rosebush, RN with Knoxville Rehabilitation Hospital
- September 16th ... Suzanne Gault with Olympus Car and Coach
- September 23rd ... Kenneth LeFevre with Humana
- September 30th ... Cindy Snow, Volunteer Manager with Tennova Hospice
- October 7th ... Melissa Holmes with LOCAL Retirement Group, LLC.
- October 14th... Penny Mayo with Humana Insurance
- October 21st... Suzanne Gault with Olympus Car & Coach
- October 28th ... Kenneth LeFevre with Humana Insurance



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

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

There will be several individuals on hand at the Center to help explore and answer your questions, and provide information on plans and programs that can best suit your needs. See page [22-29](#) for a listing that includes days, times, and the individuals and agencies.

Grief Support Group

The Grief Support group at the Senior Center will meet on the following dates from 10:30 AM—12:00 PM:
Tuesday, September 3rd.,
Tuesday, September 17th.,
Tuesday, October 1st.,
Tuesday, October 15th.

Grief Support Group is sponsored by [Smoky Mountain Home Health & Hospice](#).
Everyone welcome.



Meet the Physical Therapist

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

- Thursday, September 5th.,
- Thursday, September 19th.,
- Thursday, October 3rd.,
- Thursday, October 17th.



Healing Touch Program Available

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

Healing Touch works hand in hand with Western medicine, and is used in hospitals, long-term care facilities, private practices, and hospices. Healing touch provides a sense of calm, wholeness, and healing. Brenda Seip, Certified Healing Touch Practitioner, is volunteering her time and service for those who wish to schedule an appointment for Healing Touch. If you would like to schedule your Healing Touch appointment call 865-356-9221 or email brendashobbitthouse@gmail.com. Veterans are most welcome.

Meet Lily Tomlin

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

Tuesday, September 3rd.,
10:00 AM-1:00 PM;

Thursday, September 26th.,
1:00 PM—3:30 PM;

Wednesday, October 16th.,
10:00 AM—1:00 PM;

Thursday, October 24th,
1:00 PM-3:30 PM.



Fitness Room Available

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

You can also schedule your free consultation with Caleb Newsome, Public Health Fitness Coordinator. He is available at no charge to assist you with nutrition, fitness, and exercise guidance. He is at the Center most Thursdays. He is also available for free personal training sessions, and small group trainings. Let Caleb help you achieve your health and fitness goals. Call the Center or stop by the reception desk to schedule.

The Center's Library

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

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

September 4th ... Beginning Spanish

Join our introduction to the Spanish language class on Wednesday, September 4th starting at 9:30 AM with Dr. Michael Smith, PhD., retired college language instructor. Class fee is \$5 per each class attended payable to the instructor. Call the Center and let us know you'll be joining the class.



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



September 5th ... Beginning Line Dance Class

It's an all new beginning Line Dance Class on Thursday, September 5th at 2:15 PM., with instructor Diane Hensley. Line Dance can help with improving balance, flexibility, coordination, as well as improving energy and stamina. No prior experience necessary to enjoy this fun filled class and no dance partner is required. Class fee is \$5 per each class attended. Students will need to commit to attending the first few classes to learn the basics. Fees are payable to the instructor Diane Hensley. You can register for this beginning class by calling the Center or stopping by the Reception Desk. Class size is limited.

September 6 ... Double Deck Pinochle Class (for beginners)

If you've ever wanted to learn this exciting, fun, and challenging card game, but haven't been able to find the right venue that will patiently walk you through the many ins and outs of this game, this is the class for you!

We'll meet on Friday mornings from 9:00 AM—12:00 PM. The class is free. We will try to have a couple of additional experienced players on hand to help tutor you through the early weeks. You need nothing to compete. Just come and be prepared to enjoy yourself.

A word of warning to some who may have trouble holding a lot of cards (20). You may want to bring a card holder. We will take the first twelve signees. Call the Center or stop by the reception desk to inquire on seating availability and to sign up. Once you're achieved a comfortable level, you can join the others on Friday afternoon from 12:00 PM—3:00 PM.

September 6th...Hearing Help with Beltone

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

September 9th ... Music Jam

Visit with us on Monday, September 9th at 1:30 PM for an afternoon of country bluegrass, gospel, and music for everyone to enjoy. Bring your instrument too or just come and listen to the music. Those who pre-register before Thursday, September 5th will be eligible for a door prize drawing. You must be present at the Music Jam to win the door prize. You can pre-register at the reception desk or by calling the Center. We want to make sure there's plenty of refreshments!

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

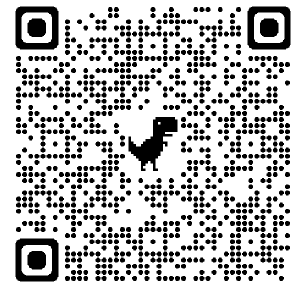
There will be several individuals on hand at the Center to help explore and answer your questions, and provide information on plans and programs that can best suit your needs. See pages [22-29](#) for a listing that includes days, times, and the individuals and agencies.

View the e-Newsletter On-Line & More

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

www.knoxcounty.org/seniors

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



Follow Knox County Senior Services on Facebook

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



September 10th ... Field Trip: Tennessee Valley Fair

Time for a field trip to the [Tennessee Valley Fair](#) for Senior Day on Tuesday, September 10th at 9:30 AM. Seniors who are sixty-five years of age or older get in free! There will be vendors, music, Bingo, awards, and a Barney Fife impersonator at the Pepsi Community Tent. Bring money to purchase refreshments if desired. Registration for the Field Trip is required. Seating on the van is limited. You can stop by the reception desk or call the Center to inquire on seating availability and to sign up. Transportation provided courtesy of CAC Office on Aging.

September 10th ... Tai Chi (Yang Style) For Beginners New Class Starts

Improve your health by using the widely popular Yang Style Tai Chi. It combines slow graceful movements, meditation, and relaxing breathing. Led by long-time instructor, Mr. Pat Barbieri, with twenty-four years of experience, this class meets once a week on Tuesdays at 9:45 AM. Studies have shown that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength. This class includes 15 minutes of stretching exercises for increasing range of motion and flexibility. New students can start at any time. Class fee is \$3 per each class attended payable to the instructor.

September 10th ... Literary History of East Tennessee

East Tennessee has a rich history rooted in literature and especially authors who have called our area home. Some of those who lived here were George Washington Harris, Frances Hodgson Burnett, James Agee, Alex Haley, Cormac McCarthy, and others. This three session Literary History of East Tennessee will start on Tuesday, September 10th at 1:30 PM. Class fee is three dollars per session attended or \$9 for the entire class with fees being payable to the instructor, Dr. Henry Wilson, PhD. Call the Center to sign up to attend.

September 11th ... Tai Chi with Cheryl

Join Cheryl for senior friendly Tai Chi as a new class starts on Thursdays at 8:45 AM starting Thursday, September 11th. Studies have shown that Tai Chi can affect populations with Parkinson's disease, mild cognitive impairment, sedentary, fear of falling or a history of falling. It can also improve postural stability associated with balance and gait. Class fee is \$2 for each session attended payable to the instructor. No need to sign up.



Volunteer Spotlight

Meet Ruth Anne



Ruth Anne starting volunteering through the [Retired Senior Volunteer Program](#) over two years ago. You may see her volunteering with several programs at the Center including helping set up for special activities, assisting with Pickleball, and assisting at the reception desk when needed.

Ruth Anne spent several years working for the banking industry and later as an office manager. She retired after twenty-five years as a Controller where some of her responsibilities were preparing instruction manuals and teaching computer classes to help employees more effectively do their jobs.

“I enjoy volunteering at West Knox County Senior Center,” Ruth Anne says, “I enjoy working with such great people as well as meeting new folks. Volunteering at the Center gives me the opportunity to give back to the community. It also gives me a chance to give my time to the Center—I get so much enjoyment from the programs that are provided by the Center”.

Ruth Anne's favorite activities are craft classes, playing cornhole, pickleball, fitness room with Caleb, billiards, field trips, and other classes.

If you're interested in volunteering in your community, or even the senior center contact the [Retired Senior Volunteer Program](#) (RSVP) with the Office on Aging at 865-524-2786 or stop by the reception desk at West Knox County Senior Center and obtain an RSVP application.

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

September 11th ... Mah Jongg Lessons

Bam! Crack! Dot! Learn to play the American version of the ancient Chinese tile game. Course will cover the rules of the game as sanctioned by the National Mah Jongg League. It's a game involving skill, a certain degree of chance, and is fun to play, as well as improves your memory! This class is for beginners only. Seating is limited. Please call the Center or stop by the reception desk to check on seating availability for this class starting Wednesday, September 11th from 10:00 AM—12:00 PM. This class will meet two hours per week for five weeks. Class fee is \$25 payable to the instructors.

September 11th ... Cornhole Tournament

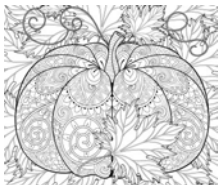
RSVP to join our Cornhole Tournament offered on Wednesday, September 11th at 10:30 AM. Our theme this game is Patriotic. Wear your red, white, and blue. We'll have some fun patriotic themed prizes. Be prepared for some cheering and laughs. Doesn't matter if you've played before or not you're welcome to play.

September 11th ... Presentation: Tips to Help Prevent Falls

Falls are a big deal, especially for older adults. In this free educational presentation, learn what puts you at risk for falls, ways to prevent falls, and tips to fall-proof your home. Please call the Center or stop by the reception desk to sign up for this program offered by the Humana Neighborhood Center on Thursday, September 11th at 1:30 PM.

September 18th ... Color, Coffee, and Chat

Did you know coloring for grownups helps with relaxation, improves brain function, motor skills, focus, improves motor skills, reduces anxiety and stress. Join us for this month's Color, Coffee, and Chat on Wednesday, September 18th at 10:00 AM. The theme for this month is All Things Autumn. Supplies provided and light refreshments available. Call the Center to let us know you're coming so we can plan accordingly.



If you have a senior group that meets for activities, or you want to start a new activity or program, we may be able to accommodate. Feel free to call the Center at 865-288-7805 or stop by the reception desk to inquire.



Heidi Paumen



"After an 8-year enlistment in the Air Force, I spent the next twenty-two years as a Correctional Officer at the Sherburne County Jail in Elk River, Minnesota," Heidi says. She and her family decided to uproot from Minnesota and move to Tennessee. "We enjoy the warmer temperatures!" she explains. She accepted her current position as the Veterans Services Officer and was accredited a few months ago.

"I am very excited for this new opportunity and cannot be happier about helping Veterans and their families get the benefits they are entitled to. We are also very excited to be residents of Tennessee and enjoy getting out and exploring the area."

Heidi will be at West Knox County Senior Center on Thursday, October 24th at 1:30 PM. Feel free to stop in and introduce yourself and if you have questions on VA benefits she can help with that, too. You can reach Knox County Veterans Services office by calling 865-215-5645 or visit the Knox County Senior Services at www.KnoxCounty.org/veterans/.

We welcome her and look forward to seeing Heidi at West Knox County Senior Center.



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



Community Outreach Services

Legal Aid of East Tennessee Outreach

Legal Aid of East Tennessee is available to answer your questions and assist you with finding resources and services to meet your needs. Legal Aid of East Tennessee assists individuals with estate planning documents, power of attorneys, living wills, qualified income trusts for Medicaid, conservatorships, housing issues, consumer law issues, and more. You can also visit the Legal Aid of East Tennessee webpage at www.laet.org. A representative from Legal Aid of East Tennessee will be at the West Knox County Senior Center from 10:00 AM—12:00 PM on the following days; *Wednesday, September 18th and Wednesday, October 16th*. To schedule your consultation with a representative from Legal Aid of East Tennessee call the Center at 865-288-7805.

Social Worker Outreach

The CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You can contact the Social Worker Outreach program at (865) 546-6262. A representative with the Social Worker Outreach program will be at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: *Monday, September 9th and Monday, October 7th*. No appointment is necessary.

Veterans Services Outreach

[Knox County Veteran Services Office](#) assists veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance Programs and more. For additional information and to speak with a representative from the Veteran Services Outreach Office, call (865) 215-5645 or email at: Veterans@knoxcounty.org. Heidi Paumen with Knox County Veteran Services will be visiting the Center at 1:30 PM on: *Thursday, October 24th* and also *Thursday, November 21st*.

Spanish Practice Class Wednesdays at 11:00 AM

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

September 19th ... Nutrition Field Trip with Caleb

We all desire to live our best life. We hear and read about healthy food choices and often are left with more questions. When grocery shopping, how do you know which foods are best for you? How can we use what we've learned to make more helpful choices? Join Caleb Newsome, Public Health Fitness Coordinator on a field trip to Aldi's Grocery Store and together we'll discover how to make healthier and more nutritious choices in the real world of grocery shopping. Call the Center or stop by the reception desk to sign up if you want to participate in this free and informative program offered on Thursday, September 19th at 10:30 AM.

September 23rd ... Craft Class: Decorative Paper Pumpkin

Fall craft alert! Join Cindy to craft a paper pumpkin using scrapbooking paper. It'll make a good decoration for your table or a gift. Supplies provide but seating is limited. Call the Center or stop by the reception desk to check on seating availability and to sign up for this craft class offered on Monday, September 23rd at 10:00 AM.





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



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

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

September 24th ... Hearing Table in the Hallway with Acuity

Do you hear, but not understand? It may just be wax! [Acuity Hearing Centers](#) offer a painless and fascinating experience where Hearing Instrument Specialist, Amber Simpson, will use a tiny video camera called a video otoscope to look inside your ear. This tool allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled. You will see all the way to your eardrum on a video monitor! Amber will also be doing hearing aid cleanings to help keep your hearing aid device in the best possible working order. This program is offered Tuesday, September 24th from 1:00—3:00 PM. Sign up for your ear canal exam and/or hearing aid cleaning by calling the Center or stop by the reception desk.



September 25th ... Cornhole Tournament

Call the Center or stop by the reception desk to sign up for our Cornhole Tournament on Wednesday, September 25th at 10:30 AM. The theme is 'Hello Autumn'. Be prepared to have fun and share some laughs. We'll have some fun autumn themed prizes for those who prove they're boss of the toss. We also welcome new participants and people who are new to the game of Cornhole. We'll show you how to play.

Trivia Time

Tuesdays at 11:00 AM

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

Billiards & Table Tennis

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

Rook Players! Thursdays at 12:00 PM

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



Cribbage Players Wanted!

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



Knitters Wanted

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

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

Core Insurance Advisors of Knoxville Walking Club Information Session

Tuesday, September 10th 10:00 AM—11:30 AM

Tuesday, October 1st 10:00 AM—11:30 AM

[Core Insurance](#) announces information on their walking club for the Autumn! Stop in when they'll provide information on how easy it is to join and even easier to participate. Just track your steps whether you're walking in your neighborhood, on greenways, woodland trails, or just around town. They'll even provide you with a free pedometer to keep track of your progress. Report your steps and be eligible to win prizes! Walking is a great way to help maintain a healthy weight, helps regulate blood pressure and cholesterol, helps ease arthritis and stiffness, strengthens muscles and bones, lowers risk of falls, and much more—and why not receive recognition for those steps you do take. It might even motivate you to do more! To learn more about the Core Insurance Advisors Walking Club visit with Brooke Thurman on Tuesday, September 10th and Tuesday, October 1st 10:00 AM—11:30 AM.

September 26... AARP Smart Driver Class Starts

AARP is offering a [Smart Driver Class](#) at the Center on Thursday, September 26th and Friday, September 27th. from 11:00 AM—3:00 PM. This safety driving class will meet on two days (Thursday and Friday) for four hours each day. Class fee is \$20 if you're an AARP member or \$25 if you are not an AARP member. Class fees are payable directly to the instructor. The smart driver class explores effective safe-driving practices, skills and strategies you can use on the road every day. It also covers defensive driving techniques to help you deal with aggressive drivers, and more! Seating is limited for this class. Registration is required. Please call the Center or stop by the reception desk to inquire about available seating and to sign up to attend. Many individuals get a discount on their auto insurance for successfully completing the class. Consult with your auto insurance provider to determine if you are eligible for a discount with successful completion of the

September 26th ...Vietnam Veterans Social

Join other Vietnam Veterans each month at West Knox County Senior Center for the Vietnam Veterans Social. It's a welcoming place to share your experiences, chat, and visit with other veterans of the Vietnam War. Registration is not required for this 1:30 PM social on Thursday, September 26th.

September 27th ... Twirlercise Exercise Class

Twirlercise is a new fitness class combining baton twirling and low impact exercise which can be done in a chair if needed. The benefits include; helping with balance, hand-eye coordination, tone and tighten the core, improve stretching, cognitive function, and socializing fun! Class will be once a month for 45 to 60 minutes. Class fee is \$25 payable to the instructor Judy Brennan. This class will also be offered at 10:30 AM on Friday, October 11th; Friday, November 8th; and Friday, December 20th. RSVP.

October 4th ... Presentation: Battling Dangerous Belly Fat

Ever wondered what causes belly fat? Learn what your waistline may say about your health, the potential risk it may pose, and what you can do to help shed those unwanted love handles. Call the Center or stop by the reception desk to inquire about seating availability and sign up for this free informational program offered by [Humana Neighborhood Center](#) on Friday, October 4th at 1:30 PM.

Technology Classes

We have Computer and Technology classes scheduled:

[September 20th...Android Basics Class](#)

[October 4th... Internet Basics Class](#)

[October 10th... iPad/iPhone Basics Class Starts](#)

[October 11th... Android Basics Class Starts](#)

See our Tech Classes Pages in this eNewsletter on page [20](#) and [21](#) for additional information including information on any applicable fees and how to register to participate.



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



October 7th ... Music Jam

Visit with us for an afternoon of country, bluegrass, gospel, and music for everyone to enjoy on Monday, October 7th at 1:30 PM. Bring your instrument too or just come and listen to the music. Those who pre-register before Thursday, October 3rd will be eligible for a door prize drawing. You must be present at the Music Jam to win the door prize. You can pre-register at the reception desk or by calling the Center. We want to make sure there's plenty of refreshments!

October 7th ... Understanding Hospice Care

Emma Parrott, LMSW with [Shalom Hospice of Greater Knoxville](#) will be providing information on learning about the compassionate care provided by hospice service and explore fulfilling volunteer opportunities. Discover how to make a meaningful difference in the lives of patients and their family in this program offered on Monday, October 7th at 1:30 PM. No need to pre-register. Walk-ins welcome.

Signing Up via Email

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

West.SeniorCenter@KnoxCounty.org

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



Omron Blood Pressure Monitoring System Available for Check-Out

The West Knox County Senior Center has Omron Blood Pressure Monitoring systems available for check-out for two weeks. The program is sponsored in part by the American Heart Association and Cherokee Health Systems. The program encourages individuals to become more aware of their blood pressure through home monitoring, and speaking with their primary care provider with concerns about blood pressure. If you would like to check-out an Omron Blood Pressure Monitoring kit, see the staff at the reception desk.



Notice on Pickleball & SAIL Exercise Class

There will be **no** pickleball on Tuesday, October 8th or Thursday, October 10th.

There will be **no** SAIL (Stay Active & Independent for Life) Exercise class on Wednesday, October 9th.

The gymnasium will be closed due to Fall Break programming for youth by the Community Center.

Art Class Models Wanted

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



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

There will be several individuals on hand at the Center to help explore and answer your questions, and provide information on plans and programs that can best suit your needs. Click on [Page 22-29](#) for our [Medicare Education Programs](#) with days, times, and the individuals and agencies.

Your Announcements

If your Senior Center group has news or announcement you would like to share in the November/December 2024 eNewsletter, please provide information to Darrell before October 4th. You can drop it off at the Reception Desk or email West.SeniorCenter@KnoxCounty.org



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

October 8th ... Field Trip: WDVX Blue Plate Special

Hosted by Red Hickey, the [WDVX Blue Plate Special](#) is free, live performance at the Knoxville Visitors Center in downtown Knoxville. WDVX radio broadcasts and webcasts this program around the world. The program is a signature of downtown Knoxville. The Blue Plateau Special features music from blues to bluegrass, country to Celtic, folk to funk, rockabilly to hillbilly, and more. Bring your wallet and your appetite, we'll also be taking lunch while in downtown Knoxville. To join us for this Tuesday, October 8th Field Trip call the center or stop by the reception desk to check on seating availability and to sign up. We ask that you arrive no later than 11:15 PM on the day of the field trip. Seating is limited to fourteen participants. Transportation provided courtesy of Knox County CAC transit.

October 8th ... A Musical History of East Tennessee History Class Starts

Dr. Henry Wilson, PhD., local historian, will be highlighting the rich musical heritage of East Tennessee. You'll learn about the folk ballads of the southern Appalachians to "hillbilly" music, bluegrass, rhythm and blues, to country music. East Tennessee has contributed significantly to music that helps define our country. Sign up today to participate in this class which starts on Tuesday, October 8th and will meet for three Tuesdays at 1:30 PM. Class fee is \$3 per session attended or \$9 for all three sessions. Fees are payable to the instructor.

Monthly Senior Walks

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

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

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

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

Information on our [September](#) & [October](#) walks are presented on pages [32](#) & [33](#).

October 10th ... Exercise and Bone Health

Osteoporosis, a condition characterized by weakened bones and an increase risk of fractures, affects millions of people worldwide, particularly older adults. While osteoporosis is often associated with aging, lifestyle factors, including exercise, play a crucial role in bone health. Join Caleb Newsome, Public Health Fitness Coordinator for a presentation exploring the relationship between osteoporosis and exercise, highlighting the benefits of physical activity for bone strength and offering practical advice for incorporating exercise in management of bone health. This program is offered on Thursday, October 10th at 1:00 PM. Call the Center or stop by the reception desk to sign up.

October 11th ... Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze Presentation

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 West Knox County Senior Center on Friday, October 11th at 9:30 AM. No need to sign up to attend.

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

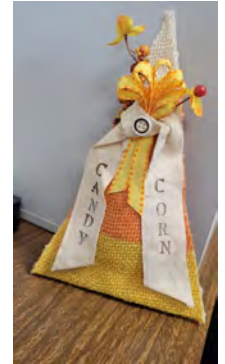


October 11th ... Etegami Demonstration

In recent years, the popular Japanese art form known as Etegami has captured interest and imagination around the world. Etegami means picture letter in Japanese and is well suited for those who don't necessarily see themselves as artists. As one Etegami creator once said, "It's ok to be imperfect. Imperfect has charm." Join Mana Muramatsu with the Japan Outreach Initiative on Friday, October 11th at 1:30 PM for a demonstration of Etegami. Call the Center or stop by the reception desk to check on seating availability and to sign up.

October 14th ... Craft Class: Decorative Candy Corn Burlap Bag

Halloween is coming! Join Cindy on Monday, October 14th at 10:00 AM to make a candy corn themed Halloween decoration from burlap. All materials are provided but seating is limited. Please call the Center or stop by the reception desk to inquire about seating availability and to sign up.



October 16th ... Color, Coffee, and Chat

You're welcome on Wednesday, October 16th at 10:00 AM to join Cindy for Color, Coffee, and Chat. It's an inviting environment with friendly faces, good conversation, and light refreshments. It's a great way to increase socialization for the week which can help with improving mood, reduction of stress and helping improve quality of life. This month's theme is Scarecrows. Materials provided. Call the Center or stop by the reception desk to sign up to attend.

October 16th ... Flu Vaccination Clinic with Mac's Pharmacy

[Mac's Pharmacy](#) will be visiting the Center on Wednesday, October 16th from 12:30—3:30 PM providing a Flu Shot clinic. If you would like to get your flu shot call the Center or stop by the reception desk to schedule your appointment. Remember to bring your insurance cards with you when you arrive on the day of the clinic to get your shot. There will also be a brief form to complete prior to the vaccination. The form can be obtained at the reception desk.



Center Closing Early Friday, October 18th

The Center will be closing early on Friday, October 18th. The Center will be closing at 11:30 AM due to staff training.



October 23rd ... Simply Speaking-Advanced Funeral Planning

Are you concerned about how your loved ones will manage—either finally or emotionally as they make difficult decisions for you? Advanced Planning alleviates that stress you and your family. In this presentation, Greg Dodge will talk about the decisions to be made, the financial obligations of those decisions and how to make it all simpler in this program offered on Wednesday, October 23rd at 1:30 PM. For planning purposes, please call the Center or stop by the reception to sign up to attend. Light refreshments served.

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

Medicare Open Enrollment is from October 15th to Dec., 7th.

There will be several individuals on hand at the Center to help explore and answer your questions, and provide information on plans and programs that can best suit your needs. See pages [23-30](#) for a listing that includes days, times, and the individuals and agencies.

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

October 24th... AARP Smart Driver Class Starts

AARP is offering a [Smart Driver Class](#) at the Center on Thursday, October 24th and Friday, October 25th., from 11:00 AM—3:00 PM. This safety driving class will meet on two days (Thursday and Friday) for four hours each day. Class fee is \$20 if you're an AARP member or \$25 if you are not an AARP member. Class fees are payable directly to the instructor. The smart driver class explores effective safe-driving practices, skills and strategies you can use on the road every day. It also covers defensive driving techniques to help you deal with aggressive drivers, and more! Seating is limited for this class. Registration is required. Please call the Center or stop by the reception desk to inquire about available seating and to sign up to attend. Many individuals get a discount on their auto insurance for successfully completing the class. Consult with your auto insurance provider to determine if you are eligible for a discount with successful completion of the class.

October 24th ...Vietnam Veterans Social

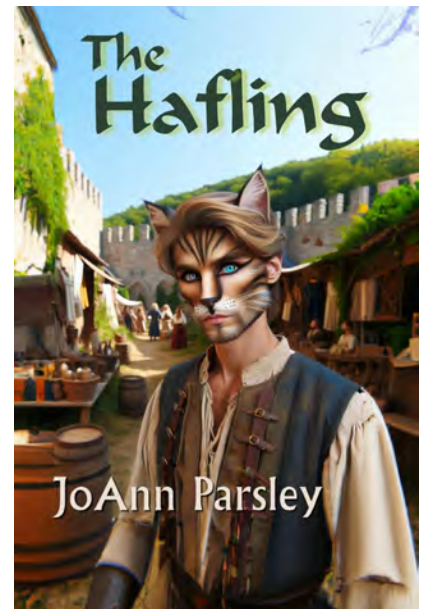
Join other Vietnam Veterans each month at West Knox County Senior Center for the Vietnam Veterans Social. It's a welcoming place to share your experiences, chat, and visit with other veterans of the Vietnam War. Registration is not required for this 1:30 PM social on Thursday, October 24th.

October 25... Sri Lankan Cooking Demonstration with Ranjini

The seating is limited for this Sri Lankan Cooking Demonstration with Ranjini offered on Friday, October 25th at 1:00 PM. Ranjini will demonstrate how to prepare a tasty Sri Lankan meal with rice, chicken with spices, lentil curry, green beans, and coconut sambol. Phone the Center or stop by the reception desk to inquire on seating availability and to sign up.

October 28th ... Meet and Greet with author JoAnn Parsley

Stop by the Center on Monday, October 28th at 10:30 AM and meet Knox County resident JoAnn Parsley. JoAnn recently published her first book [The Halfling](#). Feel free to visit and find out more about JoAnn and her journey in becoming an author, and copies of [The Halfling](#) will be available. You can also visit the link provided and see a video [TWB Press](#) created to promote the book. Donuts served. No need to pre-register. We look forward to seeing you.



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

There will be several individuals on hand at the Center to help explore and answer your questions, and provide information on plans and programs that can best suit your needs. Click on our [Medicare Pages](#) to be taken to pages 23-30 for a listing of presentations, information sessions, and Q&A tables in the hallway to help you answer your questions, determine the questions you may need to ask, and help you make the decisions right for you during Medicare Open Enrollment

Spanish Practice Class Wednesdays at 11:00 AM

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



October 28th ... Getting Your House in Order Presentation

[Smoky Mountain Home Health and 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 loves ones make decisions with decreased anxiety and burden during very difficult times. To attend this free and informative program offered on Monday, October 28th at 1:30 PM., call the Center or stop by the reception desk to sign up to attend.



October 28th...Writing Workshop Journals, Short Stories, and Beyond! This workshop is for new, aspiring, and experienced writers. The group will explore writing as an exercise of expression and beginning or continuing a writing project of your choice. Writing activities and resources will be shared. The focus includes encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop. Participants will need to bring a notebook for note-taking and are welcome to bring a sample of their writing. This workshop meets at 1:30 PM on Monday, October 28th.

October 29th ... HearingLife Presentation

Join Dr. Bobbie McCue, Audiologist, when [HearingLife](#) on Tuesday, October 29th at 1:30 PM. She will be offering a free seminar on why it's important to have your hearing tested, how to read an audiogram, and the importance of treating hearing loss sooner than later. There are many negative side effects to not treating a hearing loss when it's identified. You will also learn how to identify signs of hearing loss, types of hearing loss, and treatment plans for each type of hearing loss. Dr. McCue has been practicing audiology for over twenty-three years and opened her office in Knoxville thirteen years ago. She is a member of the local community and has a passion for helping people hear better and communicate more easily with their loved ones. Hearing screenings will be provided after the seminar. For planning and scheduling purposes please call the Center at 865-288-7805 or stop by the reception desk to sign up for this free and informative program.

Billiards

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

Trivia Time

Tuesdays at 11:00 AM

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

Why Sign-up for Programs & Activities?

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

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



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

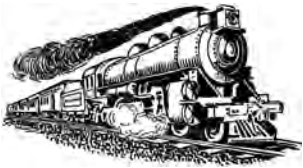


October 30th ... Wellness: A Nurses Story

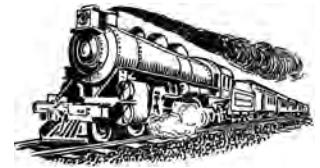
Janet Hudson with [LightWave Brand Partners](#), is a retired Nurse Anesthetist who practiced for forty-two years. During this time she spent thirteen years in the Air Force, deployed to Desert Storm and was exposed to many environmental toxins. From this, Janet states, she developed several auto-immune issues, chronic inflammation, muscle, joint and nerve pain, sleep disturbance and colon issues/cancer. The answer to her medical issues was always medications with too many side effects. This led her on a wellness journey to heal herself and it is a great joy to share some of what she learned as she speaks on the Journey from Sickness to Wellness: A Nurse's Story on Wednesday, October 30th at 1:30 PM.

October 31st ...Stroke Prevention

Join Alisa Rosebush, RN with [Knoxville Rehabilitation Hospital](#) on Thursday, October 31st at 1:30 PM when she will be visiting West Knox County Senior Center offering a presentation on recognizing the signs and symptoms of a stroke and what to do. Your questions most welcome. For planning purposes, please call the Center or stop by the reception desk to sign up to attend.



Coming Programs!



November 4th ... The Senior Angel Tree Launch

CAC Office on Aging will be launching the 2024 Senior Angel Tree on Monday, November 4th. Call the Center by this date to see if we have our Angel Tree Notebook so you can find a listed senior with needs this holiday season. The full flyer provided by [CAC Office on Aging](#) is located on [page 34](#) in this eNewsletter.

November 8th Veterans Hotdog Luncheon



West Knox County Senior Center will be hosting a Veterans Day hotdog luncheon on Friday, November 8th from 1:00—3:00 PM provided by [Arosa Home Care Services](#). We welcome our senior veterans to participate. Participation is easy; you will need to pick up your free Luncheon Ticket at the senior center between Monday, October 21st and Friday, November 1st while supplies last. There will only be one hundred luncheon tickets made available. No more than two tickets per person. You will have to have your luncheon ticket with you on the day of the Hotdog Luncheon to participate. We wish you a most enjoyable Veterans Day.

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



Book Clubs



Steel Magnolia Book Club

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

September 12th ... *Surfing Heaven: an Afterlife Adventure* by Phillip Cothran

In the topsy-turvy world of Limbo, the famous and not so famous reside. Into this world lands Jake Barr, a cocky pro-surfer who begins a Wizard of Oz-like quest... a wonderful and amazing book about a young surfer's afterlife journey that has suspense, mystery, love, and sadness.

October 10th ... *The Girl in the Mirror* by Rose Carlyle

Twin sisters Iris and Summer are startlingly alike, but beyond what the eye can see lies a darkness that sets them apart. Cynical and insecure, Iris has long been envious of Summer's seemingly never-ending good fortune, including her perfect husband Adam.

West Knox Senior Center Book Club

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

September 19th ... *Traces* by Patricia Hudson (with a special visit from the author herself!)

Daniel became a mythic figure during his lifetime, but his fame fueled backwoods gossip that bedeviled the Boone women throughout their lives—most notably the widespread suspicion that one of Rebecca's children was fathered by Daniel's younger brother. *Traces* explores the origins of these rumors, exposes the harsh realities of frontier life, and gives voice to the women whose vibrant lives have been reduced to little more than scattered footnotes within the historical record.

October 17th ... *The Diamond Eye* by Kate Quinn

In 1937 in the snowbound city of Kyiv, wry and bookish history student Mila Pavlichenko organizes her life around her library job and her young son—but Hitler's invasion of Ukraine and Russia sends her on a different path. Given a rifle and sent to join the fight, Mila must forge herself from studious girl to deadly sniper—a lethal hunter of Nazis known as Lady Death.



Ready City USA

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

www.KnoxCountyLibrary.org/read-city



West Knox County Senior Center Library is Available

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

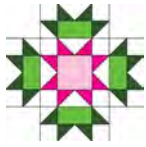


You can register for our activities by calling the Center at 865-288-7805

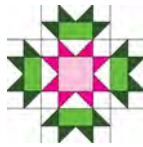


Sew What?

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



*Wednesday, September 4th.,
Wednesday, October 2nd.*



Portrait Drawing Group

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

American Sewing Guild

Monday, September 16th & Monday, October 21st
at 12:30 PM—3:30 PM

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

Knitters & Crocheters Wanted

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

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



Artists Group Social

Thursdays at 9:30 AM—12:00 PM

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

Watercolor & Drawing Class

Wednesdays at 9:30 AM—12:00 PM

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

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

Watercolor Group

Mondays at 10:00 AM—12:00 PM

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

Oil Painting Class

Wednesdays 1:00 PM—3:30 PM

or Fridays 11:00—1:00 PM

With Carla Sanchez

Want to join the oil painting class? You can call the Center and have your name added to the waiting list. We can contact you when a seat opens. Also, feel free to visit the class, meet the instructor, and learn about class fees.



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



Tech Classes



September 20th ... Android Basics Workshop

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this four hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. This one class will be taught with four hours of instruction. A lunch break will be provided. You're welcome to bring a brown-bag lunch. A meal will not be included with this class. Workshop fee is \$35 and payable at time of registration. Deadline to register is Wednesday, September 18th. You can register at the reception desk. The class must have a minimum of five students in order to be held. This class will meet on Friday, September 20th from 10:00 AM—3:00 PM. Instructor is Catherine Everhart with [Social Media 4 Seniors](#).

October 4th .. Internet Basics Class

Isn't it time you went surfing? Surfing the internet that is. Discover how to use popular web browsers like Google Chrome and make the most of search engines like Google with handy search tips. This class is brought to us by Ashlee Clemmons with Connected Nations. There's no fee to participate in this class offered on Friday, October 4th at 10:30 AM. Class will meet no longer than one hour. Please call the Center to check on seating availability and sign up to attend.

October 10th & 11th ... iPad/iPhone Basics Workshop Starts

Have you had your iPhone or iPad for awhile now and feel comfortable with it but know there's more you could be doing with it? During this four hour iPad/iPhone Beyond the Basics Workshop you will learn the following: photo transfer between iPad and other devices, e-mail/Internet use, adding email accounts, deleting emails, and moving emails. In addition, the class will cover ways to free up space on your device, security features, customizing your device, using Safari, cloud servers, and more. You must have taken the iPad/iPhone Basics Workshop before you register for this Beyond the Basics class or have equivalent knowledge of basic iPad/iPhone functions. You must bring your iPhone or iPad with you to this workshop as well as your Apple ID and password. Class fee is \$35 payable at time of registration. Seating is limited to five students maximum and there must be a minimum of three students paid and registered for the class to be held. You can register for this class by visiting the reception desk at West Knox County Senior Center. Deadline to register is Tuesday, October 8th. This class is brought to us by [Social Media 4 Seniors](#) with instructor Barbara Edwards.



Ask Jake!

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

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

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

Tech Classes

October 11th ... Android Basics Class

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this four hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. This one class will be taught for four hours of instruction. A lunch break will be provided and you're welcome to bring a brown-bag lunch. A meal will not be included with this class. Workshop fee is \$35 and payable at time of registration. Deadline to register is Wednesday, October 9th. You can register at the reception desk. This class must have a minimum of five students in order to meet. This class will meet on Friday, October 11th from 10:00 AM—3:00 PM. Instructor is Catherine Everhart with [Social Media 4 Seniors](#).



Photos and Such



To the Right: April Tomlin, Senior Services Manager and Mr. Chris McClintock, owner of [Comfort Keepers](#) enjoy the sunshine and grilling during our July 1st Day of Joy Cookout sponsored by [Comfort Keepers](#). Thank you to [Comfort Keepers](#) for providing and making the cookout a success.

Candy Donation Request

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



Medicare Education Presentations

Open enrollment October 15th—December 7th

September 3rd ... Medicare Q&A Table in the Hallway with United HealthCare

Medicare plans for people managing chronic health issues/diabetes/cardiovascular disease/chronic heart conditions. We are here to help make sure you know about and understand all the different programs and resources available with Medicare, so you can find the best plan for your needs and get the best care for you. Get all your questions answered at a safe, convenient, in-person meeting with [Ja'el Michael with United Healthcare](#) on Tuesday, September 3rd at 1:00 PM.

September 6th ... Medicare Q&A Table with Kenneth Lefevre

Have questions about Medicare? Kenneth Lefevre with Humana will have a Q&A Table in the hallway on Friday, September 6th at 10:00 AM. Feel free to stop in and speak with Kenneth about your questions. No appointment necessary.

September 10 ... Medicare Q&A Table with Brooke Thurman

Brooke with [Core Insurance Advisors](#) of Knoxville will be happy to answer any general Medicare questions and also discuss upcoming changes that will be happening in 2025. No need to schedule an appointment to meet with her on Tuesday, September 10th from 10:00 AM—11:30 AM when she has a table in the hallway to take your questions.

September 17th ... Medicare Presentation with Dixie Curless

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

September 17 ... Medicare Q&A Table with Wisdom Insurance Network

Meet your local Medicare Expert, Ryan Ritter, with [Wisdom Insurance Network](#). He will be at a table in the hallway on Tuesday, September 17th from 1:30 PM—3:00 PM. He brings his many years of experience to his table to share the constant changes in Medicare and ensure you are on the plan that truly fits your needs. Giveaway items from multiple insurance carriers will be provided, along with a Medicare overview presentation sent via email if you wish. Ryan can't wait to meet the West Knox County Senior Center community and help in any way possible.

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Medicare Education Presentations

Open enrollment October 15th—December 7th

September 26th ... Medicare Q&A Table in the Hallway

Join us for a Medicare Q&A table in the hallway with Leah Lovely on Thursday, September 26th from 1:00 PM—3:00 PM in the lobby. Stop by for some fresh produce and ask Leah all your Medicare questions! It's almost time to choose your 2024 Medicare plan, so let a licensed agent give you the information you need to be prepared. No need to sign up to participate.

October 1 ... Medicare Q&A Table in the Hallways

Brooke with Core Insurance Advisors of Knoxville will be happy to answer any general Medicare questions and also discuss upcoming changes that will be happening in 2025. She will be at WKCSC on Tuesday, October 1st from 10:00 AM—11:30 AM. Your questions most welcome. No need to schedule an appointment.

October 3rd ... Annual Notice of Change Presentation

Brooke and Linda from [Core Insurance Advisors](#) of Knoxville will be presenting an ANOC (Annual Notice of Change) and will present Humana information and changes for 2025. This program is offered on Thursday, October 3rd at 10:00 AM and at 1:00 PM. Your questions most welcome. RSVP is not required.

October 9th ... Medicare Q&A Table in the hallway with United HealthCare

Medicare plans for people managing chronic health issues/diabetes/cardiovascular disease/chronic heart conditions. We are here to help make sure you know about and understand all the different programs and resources available with Medicare, so you can find the best plan for your needs and get the best care for you. Get all you questions answered at a safe, convenient, in-person meeting with [Ja'el Michael with United Healthcare](#) on Wednesday, October 9th at 1:00 PM.

October 10 ... Medicare Q&A Table in the hallway with Humana

Have questions about Medicare? Kenneth Lefevre with Humana will have a Q&A Table in the hallway on Thursday, October 10th at 1:00 PM. Feel free to stop in and speak with Kenneth about your questions. No appointment necessary.

October 14th ... Humana Annual Notice of Change Presentation

Humana Notice of Change presentation will be going over changes to Humana Gold for 2025. Nace Coker with Tri Star Senior Advisors and Humana Sales Representative for fifteen years will be providing a presentation on Monday, October 14th at 1:00 PM. Q&A session after the presentation. No need to sign up. Walk-ins welcome.

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Medicare Education Presentations

Open enrollment October 15th—December 7th

October 15th ... Medicare Presentation with Dixie Curless

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

October 15th ... Humana Gold Plus Plan Presentation

Brooke with [Core Insurance Advisors](#) of Knoxville will be presenting the Humana Gold Plus plan for 2024. Sales materials and information will be available. Q&A session will follow the presentation. No need to RSVP to attend this program offered on Tuesday, October 15th at 2:00 PM.

October 16th ... United Healthcare Medicare Advantage plan Presentation

Brooke with Core Insurance Advisors of Knoxville will be presenting the United Healthcare Medicare Advantage plan for 2025. Sales materials and information will be available. Q&A session will follow this presentation offered on Wednesday, October 16th at 1:00 PM.

October 17th ... Devoted Health Medicare Advantage Plan Presentation

Brooke with [Core Insurance Advisors](#) of Knoxville will be presenting the Devoted Health Medicare Advantage plan for 2025. Sales materials and information will be available. Q&A session will follow the presentation offered on Thursday, October 17th from 1:00 PM—2:30 PM. Pre-registration to attend not required.

October 21st ... Medicare Presentation

If you’re currently or soon to be on Medicare don’t forget the upcoming Medicare Annual Election period which starts in October (October 15th thru December 7th). Jim Sikes, a licensed/certified Medicare Special who has been working with the Farragut and surrounding area Medicare Beneficiaries for the past 15+ years will be holding his annual informational/enrollment meetings here at West Knox County Senior Center on Monday, October 21st at 10:00 AM and again at 1:00 PM. Jim can assist you with multiple carriers, most notably Humana and BlueCross BlueShield. If you need to reach him you may contact him at 865-566-8502 or email at cortsdad@charter.net. It is not necessary to make a reservation. Just show-up on the date and meeting time most convenient for you.

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Medicare Education Presentations

Open enrollment October 15th—December 7th

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

Meet your local Medicare Expert, Ryan Ritter, with [Wisdom Insurance Network](#). He will be at a table in the hallway on Tuesday, October 22nd from 1:30 PM—3:00 PM. He brings his many years of experience to his table to share the constant changes in Medicare and ensure you are on the plan that truly fits your needs. Giveaway items from multiple insurance carriers will be provided, along with a Medicare overview presentation sent via email if you wish. Ryan can't wait to meet the West Knox County Senior Center community and help in any way possible.

October 24th ... Medicare 101 Seminar with Wisdom Insurance Network

The biggest changes to Medicare in twenty plus years! Ryan Ritter with [Wisdom Insurance Network](#) is presenting on Thursday, October 24th 1:30 PM. Don't wait until the last minute to learn about the changes to Medicare prescription drugs this upcoming plan year. Agents across the state and country will serve almost every Medicare recipient due to these changes. Come prepared with questions and Ryan will provide the answers you need to understand the complexity of Medicare. Please email RRitter@Wisdominsurancenetwork.com or call 865-503-4516 to sign up for this Medicare 101 or book a one-on-one appointment with Ryan.

October 29th ... Medicare Q&A Table in the Hallway

Trust a licensed sales agent to help you navigate Medicare. Meet Leah Lovely on Tuesday, October 29th from 12:00 PM to 2:00 PM for a Medicare Q&A. you can ask Leah your Medicare questions and grab some complimentary fresh produce. Whatever you'd like to know about Medicare, and whatever decisions you make, Leah can help.

October 30th ... Medicare Q&A Table in the Hallway

Penny Mayo with Humana will have a Medicare Q&A Table in the hallway outside the SAIL (Stay Active & Independent for Life) exercise class on Wednesday, October 30th starting at 9:45 AM. Feel free to stop by and meet Penny and ask her your Medicare questions.

October 31st ... Medicare Q&A Table in the Hallway with American Senior Benefits

[American Senior Benefits](#) will be hosting a Medicare Q&A table in the hallway on Thursday, October 31st from 10:30 AM—2:30 PM. Feel free to stop by and ask your Medicare questions.

November 4th ... Medicare Presentation

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

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Medicare Education Presentations

Open enrollment October 15th—December 7th

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

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

November 6 ... Insurance Counseling Appointments

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

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

November 6 ... Medicare 101 Presentation

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

November 7th ... Medicare 101 Seminar

The biggest changes to Medicare in twenty plus years! Ryan Ritter with [Wisdom Insurance Network](#) is presenting on Thursday, November 7th at 1:30 PM. Don't wait until the last minute to learn about the changes to Medicare prescription drugs this upcoming plan year. Agents across the state and country will serve almost every Medicare recipient due to these changes. Come prepared with questions and Ryan will provide the answers you need to understand the complexity of Medicare. Please email: RRitter@Wisdominsurancenetwork.com or call 865-503-4516 to sign up for this Medicare 101 or book a one-on-one appointment with Ryan.

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

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

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Medicare Education Presentations

Open enrollment October 15th—December 7th

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

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

November 14th ... Medicare Q&A Table in the Hallway

Penny Mayo with Humana will have a Medicare Q&A Table in the hallway outside the SAIL (Stay Active & Independent for Life) exercise class on Thursday, November 14th at 11:00 AM. Feel free to stop by and meet Penny and ask her your Medicare questions.

November 18th ... Devoted Health Insurance Sales Presentation

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

November 19th ... Medicare Presentation with Dixie Curless

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

November 19th ... Medicare Q&A Table

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

November 20th ... Medicare Presentation

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

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Medicare Education Presentations

Open enrollment October 15th—December 7th

November 21 ... Medicare Q&A Table in the hallway

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

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

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

November 25th ... Medicare Presentation

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

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

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

December 2nd ... Humana Gold Plus Presentation

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

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

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

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Medicare Education Presentations

Open enrollment October 15th—December 7th

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

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

December 17th ...Medicare Presentation with Dixie Curless

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

My Medicare questions & programs I want to attend:



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

Fitness Activities at West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934
(865) 288-7805



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

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

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

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

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

Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Wednesday. It's imperative that new students commit to attending the first seven weeks of the beginning of a new class to learn the steps. Fees payable to the instructor. Please sign up at the reception desk. A new class starts on September 5, 2024 at 2:15 PM.

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

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

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

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

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

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

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

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

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

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

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

Fitness Activities at West Knox County Senior Center

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

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

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

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

Join instructor Cheryl Chandler for Tai Chi for Seniors. Tai Chi is a soft martial arts exercise that focuses on balance, flexibility, agility, and stamina. It is an ideal workout for seniors as it can decrease stress, anxiety, and depression. This class will also concentrate on relaxation and comfortable moves. Most of all it is fun and you will meet some wonderful people. The Monday class is taught in the Multi-Purpose Room (Room #021). The Wednesday and Friday classes are taught in the gymnasium. No experience necessary to join the class. New beginning class starting Wednesday, September 11th at 8:45 AM.

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

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

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

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

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

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

Caleb Newsome Can Help!

Caleb Newsome, Public Health Fitness Coordinator, is available to work with exercise instructors, seniors, and staff to promote health and fitness experiences at all six Knox County Senior Centers including West Knox County Senior Center. He is available free of charge to seniors to assist with nutrition, fitness, and exercise plans. He can provide Fitness Room orientations to guide individuals on the proper and safe way to use the equipment. If you would like to schedule a free consultation with Caleb, call the Center or stop by the reception desk. He can help guide you toward meeting your health, fitness, and wellness goals.

Personal Fitness Training Available

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

Get Your Free Fitness Room Orientation

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



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.



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!



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

First Saturday

Elks Lodge #160
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church
214 Cedar St., Sevierville 37862

Second Saturday

Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

Last Saturday

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

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

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

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

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