



KNOX COUNTY  
TENNESSEE

# HALLS SENIOR CENTER

4405 Crippen Road, Knoxville, TN 37918

865-922-0416

www.knoxcounty.org/seniors

**MARCH/APRIL 2025**

## Happenings...



### Welcome Missy Worley as the **Public Health Fitness Coordinator.**

She will be at Halls Senior Center every Wednesday. Her goal is to help you reach your fitness goals. She can assist with nutrition, fitness, exercise guidance, and help you develop a plan that's right with you. She will also be providing Fitness Room orientations to show you the safe and proper way to use the fitness equipment so you can get the most out of your workout. She is a Certified Personal Trainer and also will do small group training, classes on health and fitness topics for the senior population—and all with no charge to you! Now's the best time to schedule your free consultation with Missy and it's easy to do—just stop by the office or call 865-922-0416.



### Bingo at Halls!

There will be no fee and no gifts needed to play. Our featured sponsor will call Bingo and provide a coverall prize. Participants can only win one prize and everyone is eligible to win the coverall prize. Prizes are donated by a variety of sponsors along with their service information. Come fill the room and let's have fun playing Bingo!

**March 5th @ 10:00 AM**  
**March 18th @ 10:00 AM**  
**April 2nd @ 10:00 AM**  
**April 10th @ 10:00 AM**

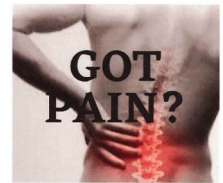


### Professional Therapeutic Chair Massage offered at Halls Senior Center!

Tabitha Travis will be offering 30 minute therapeutic chair massage to help alleviate muscle and joint pain, reduce stiffness, restore mobility, improve circulation, and expedite healing and recovery.

**March 20th, 8:00 AM-Noon**  
**Cost \$30.00**

Schedule your appointment at the front desk or call 865-922-0416.



### Knox County Veteran Services

will have an information table and be available for questions in the lobby at Halls Senior Center on the third



Wednesday of every month.

**March. 19th—2-4 PM**  
**April 16th—2-4 PM**

**Knox County Senior Centers will be closed:**

**April 18th**  
**Good Friday**

**Bridgewater**  
Balance & Hearing



**Hearing Exam**

**April 9th**

**9:00 AM—Noon**

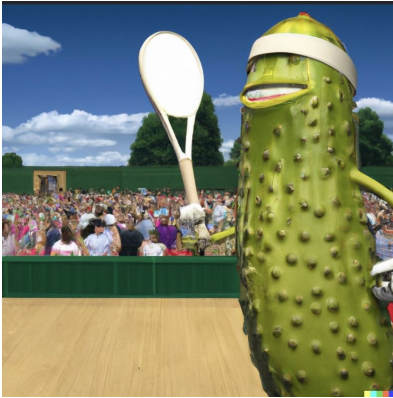
Call 865-922-0416 to reserve your appt. for a hearing exam.



# March/April 2025

## Pickleball

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



**SAIL CLASS**  
Monday, Wednesday, & Friday  
8:30-9:30 AM  
**NEW additional class on**  
Friday has been added.  
8:30-9:30 AM

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



## Mahjong

Monday and Friday  
@ 12:30 PM



## Tai Chi Gung

Every Monday (two classes)  
11:00 AM (standing)  
11:50 PM (seated)

You may have heard of Tai Chi before, or maybe you taken a class in the past. This practice is somewhat different. It is less complicated and easier on your body, yet the benefits are the same.

One class is standing, the other is seated. Both classes are 45 minutes long and focus on leg strength, flexibility, balance, and learning to breathe more deeply and efficiently. They are very gentle yet calming and energizing all at the same time.

If you can walk for 10 to 20 minutes, the standing class is best for you. If you have less endurance the seated class is perfect for you. Also, the seated class is a wonderful place to begin exercising again if you have back issues, neurological problems, and/or are recovering from a surgery or a stroke.



## Cardio Drumming

Try this fun, half hour, upper body class to the oldies! All equipment is supplied, just bring yourself and be ready for some fun.



Thursdays  
@ 1:00 PM



## Squeegie Art

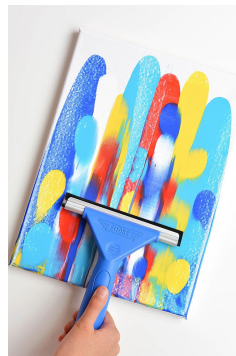
with Lisa

April 11th @ 11:00 AM

All materials provided.

Call 865-922-0416

to sign up!



Nutrition Presentation  
March 25th @ 11:00 AM

GO 360 Humana  
April 24th @ 11:00 AM

## Walking Club

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

Take that first step to  
better health!

It's always more fun to walk with a friend. Call 865-922-0416.

## Senior Information and Referral

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

March 17th @ 10 AM

April 21st @ 10 AM

Senior  
Information  
& Referral

**March/April 2025**

**Join Second Harvest Food Bank for**

*An interactive cooking class for  
adults 60+*

**Thursday, March 20th 2:00-3:00 PM**

**Call 865-922-0416 to sign up!**

**Limited Seating.**

You take home:

- new recipe
- fresh produce
- ingredients
- kitchen tools



**What Loneliness Looks Like and  
How to Combat It.**



**March 27th  
10:30 AM—Noon**

*Presented by Joy Gaertner Advanced  
Loss Grief and Recovery Specialist*

**Senior Q & A with Core  
Insurance**

**Every 1st Thursday of the  
month @ Noon—2:00 PM**

**March 6th**

**April 3rd**



**Monday Movie Matinee**

**March 31st @ 1:00 PM - Dreamer**

**April 28th @ 1:00 PM—Up**

**\Popcorn  
provided by Paige**



**Field trip to  
WDVX Radio  
Show**

**Blue Plate Special**

**March 24th  
Bus leaves at 10:30 AM**

**BRING A BAG LUNCH**

**Call to sign up  
865-256-2143!**

**Cost: FREE**



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

**Carter Senior Center 865-932-2939**

**Corryton Senior Center 865-688-5882**

**Halls Senior Center 865-922-0416**

**Karns Senior Center 865-951-2653**

**South Knoxville Center Senior 865-573-5843**

**West Knox County Senior Center 865-288-7805**

**March/April 2025**

# Glass Painting Class

**April 8th**

**10:00 AM—Noon**

**\$15 Per Person**

**With Artist  
Anna  
Gibson**



**Limited  
Space  
Available**



**Call to register at 865-922-0416.**



## **EASTER EGG HUNT**

**April 23rd @ 1:00 PM**

**Prizes/GOLDEN Egg Prize.**

**YOU MUST REGISTER 865-922-0416.**



**April 1st @ 12:30 PM**

**Lunch and Learn**

**Call 865-922-0416 to register!**

- Oral Health Discussion: Our friendly hygienists will share tips on maintaining good oral health.
- Dental Benefits Assistance: Our business team will be available to help you understand your dental benefits and answer any questions you may have.
- Goody Bags: Every attendee will receive a goody bag filled with dental hygiene products to help you maintain a healthy smile! You will also be entered in a giveaway for a FREE Electric Toothbrush!
- Lunch Provided: Enjoy a delicious, free lunch while you learn!

**Don't Forget: If you would like to discuss your dental benefits with our business team, please bring your dental insurance card.**

# March/April 2025



Every Monday  
9:00 AM—1:00 PM



**Mexican Train Dominoes**  
Tuesday & Friday @ Noon



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



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

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

## Crafts with Susanne

Join us for Crafts with Susanne.

March 4th @ 10 AM  
Bendable Flower



April 1st @ 10 AM  
Sunflower



**Call 865-922-0416 to sign up.**



### 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.



# March/April 2025

## Grief Presentation

March 13th @ 11:00 AM

Topics covered:

- The nature of Grief
- Understanding the 5 stages of Grief
- Healthy Coping Skills
- The Importance of Self-Care
- Common Grief Challenges
- An Interactive Q & A Session

## Mental Health for Seniors Presentation

April 17th @ 11:00 AM

Presentations by Branden Canter with Canter Life and Wellness Coaching.  
Call 865-922-0416 to register.



## Gnome Leprechaun Craft

March 12th @ 11:00

with Alisa/Knoxville Rehab Hospital

All materials provided. Call 865-922-0416 to sign up!

## ATTENTION VETERANS

If you have served in the military, we would love to hear from you.

Please let us know by sending an email to

[judy.loveday@knoxcounty.org](mailto:judy.loveday@knoxcounty.org) or calling us at 865-922-0416.

We are planning events specifically for Veterans, and want to ensure you receive all the information.



presents 14 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

Seymour First Baptist Church  
11621 Chapman Hwy, Seymour 37865

Sevierville First United Methodist Church  
214 Cedar St., Sevierville 37862

Ebenezer United Methodist Church  
1001 Ebenezer Rd, Knoxville 37923

Emerald Ave United Methodist Church  
1620 N. Central St, Knoxville 37917  
Corner of E. Emerald and N. Central St  
Parking in the rear

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

### Second Saturday

Hillcrest Community Church  
1615 Price Ave, Knoxville 37920

Knoxville DAV Chapter 24  
2600 Holbrook Dr, Knoxville 37918

Kodak Church  
2923 Bryan Rd, Kodak 37764

Louisville VFW Post 5154  
2561 Hobbs Rd, Louisville 37777

### Third Saturday

Community Center  
1708 West Emory Rd, Powell 37849

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

First United Methodist Church  
121 East Meeting St, Dandridge 37725

West End Baptist Church  
116 West End St, Newport 37821

### \* Addition to the FIRST SATURDAY:

First Saturday of every month at Emerald Avenue United Methodist Church,  
1620 N Central Street, Knoxville, TN 37917.

March 26th  
@ 11:00 AM



April 23rd  
@ 11:00 AM

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

# Halls Senior Center

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

March  
2025



Center Hours—M-F  
8:00 AM-4:30 PM

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

Mon	Tue	Wed	Thu	Fri
8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:00 Scrapbooking 9:00-1:00 Canasta 9:30 Pinochle 10:00 Bridge 10:00 Exercise Class 11:00 Tai Chi Gung 11:50 Tai Chi Gung (standing) (seated) 12:30 Mahjong 1:00 Rook	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Hand & Foot 10:00 Exercise Class 12:00 Mexican Train Dominoes 1:00 Mat Class 1:00-4:00 Pickleball	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:30 Rook 10:00 Hand & Foot 10:00 Beginner Line Dance 11:00 Intermed Line Dance 1:00 Bridge 1:00 Rook 1:00-4:00 Pickleball	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Quilting 10:00 Polynesian Dance 12:00 Rummikub 1:00 Cardio Drumming 1:00-4:00 Pickleball	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:30-1:00 Ping Pong 10:00 Euchre 11:00 Art/Craft Social 12:00 Mexican Train Dominoes 12:30 Mahjong 1:00-4:00 Pickleball
3	4 Crafts w/Susanne @ 10 AM Bendable Flower	5  @ 10:00 AM	6 Quilting Sew-In @ 8:30 AM Senior Q & A w/CORE Noon-2 PM	7 <b>Daylight Savings Time Begins on Sunday, March 9th!</b>
10	11	12 Gnome Leprechaun Craft with Alissa from Knox Rehab. Hospital	13 <b>Grief Presentation</b> @ 11:00 AM	14
17 St. Patrick's Day (wear your green) <b>Sr. Info. &amp; Referral</b> 10 AM—Noon	18  @ 10:00 AM Senior Walk Pellissippi State Comm. Coll. Campus, 10915 Hardin Valley Road @ 10:00 AM, Lunch at Double Dogs (Hardin Valley). RSVP 865-288- 3761.	19 <b>Veteran Services</b> 2:00-4:00 PM	20 <b>Chair Massage</b> 8:00 AM—Noon Call to make an appt. 865-922-0416. <b>Second Harvest Cooking Class</b> 2:00-3:00 PM	21
24 Field Trip— WDVX Blue Plate Special Radio Show. Bus leaves at 10:30 AM. Sign up at 865- 922-0416.	25 Nutrition Presentation Core Insurance @ 11:00 AM	26 <div style="border: 1px solid black; padding: 5px; display: inline-block;"><b>Book Club</b> @ 11:00 AM</div>	27 <b>What Loneliness Looks like and How to Combat It.</b> 10:30 AM-Noon	28
31 Monday Movie 1:00 PM <i>Dreamer</i> Popcorn provided.				

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	1 April Fool's Day— watch out for those tricksters! Crafts w/Susanne @ 10 AM Sunflower	2  @ 10:00 AM National Walking Day	3 <b>QUILTERS Class @ 8:30 AM</b> Senior Q & A with Core Noon-2 PM	4
7	8 <b>Glass Painting Class—\$15.</b> Limited spaces. CALL 865-922-0415 to sign up!	9 <b>Bridgewater Balance and Hearing (FREE hearing tests)</b> 9:00 AM-Noon Call 865-922-0416 for an appointment.	10  @ 10:00 AM	11 <b>Squeegee Art Craft with Lisa @ 11:00 AM</b>
14	15 <b>Senior Walk UT Arboretum, 901 S. Illinois Avenue @ 10:00 AM</b> Lunch at Soup Kitchen (Oak Ridge) RSVP 865-288-3761.	16 <b>Veteran Services 2:00-4:00 PM</b>	17 <b>Mental Health Presentation for Seniors @ 11:00 AM</b>	18 <b>ALL KNOX COUNTY SENIOR CENTERS ARE CLOSED</b>
21 <b>Sr. Info. &amp; Referral 10 AM—Noon</b>	22	23 <b>EASTER EGG HUNT @ 1:00 PM Prizes/GOLDEN Egg Prize. YOU MUST REGISTER 865-922-0416.</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;"><b>Book Club @ 11:00</b></div>	24 <b>Go 360 Humana Core Insurance @ 11:00 AM</b>	25
28 <b>Monday Movie Matinee 1:00 PM UP</b> Popcorn provided	29	30		



# Welcome Missy Worley

We welcome Missy Worley as the **Public Health Fitness Coordinator**. She will be at Halls Senior Center every Wednesday. Her goal is to help you reach your fitness goals. She can assist with nutrition, fitness, exercise guidance, and help you develop a plan that's right with you. She will also be providing Fitness Room orientations to show you the safe and proper way to use the fitness equipment so you can get the most out of your workout. She is a Certified Personal Trainer and also do small group training, classes on health and fitness topics for the senior population—and all with no charge to you! Now's the best time to schedule your free consultation with Missy and it's easy to do—just stop by the office or call 865-922-0416.



## Who is Missy Worley

“I was born in Washington, Georgia and attended young Harris College before transferring to the University of Georgia,” Missy says, “I fell in love with fitness while taking boot camps which led me to teaching them. Fitness became a passion for me.”

Missy has nineteen years experience teaching many different fitness classes and doing personal training. She lived in Chattanooga for the past few years and now calls Knoxville home. On her days off, she enjoys hiking, attending sports events, and going to live music shows. She has two adult children; one who resides in Birmingham and the other in Chattanooga.



presents 14 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

Seymour First Baptist Church  
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Sevierville First United Methodist Church  
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**\*Addition to the FIRST SATURDAY:**

First Saturday of every month at Emerald Avenue United Methodist Church,  
1620 N Central Street, Knoxville, TN 37917.

## KNOX COUNTY SENIOR SERVICES 2025 MONTHLY SENIOR WALKS

For information or to RSVP

[seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)



### 865-288-3761

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

**JANUARY 21<sup>st</sup> at 10:00 am**

Join Judy and Susanne  
WEST TOWN MALL (INDOORS)  
7600 Kingston Pike 37919  
Lunch-Many Options in Food Court

**FEBRUARY 18<sup>th</sup> at 10:00 am**

Join Susanne and Tara  
FIRST CREEK GREENWAY @ CASWELL PARK  
620 Winona Street  
Lunch at Ale'Rae's

**MARCH 18<sup>th</sup> at 10:00 am**

Join Jessica and Sue  
PELLISSIPPI STATE COMMUNITY COLLEGE CAMPUS  
10915 Hardin Valley Road  
Lunch at Double Dogs (Hardin Valley)

**APRIL 15<sup>th</sup> at 10:00 am**

Join Kim and Cindy  
UT ARBORETUM  
901 S Illinois Ave  
Lunch at Soup Kitchen (Oak Ridge)

**MAY 20<sup>th</sup> at 9:30 am**

Join Darrell and Cindy  
SEVEN ISLANDS BIRDING PARK  
2809 Kelly Lane, Kodak, 37764  
Bring brown bag lunch at the park

**JUNE 17<sup>th</sup> at 9:30 am**

Join Judy and Sue  
HALLS GREENWAY  
4405 Crippen Road  
Lunch at Litton's

**JULY 15<sup>th</sup> at 9:30 am**

Join Darrell and Lisa  
VILLAGE GREEN NEIGHBORHOOD FARRAGUT  
Meet at West Senior Center 239 Jamestowne Blvd.

Lunch at 35 North Grill

**AUGUST 19<sup>th</sup> at 9:00 am**

Join Laurie and Carole  
VICTOR ASHE PARK  
4901 Bradshaw Road  
Lunch at Caza Brava

**SEPTEMBER 16<sup>th</sup> at 9:30 am**

Join Tara and Sarah  
WORLD'S FAIR PARK  
1060 World's Fair Park Drive  
Lunch at Calhoun's on the River

**OCTOBER 21<sup>st</sup> at 10:00 am**

Join Eilene and Aliyete  
WEST HILL PARK/JEAN TEAGUE GREENWAY  
421 North Winston Road  
Lunch at The Tomato Head

**NOVEMBER 18<sup>th</sup> at 10:00 am**

Join Sarah and Jessica  
CORRYTON SENIOR CENTER WALKING TRAIL  
9331 Davis Drive  
Chili Lunch at Center

**DECEMBER 16<sup>th</sup> at 5:00 pm**

Join Sarah, Carole and Laurie  
CHRISTMAS LIGHTS WALK  
Lakeshore Park  
5930 Lyons View Pike  
Hot Chocolate provided

[Knoxcounty.org/seniors/](https://knoxcounty.org/seniors/)  
Feel free to join us for  
the dutch treat lunches

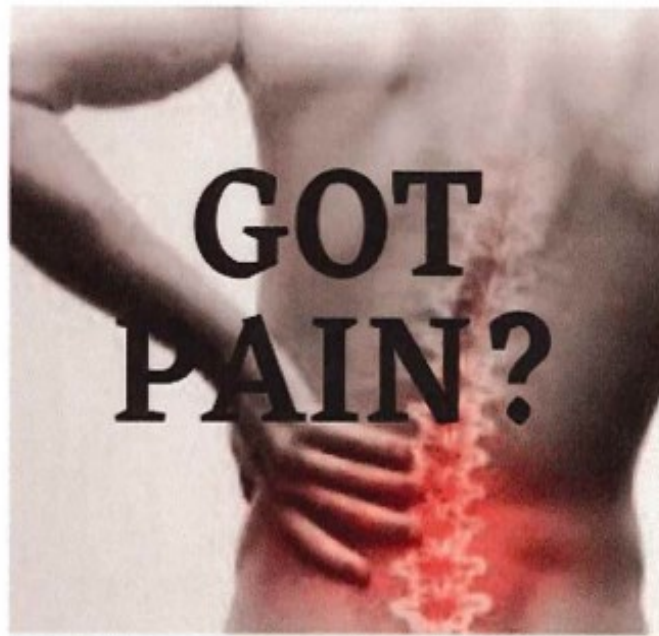
JOIN OUR EMAIL LIST FOR FINAL DETAILS & UPDATES  
ABOUT THE WALKS



WANT QUICK,  
AFFORDABLE RELIEF  
THAT WORKS?



**SCHEDULE A 30 MINUTE THERAPEUTIC CHAIR MASSAGE**



Alleviate Muscle & Joint Pain  
Reduce Stiffness & Restore Mobility  
Improve Circulation & Expedite Healing & Recovery

**\$30**

**March 20th**

**8:00 AM—Noon**

**Call 865-922-0416 to schedule an appointment.**



The WDVX Blue Plate Special® is a live performance radio show held at Visit Knoxville with host Sean McCollough. From blues to bluegrass, country to Celtic, folk to funk, rockabilly to hillbilly, local to international, it all part of the live music experience on The WDVX Blue Plate Special.

**March 24th**

**Bus leaves at 10:30 AM**

**BYOBL—(bring your on bag lunch)**

**Radio Show is Noon—1:00 PM**

**Mast General Store visit prior to the show.**

***Cost: Free!***

***Limited seating—sign up ASAP!***



Join Second Harvest Food Bank for



An interactive cooking class for adults age **60+** & their caregivers

**THURSDAY, | 2:00 PM -**  
**March 20th | 3:00 PM**

## **HALLS SENIOR CENTER**

4405 Crippen Road  
Knoxville, TN 37918

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TO SIGN UP, CONTACT THE  
SENIOR CENTER AT **865-922-0416**

*Spots are limited*

**YOU TAKE  
HOME:**

- ✓ new recipe
- ✓ fresh produce
- ✓ ingredients
- ✓ kitchen tools



# Let's Connect...

## ALONE, NOT LONELY

IN-PERSON FREE WORKSHOP

Sponsored  
by:



Registration at the door.



# MARCH 27

10:30am - 12:00 pm

## Halls Senior Center

4405 Crippen Road

*What Loneliness Looks like  
& How to Combat it*

The CDC categorizes loneliness as an epidemic, equating its impact to smoking 15 cigarettes daily. Breaking the cycle of loneliness is achievable by fostering relationships and connections.

This free workshop will explore the causes and effects of loneliness on mental and physical health, and provide strategies to build meaningful relationships for better connections with ourselves and others.

Workshops Presented by  
**Joy Gaertner**

Advanced Loss & Grief  
Recovery Specialist

865-405-7575



Grief Workshop  
March 13th 11:00-12:30pm  
Halls Senior Center  
Lead by Brandon Canter, MA  
& Certified Life Coach

*Life*  
**TRANSITIONS**

Please see the front desk to register for  
this workshop

Or call 865-922-0416.

#GRIEF



Senior Mental Health Workshop

April 17th 11:00-12:30pm

Halls Senior Center

Lead by Brandon Canter, MA

& Certified Life Coach

*Life*  
**TRANSITIONS**

Please see the front desk to register for  
this workshop

Or call 865-922-0416.

#SENIORMENTALHEALTH



***Nutrition Presentation***

March 25th @ 11:00 AM



***Go365 Human Presentation***

April 24th @ 11:00 AM

Presentations by Paige Arnold  
with Core Insurance Advisors.

Call 865-922-0416 to register.

# Glass Painting Class



For More  
Information or to  
Sign Up Contact:



With Artist  
Anna  
Gibson

Call to register  
865-922-0416.



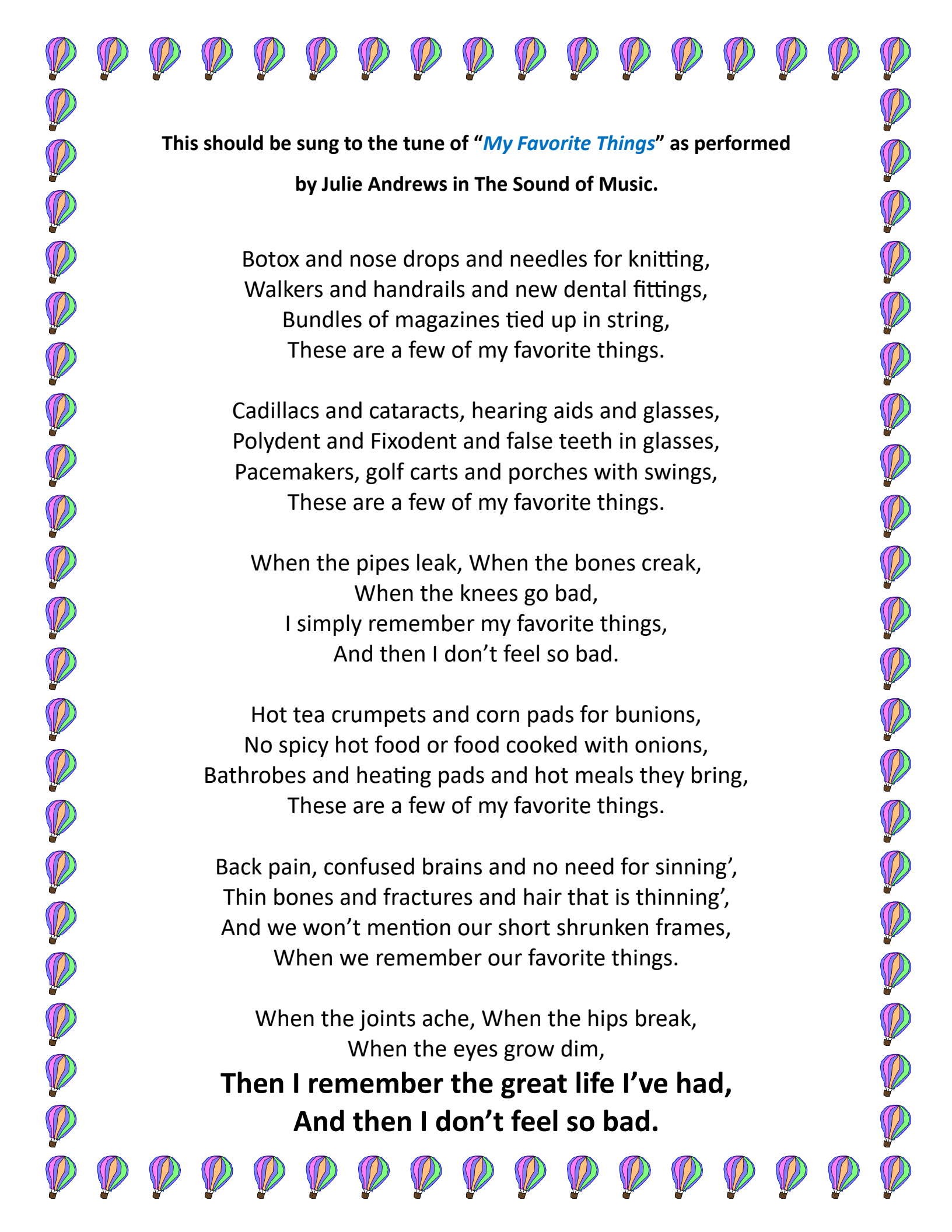
\$15 Per Person  
Anyone Over  
50+ Welcome

April  
8th,  
2025

Limited  
Space  
Available

10:00 AM to  
Noon





This should be sung to the tune of "*My Favorite Things*" as performed  
by Julie Andrews in *The Sound of Music*.

Botox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things.

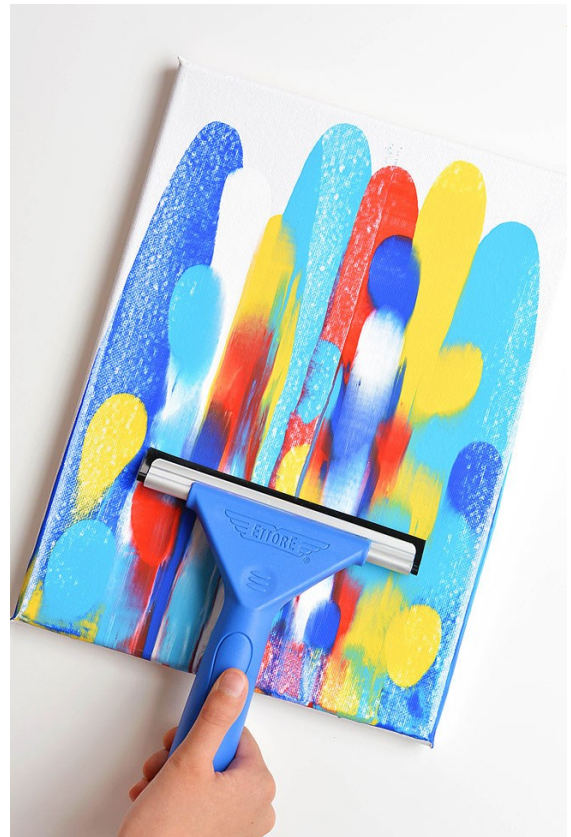
Cadillacs and cataracts, hearing aids and glasses,  
Polydent and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.

When the pipes leak, When the bones creak,  
When the knees go bad,  
I simply remember my favorite things,  
And then I don't feel so bad.

Hot tea crumpets and corn pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favorite things.

Back pain, confused brains and no need for sinning',  
Thin bones and fractures and hair that is thinning',  
And we won't mention our short shrunken frames,  
When we remember our favorite things.

When the joints ache, When the hips break,  
When the eyes grow dim,  
**Then I remember the great life I've had,  
And then I don't feel so bad.**



## *Squeegee Art* with Lisa

**April 11th @ 11:00 AM**

**All materials provided.**

**Call 865-922-0416 to sign up!**

# Help Feed Our Friends!

DONATE THESE ITEMS AT LIBRARY OR SENIOR CENTER LOCATIONS

**SCAN ME**



- 8 lb. Bag of Purina One Small Bites
- 4 lb. Bag of Pedigree Small Bites
- 4 lb. Bag of Beneful Small Bites



- 3.15 lb. Bag of Purina Cat Chow
- 3.15 lb. Bag of Meow Mix
- 3.15 lb. Bag of Friskies



For more information and monetary donation options, please visit [knoxseniors.org/support-paws/](http://knoxseniors.org/support-paws/)



Knox Paws places independent-living seniors with small pets 5 years or older, creating lasting companionship.



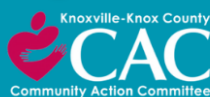
## PET FOOD DRIVE

FEBRUARY 18 - 25, 2025

Drop-off locations: All Knox County Libraries and Senior Centers

Find your spot at [knoxcountylibrary.org](http://knoxcountylibrary.org) and [knoxcounty.org/seniors/](http://knoxcounty.org/seniors/)

Both canned and bag versions of items accepted





# Tai Chi Gung

**Every Monday (two classes)  
11:00 AM (standing) & 11:50 AM (seated)**

Hello Everyone!

My name is Carrie Murray. I am privileged and excited to begin teaching a life giving series of exercises called TAI CHI GUNG. It means: “Give Power to Peace” and it can also mean: “Grand Supreme Energy for the body temple.”

You may have heard of Tai Chi before, or maybe you taken a class in the past. This practice is somewhat different. It is less complicated and easier on your body, yet the benefits are the same. I will be teaching 2 classes. One is standing, the other is seated. Both classes are 45 minutes long and focus on leg strength, flexibility, balance, and learning to breathe more deeply and efficiently. They are very gentle yet calming and energizing all at the same time.

If you can walk for 10 to 20 minutes, the standing class is best for you. If you have less endurance the seated class is perfect for you. Also, the seated class is a wonderful place to begin exercising again if you have back issues, neurological problems, and/or are recovering from a surgery or a stroke.

As we begin a new year, I would love to be part of creating a new, healthier you. These simple exercises will enhance everything else you do to take care of yourself. They have done it for me, so I know they can do it for you too. Come and check it out!

I send Blessings Galore,  
Carrie





**April 1st  
@ 12:30**

**Lunch and Learn**  
**Call 865-922-0416**

- Oral Health Discussion: Our friendly hygienists will share tips on maintaining good oral health.
- Dental Benefits Assistance: Our business team will be available to help you understand your dental benefits and answer any questions you may have.
- Goody Bags: Every attendee will receive a goody bag filled with dental hygiene products to help you maintain a healthy smile! You will also be entered in a giveaway for a FREE Electric Toothbrush!
- Lunch Provided: Enjoy a delicious, free lunch while you learn!

**Don't Forget: If you would like to discuss your dental benefits with our business team, please bring your dental insurance card.**



## **Crafts with Susanne Presents:**



### **Bendable Flower**

**Learn how to make this beautiful flower. All supplies will be provided.**

**March 4th @ 10 AM  
RSVP at the front desk or  
call 865-922-0416**

## **Crafts with Susanne Presents:**



### **Sunflower**

**You will need to bring an old book. All other supplies will be provided.**

**April 1st @ 10 AM**

**RSVP at the front desk or  
call 865-922-0416**



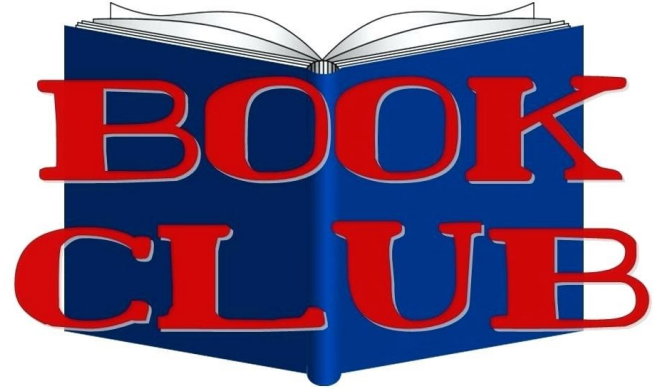
## **Gnome Leprechaun Craft**

**March 12th @ 11:00**

**with Alisa/Knoxville Rehab Hospital**

**All materials provided.**

**Call 865-922-0416 to sign up!**



**Upcoming meetings...**  
(4th Wednesday of the month)

**March 26th @ 11:00 AM**

Prescription for Love, second book in the series by  
Brandi Kennedy is the book for January.

**April 23rd @ 11:00 AM**





# TECH SMART KNOX SENIORS

KNOXSENIORS.ORG  
A PROGRAM OF THE CAC OFFICE ON AGING

**Are you age 60+ & live in Knox County?**

**Interested in learning how  
to use a laptop computer?**

**Need help purchasing an  
affordable laptop computer?**

***We can help!***



After completing this 15-hour training, you are eligible to purchase a laptop computer called a Chromebook for \$25 (Retail value \$150).

Classes are Monday—Friday; 3 hours per day.

Call for class locations.

***Give us a call to learn more!***  
**865-524-2786**

This project is funded under a Grant Contract with the State of Tennessee.



# VETERAN URGENT CARE RESOURCES



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

Care is available to treat non-life threatening conditions.

When to choose VA urgent care:

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



## When using urgent care at a community provider:

You can also show the card on your mobile device.

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

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



## Do you need help using your VA urgent care benefits?

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

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

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

- AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, or WY.

Your region listed on the card to check your eligibility.



**CHECK YOUR ELIGIBILITY!**

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

SELECT:

OPTION 1

THEN

OPTION 3

AND THEN

OPTION 1

Family members are not authorized to use urgent care benefits.



**DOWNLOAD VA URGENT CARE BILLING INFORMATION CARD**

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



**FIND VA-APPROVED PROVIDERS AND PHARMACIES**

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

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

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

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



# **EASTER EGG HUNT**

**April 23rd @ 1:00 PM**

**Prizes/GOLDEN Egg Prize.**

**YOU MUST REGISTER  
865-922-0416.**

**This will be  
outside and  
on uneven ground.**





**Hearing Exam**

**April 9th**

**9:00 AM—Noon**

**Call 865-922-0416 to reserve  
your appt. for a hearing exam.**





# ***Movie Matinees***

**March 31 @ 1:00 PM**

## ***Dreamer***

You'll cheer all the way to the finish line for this feel good film. Kurt Russell and Dakota Fanning star as a horse trainer and his inspiring young daughter, Cale, whose determination to help an injured racehorse changes their lives forever.

**April 28th @ 1:00 PM**

## ***Up***

Carl Fredrickson, a retired balloon salesman, is part rascal, part dreamer who is ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl sets off the lost world of his childhood dreams. Unbeknownst to Carl, Russell, an overeager eight-year-old Wilderness Explorer who has never ventured beyond his backyard, is in the wrong place at the wrong time Carl's front porch! The world's most unlikely duo reach new heights and meet fantastic friends like Dug, a dog with a special collar that allows him to speak, and Kevin, a rare 13-foot tall flightless bird. Stuck together in the wilds of the jungle, Carl realizes that sometimes life's biggest adventures aren't the ones you set out looking for.

# HALLS (Senior Center) HAS IT... A FITNESS ROOM FREE FOR SENIORS!

**FITNESS ROOM ORIENTATION IS MANDATORY**

**Stop by to schedule your orientation or call 865-922-0416.**



**personal training**

**fitness  
consultation**



## **Attention Pickers, Grinners, and Fans alike:**

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

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

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

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

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

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

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

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

### **Knox County Senior Centers:**

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

# Grief Recovery Resources



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



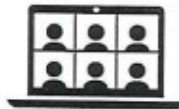
## **In-Person & Online Grief Recovery Support Group.**

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



## **Facebook Group. Hope-Help-Healing**

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



## **Online Zoom Support. Hope Circle**

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



## **Monthly Newsletter.**

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



## **Community Events.**

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

For more information or to register for Grief Recovery Support Groups or upcoming events.  
[www.mynattfh.com](http://www.mynattfh.com) ~ 865-407-0214 ~ [GriefRecoveryJoy-Chelsi@mynattfh.com](mailto:GriefRecoveryJoy-Chelsi@mynattfh.com)