



KNOX COUNTY  
TENNESSEE

# HALLS SENIOR CENTER

4405 Crippen Road, Knoxville, TN 37918  
865-922-0416  
www.knoxcounty.org/seniors

## JANUARY/FEBRUARY 2024

### *Happenings...*

### 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. The winner of each game gets their name put in the pot for a chance to win a prize. Participants can only win one prize and everyone is eligible to win the coverall prize. Prizes and gift cards are donated by a variety of sponsors along with their service information.

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

**January 3rd at 10 AM**  
**February 7th at 10 AM**



### Crafts with Susanne

Join us for Crafts with Susanne either in person or via Zoom.

**January 2nd @ 10 AM**

*Winter Tree*



**February 6th @ 10 AM**

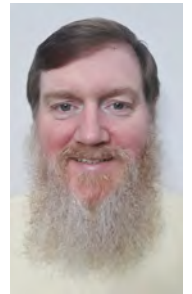
*Melty Snowman*



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

### Welcome Caleb Newsome!

We want to welcome Caleb Newsome, Public Health Fitness Coordinator. Caleb has twenty years experience in the fitness industry and has worked with high risk populations, individuals experiencing heart disease and joint replacements. He will be working with exercise instructors, seniors, and staff to promote health and fitness experiences at all six Knox County Senior Centers including Halls Senior Center. He will be available to seniors to assist with nutrition, fitness, and exercise guidance and plans. He will be providing Fitness Room orientations to guide individuals on the proper and safe way to use the fitness equipment and advice on fitness routines, as well as personal training, small group training, and classes on health and fitness topics for the senior population.



Now's the best time to schedule your free consultation with Caleb, and it's easy to do—just stop by the reception desk or call the Center at 865-922-0416.

### NEW Mahjong group forming at Halls Senior Center



**Meet & Greet**

**Jan. 8th @ 2:00 PM**

### Knox County Senior Centers will be closed:

**January 1st**  
**New Years' Day**

**January 15th**  
**Martin Luther King, Jr. Day**

**February 19th**  
**President's Day**

# January/February 2024

## Pickleball

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



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

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

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



## Walking Group Social

January 17th, 3-5 PM

Karns Senior Center  
8042 Oak Ridge Hwy.

Enjoy light refreshments, music, pictures,  
socializing and fun as you get to know your  
fellow walkers a little better. If you have  
not been on one of our walks or have been  
interested to find out more, this is a great  
opportunity to get more information.



Be sure to register and get your ticket for  
the event at the front desk of the  
Halls Senior Center.



**Walking Club**  
Jan 8th @ 1:00 PM  
(information meeting)

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.



## Senior Information and Referral

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

January 22nd @ 10 AM  
and February 26th @ 10 AM

**Senior  
Information  
& Referral**



## Cardio Drumming

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

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



Thursdays  
@ 1:00 PM

## Ping Pong and Jazzminton

Monday 1:00-4:25 PM  
Tuesday 8-9:30 AM  
Thursday 8-9:30 AM  
Friday 8:00-Noon



## Book Club

Next meeting is on  
January 10th  
@ 11 AM. Book is:



There There by Tommy Orange

# January/February 2024

## Backgammon

**Jan. 26 @ 1:00 PM**  
**Feb. 28 @ 11:00 AM**

## Mexican Train Dominoes

Monday & Friday @ Noon



## Seated Yoga

We are now offering  
**SEATED YOGA**  
**@11:15 AM**  
every other week  
and on the alternating  
week will be Shabashi.

Stability @ 11:45 AM

## Cyanotype Bookmarks



Jan. 16th @ 11:00 AM  
Call 865-922-0416  
to sign up.

All materials provided.

## FREE BASIC Line Dance Lessons

Jan. 2nd, 9th, 16th  
& 23rd  
11:15-11:45 AM

Call 865-922-0416 for  
more information!



*Have you noticed the WATER  
bottle filler station that has  
been installed in the center?*



*BYOB (bring your  
own bottle) and  
stay hydrated.*

**Beginner Line Dance \$2**  
**Wednesday, 10:00 AM**

**Intermediate Line Dance \$2**  
**Wednesday at 11:00 AM**



## Movie Matinee

Jan. 22nd @ 1:00 PM  
*Julie and Julia*

Feb. 12th @ 1:00 PM  
*A Dog's Purpose*

Popcorn will be provided.

## Silver Sneakers Presentation

**January 17th @ 1:00 PM**

Silver Sneakers is an overall wellness program that helps you improve your health and live the life you want.

The program offers free fitness programs at a variety of locations. These include some Senior Centers, Gyms, and other locations, such as Therapy offices. These programs can be in-person or on-line.

The presentation will identify where the programs are offered, how to sign up, and how members can earn points for attending the classes.

Also there will be an explanation of a program designed for the member to contribute to a college fund for children in their extended family.

## Pictionary

**Jan. 19 11:00 AM**  
**Feb. 16th 11:00 AM**  
**Feb. 22 10:30 AM**

# January/February 2024



Join Fitness Coordinator, Caleb Newsome, February, 14th @11:00AM for an informative and encouraging presentation to inspire you to move and live a healthy, active, and vibrant life. Active living does not have to be difficult or boring. Come discover how Active Living can be a part of your life.

We will be discussing the following:

- Aerobic, Muscle Strengthening, and Bone Strengthening Activity
- Benefits of Active Living
- Active Living with Chronic Health Challenges
- Safe Physical Activity

Call the center (865) 922-0416 or stop by the front desk to sign up!

## Knitting Circle

February 8th

1:00-2:00 PM

Beginners welcome!



## YELLOW DOT PROGRAM by TDOT

Feb. 29

@ 2:00 PM



Senior Q & A with Teja  
Every 1st Tuesday of the  
month @ 11:00 AM  
Jan. 2nd and Feb. 6th

## 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

## Are you Eligible for Tax Relief or Tax Freeze?

State of Tennessee Senior Tax Relief program and the Disabled Veteran Tax Relief program.

January 9th @ 11:00 a.m.  
(see attached flyer for more information)



## National Pizza Day is February 9th!

Field trip to Pizza Inn (buffet).

Feb. 9th, bus leaves at @ 10:45 AM

Sign up in the office or call 865-922-0416.



# Halls Senior Center

4405 Crippen Road,  
Knoxville, TN 37918  
Phone: 865-922-0416  
www.knoxcounty.org/seniors/

# JANUARY 2024



# Center Hours—M-F 8:00 AM-4:30 PM

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

Mon	Tue	Wed	Thu	Fri
8:00-4:30 Billiards Darts 8:30-9:30 SAIL Class 9:00 Scrapbooking 10:00 Bridge 10:00 Pinochle 10:00 Exercise Class 11:15 Chair Yoga or Shabashi Class 11:45 Stability Class 12:30 Mahjong 1:00 Rook 1:00-4:30 Ping Pong	8:00-4:30 Billiards & Darts 8:00-9:30 Ping Pong 10:00 Hand & Foot 10:00 Exercise Class 12:00 Mexican Train Dominoes 12:30 Canasta 1:00-4:00 Pickleball 3:00 Virtual Bingo	8:00-4:30 Billiards & Darts 8:30-9:30 SAIL Class 9:30 Rook 10:00 Hand & Foot 10:00 Beginner Line Dance 11:00 Intermediate Line Dance 1:00 Bridge 1:00 Rook 1:00-4:00 Pickleball	8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Quilting 10:00 Exercise Class 11:00 Polynesian Dance 12:00 Rummikub 1:00 Cardio Drumming 1:00-4:00 Pickleball	8:00-4:30 Billiards & Darts 8:00-1:00 Ping Pong (except 1st Friday) 10:00 Euchre 11:00 Art/Craft Social 12:00 Mexican Train Dominoes 12:30 Cribbage 1:00-4:00 Pickleball
1 <b>Knox County Senior Centers</b>	2 <b>Senior Q &amp; A w/Teja @ 11:00</b> Crafts w/Susanne @ 10 AM <b>Line Dance Basics @ 11:15</b>	3  10:00 AM by Legacy Capital Advisors	4 <b>National Spaghetti Day</b> 	5 
8 <b>NEW Finding Balance &amp; Hope in 2024 @ 11:00 AM</b> Halls Walking Club Info. Info. Mtg. @1:00 PM	9 <b>Senior Tax Relief 10:00-11:30 AM</b> <b>Line Dance Basics @ 11:15</b> <b>Mahjong Meet/Greet @ 2:00 PM, Feb. 8th</b>	10 <b>Book Club @ 11:00</b> 	11	12
15 <b>Knox County Senior Centers Closed.</b> <b>Line Dance Basics @ 11:15</b>	16 <b>Cyanotype Bookmark @ 11</b> Senior Walk West Town Mall, 7500 Kingston Pike (by Cheesecake Factory) @ 10:00 AM RSVP 865-288-3761.	17 <b>Silver Sneakers Info. Session w/Don Parsley @ 1:00 PM</b> <b>Senior WALKING Group Social 3:00-5:00 PM</b> Karns Senior Center 8042 Oak Ridge Hwy.	18	19 <b>Pictionary @ 11:00 AM</b>
22 <b>Senior Info. &amp; Referral @ 10 AM</b> <b>Monday Movie Matinee 1:00 PM Julie &amp; Julia</b> Popcorn provided.	23 <b>Trivia w/ Caroline Quality Home Health 11:00 AM</b> <b>Line Dance Basics @ 11:15</b>	24  10:00 AM By Volunteer Hearing	25	26 <b>Backgammon @ 1:00 PM (beginners welcome)</b>
29 	30	31 <b>National Hot Chocolate Day</b> <i>Hot Chocolate available all day!</i>		<b>Drop off your worn or tattered flags to the Halls Senior Center and will make sure there are disposed of properly.</b> <b>Monday-Friday, 8:00 AM to 4:30 PM</b>

# Halls Senior Center

4405 Crippen Road,  
Knoxville, TN 37918  
Phone: 865-922-0416  
www.knoxcounty.org/seniors/

## FEBRUARY 2024



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			1	2
5	6 <b>Senior Q &amp; A with Teja @ 11 AM</b>  Crafts with Susanne @ 10 AM Melty Snowman	7 @ 10:00 AM By American House Senior Living	8	9 <b>National Pizza Day</b>  <b>Field Trip to Pizza Inn @ 10:45 AM</b>
12 <b>Monday Movie Matinee 1:00 PM</b> <b>A Dog's Purpose</b> Popcorn provided.	13 <b>Elder Law of East TN @ 1:00 PM</b>	14 <b>HAPPY VALENTINES DAY!</b> Active Living @ 11 AM w/Caleb <i>Join us and meet our new Fitness Coordinator!</i>	15	16 <b>Pictionary @ 11:00 AM</b>
19	20 <b>Senior Walk</b> Ft. Sanders Health & Fitness Center 9700 Kingston Pike @ 9:30 AM RSVP 865-288-3761.	21	22 <b>Pictionary 10:30</b>	23
26 <b>Senior Info. &amp; Referral 10-12</b>	27	28 <b>Backgammon @ 11:00 AM (beginners welcome)</b>	29 <b>TN Yellow Dot Program by TDOT @ 2:00 p.m.</b> 	



# Elder Law

OF EAST TENNESSEE

*Counsel. Care. Compassion.*

**Feb. 13th @ 1:00 PM**

**Call Halls Senior Center**

**@ 865-922-0416**

**to register!**



# ***Movie Matinees***

**January 22nd @ 1:00 PM**

## ***Julie & Julia***

A culinary legend provides a frustrated office worker with a new recipe for life. True stories of how Julie Child's life and cookbook inspired fledgling writer Julie Powell to whip up 524 recipes in 365 days and introduce a new generation to the magic of French cooking. (Starring Meryl Streep and Amy Adams)

**February 12th @ 1:00 PM**

## ***A Dog's Purpose***

Based on the beloved bestselling novel by W. Bruce Cameron. A Dog's Purpose shares the soulful and surprising story of one devoted dog who finds the meaning of his own existence through the lives of the humans he teaches to laugh and love.





**The Tennessee Yellow DOT Program is designed to provide first responders with an individual's medical information in the event of an emergency on Tennessee's roadways. The information can mean the difference between "life and death" in the "Golden Hour" immediately following a serious incident.**

**February 29th @ 2:00 PM**

**Call the center at 865-922-0416**

**or stop by the office to sign up!**

# Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze

If you are 65 or over, own your primary residence, and your income in 2022 was \$33,460 or below you may qualify for Tax Relief.

If you are 65 or over, own your primary residence and your income in 2022 was \$44,940 or below you may qualify for Tax Freeze. As previously announced, in October 2024 the 2023 income is expected to be \$60,000



If you are a Disabled Veteran, Widow(er) of a DV own your primary residence you may qualify for Tax Relief of \$680

**Applications are open October 5, 2023 — April 5, 2024**

**You must sign up every year.**

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

January 9 at 10 AM Halls Senior Center 4405 Crippen Road Knoxville, TN

January 11 at 10 AM West Knox County Senior Center 239 Jamestown Blvd, Suite 101 Farragut, TN

January 12 at 1 PM Corryton Senior Center 9331 Davis Drive Corryton, TN

January 18 10:30 A.M. Karns Senior Center 8042 Oak Ridge Highway Knoxville, TN

January 23 at 10 AM South Knox Senior Center 6729 Martel Lane Knoxville, TN

January 31 at 10:30 A.M. Carter Senior Center 9040 Asheville Highway Knoxville, TN

# Silver Sneakers Presentation

**January 17th @ 1:00 PM**

**Halls Senior Center**

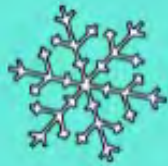
**4405 Crippen Road**

Silver Sneakers is an overall wellness program that helps you improve your health and live the life you want.

The program offers free fitness programs at a variety of locations. These include some Senior Centers, Gyms, and other locations, such as Therapy offices. These programs can be in-person or on-line.

The presentation will identify where the programs are offered, how to sign up, and how members can earn points for attending the classes.

Also there will be an explanation of a program designed for the member to contribute to a college fund for children in their extended family.



# FREE BASIC LINE DANCE LESSONS

**Are Grapevines only for making wine?  
Is a Weave something you do in traffic?  
Did you think Vs and Ks were just letters?  
Well, have we got a class for you!**

**Starting January 2nd, we are offering a  
FREE Basics of Line Dancing class.  
The time will be 11:15 to 11:45 for 4 Tuesdays.  
(January 2, 9, 16 and 23)**

**Lessons will be held at Halls Senior Center  
4405 Crippen Road, Knoxville  
Call 864-922-0416 to sign up!**



# **Crafts with Susanne Presents:**



## **Winter Tree Craft!**

**A elegant, simple, craft to help spruce up your winter décor.**

**January 2nd at 10 AM**

**RSVP at the front desk or**

**call 865-922-0416.**

## Crafts with Susanne Presents:



**This cute Melty Snowman Craft is going to help us transition  
from Winter to Spring!  
(Please, hurry up Spring!!)**

**February 6th at 10 AM  
RSVP at the front desk or  
call 865-922-0416.**

# Cyanotype Bookmarks



Join Rita and Donna to make cyanotype bookmarks using a printing process from the early days of photography. Objects are placed on light sensitive fabric, exposed to light and rinsed in water, creating a blue print. Simple and fun to do.

**January 16th 2024**  
**11:00-12:00**  
Halls Senior Center

FINDING BALANCE

& HOPE IN 2024

**JANUARY 8**

**11:00AM - 12:00 PM.**

**HALLS**

**SENIOR CENTER**

**WORKSHOP:**

**GOALS & MOTIVATION**

Presenter: Joy Gaertner

Light Refreshments

**CALL TODAY to REGISTER**

**865.407.0214**







# ACTIVE LIVING

Join Fitness Coordinator, Caleb Newsome, February, 14th@11:00AM for an informative and encouraging presentation to inspire you to move and live a healthy, active, and vibrant life. Active living does not have to be difficult or boring. Come discover how Active Living can be a part of your life.

We will be discussing the following:

- Aerobic, Muscle Strengthening, and Bone Strengthening Activity
- Benefits of Active Living
- Active Living with Chronic Health Challenges
- Safe Physical Activity

Call the center (865) 922-0416 or stop by the front desk to sign up!





## **Knox County Senior Services SENIOR WALK**

**Tuesday, February 20<sup>th</sup> at 9:30 am**

**Join us at Ft. Sanders Health & Fitness Center (270 Fort Sanders W Blvd, Knoxville, TN 37922) for the walking group's monthly walk. Ft. Sanders Health & Fitness Center is full of 5-**

**star amenities for the entire family and offer a wide variety of month-to-month memberships.**

**We will be taking a tour of the facility and walking a couple of miles on the indoor walking track. Following our walk, join us for lunch at Sami's Cafe (9700 Kingston Pike #5, Knoxville, TN 37922). Be sure to RSVP by leaving a message**

**at [865-288-3761](tel:865-288-3761) or you can email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)**

## NO EXCUSES... EVEN IF IT IS A COLD JANUARY!!

We will be taking our walk inside the West Town Mall this month. No better way to get your steps in than window shopping with friends while you exercise!

Laurie, Eilene and Carole will **meet you right inside the mall entrance by The Cheesecake Factory**... as seen in this picture.

After we walk the mall, we will gather in the food court where you have many choices of food to eat. Be sure to RSVP by calling **865-288-3761** or you can email

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

## WEST TOWN MALL

(INDOORS)

JANUARY 16<sup>TH</sup>

@10:00am

7600 KINGSTON PIKE  
37919



# 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.*



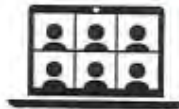
## **In-Person & Online Grief Recovery Support Group.**

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)



At  
Knox County Senior Centers

**ITS FREE TO JOIN**

**WALK WHEN YOU WANT / AT YOUR OWN PACE**

**WALKING IS GREAT EXERCISE**

**ITS ALWAYS MORE FUN TO WALK WITH A FRIEND**

**WALKERS RECEIVE A FREE PEDOMETER TO TRACK THEIR  
STEPS AND WILL BE AWARDED PRIZES FOR MILES WALKED**

**SIGN UP BEGINS IN DECEMBER AT ALL 6  
KNOX COUNTY SENIOR CENTER LOCATIONS**

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



COREINSURANCEADVISORS.COM | 877-404-8060



# Stay Active & Independent for Life (SAIL)

**A strength, balance, and fitness**

- **It works...**you'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls.
- **It's safe..**the instructors are experienced and skilled, and exercises have been tested with seniors.
- **It's fun...**you'll meet other seniors & make new friends

**SAIL Class**  
**8:30 — 9:30**  
**Monday & Wednesday**

**Build your balance, prevent falls, and be fit  
and fall proof.**



**KNOX COUNTY SENIOR SERVICES**

**SENIOR WALKING GROUP SOCIAL**



**KARNS SENIOR CENTER**  
8042 Oak Ridge Hwy  
Wednesday,  
January 17<sup>th</sup>, 3:00 to 5:00pm

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available. Coordinators from our six senior centers will also be on hand to answer any questions you may have.

**BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.**

Scan the QR code to find the closest senior center to you as well as their events!



Questions? Call (865) 288-3761 or email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)



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

For information or to RSVP

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



**865-288-3761**

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

**JANUARY 16<sup>th</sup> at 10:00 am**

Join Carole, Laurie, and Eilene

WEST TOWN MALL (INDOORS)

7600 Kingston Pike 37919

Lunch-Many Options in Food Court

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

Join Robyn and Sue

FORT SANDERS HEALTH AND FITNESS (Indoors)

270 Fort Sanders Blvd. 37922

Lunch at Sami's Cafe

**MARCH 19<sup>th</sup> at 10:00 am**

Join Tara, Patty, and Eilene

BEVERLY PARK INTERGENERATIONAL PARK

5311 Beverly Park Circle 37918

Lunch at Henry's Deli

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

Join Judy and Carole

BAXTER GARDENS

3901 Sam Cooper Lane 37918

Lunch at Litton's

**MAY 21<sup>st</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 18<sup>th</sup> at 9:00 am**

Join Robyn and Aliyete

UT ARBORETUM OAK RIDGE

901 South Illinois Avenue 37830

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



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

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

**AUGUST 20<sup>th</sup> at 9:00 am**

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

**SEPTEMBER 17<sup>th</sup> at 10:00 am**

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

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

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

**NOVEMBER 19<sup>th</sup> at 10:00 am**

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

**DECEMBER 17<sup>th</sup> at 5:30 pm**

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

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

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

