



May/June  
2024

# West Knox County Senior Center

## The *Scene*

The Senior Center will be closed on Monday, May 27th for Memorial Day and Wednesday, June 19th in commemoration of Emancipation Day.

### 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.

[May 1 ... Sew What](#)  
[May 2 ... Meet the Physical Therapist](#)  
[May 2 ... New Beginning Line Dance Class](#)  
[May 3 ... Bird Nesting Habits Presentation](#)  
[May 6 ... Bingo](#)  
[May 6 ... Music Jam](#)  
[May 6 ... Perspective Drawing Class Starts](#)  
[May 7 ... Yang Style Tai Chi Beginners Class Starts](#)  
[May 7 ... Grief Support](#)  
[May 7 ... Medicare Presentation with Dixie](#)  
[May 7 ... Thompson Cancer Survival Center Presentation](#)  
[May 8 ... Nail Trimming with Michelle](#)  
[May 8 ... Cornhole Tournament](#)  
[May 9 ... Steel Magnolias Book Club](#)  
[May 10 ... Nail Trimming with Michelle](#)  
[May 10 ... Muffins for Mom](#)  
[May 10 ... Lunch and Learn: Hearing Health](#)  
[May 13 ... Social Worker Outreach](#)  
[May 13 ... Crafting Class: Diamond Art Coasters](#)  
[May 13 ... Cooking with Laurie](#)  
[May 13 ... Dementia Care & Support](#)  
[May 14 ... Hearing Screenings](#)  
[May 14 ... Historic Homes of East Tennessee Starts](#)  
[May 15 ... Color, Coffee, and Chat](#)  
[May 15 ... Legal Aid Outreach](#)  
[May 15 ... Medicare Q&A with Brooke](#)  
[May 15 ... Core Insurance Walking Club Kickoff](#)  
[May 16 ... Meet the Physical Therapist](#)  
[May 16 ... WKCSC Book Club](#)  
[May 16 ... Exercise & Cognitive Health Presentation](#)  
[May 17 ... Hearing Screenings](#)  
[May 17 ... Matter of Balance Workshop Starts](#)  
[May 20 ... Bingo](#)  
[May 20 ... Five Sneaky Causes of Weight Loss](#)  
[May 20 ... American Sewing Guild](#)  
[May 20 ... Writing Workshop](#)  
[May 21 ... Grief Support](#)  
[May 21 ... United Health Care Medicare Q&A](#)  
[May 22 ... Cornhole Tournament](#)  
[May 22 ... Navigating Difficult Conversations](#)  
[May 23 ... iPad/iPhone Class Starts](#)  
[May 23 ... Vietnam Veterans Social](#)

[May 24 ... Farragut Flutes & RMS Titanic Program](#)  
[May 24 ... Vaccination Clinic](#)  
[May 29 ... Field Trip: Day in Downtown Knoxville](#)  
[May 30 ... AARP Smart Driver Class](#)  
[June 3 ... Bingo](#)  
[June 3 ... Music Jam](#)  
[June 4 ... Grief Support](#)  
[June 4 ... Medicare Presentation with Dixie](#)  
[June 5 ... Cornhole Tournament](#)  
[June 5 ... Sew What](#)  
[June 6 ... Meet the Physical Therapist](#)  
[June 7 ... Hearing Help Beltone](#)  
[June 10 ... Social Worker Outreach](#)  
[June 10 ... Bingo](#)  
[June 10 ... Dementia Care & Support](#)  
[June 11 ... History: East Tennessee in the 1960s](#)  
[June 12 ... Nail Trimming with Michelle](#)  
[June 12 ... Color, Coffee, and Chat](#)  
[June 12 ... Medicare Q&A with Brooke](#)  
[June 12 ... Core Insurance Walking Club Kickoff](#)  
[June 12 ... Estate Planning Presentation](#)  
[June 13 ... Exercise & Aging Presentation](#)  
[June 13 ... Steel Magnolias Book Club](#)  
[June 14 ... Nail Trimming with Michelle](#)  
[June 14 ... Doughnuts for Dads](#)  
[June 17 ... Bingo](#)  
[June 17 ... Boosting Your Mood with Food & Fitness](#)  
[June 17 ... American Sewing Guild](#)  
[June 18 ... Senior Walk: UT Arboretum](#)  
[June 18 ... Crafting Class: Beaded Butterfly Magnet](#)  
[June 18 ... Grief Support](#)  
[June 20 ... Meet the Physical Therapist](#)  
[June 20 ... iPad/iPhone Beyond the Basics](#)  
[June 20 ... United Health Care Medicare Q&A](#)  
[June 20 ... WKCSC Book Club](#)  
[June 21 ... Android Basics Workshop](#)  
[June 24 ... Bingo](#)  
[June 24 ... Hearing Table in the Hallway & Screenings](#)  
[June 24 ... Writing Workshop](#)  
[June 25 ... Field Trip: Zoo Knoxville](#)  
[June 26 ... Legal Aid Outreach](#)  
[June 26 ... Cornhole Tournament](#)  
[June 27 ... AARP Smart Driver Class](#)  
[June 27 ... Vietnam Veterans Social](#)  
[July 1 ... Day of Joy Cookout](#)  
[July 1 ... School Supply Drive Starts](#)

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)

# May 2024

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

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<p>The programs listed below occur weekly:</p>				
<p>7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group 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 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 Improvers Line Dance* 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</b> <b>health and fitness</b> <b>consultations</b> 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 10:00 Mixed Media Art Group <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* <b>2:15 Beginning Line Dance*</b></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>The programs listed below are non-weekly or specialty programs:</p>				
<p><b>Navigating Difficult Conversations</b> With Wil Davenport Wednesday, May 22nd at 1:30 PM.</p>	<p><b>Exercise &amp; Cognitive Health Presentation</b> with Caleb Newsome Thursday, May 16th at 1:00 PM.</p>	<p><b>1</b> <b>8:30 Beginning Spanish with Sophia</b> (last day of class) <b>10:00 Mah Jongg Lesson</b> (2,5) 1:30 Sew What</p>	<p><b>2</b> <b>9:00 Meet the Physical Therapist</b>  New Beginning Line Dance Class starts today at 2:15 PM</p>	<p><b>3</b> <b>11:00 Birding: Bird Nesting Habits</b> <b>1:00 Japanese Tea Ceremony Demonstration</b></p>
<p><b>6</b> <b>10:30 Bingo</b> <b>12:30 Am. Sewing Guild</b> <b>1:30 Music Jam</b> <b>1:30 Perspective Drawing</b> (1:8)</p>	<p><b>7</b> 9:45 New Yang Style Tai Chi for beginners Starts* 10:30 Grief Support meeting at Lakeside Tavern today <b>11:30 Medicare Presentation with Dixie</b> <b>1:30 Thompson Cancer Survival Center Presentation</b></p>	<p><b>8</b> <b>9:40 Nail Trimming *</b> <b>10:00 Cornhole</b> <b>10:00 Mah Jongg Lesson</b> (3,5)</p>	<p><b>9</b> 1:00 Steel Magnolia Book Club</p>	<p><b>10</b> <b>10:00 Nail Trimming*</b> 10:00 Muffins for Mom <b>11:00 Lunch Learn: Hearing HealthCare</b></p>
<p><b>13</b> 9:00—12:00 PEO Meeting 9:00 Social Worker Outreach <b>10:00 Coaster Craft Class</b> <b>12:30 Cooking with Laurie</b> 1:30 Dementia Care &amp; Support <b>1:30 Perspective Drawing</b> (2:8)</p>	<p><b>14</b> <b>8:00 Hearing Screenings with Luke Amos</b> <b>1:30 Historic Homes of East Tennessee*</b> (1:3)</p>	<p><b>15</b> <b>10:00 Color, Coffee, Chat</b> <b>10:00 Legal Aid Outreach</b> <b>10:00 Mah Jongg Lesson</b> (4,5) 11:30 Medicare Q&amp;A Table 12:00 Core Insurance Advisors Walking Club Kickoff</p>	<p><b>16</b> <b>9:00 Meet the Physical Therapist</b> 12:00 WKCSC Book Club <b>1:00 Exercise and Cognitive Health Presentation</b></p>	<p><b>17</b> 8:00 Hearing Screenings with Luke Amos <b>1:00 Matter of Balance</b> (1:8)</p>
<p><b>20</b> <b>10:30 Bingo</b> <b>11:00 Five Sneaky Causes Weight Gain</b> 12:30—3:30 Am. Sewing Guild <b>1:30 Perspective Drawing</b> (3:8) <b>1:30 Writing Workshop</b></p>	<p><b>21</b> 9:30 Senior Walk: Seven Island Birding Park 10:30 Grief Support 11:00 United HealthCare Q&amp;A <b>1:30 Historic Homes of East Tennessee*</b> (2,3) <i>No Trivia Time Today at 11:00 AM</i></p>	<p><b>22</b> 10:00 Blood Pressure Clinic <b>10:00 Mah Jongg Lesson</b> (5,5) <b>10:30 Cornhole Game</b> <b>1:30 Navigating Difficult Conversations*</b></p>	<p><b>23</b> <b>10:00 iPad/iPhone Basics*</b> 1:30 Vietnam Veterans Social</p>	<p><b>24</b> <b>10:00 Android Basics*</b> <b>10:00 iPad/iPhone Basics*</b> <b>11:00 Farragut Flutes &amp; Titanic Presentation</b> <b>1:00 Matter of Balance</b> (2:8) 1:00 Spring Vaccination Clinic</p>
<p><b>27</b> <i>Center Closed Memorial Day</i></p>	<p><b>28</b> <b>1:30 Historic Homes of East Tennessee*</b> (3:3)</p>	<p><b>29</b> <b>9:30 Field Trip: Day in Downtown Knoxville</b></p>	<p><b>30</b> <b>11:00 AARP Smart Driver Class*</b></p>	<p><b>31</b> <b>11:00 AARP Smart Driver Class*</b> <b>1:00 Matter of Balance</b> (3:8)</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)

# June 2024

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

Mon (7:30—4:00)

Tue (7:30-4:00)

Wed (7:30-4:00)

Thu (7:30-4:00)

Fri (7:30-4:00)

<p>The programs listed below occur weekly:</p> <p>7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group 12:00 Mexican Train Dominoes 12:00 MJ Group</p>		<p>7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg 1:00 Improvers Line Dance* 1:00 Bridge 1:00 Oil Painting Class* 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 10:00 Mixed Media Art Group <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 Beg. Line Dance* Dance*</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>The programs listed below are non-weekly or specialty programs:</p>							
<p><b>3</b> 10:30 Bingo 1:30 Music Jam 1:30 Perspective Drawing (4:8)</p>		<p><b>4</b> 10:30 Grief Support 11:30 Medicare Presentation with Dixie</p>		<p><b>5</b> 10:30 Cornhole Game 1:30 Sew What</p>			
<p><b>10</b> 9:00 Social Worker Outreach 10:30 Bingo 1:30 Dementia Care &amp; Support 1:30 Perspective Drawing (5:8)</p>		<p><b>11</b> 1:30 East Tennessee in During the 1960s* (1:3)</p>		<p><b>12</b> 9:40 Nail Trimming* 10:00 Color, Coffee, Chat 11:30 Medicare Q&amp;A Table 12:00 Core Insurance Walking Club Kickoff 1:00 Script Your Family's Future: Why You Need an Estate Plan.</p>			
<p><b>17</b> 10:30 Bingo 11:00 Boosting Mood with Food and Fitness 12:30 Am. Sewing Guild 1:30 Perspective Drawing (6:8)</p>		<p><b>18</b> 9:00 Senior Walk: UT Arboretum Oak Ridge 10:00 Crafting with Callie: Beaded Butterfly Magnet 10:30 Grief Support 1:30 East Tennessee in During the 1960s* (2:3)</p>		<p><b>19</b> <i>Center Closed</i> <i>Emancipation Day</i></p>			
<p><b>24</b> 10:30 Bingo 1:00 Hearing Table in the Hallway with Acuity 1:30 Perspective Drawing (7:8) 1:30 Writing Workshop</p>		<p><b>25</b> 9:30 Field Trip: Zoo Knoxville* 1:30 East Tennessee in During the 1960s* (3:3)</p>		<p><b>26</b> 10:00 Blood Pressure Clinic 10:30 Cornhole Tournament 10:00 Legal Aid Outreach</p>			
<p><b>27</b> 11:00 AARP Smart Driver Class* 1:30 Vietnam Veterans Social</p>		<p><b>20</b> 9:00 Meet the Physical Therapist 10:00 iPad/iPhone Beyond the Basics* 11:00 United HealthCare Medicare Q&amp;A 12:00 WKCS Book Club</p>		<p><b>21</b> 10:00 iPad/iPhone Beyond the Basics* 10:00 Android Basics Workshop* 1:00 Matter of Balance (6:8)</p>			
<p><b>28</b> 11:00 AARP Smart Driver Class* 1:00 Matter of Balance (7:8)</p>							



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

### May 2nd ...New Beginning Line Dance Class

It's an all new Beginning Line Dance Class on Thursday, May 2nd at 2:15 PM., with instructor Diane Hensley. Line Dance can help with improving balance, flexibility, coordination, as well as improving energy and stamina. No prior experience necessary to enjoy this fun filled class and no dance partner is required. Class fee is \$5 per each class attended with fees payable to the instructor. No need to sign up to participate. Students need to commit to attending the first few classes to learn the basics.

### May 3rd ... Birding: Bird Nesting Habits

There are more than seven hundred bird species that breed in North America, and the variations in their behaviors are fascinating and complex. Like other animals, they need shelter to protect themselves from heat, cold, and rain. They build nests to lay eggs and to raise their young. Birds choose their nesting place with great care using a variety of materials. In this presentation learn more about their nesting habits and their nesting cycle in our geographic area, what you can do to help, and more. This program is brought to us by Mr. Robert Terrell. Call the Center or stop by the reception desk to inquire on seating availability and to sign up for this program.

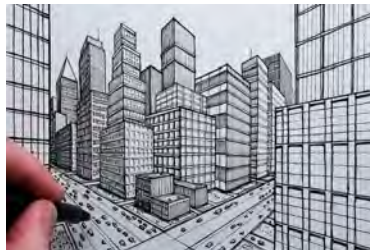
*“In order to see birds, it is necessary to become part of the silence.” Robert Lynd*

### May 6th ... Music Jam

We welcome you to our Music Jam on Monday, May 6th at 1:30 PM. We'll have a country, bluegrass, and gospel music session. Bring your musical instrument too or just come and listen. We'll be enjoying refreshments sponsored by Holmes Retirement Planning. Please call the Center or stop by the reception desk to sign up to attend. Those who pre-register before Friday, May 3rd are entered into a drawing for a door prize. You must be present at the Music Jam to win the door prize! By registering we can plan for refreshments for the group. We look forward to seeing you.

### May 6th ... Perspective Drawing Class Starts

Ann Mabry is offering a Perspective Drawing Class. This class will meet for a total of eight sessions starting on Monday, May 6th at 1:30 PM and will conclude on Monday, July 1st. If you're interested in taking this class call the Center or stop by the reception desk to inquire about seating availability. Seating is limited. There is no class fee but students are required to provide a drawing triangle, T-square, pencil, and eraser—items which can be obtain at stores where art supplies are sold. Instructor will provide paper.



### 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, May 7th.,  
Tuesday, May 21st.,  
Tuesday, June 4th.,  
Tuesday, June 18th.*

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

### Dementia Care & Support

*Monday, May 13th.,  
at 1:30 PM.  
Monday, June 10th.,  
at 1:30 PM.*

The Dementia Care & Support program is facilitated by Kim Warnick with Dementia Care Solutions of East Tennessee. The group offers mutual support and knowledge on resources.

### 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, May 2nd.,  
Thursday, May 16th.,  
Thursday, June 6th.,  
Thursday, June 20th.*





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



## Mixed Media Art Group Open House

Thursdays at 10:00 AM—12:00 PM

Join the Media Art Group on Thursdays. It's a great place to share experiences, inspire, and encourage each other in our artistic endeavors. Bring your supplies, your current projects, your ideas, and your enthusiasm and join us on Thursdays at 10:00 AM. You can even bring some projects you've completed and would like to show off. Light refreshments served during our Mixed Media Art Group open house throughout the month of May.



Above: Mr. Buzz Buswell, Veteran & Senior Services Director, ready to share a plate of sweet treats with the Mixed Media Art Group.



### May 7th ... Tai Chi (Yang Style) For Beginners New Class Starts

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



### May 7th ... Medicare Presentation with Dixie

AEP (Annual Enrollment Period) and OEP (Medicare Advantage Open Enrollment Period) might be over but don't feel stuck in your current plan! Did you know you might have opportunities throughout the year to make plan changes? Some carriers offer limited underwriting questions for Medicare Supplements and Tennessee does have a 5-Star carrier which allows you to enroll into their Part C plan at anytime throughout the year! Medicare is a big decision and one you should have reviewed annually! Feel secure in your decision by understanding your Medicare rights and entitlements. Join Dixie Curless for a no-cost Medicare 101 presentation! "I do not represent one carrier," Dixie says, "so you can feel confident that I can offer the plan that best fits your needs." If you're unable to attend 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 this program offered on Tuesday, May 7 at 11:30 AM.

### May 7th ... Thompson Cancer Survival Center Presentation

As a member of Covenant Health, Thompson Cancer Survival Center's mission is to increase the number of cancer survivors in the community they serve through education, screening, prevention, clinical research, and providing access to the most advanced treatments, experts, and technology available. Please join Nikki Dickson to learn about the comprehensive, world-class cancer care and free oncology patient support services that Thompson Cancer provides throughout East Tennessee. She will also highlight Covenant Health's most recently added cancer treatment service, Thompson Proton Center and proton therapy, one of the most innovative, precise forms of radiation treatments available. Please call the Center or stop by the reception desk to sign up to attend this free and informative program offered on Tuesday, May 7th at 1:30 PM.

"Tell me and I forget, teach me and I may remember, involve me and I learn."

Benjamin Franklin



### 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. Healing Touch is a relaxing, nurturing, heart-centered, biofield/energy practice. Gentle, intentional touch assists in balancing physical, mental, emotional, and spiritual well-being. Non-invasive, the practice clears, energizes and balances the human energy field.

Healing Touch works hand in hand with Western medicine, and is used in hospitals, long-term care facilities, private practices, and hospices. Healing touch provides a sense of calm, wholeness, and healing. Brenda Seip, Certified Healing Touch Practitioner, is volunteering her time and service for 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).

### 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 with the following sponsors:

- May 6th ... Family Home Care
- May 13th... No Bingo this Day
- May 20th ... SR Medical
- May 27th ... No Bingo this Day
- June 3rd ... Family Home Care
- June 10th ... Gentiva Hospice Care
- June 17th... NHC HomeCare
- June 24th ... SR Medical



### Fitness Room Available

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

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

### The Center's Library

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

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

### May 8th ...Cornhole Tournament

The theme is Flamingos for this month's Cornhole Tournament. Wear pink and join us for a few tosses. We'll have some fun prizes to award. It doesn't matter if you've played cornhole before or not or if you're a seasoned player, you're more than welcome to participate. Let us know you'll be joining us by calling the Center or stopping by the reception desk to sign up for this program offered on Wednesday, May 8th at 10:30 AM.

“You don't stop having fun when you get old. You get old when you stop having fun.”

Anonymous



## 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, May 15th and Wednesday, June 26th*. 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, May 13th and Monday June 10th*.

### 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).

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

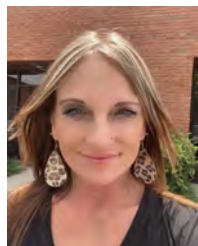
*Tuesday, May 21 at 11:00 AM  
Thursday, June 20 at 11:00 AM*

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.

### Nail Trimming



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

*Wednesday, May 8th.,  
Starting at 9:40 AM.*

*Friday, May 10th.,  
Starting at 10:00 AM.*

*Wednesday, June 12th.,  
Starting at 9:40 AM.*

*Friday, June 14th.,  
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:

*Wednesday, May 15th  
at 11:30 AM.,*

*Wednesday, June 12th  
at 11:30 AM.*



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

### **May 10th ... Muffins for Moms**

On Friday, May 10th at 10:00 AM when we commemorate Mother's Day with some delicious muffins courtesy of NHC HomeCare of Knoxville. Stop in and meet Lacey Sisk, Account Executive with NHC. We look forward to seeing you and Happy Mothers Day.



Mothers hold their children's hands for a short while, but their hearts forever. author unknown

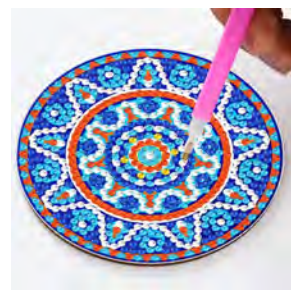
### **May 10th ... Lunch and Learn: Hearing Healthcare Presentation**

Are you concerned about overpaying for hearing aids? Does your current Health Insurance plan pay for hearing aids? What is Over-the-Counter and online hearing aids? Find out the truth about your hearing aids and get all your questions answered from a hearing industry expert. This program is brought to us by Luke Amos from Life Frequency, PLLC. Seating is limited for this lunch and learn on Friday, May 10th from 11:00—12:30 PM. Call the Center to inquire about seating availability and to sign up for this program.

Luke Amos returns to offer free hearing screening on Tuesday, May 14th starting at 8:00 AM and Thursday, May 17th starting at 8:00 AM. Sign up for the screenings by calling the Center or stopping by the reception desk.

### **May 13th ... Craft Class: Diamond Art Coasters**

Escape the hustle and bustle of your daily routine and unwind with our diamond art coaster crafting class. Take some time to be creative and enjoy yourself and others. This class is perfect for beginners. Diamond art combines the simplicity of color by number with placing tiny gems on intricate mandala patterns. Create a charming coaster for your home or as a gift for a family member or a friend. All materials provided. Call the Center or stop by the reception desk to check on seating availability and to sign up for this free class offered on Monday, May 13th at 10:00 AM.



### **May 13th ... Cooking with Laurie: Simple Red Lentil & Chickpea Stew**

Laurie Lebert returns on Monday, May 13th at 12:30 PM with an Indian inspired stew combining split red lentils with chickpeas, which when served with quinoa or bread will obtain over 40 grams of plant protein. Soluble fiber found in red lentils binds to "bad" cholesterol and helps your body excrete it through your bile acids. This helps to keep your heart healthy by reducing the risk of atherosclerotic plaque (the plague that builds up in your arteries and raises your blood pressure!). The fresh ginger and turmeric used in the recipe will help reduce inflammation. This perfect combination is rich in folate and iron. It's a quick, easy, and a delicious recipe. Great as a meal or a hearty appetizer. Call the Center or stop by the reception desk to check on seating availability and to sign up.

### **May 14th ... Historic Homes of East Tennessee**

This class taught by Dr. Henry Wilson, PhD., historian, will identify, examine, and explore East Tennessee's rich heritage of historic homes and gardens. We'll first look at many colorful historic homes built during the Colonial and Revolutionary War period, followed by a closer look at historic dwellings of the Antebellum & Civil War era. Finally we'll take a virtual tour of the numerous cultural and literary landmarks constructed during the post Civil War era, extending through the first half of the 1900s. This class will meet for three Tuesdays at 1:30 PM starting on Tuesday, May 14th. Class fee is \$3 per each class attended payable to the instructor. Call the Center or stop by the reception desk to check on seating availability and to sign up.



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

### **May 15 ... Color, Coffee, and Chat**

Join Cindy on Wednesday, May 15 at 10:00 AM for Color, Coffee, and Chat. The theme this month is “Under the Sea”. We’ll have some light refreshments to enjoy along with lively conversation. All materials provided. Coloring created for adults helps promote mindfulness, alleviate stress, help decrease anxiety, develop and maintain fine motor skills, and help improve and maintain focus. Color, Coffee, and Chat allows you to be creative while having fun. For planning purposes please call the Center to inquire on seating availability and to sign up.

### **Core Insurance Advisors of Knoxville Walking Club Kickoff**

Wednesday, May 15th at 12:00 PM

Wednesday, June 12th at 12:00 PM

Core Insurance announces information on their walking club in May and June! Stop in when they’ll provide information on how easy it is to join and even easier to participate. Just track your steps whether you’re walking in your neighborhood, on greenways, woodland trails, or just around town. They’ll even provide you with a free pedometer to keep track of your progress. Report your steps and be eligible to win prizes. Walking is a great way to help maintain a healthy weight, helps regulate blood pressure and cholesterol, helps ease arthritis and stiffness, strengthens muscles and bones, lowers risk of falls, and much more—and why not receive recognition for those steps you do take. It might even motivate you to do more! To learn more about the Core Insurance Advisors Walking Club visit with Brooke Thurman on Wednesday, May 15th at 12:00 PM or Wednesday, June 12th at 12:00 PM:



### **May 16th ... Exercise and Cognitive Health**

There is strong correlations between physical activity and cognitive function. Regular exercise has been shown to improve various aspects of cognitive health, including memory, attention, processing speed, and executive function. This program is brought to us by Caleb Newsome, Public Health Fitness Coordinator, on Thursday, May 16th at 1:00 PM. Call the Center or stop by the reception desk to sign up to attend.

### **May 17th ... Matter of Balance Starts**

Matter of Balance is specially designed to reduce the fear of falling and improving activity levels among older adults. The program includes eight two-hour classes presented to a small group of eight to twelve participants and led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increase activity levels, making small changes to decrease fall risks at home, and exercise to increase strength and balance. This program is brought to us by the University of Tennessee Extension Office. The classes will meet on Fridays from 1:00 PM—3:00 PM starting May 17th. If you would like to participate in this eight week program, call the Center to check on seating availability and to sign up.

### **May 20th ... Five Sneaky Causes of Weight Gain**

Weight loss shortcuts seem to be everywhere, but which ones really work and which lifestyle habits could actually cause weight gain? From a lack of sleep to the truth about following fad diets. Join us on Monday, May 20th., at 11:00 AM to learn those answers and much more about sneaky causes of weight gain. Call the Center or stop by the reception desk to check on seating availability and to sign up for this program brought to us by Humana Neighborhood Center.

“If it doesn’t challenge you, it won’t change you.”

Fred Devito



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



### May 20th...Writing Workshop Journals, Short Stories, and Beyond!

This workshop is for new, aspiring, and experienced writers. The group will explore writing as an exercise of expression and beginning or continuing a writing project of your choice. Writing activities and resources will be shared. The focus includes encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop. Participants will need to bring a notebook for note-taking and are welcome to bring a sample of their writing. This workshop meets at 1:30 PM on Monday, May 20th.

**May 22nd ... Navigating Difficult Conversations** Think about the difficult conversations you've had recently, whether with your spouse, children, family members, friends, your boss, colleagues, or others. Perhaps you were talking about politics, your faith and beliefs, important past or upcoming decisions, your values, money, and more.

I'd bet that some of those conversations did not lead to the results you hoped for.

Want to learn how to navigate those difficult conversations in a way that lowers the temperature and can create the context for real understanding and even change?

Join Mr. Wil Davenport on Wednesday, May 22nd., from 1:30—3:00 PM to gain personal insight, practical skills, and a growing confidence in your ability to navigate difficult conversations. The fee for this program is \$10 payable to the presenter. Please call the Center or stop by the reception desk to check on seating availability and to sign up.



### Trivia Time

Tuesdays at 11:00 AM

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

### Billiards

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.

### Rook Players! Thursdays at 12:00 PM

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



### Cribbage Players Wanted!

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



### Knitters Wanted

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



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



### May 22nd ...Cornhole Tournament

We're having fun, laughter, and camaraderie for our Patriotic themed Cornhole Tournament. Wear your red, white, and blue attire and join us for a few tosses. We'll have some fun prizes to award. It doesn't matter if you've played cornhole before or not or if you're a seasoned player, you're more than welcome to participate. Let us know you'll be joining us by calling the Center or stopping by the reception desk to sign up for this program offered on Wednesday, May 22nd at 10:30 AM.

### May 23rd ... 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, May 23rd and Friday, May 24th 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, May 21st. Instructor is Barbara Edwards with Social Media 4 Seniors.

### May 23rd .... 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.

### May 24th ... Farragut Flutes Perform

Join us on Friday, May 24th at 11:00 AM when Shelley Binder and the Farragut Flutes perform music of the Gilded Age. They will also talk about the RMS Titanic. Shelley's Great Grandmother survived the sinking of the Titanic during her emigration to America. The disaster aboard the world's most famous steamship impacted the lives of generations. The Farragut Flutes will perform music from the Gilded Age for your delight and enjoyment. Please call the Center or stop by the reception desk to check on seating availability and to sign up.

### 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 July/August 2024 eNewsletter, please provide information to Darrell before June 7th. 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

## **Assisted Stretching Available at West Knox County Senior Center**

In the realm of fitness and wellness, stretching often takes a back seat to more vigorous forms of exercise. However the importance of flexibility cannot be overstated, as it plays a crucial role in overall health and physical performance. While self-stretching routines have long been advocated, assisted stretching is emerging as a powerful tool to enhance flexibility, improve mobility, and prevent injury. Assisted stretching can also improve posture and alignment, assisting with relaxation and stress relief. One of the greatest advantages of assisted stretching is its ability to provide a customized approach to stretching based on individuals needs and goals. Unlike generic stretching routines, which may not address specific areas of tightness or restriction, assisted stretching allow for tailored stretching protocols that address everyone's unique imbalances and limitations. Caleb Newsome, NASM-CPT, CES., Public Health Fitness Coordinator provides assisted stretching. To schedule your consultation with Caleb call the Center at 865-288-7805. Caleb is at West Knox County Senior Center most Thursdays.

### **May 24th ... 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 with 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, May 22nd. You can register at the reception desk. The class must have a minimum of five students in order to be held. This class will meet on Friday, May 24th from 10:00 AM—3:00 PM. Instructor is Catherine Everhart with Social Media 4 Seniors.

### **May 24th ... Spring Vaccination Clinic from Walgreens**

On Friday, May 24th starting at 1:00 PM., Walgreens will be having a Spring Vaccination Clinic at West Knox County Senior Center. They will be providing the following vaccines: Shingles, pneumonia, Tdap (tetanus), New Covid-19 Booster, and RSV. If you want the COVID-19 booster please bring the date of your last shot since there needs to be four months between doses. Bring your ID, your Red, White and Blue Medicare card, as well as your prescription insurance card. No need to sign up to participate in the Spring Vaccination Clinic.

### **May 30th ... AARP Smart Driver Class Starts**

AARP is offering a Smart Driver Class at the Center on Thursday, May 30th and Friday, May 31st 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

### **June 3rd .... Music Jam**

Visit with us for an afternoon of country, bluegrass, gospel, and music for everyone to enjoy. Bring your instrument too or just come and listen to the music. Those who pre-register before Thursday, May 30th will be eligible for a door prize drawing. You must be present at the Music Jam to win the door prize. You can pre-register at the reception desk or by calling the Center. We want to make sure there's plenty of refreshments! This program graciously sponsored by Anthem Memory Care/Concord Place.

“Music washes away from the soul the dust of everyday life,”

Berthold Auerbach

### **June 4th ... Medicare Presentation with Dixie**

AEP (Annual Enrollment Period) and OEP (Medicare Advantage Open Enrollment Period) might be over but don't feel stuck in your current plan! Did you know you might have opportunities throughout the year to make plan changes? Some carriers offer limited underwriting questions for Medicare Supplements and Tennessee does have a 5-Star carrier which allows you to enroll into their Part C plan at anytime throughout the year! Medicare is a big decision and one you should have reviewed annually! Feel secure in your decision by understanding your Medicare rights and entitlements. Join Dixie Curless for a no-cost Medicare 101 presentation! “I do not represent one carrier,” Dixie says, “so you can feel confident that I can offer the plan that best fits your needs.” If you're unable to attend 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 this program offered on Tuesday, June 4th at 11:30 AM.

### **June 5th ...Cornhole Tournament**

The theme is ‘Sun's so Bright’ wear your sunglasses and join us for fun, laughter, and camaraderie for our Cornhole Tournament of the month. We'll have some fun prizes to award. It doesn't matter if you've played cornhole before or not or if you're a seasoned player, you're more than welcome to participate. Let us know you'll be joining us by calling the Center or stopping by the Reception Desk to sign up for this program offered on Wednesday, June 5th at 10:30 AM

### **June 7th ... 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, June 7th 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.

### **A 75-Mile Challenge Invitation**

Join Missy Kane for the Mountain Commerce Bank Challenge. It's a seventy-five mile challenge to connect everyone to nature, make new fiends, explore new places, and have fun. They've selected adventures for you to explore or pick places you already love to go! Earn a patch and enjoy prizes and a celebration of your compliment. If you're new to the outdoors and to the area, Missy and other outdoor experts will teach you where and how to go at their free introduction to hiking, biking, and paddling clinics held each month. It's fun and easy. To learn more and to register go to the Legacy Parks website at <https://legacyparks.org/mountain-commerce-challenge/>.





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



### June 11th ... History Class: East Tennessee during the Sixties

Starting Tuesday, June 11th., the focus of this class will be on the chaotic decade of the 1960's, a time when a rising tide of generally conservative postwar "Baby Boomers" reached maturity, only to find themselves confronted with a colorful cohort of more liberal Hippies, Yippies, and Flower Children. Contrary to what casual observers might assume, East Tennessee was by no means immune or isolated from this simmering generation conflict; on the contrary, our region often served as the backdrop for a rich variety of protests, severe cultural turbulence, and even sporadic riots, not at all atypical for this turbulent decade of our nation's history. Call the Center to check on seating availability and to sign up for this history class which will be taught over three Tuesdays starting Tuesday, June 11th at 1:30 PM. Class fee is \$3 for each class attended and payable to the instructor Dr. Henry Wilson.

### June 12th ... Color, Coffee, and Chat

The Color, Coffee, and Chat group invites you to join them on Wednesday, June 12th at 10:00 AM. The theme for this month is Hot Air Balloons. 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.



### June 12th ... Script Your Family's Future: Why You Need an Estate Plan

This seminar is designed to help you understand the important role a well-executed state plan can play in ensuring your strategy remains aligned with your goals. Estate planning attorney, Bailey Schiermeyer with Elder Law of East Tennessee will be present at this presentation brought to us by Kevin P. Denning, Financial Advisor with Edward Jones. Call the Center or stop by the reception desk to sign up for this program offered on Wednesday, June 12th at 1:00 PM.

### June 13th ... Exercise and Aging

While aging is inevitable, its effects can be mitigated and managed through regular physical activity. Exercise has been shown to exert profound effects on numerous aspects of health, making it a cornerstone of healthy aging. Join Caleb Newsome, Public Health Fitness Coordinator, on Thursday, June 13th at 1:00 PM to learn more about exercise and aging. Call the Center or stop by the reception desk to sign up for this free and informative program.



### June 14th ... Doughnuts for Dads

Join us on Friday, June 14th at 10:00 AM to commemorate Father's Day. Penny Mayo with Farm Bureau Health Plans will be bringing some doughnuts to enjoy. Happy Father's Day!

"Dads are most ordinary men turned by love into heroes, adventurers, story tellers, and singers of song," Pam Brown



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

### **June 17th ... Boosting your Mood with Food and Fitness**

Did you know your diet could be greatly influencing your daily mood? Which foods promote a better mood? Does fitness influence your mood? This class answers many of these questions and much more! We are diving into the learning of foods that promote mood boosting benefits and how fitness and mood are also very connected. Call the Center or stop by the reception desk to check on seating availability and to sign up for this class brought to us on Monday, June 17th at 11:00 AM by the Humana Neighborhood Center.

### **June 18th ... Crafting Class: Beaded Butterfly Magnet**

West Knox County Senior Center is hosting a butterfly bead craft class led by Callie on Tuesday, June 18th at 10:00 AM. Participants can learn to make a magnet butterfly with beads, and all necessary supplies will be provided. Space is limited, interested individual should either call or sign up to secure their spot in the class. This kind of activity can be a wonderful opportunity for seniors to express their creativity and connect with others in a fun and engaging way. Stop by the reception desk or call the Center to check on seating availability and to sign up.



### **June 20th ... iPad/iPhone Beyond The Basics Workshop Starts**

Have you had your iPhone or iPad for a while now and feel pretty comfortable with it but know there's more you could be doing with it? During this four hour iPad/iPhone Beyond the Basics workshop taught over two days (Thursday, June 20th and Friday, June 21st from 10:00 AM—12:00 PM). You will learn the following: photo transfer between iPad and other devices, Email/Internet use, adding email accounts, deleting emails, 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 basics.** 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. You can register for this class by visiting the Reception Desk at West Knox County Senior Center. Deadline to register is June 17th. This class is brought to us by Social Media 4 Seniors with instructor Barbara Edwards.

### **June 21st ... Android Basics Class**

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this four hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. This one class will be taught for four hours of instruction. A lunch break will be provided and you're welcome to bring a brown-bag lunch. A meal will not be included with this class. Workshop fee is \$35 and payable at time of registration. Deadline to register is Tuesday, June 18th. You can register at the reception desk. This class must have a minimum of five students in order to meet. This class will meet on Friday, June 21st from 10:00 AM—3:00 PM. Instructor is Catherine Everhart with Social Media 4 Seniors.



“I write only because there is a voice within me that will not be stilled.”

Sylvia Plath

### **June 24th...Writing Workshop Journals, Short Stories, and Beyond!**

This workshop is for new, aspiring, and experienced writers. The group will explore writing as an exercise of expression and beginning or continuing a writing project of your choice. Writing activities and resources will be shared. The focus includes encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop. Participants will need to bring a notebook for note-taking and are welcome to bring a sample of their writing. This workshop meets at 1:30 PM on Monday, June 24th.

### **June 24th ... 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, June 24th from 1:00—3:00 PM. Sign up for your ear canal exam by calling the Center at 865-288-7805.



### **June 26th ... Cornhole Tournament**

Join fellow corn hole players in Under the Sea themed cornhole tournament offered on Wednesday, June 26th 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 celebrate Summers arrival

### **June 27th ... AARP Smart Driver Class Starts**

AARP is offering a Smart Driver Class at the Center on Thursday, June 27th and Friday, June 28th 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.

### **June 27th ...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.



### Spanish Practice Class Wednesdays at 11:00 AM

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



### July 1st ... Day of Joy Cookout

No matter who we are, where we are, our age, or what we went through, one thing is universally true: we all could use more joy in our lives and it's never too late to find a way to celebrate it or reclaim it. Join us on Monday, July 1st., as Comfort Keepers hosts a Day of Joy Cookout starting at 12:00 PM. There will be hamburgers, hotdogs, live entertainment, and more. To attend this years Day of Joy Cookout you will need a ticket for admission. Tickets will be available at the reception desk starting on Monday, June 3rd. There are only one hundred tickets available. You must pick up your ticket in person while supplies last. You cannot reserve tickets. Only two tickets are permitted per person. You will need to present your ticket at the time of the Luncheon on Friday, July 1st in order to obtain your seat.



#### 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.



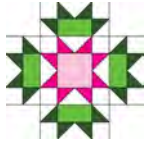


You can register for our activities by calling the Center at 865-288-7805



## 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:

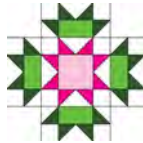


*Wednesday, May 1st*

Project to be announced

*Wednesday, June 5th*

Project to be announced



## 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)

## Mixed Media Art Group

Thursdays 10:00—12:00 PM

You're invited to join the Mixed Media Art Group on Thursdays from 10:00 AM—12:00 PM. It's a great place to share experiences, inspire, and encourage each other in your artistic endeavors. Bring your supplies, your current projects, your ideas, and your enthusiasm and join us on Thursdays at 10:00 AM. You're also more than welcome to bring a project you've completed and show it off. Light refreshments served. No need to pre-register to participate. Join us on any Thursday.

## American Sewing Guild

Monday, May 20th and Monday, June 17th  
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).

## 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 Arts & Craft Room (Room #019) at West Knox County Senior Center.

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

## 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? Call the Center and inquire about seating availability. Have your name added to the interest list.



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



# Snap Shots & Such



Special thanks to Knox County Chapter of the American Sewing Guild and Short Sheet Fabrics for donating cloth and making chair covers for the senior center.



Kevin Trostle, local beekeeper provides a hands-on Introduction to Beekeeper presentation on 03/08/2024.



Laurie Lebert provides a cooking class on Heart Healthy Soup. She provides the group with instruction on how to make a creamy broccoli and Cauliflower Soup on March 22nd.



Saraha Brawner provides a free field trip to the Jewelry TV Studio for a guided tour on March 19th. She schedules trips across Knox County every month.



**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 giving 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.



# Book Clubs



## Steel Magnolias Book Club

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

### Thursday, May 9th ... *“Every Last Cuckoo”* by Kaye Maloy

Sarah Lucas imagined the rest of her days would be spent living peacefully in her rural Vermont home in the steadfast company of her husband. But now, with Charles's sudden passing, seventy-five-year-old Sarah is left inconsolably alone. As grief settles in, Sarah's mind lingers on her past: her imperfect but devoted fifty-year marriage to Charles; the years they spent raising their three very different children; and her childhood during the Great Depression, when her parents opened their home to countless relatives and neighbors. So, when a variety of wayward souls come seeking shelter in Sarah's own big, empty home, her past comes full circle.

### Thursday, June 13th ... *“On a Street Called Easy, in a Cottage Called Joye”* by Gregory Smith

On a Street Called Easy, in a Cottage Called Joye is the story of their three-year adventure transforming this "handyman special from hell" into a home - while adjusting to the rhythms of small-town life in magnolia-shaded Aiken, South Carolina. As the authors of bestselling true crime books, Smith and Naifeh had encountered all kinds of colorful characters, but nothing could have prepared them for the crew that showed up to "help."

## 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.

### Thursday, May 16th ... *“Killers of the Flower Moon”* by David Gram

The book explores the conspiracy behind the murders, which includes theft, terror, genocide, and the attempted dispossession of Osage lands by white settlers. It also investigates the structural discrimination against Native Americans that inspired and enabled the killings.

### Thursday, June 20th ... *“Lessons in Chemistry”* by Bonnie Garmus

Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it's the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results. But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America's most beloved cooking show *Supper at Six*.



### 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



## May 23rd ... 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, May 23rd and Friday, May 24th 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, May 21st. Instructor is Barbara Edwards with Social Media 4 Seniors.

## May 24th ... Android Basics Workshop

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this four hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. This one class will be taught with four hours of instruction. A lunch break will be provided. You're welcome to bring a brown-bag lunch. A meal will not be included with this class. Workshop fee is \$35 and payable at time of registration. Deadline to register is Wednesday, May 22nd. You can register at the reception desk. The class must have a minimum of five students in order to be held. This class will meet on Friday, May 24th from 10:00 AM—3:00 PM. Instructor is Catherine Everhart with Social Media 4 Seniors.

## June 20th ... iPad/iPhone Beyond The Basics Workshop Starts

Have you had your iPhone or iPad for a while now and feel pretty comfortable with it but know there's more you could be doing with it? During this four hour iPad/iPhone Beyond the Basics workshop taught over two days (Thursday, June 20th and Friday, June 21st from 10:00 AM—12:00 PM). You will learn the following: photo transfer between iPad and other devices, Email/Internet use, adding email accounts, deleting emails, 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 basics.** 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. You can register for this class by visiting the Reception Desk at West Knox County Senior Center. Deadline to register is June 17th. This class is brought to us by Social Media 4 Seniors with instructor Barbara Edwards.

## Ask Jake!

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

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



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

# Tech Classes

## June 21st ... Android Basics Class

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this four hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. This one class will be taught for four hours of instruction. A lunch break will be provided and you're welcome to bring a brown-bag lunch. A meal will not be included with this class. Workshop fee is \$35 and payable at time of registration. Deadline to register is Tuesday, June 18th. You can register at the reception desk. This class must have a minimum of five students in order to meet. This class will meet on Friday, June 21st from 10:00 AM—3:00 PM. Instructor is Catherine Everhart with Social Media 4 Seniors.

## Classes I need to sign up for:



# Fitness Activities at West Knox County Senior Center

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



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

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

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

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

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

Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Thursday. 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. New beginning class starts on May 2nd.

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

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

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

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

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

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

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

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

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

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

**Fitness Room Availability.** The Center's Fitness Room (Room #014) is equipped with treadmills, an elliptical, recumbent bikes, a semi-recumbent stepper, and free weights. The room is open Monday through Friday from 7:30 AM—3:45 PM. We offer free 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 that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength. This class includes fifteen minutes of stretching exercises for increasing range of motion and flexibility. New students can start at any time.

### **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.

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

## 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.

**BS**

# Senior Walk for May 2024

## Seven Island Birding Park Walk

**Date:** Tuesday, May 21, 2024

**Time:** 9:30 AM

**Location:** 2809 Kelly Ln., Kodak, TN 37764

Join us for a senior walk and birding tour at one of Tennessee's premier birding destinations, Seven Island Birding Park (2809 Kelly Ln., Kodak, TN 37764). Birding enthusiast, Mr. Robert Terrell will be leading our tour. We will meet at 9:30 AM at the parking lot at Seven Islands Birding Park and begin our walk at 9:45 AM.

Anticipate a four mile walk with some inclines and declines as well as uneven earthen paths through wooded and open terrain. Bring a brown bag lunch and enjoy lunch at the Bluebird Barn which is located adjacent to the parking entrance. Remember to wear comfortable shoes, snacks if desired, and bring your binoculars! This walk is brought to you by Darrell Gooding, Coordinator and Cindy Petty, Assistant Coordinator, from West Knox County Senior Center. To RSVP call 865-288-3761 or email [SeniorServices@knoxcounty.org](mailto:SeniorServices@knoxcounty.org).





# Senior Walk for June 2024

## UT Arboretum Walk

901 S Illinois Ave, Oak Ridge, TN 37830

**JUNE 18<sup>th</sup> at 9AM**

Join us at the UT Arboretum for a fun walk! We will meet in the parking lot and then walk a couple of miles on one of the trails. Make sure to bring your water!



For lunch we will eat at Woody's, located on 114 Union Valley Rd, Oak Ridge, TN 37830. This is a 2 minute drive from the Arboretum.



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

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





# Grandparents as Parents School Supply Drive

## Donate

crayons  
colored pencils  
earbuds  
headphones  
composition notebooks  
plastic folders

spiral notebooks  
glue sticks  
pencils  
pencil boxes  
dry erase markers  
backpacks with computer compartments

glue  
red/green pens  
tissue boxes  
Ziploc bags  
highlighters



Donations accepted July 2024

Drop off donations at O'Connor Senior Center or  
any Knox County Senior Center



O'Connor Senior Center | 611 Winona Street  
Corryton Senior Center | 9331 Davis Drive  
Halls Senior Center | 4405 Crippen Road  
Karns Senior Center | 8042 Oak Ridge Hwy  
South Knoxville Senior Center | 6729 Martel Lane  
West Knoxville Senior Center | 239 Jamestown Blvd. Suite 101

Call the Grandparents as Parents program for more information.  
865-524-2786



# Field Trips for May/June 2024

## Wednesday, May 29th ... Day in Downtown Knoxville

Join us on Wednesday, May 29th for at 9:30AM for a day trip to Downtown Knoxville! Take a walk in Krutch Park, browse the Art District, enjoy the Market Square Farmers' Market, pop into a few shops, and grab some lunch at one of the diverse restaurants available! To sign up for this event, please call the center at 865-288-7805 or stop by the reception desk to check on seating availability. We ask you arrive no later than 9:15 AM on the day of the Field Trip. We will return to the Center by 3:00 PM. Transportation provided courtesy of Knox County CAC Transit.



## Tuesday, June 25th ... Zoo Knoxville

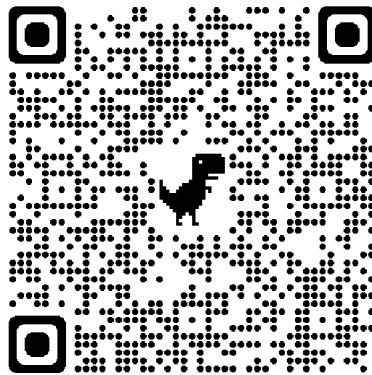
Join us on Tuesday, June 25th at 9:30AM trip to Zoo Knoxville! Zoo Knoxville is one of the premiere zoological experiences in the southeast. Committed to sharing 'wildly fun' experiences that educate and inspire, we feature acres of creative habitats for animal lovers of all ages to explore. Tickets are available at upon arrival at the zoo for \$26.95 (adults) and \$21.95 (seniors ages 65+). Food is available for purchase on-site. To sign up for this event, please call the center or stop by the reception desk to check on seating availability. 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.

## **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, program updates and more. Just simply "Like" Knox County Senior Services on Facebook.

