



March/April  
2024

# West Knox County Senior Center

## The *Scene*

The Senior Center will be closed on Friday, March 29th in observation of Good Friday.

### Inside This Edition:

We've included hyperlinks below. Just click on the program listing and it will take you to the newsletter page to read more about the program.

[March 4th ... Bingo](#)  
[March 4th ... Music Jam](#)  
[March 5th ... Medicare Q&A Table](#)  
[March 5th ... Healing Touch Program](#)  
[March 5th ... Grief Support](#)  
[March 6th ... Nail Trimming with Michelle](#)  
[March 7th ... Meet the Physical Therapist](#)  
[March 8th ... Hearing Help with Beltone](#)  
[March 8th ... Nail Trimming with Michelle](#)  
[March 8th ... Introduction to Bee Keeping](#)  
[March 11th ... Social Worker Outreach](#)  
[March 11th ... Dementia Care & Support](#)  
[March 13th ... Mah Jongg Lessons Start](#)  
[March 14th ... iPad/iPhone Class](#)  
[March 15th ... Android Basics Class](#)  
[March 15th ... Movement Mortgage Presentation](#)  
[March 15th ... Furoshiki Demonstration](#)  
[March 18th ... Bingo](#)  
[March 18th ... Writing Workshop](#)  
[March 19th ... Grief Support](#)  
[March 19th ... Senior Services Walk: Beverly Park & Intergenerational Playspace](#)  
[March 19th ... Medicare Presentation](#)  
[March 20th ... Legal Aid of East Tennessee](#)  
[March 20th ... Color, Coffee, and Chat](#)  
[March 22nd... Cooking with Laurie](#)  
[March 21st ... Meet the Physical Therapist](#)  
[March 21st ... United HealthCare Q&A](#)  
[March 21st ... AARP Safe Driving Class](#)  
[March 25th ... Craft Class: Easter Cards](#)  
[March 25th ... Bingo](#)  
[March 25th ... Hearing Table in the Hallway](#)  
[March 26th ... Humana Medicare Q&A](#)  
[March 27th ... Blood Pressure Clinic](#)  
[March 28th ... Vietnam Veterans Social](#)

[April 1st ... Bingo](#)  
[April 1st ... Tech Smart Knox Seniors with Telehealth](#)  
[April 1st ... Music Jam](#)  
[April 2nd... Grief Support](#)  
[April 4th ... Meet the Physical Therapist](#)  
[April 8th ... Social Worker Outreach](#)  
[April 8th ... Commemorating National Pet Day Starts](#)  
[April 8th ... Feed-A-Pet Food Drop-Off Starts](#)  
[April 8th ... Bingo](#)  
[April 8th ... Dementia Care and Support](#)  
[April 9th ... Medicare Q&A Table](#)  
[April 11th ... iPad/iPhone Beyond Basics](#)  
[April 12th ... Nail Trimming with Michelle](#)  
[April 15th ... Bingo](#)  
[April 16th ... Grief Support](#)  
[April 16th ... Senior Walk: Baxter Gardens](#)  
[April 16th ... Medicare Presentation with Dixie](#)  
[April 17th ... Legal Aid of East Tennessee](#)  
[April 17th ... Color, Coffee & Chat](#)  
[April 18th ... Meet the Physical Therapist](#)  
[April 18th ... Reading and Understanding Nutritional Facts Labels](#)  
[April 19th ... Resource Fair](#)  
[April 22nd ... Bingo](#)  
[April 22nd... Share-A-Book](#)  
[April 22nd ... Writing Workshop](#)  
[April 23rd ... Fraud Prevention Presentation](#)  
[April 24th ... Blood Pressure Clinic](#)  
[April 24th ... Cornhole Tournament](#)  
[April 24th ... Human Trafficking Presentation](#)  
[April 25th ... United HealthCare Q&A](#)  
[April 25th ... AARP Safe Driving Class](#)  
[April 25th ... Vietnam Veterans Social](#)  
[April 26th ... Field Trip: Dogwood Arts Festival](#)  
[April 29th ... Bingo](#)  
[April 29th ... Share-A-Poem](#)  
[April 29th ... Hearing Table in the Hallway](#)  
[April 30th ... Humana Medicare Q&A](#)  
[May 3rd ... Japanese Tea Ceremony](#)

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](http://www.KnoxCounty.org/seniors)



# West Knox County Senior Center

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

Phone: 865-288-7805

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

# March 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><b>The programs list below occur weekly:</b></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 12:00 Mexican Train Dominoes 12:00 MJ Group</p>	<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open <b>9:00 Healing Touch</b> 9:30 Interm. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group <b>10:15 Spanish II*</b> 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:30 Canasta 12:30 Hand &amp; 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 <b>8:30 Beginning Spanish</b> 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg <b>1:00 Beginning Line Dance*</b> 1:00 Bridge 1:00 Oil Painting Class* 2:30 Zumba Gold*</p>	<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open <b>7:30—4:00 Caleb</b> <b>Newsome available for health and fitness consultations</b> 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge <b>10:15 Spanish II*</b> 11:15 Tone &amp; Balance* <b>11:45 Pickleball Lessons</b> 12:00 Rook 12:30 Pickleball 1:00 Cribbage 1:00 Feldenkrais* 2:15 Improvers Line</p>	<p>7:30—3:45 Fitness Room Open <b>8:00—12:00 Table Tennis</b> 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/ Stretch* <b>9:30 Ask Jake</b> 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 align="center"><b>Caleb Can Help!</b> Schedule your appointment with Caleb Newsome, Public Health Fitness Coordinator. He can assist with developing a plan to help you meet your fitness and wellness goals free of charge. He can also provide Fitness Room Orientations to help you become more familiar with the fitness equipment to get the most out of your workout. To schedule an appointment call the Center at 865-288-7805.</p>				<p><b>1</b></p>
<p><b>The programs listed below are non-weekly or specialty programs:</b></p>				
<p><b>4</b> <b>10:30 Bingo</b> 12:30 Sewing Guild: Day for Girls <b>1:30 Music Jam</b></p>	<p><b>5</b> 10:00 Medicare Q&amp;A Table 10:30 Grief support</p>	<p><b>6</b> <b>9:30 Nail Trimming*</b> 1:30 Sew What</p>	<p><b>7</b> <b>9:00 Meet the Physical Therapist</b></p>	<p><b>8</b> <b>9:00—10:30 Hearing Help with Beltone</b> <b>10:00 Nail Trimming*</b> 12:30 Memory Café Art Therapy Program <b>1:30 Introduction to Bee Keeping</b></p>
<p><b>11</b> 9:00—12:00 PEO Meeting 9:00 Social Worker Outreach <b>1:30 Dementia Social</b> <b>2:00 Senior Walking Group Social at Karns Senior Center</b>  <i>No Bingo Today</i></p>	<p><b>12</b>  <i>No Pickleball Gym Closed</i></p>	<p><b>13</b> <b>10:00 Mah Jongg Lessons</b> (1:6)  <i>No Tai Chi with Cheryl No SAIL Gym Closed</i></p>	<p><b>14</b> <b>10:00 iPad/iPhone Basics*</b> 1:00 Steel Magnolia's Book Club  <i>No Pickleball Gym Closed</i></p>	<p><b>15</b> <b>10:00 Android Basics*</b> <b>10:00 iPad/iPhone Basics*</b> 10:00 St. Patrick's Day Treats in the Lounge <b>10:30 Movement Mortgage Presentation</b> <b>1:00 Furoshiki Demonstra- tion</b></p>
<p><b>18</b> <b>10:30 Bingo</b> 12:30 American Sewing Guild <b>1:30 Writing Workshop</b></p>	<p><b>19</b> <b>9:30 Field Trip: JTV Studio</b> <b>10:00 Senior Walk: Beverly Park</b> 10:30 Grief Support <b>1:00 Medicare with Dixie Curless</b></p>	<p><b>20</b> <b>10:00 Legal Outreach</b> <b>10:00 Color Coffee Chat</b> <b>10:00 Mah Jongg Lessons</b> (2:6)</p>	<p><b>21</b> <b>9:00 Meet the Physical Therapist</b> 10:30 United Health Care Medicare Q&amp;A <b>11:00 AARP Smart Driver Class*</b> 12:00 WKCS Book Club</p>	<p><b>22</b> <b>11:00 AARP Smart Driver Class*</b> <b>1:00 Cooking with Laurie: Heart Healthy Soup</b></p>
<p><b>25</b> <b>10:00 Easter Card Craft Class with Cindy</b> <b>10:30 Bingo</b> <b>1:00 Hearing Table in the Hallway</b></p>	<p><b>26</b> <b>9:00-1:00 Healing Touch</b> 1:00 Humana Medicare Q&amp;A Table with Kenneth Lefevre</p>	<p><b>27</b> 10:00 Blood Pressure Clinic <b>10:00 Mah Jongg Lessons</b> (3:6)</p>	<p><b>28</b> 1:30 Vietnam Veterans Social</p>	<p><b>29</b> <i>Center Closed Good Friday</i></p>



# West Knox County Senior Center

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

Phone: 865-288-7805

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

# April 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)

The programs list below occur weekly:

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

7:30-3:45 Billiards  
7:30—3:45 Fitness Room Open  
**9:00 Healing Touch**  
9:30 Intern. 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 Intern. Line Dance\*

7:30—3:45 Billiards  
7:30—3:45 Fitness Room Open  
**8:30 Beginning Spanish**  
8:45 Tai Chi with Cheryl\*  
9:00 Cardio/Strength/Stretch\*  
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 Beginning Line Dance\***  
1:00 Bridge  
**1:00 Oil Painting Class\***  
2:30 Zumba Gold\*

7:30-3:45 Billiards  
7:30—3:45 Fitness Room Open  
**7:30—4:00 Caleb Newsome available for health and fitness consultations**  
9:45 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 Improvers Line Dance\*

7:30—3:45 Fitness Room Open  
**8:00—12:00 Table Tennis**  
8:45 Tai Chi with Cheryl\*  
9:00 Cardio/Strength/Stretch\*  
**9:30 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

The programs listed below are non-weekly or specialty programs:

**1**  
1:30 Music Jam  
**12:30 Tech Smart Seniors** (1:6)

**2**  
10:30 Grief Support  
**12:30 Tech Smart Seniors** (2:6)

**3**  
10:00 Mah Jongg Lessons (4:6)  
**12:30 Tech Smart Seniors** (3:6)  
1:30 Sew What

**4**  
9:00 Meet the Physical Therapist  
**12:30 Tech Smart Seniors** (4:6)

**5**  
10:00 Nail Trimming with Michelle\*  
**12:30 Tech Smart Seniors** (5:6)

**8**  
9:00 Social Worker Outreach  
**12:30 Tech Smart Seniors\*** (6:6)  
1:30 Dementia Support  
*National Pet Day celebrated all week*

**9**  
10:00 Medicare Q&A Table with Brooke

**10**  
9:30 Nail Trimming\*  
10:00 Mah Jongg Lessons (5:6)

**11**  
10:00 iPad/iPhone Beyond Basics\*  
1:00 Steel Magnolias Book Club  
*National Pet Day Observed*

**12**  
10:00 iPad/iPhone Beyond Basics\*  
10:00 Nail Trimming\*

**15**  
12:30 American Sewing Guild

**16**  
9:30 Senior Walk: Baxter Gardens  
10:30 Grief Support  
1:00 Medicare Education with Dixie

**17**  
10:00 Color Coffee Chat  
10:00 Legal Outreach  
10:00 Mah Jongg Lessons (6:6)

**18**  
9:00 Meet the Physical Therapist  
12:00 WKCSC Book Club  
1:00 Reading & Understanding Nutritional Fact Labels

**19**  
Resource Fair  
11:30—3:30 PM

**22**  
1:00 Share-A-Book  
1:30 Writing Workshop

**23**  
1:00 Fraud Prevention Presentation  
*World Book Day*

**24**  
10:00 Blood Pressure Clinic  
10:30 Cornhole  
1:30 Human Trafficking Presentation

**25**  
10:30 United Health Care Medicare Q&A  
11:00 AARP Smart Driver Class\*  
1:30 Vietnam Veterans Social

**26**  
9:30 Field Trip: Dogwood Arts Festival  
11:00 AARP Smart Driver Class\*

**29**  
1:00 Hearing Table in the Hallway  
1:00 Share-A-Poem

**30**  
1:00 Humana Medicare Q&A Table with Kenneth Lefevre





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

### March 4th ... Music Jam

We welcome you to our Music Jam on Monday, March 4th at 1:30 PM. We'll have a country, bluegrass, and gospel music jam session. Bring your musical instrument too or just come and listen. We'll be enjoying refreshments sponsored by Modern Woodmen. For planning purposes, please call the Center or stop by the reception desk to sign up to attend. Those who pre-register before March 1st are entered into a drawing for a door prize. Please pre-register, we want to make sure there's refreshments for everyone! We look forward to seeing you.

### March 5th ... Healing Touch Program for Veterans

Healing Touch, "H.T.," is now available at West Knox County Senior Center on Tuesdays from 9:00 AM—1:00 PM by appointment only starting on Tuesday, March 5th. Healing Touch is a relaxing, nurturing, heart-centered, biofield/energy practice. Gentle, intentional touch assists in balancing physical, mental, emotional, and spiritual well-being. This practice non-invasively 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 all veterans. If you're a veteran and would like to schedule your Healing Touch appointment call 865-356-9221 or email [BrendasHobbitHouse@gmail.com](mailto:BrendasHobbitHouse@gmail.com).

### Who is Brenda Seip?

Brenda has been a participant of the Center for several years. You may have seen her in some of the activities and programs. She is now offering Healing Touch Program for Veterans at West Knox County Senior Center. "I am a life long teacher, as well as a life-long learner," Brenda says, "I look for ways to serve our community and my life experiences have led to me to offering this program to our veterans. I am thankful for the opportunity to recently meet with Veterans at a Veterans breakfast. I knew there was a need for this program and service."



Brenda Seip demonstrates Healing Touch with Center Coordinator Darrell Gooding.

### 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, March 5th.,  
Tuesday, March 19th.,  
Tuesday, April 2nd.,  
Tuesday, April 16th.*

Grief Support Group is sponsored by Smoky Mountain Home Health & Hospice. Everyone welcome.

### Dementia Care & Support

*Monday, March 11th.,  
at 1:30 PM  
Monday, April 8th.,  
at 1:30 PM*

The Dementia Care & Support program is facilitated by Kim Warnick with Dementia Care Solutions of East Tennessee.

### Meet the Physical Therapist



Dr. Lee Easley, DPT., with [Knox Physical Therapy](#) 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, March 7th.,  
Thursday, March 21st.,  
Thursday, April 4th.,  
Thursday, April 18th.*



## 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](http://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, March 20th and Wednesday, April 17th*. 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, March 11th and Monday, April 8th*.

### 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](mailto:Veterans@knoxcounty.org).

#### Blood Pressure Clinic



Karen Russell, LPN with SR Medical, has over thirty years experience in the health care industry helping seniors. She will provide a Blood Pressure Clinic at the Center on the following dates at 10:00 AM:

*Wednesday, March 27th.,  
Wednesday, April 24th.*

No appointment necessary.



#### Nail Trimming



West Knox County Senior Center will be offering toenail trimming with Michelle on the following dates:

*Friday, March 8th.,  
Starting at 10:00 AM.,*

*Friday, April 12th.,  
Starting at 10:00 AM.,*

Please call the Center to check on appointment availability. Fee is \$13 payable to Michelle.

#### Medicare Q&A Table



Do you have questions about your Medicare plan or Medicare coverage in general? Visit with Brooke Thurman of Core Insurance Advisors of Knoxville. She will be offering free consultations and will explore your questions at West Knox County Senior Center. Brooke's Medicare Q&A Table will be available on the following days:

*Tuesday, March 5th.,  
at 10:00 AM.,*

*Tuesday, April 9th.,  
at 10:00 AM.*



### March 8th ... 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, March 8th starting at 9:00 AM. You can sign up for a free consultation, hearing aid cleaning, or hearing test at the reception desk or phone the Senior Center.

### March 8th ... Introduction to Bee Keeping

Have you ever thought about keeping bees and wondering what it involves? This introductory class may help you decide if bee keeping is for you or just attend to learn more about bee keeping. This program will include the basic cost for clothing and equipment along with information on basic bee biology, pest management, and harvesting honey. Kevin Trostle, a Knox County bee keeper, will also have hive bodies and frames, a NUC (nucleus colony) box, hive tools, and a bee suit to display, as well as talk about his experience in becoming a bee keeper. Please call the Center to sign up for this informative program offered on Friday, March 8th., 1:30 PM.

### March 13th ... 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! Lessons are free. 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 free weekly two-hour class. This class will meet weekly for six weeks from 10:00 AM—12:00 PM starting Wednesday, March 13th. The last class will be on Wednesday, April 17th.

### 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, and call the Center at 865-288-7805 or stop by the reception desk to register. Our sponsors, listed below, will have some prizes too. Bingo is offered on the following Mondays at 10:30 AM:

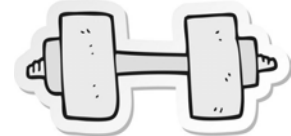
- March 4th ... Knoxville TVA Employees Credit Union
- March 11th ... No BINGO this day
- March 18th ... Penny Mayo with Farm Bureau Health Plans
- March 25th .... Modern Woodmen
- April 1st ... Modern Woodmen
- April 8th ... Modern Woodmen
- April 15th ....Penny Mayo with Farm Bureau Health Plans
- April 22nd... Knoxville TVA Employees Credit Union
- April 29th... Smoky Mountain Hospice & Autumn Care

### 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 room 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 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).

### **March 14th ... iPad/iPhone Basics Class**

During this four hour workshop you will learn the following: the different iPad and iPhone models, care and charging, buttons on the device, understanding settings, changing the wallpaper, managing apps, searching, and organizing folders. and moving items. The class will also cover using your built in apps (contacts, calendar, camera, mail, text, and more), Safari Basics, iTunes, connecting to a computer, iCloud basics, printing, and trouble-shooting. You must bring your iPhone or iPad to this workshop, as well as your Apple ID and password. This four hour class is taught in two sessions; Thursday, March 14th and Friday, March 15th 10:00 AM—12:00 PM on both days. Students must attend both sessions. Class fee is \$35 payable at time of registration. You can register for this class at the reception desk at the Center. Deadline to register is Tuesday, March 12th. Instructor is Barbara Edwards with Social Media 4 Seniors.

### **March 15th ... 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 options, 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, March 13th. You can register at the reception desk. This class will meet on Friday, March 15th from 10:00 AM—3:00 PM. Instructor is Catherine Everhart with Social Media 4 Seniors.

### **March 15th ... Movement Mortgage Presentation**

Bestie Hughes is a veteran loan officer with over thirty-five years experience; the most recent ten years with Movement Mortgage. Movement is a nationwide mortgage lender with a variety of programs to meet the needs of any borrower while creating the category of "impact lending." Impact lending donates a minimum of 10% of their profits to charity and community outreach organizations and this has been the heart of Movement Mortgages mission since their founding in 2008. Betsie will be speaking to the housing and financial needs of seniors in East Tennessee discussing both options for "aging in place" through safety and upgrades to existing residences, to downsize and she will explore the pros and cons of Reverse Mortgages. For planning purposes call the Center or stop by the reception desk to sign up to attend this informational program offered on Friday, March 15th at 10:30 AM.

### **March 15th ... Furoshiki Demonstration**

When was the last time you wrapped a gift without using wrapping paper? Mana Muramatsu with the Japan Outreach Initiative will be teaching a class on Furoshiki on Friday, March 15 at 1:00 PM. What is Furoshiki? Furoshiki are Japanese wrapping cloths traditionally used to wrap gifts or transport goods. Consideration is placed on aesthetics. Furoshiki originated in the Nara Period (710 BC) and due to its versatility and sustainability is still popular today. The cloths are reusable! If you would like to learn how to use Furoshiki wrapping cloths, please sign up for this free program. Class size is limited to fifteen individuals. To check on seating availability you can call the Center or stop by the reception desk.



### **Who is Mana Muramatsu?**

Mana Muramatsu is Knoxville's first cultural liaison from Japan. Although she's visited the US before, she'll be in Knoxville for two years. As the Coordinator for the Japan Outreach Initiative, she is here to share her culture and learn about our culture in return. She will be visiting West Knox County Senior Center on Friday, March 15th for a Furoshiki Demonstration (see article to the left) and Friday, May 3rd., for a Traditional Tea Ceremony Demonstration (see page 14).





### March 18th ...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 own writing. This workshop meets at 1:30 PM on Monday, March 18th.



### March 19th ... Medicare Presentation

Annual enrollment period might be over, but the General Enrollment Period starts January 1, 2024—March 31, 2024. Medicare can be so confusing, but don't let it be. Come join Dixie Curless for a no cost, no obligation Medicare presentation on Tuesday, March 19th at 1:00 PM. Learn about the different parts of Medicare and the changes for 2024! Are you unsure of which path to take? Have you not had your Medicare plan reviewed lately? Feel confident in your decision by understanding your Medicare rights and entitlements. "I do not represent one carrier, so you can feel confident that I can offer the plan that best fits your needs," Dixie says, "Did you know you might have opportunities throughout the year to make plan changes? With Medicare underwriting for Supplements and 5 star enrollments for Medicare Advantage plans, you have options!" If you are unable to attend this presentation and would like a one-on-one review, please contact Dixie D. Curless at 931-266-2774 or email [DixieDCurless@Gmail.com](mailto:DixieDCurless@Gmail.com). Please call the Center or stop by the reception desk to sign-up to attend.

### March 20th ... Color, Coffee, and Chat

Join Cindy on Wednesday, March 20 at 10:00 AM for Color, Coffee, and Chat. The theme this month is Easter. We'll have some light refreshments to enjoy along with lively conversation. All materials provided. Coloring created for adults helps promote mindfulness, alleviate stress and anxiety, develop and maintain fine motor skills, and help improve and maintain focus, and it allows you to be creative while having fun. For planning purposes please call the Center to inquire on seating availability and to sign up.



### March 21st ... AARP Safe Driver Class Starts

AARP is offering a Smart Driver Class at the Center on Thursday, March 21st and Friday, March 22nd 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.

“March bustles in on windy feet and sweeps my doorstep and my street”

Susan Reiner





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



**March 25th ... Craft Class: Easter Cards**

Easter is a wonderful celebration. Reach out to friends and family with a beautiful decorated card for the holiday. Join Cindy in using stamps and other card supplies to craft an attractive greeting card to send to a family member or a friend. This class is at 10:00 AM on Monday, March 25th. Space is limited. Call the Center or stop by the reception desk to check on seating availability and to sign up.



**March 25th ... Hearing Table in the Hallway**

Do you hear, but not understand? It may just be wax! Join Acuity Hearing Centers for 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! This program is offered Monday, March 25th from 1:00—3:00 PM. Sign up for your ear canal exam by calling the Center at 865-288-7805.

**March 28th ... Vietnam Veterans Social**

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

**Humana Medicare Q&A Table in the Hallway with Kenneth Lefevre**



Tuesday, March 26th at 1:00 PM  
&  
Tuesday, April 30th at 1:00 PM  
No appointment necessary. Your questions most welcome.

**United Health Care Medicare Q&A Table With Ja'el Michael**

Thursday, March 21st at 10:30 AM  
Thursday, April 25th at 10:30 AM

If you've recently experienced a life change, you may qualify for a Special Enrollment Period. To find a plan that fits your needs, the UnitedHealthCare Q&A Table is a great place to start. Stop by



when it fits your schedule to speak with Ja'el Michael, a Licensed Sales Agent, and get answers to your Medicare plan questions. No appointment needed.

**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



### April 1st ... Tech Smart Knox Seniors with Telehealth

You can get a new Chromebook for \$25 and learn how to use it! If you are fifty or older, a Knox County resident, and interested in learning practical computer skills to meet your needs in this current electronic age, sign up for the training today. CAC Office on Aging will offer 18 hours of training over six days, three hours each day starting Monday, April 1st. With successful completion of this training you will go home with a new Chromebook, bag, and mouse pad for only \$25. You'll also learn how to use Telehealth. Telehealth is the delivery of health care services at a distance through technology, such as conducting medical visits, monitoring patients' vital signs, or sharing test results. Some of the benefits of telehealth include: receiving care at home, especially for those who can't easily get to their providers' offices, getting care from a specialist, receiving care after office hours, communicate with your health care providers from the comfort of your own home, cost savings, convenience, and the ability to provide care to those with mobility limitations, or those in rural areas who don't have access to a local doctor or clinic, and reduced exposure to pathogens and support for people with chronic conditions. If you have taken this class before you may retake it, but will not be eligible for a Chromebook. Call the Center to sign up for this class starting April 1st., through Monday, April 8th; 12:30 PM—3:30 PM. When you call to sign up we will need your name, date of birth, and address to register you for this class. Seating is limited to ten students. Call the Center to inquire about seating availability and to sign up.

### April 1st .... Music Jam at 1:30 PM

We welcome you to our Music Jam on Monday, April 1st at 1:30 PM. There will be a mix of country, bluegrass, and gospel music to enjoy. Bring your musical instrument too or just come and listen. We'll be enjoying refreshments sponsored by Knoxville TVA Employees Credit Union. For planning purposes, please call the Center or stop by the reception desk to sign up to attend. Those who pre-register to attend before March 28th will be eligible for a door prize and you must be in attendance to win. We look forward to seeing you.

*"What we have once enjoyed we can never lose; all that we have loved deeply, becomes a part of us."*

Helen Keller

### April 8th ... Commemorating National Pet Day

Although National Pet Day is observed on Thursday, we'll be commemorating National Pet Day starting Monday, April 8th. Bring in a photo of your pet, past or present, that you would like to share and we'll post it on the Pet Board. Feel free to share some humorous attributes or brief story about your pet.



*"Until one has loved an animal, a part of one's soul remains unawakened."*

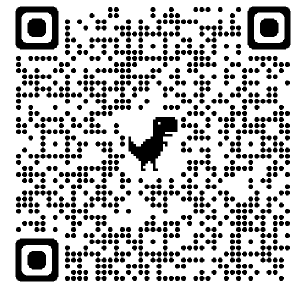
Anatole France

### 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](http://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.



### April 8th ... Feed-A-Pet Food Drop-off

From Monday, April 8th through Friday, April 12th we're hosting a Feed-A-Pet Drop-off Box. CAC Office on Aging's Feed-A-Pet (FAP) program assists seniors who already have pets, but struggle financially to buy food. The program is a partnership between the Office on Aging and the UT College of Veterinarian medicine. If you would like to contribute, drop your donation off at the Center during the week of April 8th—Friday, April 12th.

FAP accepts the following dog food:  
8 lb. Purina One (small bites)  
4 lb. Pedigree (small bites)  
4 lb. BeneFul (Incredibites)

FAP accepts the following Cat food:  
3.15 lb. Friskies  
3.15 lb. Purina cat chows (all types)  
3.15 lb. Meow Mix

Versions of any of the above listed canned foods will be accepted.

Some additional information on the FAP Program:

FAP is a monthly pet food delivery service for eligible individuals that already have pets in their home, but struggle to afford pet food.

FAP is for individuals age 60 or older, living independently in Knoxville/Knox County with an annual income less than 150% of the federal poverty level.

FAP participant pets are required to be spayed or neutered and current on basic core vaccine. Information and referral support to afford resources for the FAP participants and their pets is available.

Each month, the participants are provided with enough pet food to last them an entire month, for all the animals in their home that were originally enrolled in the Feed-A-Pet program.

### April 10th ... Tai Chi for Seniors with Cheryl

A new beginning class will be starting Wednesday, April 10th at 8:45 AM in the gymnasium. According to the National Center for Complementary and Integrative Health, "Older people enrolled in a Tai Chi class show improved performance on memory tests, especially if they took a more challenging form of exercise." From the November 2023 Annals of Internal Medicine: Tai Chi improves performance on memory tests, especially if Tai Chi is practiced two to three times per week. Studies show that Tai Chi, a gentle exercise with slow precise movements, improves a person's balance and decreases their risk of falling. It can reduce pain in people with low back pain, fibromyalgia, and knee osteoarthritis. "Above all," says Cheryl, "we have fun." Class fee is \$2 for each class attended payable to the instructor. The continuing class will still meet on Mondays and Fridays at 8:45 AM.



### April 11th ... iPad/iPhone Beyond Basics

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. This class will be offered starting Thursday, April 11th at 10:00 AM—12:00 PM and will meet for two days. The class will conclude on Friday, April 12th 10:00 AM—12:00 PM. You can register for this class by visiting the reception desk at West Knox County Senior Center. Deadline to register is Tuesday, April 9th. Class fee is \$35.00 payable at time of registration. This class is brought to us by Social Media 4 Seniors with instructor Barbara Edwards.



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



### April 16th ... Medicare Presentation

Annual enrollment period might be over, but the General Enrollment Period starts January 1, 2024—March 31, 2024. Medicare can be so confusing, but don't let it be. Come join Dixie Curless for a no-cost, no-obligation Medicare presentation on Tuesday, April 16 at 1:00 PM. Learn about the different parts of Medicare and the changes for 2024! Are you unsure of which path to take? Have you not had your Medicare plan reviewed lately? Feel confident in your decision by understanding your Medicare rights and entitlements. "I do not represent one carrier, so you can feel confident that I can offer the plan that best fits your needs," Dixie says, "Did you know you might have opportunities throughout the year to make plan changes? With Medicare underwriting for Supplements and 5 star enrollments for Medicare Advantage plans, you have options!" If you are unable to attend this presentation and would like a one-on-one review, please contact Dixie D. Curless at 931-266-2774 or email [DixieDCurless@Gmail.com](mailto:DixieDCurless@Gmail.com). Please call the Center or stop by the reception desk to sign-up to attend.

### April 17th ... Color Coffee and Chat

The Color, Coffee, and Chat group invites you to join them on Wednesday, April 17th at 10:00 AM. The theme for this month is Spring flowers. Coloring for adults is designed to promote mindfulness, alleviate stress and anxiety, develop and maintain fine motor skills, improve focus, as well as allows for creativity and fun. Light refreshments will be served. All materials provided. It's easy to participate just call the Center or stop by the reception desk to sign up to attend. We look forward to seeing you for Color, Coffee, and Chat.

### April 18th ... Reading and Understanding Nutritional Facts Labels

Have you felt unsure or confused when you look at the Nutrition Facts Label for a food item? Have you wanted an easy way to cut through all the confusing and sometimes complicated product labeling? Organic, natural, % daily value, calories, free range, and caged free are all labels that cause misunderstanding. Caleb can help! The Nutrition Facts Label contains vital information that is easy to understand once you now what to look for and are empowered with a few definitions. Join Caleb Newsome, Public Health Fitness Coordinator on Thursday, April 18 at 1:00 PM to discover how labels inform us about our favorite foods. Please call the Center or stop by the reception desk to sign up for this free and informative program.

### April 19th ... Resource Fair

West Knox County Senior Center will be hosting a Senior Resource Fair on Friday, April 19th from 11:30 AM—3:30 PM. Visit the Resource Fair and get information on many services available to seniors throughout our community from over 20 vendors. There's no need to sign up to attend.

### 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](mailto: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.



### Your Announcements

If your Senior Center group has news or announcement you would like to share in the May/June 2024 eNewsletter, please provide information to Darrell before April 5th. You can drop it off at the Reception Desk or email [West.SeniorCenter@KnoxCounty.org](mailto:West.SeniorCenter@KnoxCounty.org)





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



### **April 22 ... Share A Book**

In commemoration of World Book Day join Cindy on Monday, April 22nd from 1:00—2:00 PM and come ready to share information on your favorite book, or a book you recently read that you would like to recommend to others. Call the Center at 865-288-7805 to sign up to participate. We look forward to hearing which book you would recommend to others.



### **April 22nd...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 own writing. This workshop meets at 1:30 PM on Monday, April 22nd.

### **April 23rd ... Fraud Prevention Presentation**

Fraud can sneak up on anyone anytime. Join Kasi Lawson on Tuesday, April 23rd at 1:00 PM when she will discuss tips to keep your information and accounts secure. With help from the Fraud Squad you'll learn about common scams, password tips, debit and credit card security, email and text message red flags, and more! Call the Center or stop by the reception desk to sign up for this free and informative program brought to us courtesy of Knoxville TVA Employees Credit Union.

### **April 24th ... Cornhole Game**

Join fellow corn hole players in our Welcome back Spring game on Wednesday, April 24th at 10:30 AM. We'll have light refreshments and prizes to award. A playing partner is not necessary. Even if you've never played Cornhole or unsure how to play, you're more than welcome to join. We'll teach you to play. To participate call the Center or stop by the reception desk to sign up. Let's welcome back Spring!

### **April 24th .... Human Trafficking Presentation**

When we hear the words "human trafficking," it's easier to believe it's something that happens in other countries, but it happens right here in the community and neighborhoods we know and love. Human Trafficking can be either labor trafficking or sex trafficking, and it does not discriminate based on age, gender, socioeconomic status, race, or neighborhood. The Community Coalition Against Human Trafficking (CCAHT) is East Tennessee's counter-trafficking organization. To learn more about the crime Human Trafficking and the services offer by CCAHT, please call the Center or stop by the reception desk to sign up for this free educational presentation brought to us by Hayley Griffith with the Community Coalition Against Human Trafficking on Wednesday, April 24th at 1:30 PM.



### **April 25th ... AARP Safe Driver Class Starts**

AARP is offering a Smart Driver Class at the Center on Thursday, April 25th and Friday, April 26th 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.

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

### April 25th ... Vietnam Veterans Social

Join other Vietnam Veterans on the fourth Thursday of 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 program.

### April 26th ... Field Trip: Dogwood Arts Festival

Established in 1961, the Dogwood Arts Festival is one of the most celebrated cultural events in Knoxville. The festival is held on the beautiful redesigned Performance Lawn at the World's Fair Park and features over one hundred fine art vendors, entertainment, children's activities, food and beverage vendors, and more. To join us for this Friday, April 26th, 9:30 AM Field Trip call the Center or stop by the reception desk to check on seating availability. Seating is limited to fourteen participants. We ask you arrive no later than 9:15 AM on the day of the Field Trip. We will return to the Center by 2:30 PM. Transportation provided courtesy of Knox County CAC Transit.



### April 29 ... Share A Poem

In commemoration of National Poetry Month, join Saraha on Monday, April 29th at 1:00 PM to share your favorite poem or a poem you feel spoke to your heart in a special way. You're also invited to share a poem that you yourself have wrote. Please RSVP to participate by calling the Center or stopping by the reception desk.

*"Painting is silent poetry, and poetry is painting that speaks."*

Plutarch

### April 29th ... Hearing Table in the Hallway

Do you hear, but not understand? It may just be wax! Join Acuity Hearing Centers for 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! This program is offered Monday, April 29th from 1:00—3:00 PM. Sign up for your ear canal exam by calling the Center at 865-288-7805.



### May 3rd ... Japanese Tea Ceremony

The Japanese tea ceremony is a tradition steeped in history. It is a ceremonial way of preparing and drinking tea. Beyond just serving and receiving tea, one of the purposes of the ceremony is for the guest to enjoy the hospitality of the host in an atmosphere distinct from the past pace of everyday life. Mana Muramatsu with the Japan Outreach Initiative will be demonstrating a traditional Japanese tea ceremony on Friday, May 3rd at 1:00 PM. The program can take a maximum of twelve participants. Call the Center or stop by the reception desk to sign up to attend.



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



## Senior Angel Tree 2023

“The goodness that comes from you heart made me cry in a wonderful way,” said one Senior Angel Tree recipient. In December, 768 gifts were provided, CAC Office on Aging distributed 396 grocery store gift ands and were able to brighten the Holidays for 180 of our local seniors. A big thanks to everyone who donated and also those who volunteered their time to make the 2023 Angel Tree a success.



### Habitat for Humanity Chili Cookoff

On February 8th., Knox County hosted a Petro’s lunch/chili cookoff to benefit Habitat for Humanity. Laurie Lebert, the floating assistant with Senior Services participated. Laurie entered her Vegetarian Chili with Roasted Red Pepper sauce for the Cookoff which was held at the City/County Building in downtown Knoxville. We want to thank Laurie for representing Senior Services and helping bring increasing awareness to the Habitat for Humanity Program.

You may see Laurie either at Karns Senior Center or at West Knox County Senior Center. Be sure to say ‘hello’.

Laurie is pictured to the left with Knox County Mayor Glenn Jacobs.

*“The best way to find yourself is to lose yourself in the service of others.”*

Mahatma Ghandi

### Billiards

The West Knox County Senior Center billiard table is available Monday through Thursday from 7:30 AM—3:45 PM and Fridays 12:30—3:45 PM. Feel free to stop by and practice or play a game with a friend.

### 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 contact you and 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



## Snap Shots & Such



Special Thanks to Comfort Keepers of Knoxville for hosting our Valentine's Day Hot Chocolate Bar.



Celebrating friendships and making memories.

*"Having fun is not a diversion from a successful life; it is the pathway to it."*

Martha N. Beck

### Activities and programs I want to sign up for:



### Retired Senior Volunteer Program

The Retired Senior Volunteer Program (RSVP), through the Office on Aging, is America's largest volunteer network for people age 55 and over. If you're looking for something to do in 2024 to give back to your community, consider RSVP. This program offers a wide range of volunteer opportunities. Volunteers choose how and where they want to serve, the amount of time they want to give, and pick the opportunities that's right for them. Whether you want to volunteer at the senior center or seek other opportunities in the area, RSVP is right for you. If you're interested in making application to be an RSVP Volunteer stop by the Reception Desk at West Knox County Senior Center and obtain an application or contact CAC Office on Aging at 865-546-3500.





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. Their projects for the next two months are presented below:

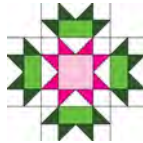


*Wednesday, March 6th*

Project to be announced

*Wednesday, April 3rd*

Project to be announced



## Knitting Group

The West Knox County Senior Center Knitting Group meets on Tuesdays at 10:00 AM. All knitters are welcome whether you knit a little or a lot, or want to learn how to knit. The group continues to work on the Operation Gratitude Project; knitting scarves for care packages for our men and women in the military and our first responders. If you would like to participate, feel free to come to the knitting group and see what it's all about.

## American Sewing Guild

Monday, March 18th and Monday, April 15th  
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](http://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 in the Craft Room at West Knox County Senior Center.

For more information on Operation Gratitude visit [www.OperationGratitude.com](http://www.OperationGratitude.com)

## Arts & Crafts

Consult the Newsletter for additional Arts & Crafts Classes that are offered periodically or specialty classes offered one-time instead of our ongoing classes as those presented here.

Our eNewsletter is available online at:  
[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

## 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 \$12 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 call you when a seat opens.



# Book Clubs



## Steel Magnolias Book Club

The Steel Magnolias Book Club meets on the second Thursday of each month at 1:00 PM.

### March 14th ... *“True Biz”* by Sara Novic

The students at the River Valley School for the Deaf just want to hook up, pass their history finals, and have politicians, doctors, and their parents stop telling them what to do with their bodies. This is a story of sign language and lip-reading, disability and civil rights, isolation and injustice, first love and loss, and, above all, great persistence, daring, and joy.

### April 11th ... *“The Postcard”* by Anne Berest

Anne Berest’s *The Postcard* is among the most acclaimed and beloved French novels of recent years. Luminous and gripping to the very last page, it is an enthralling investigation into family secrets, a poignant tale of mothers and daughters, and a vivid portrait of twentieth-century Parisian intellectual and artistic life.

## West Knox County Senior Center Book Club

The West Knox County Senior Center Book Club meets on the third Thursday of each month at 12:00 PM.

### March 21st ... *“The Winter Garden”* by Kristin Hannah

On his deathbed, their father extracts a promise from the women in his life: the fairy tale will be told one last time—and all the way to the end. Thus begins an unexpected journey into the truth of Anya's life in war-torn Leningrad, more than five decades ago. Alternating between the past and present, Meredith and Nina will finally hear the singular, harrowing story of their mother's life, and what they learn is a secret so terrible and terrifying that it will shake the very foundation of their family and change who they believe they are.

### April 18th ... *“Killers of the Flower Moon”* by David Gram

In *Killers of the Flower Moon*, David Grann revisits a shocking series of crimes in which dozens of people were murdered in cold blood. Based on years of research and startling new evidence, the book is a masterpiece of narrative nonfiction, as each step in the investigation reveals a series of sinister secrets and reversals. But more than that, it is a searing indictment of the callousness and prejudice toward American Indians that allowed the murderers to operate with impunity for so long.



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](http://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 inquire about our classes by calling the Center at 865-288-7805



# Tech Classes



## March 14 ... iPad/iPhone Basics Class

During this four hour workshop you will learn the following: the different iPad and iPhone models, care and charging, buttons on the device, understanding settings, changing the wallpaper, managing apps, searching, and organizing folders. and moving items. The class will also cover using your built in apps (contacts, calendar, camera, mail, text, and more), Safari Basics, iTunes, connecting to a computer, iCloud basics, printing, and trouble-shooting. You must bring your iPhone or iPad to this workshop, as well as your Apple ID and password. This four hour class is taught in two sessions; Thursday, March 14th and Friday, March 15th 10:00 AM—12:00 PM on both days. Students must attend both sessions. Class fee is \$35 payable at time of registration. You can register for this class at the reception desk at the Center. Deadline to register is Tuesday, March 12th. Instructor is Barbara Edwards with Social Media 4 Seniors.

## March 15 ... 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 lean 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, March 13. You can register at the reception desk. This class will meet on Friday, March 15th from 10:00 AM—3:00 PM. Instructor is Catherine Everhart with Social Media 4 Seniors.

## April 11 ... iPad/iPhone Beyond Basics

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. This class will be offered starting Thursday, April 11th at 10:00 AM—12:00 PM and will meet for two days. The class will conclude on Friday, April 12th 10:00 AM—12:00 PM. You can register for this class by visiting the reception desk at West Knox County Senior Center. Deadline to register is Tuesday, April 9th. Class fee is \$35.00 payable at time of registration. 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.*

# 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. This class will resume in March.

**Line Dance Class for Beginners** Wednesdays at 1:00 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.

**Line Dance Improvers Class** Thursdays at 2:15 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 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.

### **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 than 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.

### **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.

### **Zumba Gold** Wednesdays 2:30 PM Class fee \$5 Room: 021 Multipurpose Room

Zumba Gold is the no-impact form of dance where you learn routines from Latin, Bollywood, Belly Dance, and American oldies. Instructor Debbie Ashton, has taught many forms of dance and exercise for forty-seven years and is a Feldenkrais movement therapy specialist. Join the Zumba Gold class on Wednesdays at 2:30 PM. This class will resume in March.

## 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.

### **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 Dustin, call the Center or stop by the reception desk. He can help guide you toward meeting your health, fitness, and wellness goals.

## 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.

## Senior Walk for March 2024

# KNOX COUNTY SENIOR SERVICES MONTHLY SENIOR WALK



**BEVERLY PARK**



**INTERGENERATIONAL PLAYSPACE**

**TUESDAY, MARCH 19 @ 10AM**

Join Tara, Patty, and Eilene at Beverly Park (5311 Beverly Park Circle, Knoxville 37918) for the walking group's monthly walk. The paved trail is a 0.6-mile loop. Beverly Park Greenway loops the rolling terrain of Beverly Park against a beautiful hardwood forest backdrop. After our stroll, we will have time to venture over to the NEW Intergenerational Playspace and learn about the fun playground equipment and hopefully have some "play" time. Following our walk, join us for some lunch at Henry's Deli (7231 Tazwell Pike, Corryton 37721). Be sure to RSVP by leaving a message at 865-288-3761 or you can email

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

# Senior Walk for April 2024

## BAXTER GARDENS

3901 Sam Cooper Lane

Knoxville, Tn 37918

APRIL 16<sup>th</sup>, 9:30AM



OPEN TO THE  
PUBLIC ONCE  
A YEAR!



Join us at Baxter Gardens to tour this beautiful 20-acre private property only opened for the month of April as part of the Dogwood Arts Festival. The estate has been described as a timeless English Garden inspired by the Biltmore Estate Gardens and Sissinghurst Castle in England with plenty of mountain views, water features and statues.

The owner, Bill Baxter, used to mow the property as a teenager and would say one day he would own it and develop it. That he did!

There are 15 themed gardens including, The White Garden, The Bluebird Garden, The Ellipse, The Asian Gardens, The Azalea Garden, The Butterfly Garden, the Iris Garden and The Dogwood Ramble, a favorite of Mr. Baxter's, with over 30 types of different dogwoods.

We will gather after the walk for lunch at Litton's (2803 Essary Drive, Knoxville, TN 37928)

There are no restroom facilities on property.

Make sure to RSVP to 865-288-3761 or email

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

