



March &  
April  
2016

# HALLS SENIOR CENTER Happenings...

Closed on Friday, March 25th - Good Friday!

### Field Trips -

Monday, March 7th at 11:00 am - Mighty Musical Monday - Join us on a trip to the beautiful Tennessee Theater. Vocalist, Kelle Jolly, and Saxophonist, Will Boyd, will be performing jazz favorites. Bag Lunch is available there for \$5.00. We will be taking a bus from the center, so **RSVP!**



Wednesday, April 20th - Take me out to the Ballgame . . . Senior Day with the Smokies! Does it get any better than an afternoon at the Ball Park? The Smokies Baseball Team is hosting a special Senior Day with Brunch in the Double Play Café then a field level seat to their game. Advance ticket prices and times to be announced. Transportation provided. **Space is limited!**

Friday, April 29th at 10:00 am - Dogwood Arts Festival - This fun and FREE trip to downtown Knoxville at the Market Square hosts a festival for fine arts and crafts, live entertainment, a culinary arts demonstration, and festive food. **Sign up today!**



Tuesdays, starting March 8th - 10:00 am - Super Stretchers Class - Many members have expressed an interest in an instructor led class incorporating stretching, yoga, and Pilates. Super Stretchers class will focus on stretching and strengthening of the core without having to get on the floor, so it will be accessible to more seniors. **\$2.00 a class.**

Tuesday, March 8th - 8:30 am - 11:00 am - Tennova - Free Cholesterol Screening - "Know your Numbers" - High cholesterol is one of the major risk factors leading to heart disease, heart attack, and stroke. We encourage you to take advantage of this **FREE**, simple screening. A prick of the finger and you will have your cholesterol panel and glucose reading in seven minutes! Eight hours of fasting is required. You can, however, have water (encouraged to drink plenty of water) and black coffee. **Appointments are required! Please call 1-855-836-6682 to schedule appointment.**

Fridays - 10:30 am - Hula Dancing Class - Great exercise and great fun! **\$1.00 per class.**

### Mondays, starting March 28th - New Tai Chi and Fall Prevention Classes -

10:00 am - Seated Tai Chi Classes - Great for beginners that may struggle with some mobility issues. \$1.00 per class/ 9 weeks

10:30 am - Standing Tai Chi Classes - A gentle exercise class that helps with balance, strength, and mobility. \$1.00 per class/ 9 wks.

11:00 am - Rock Solid Fall Prevention Class - Each movement is designed for specific inside and outside the home situations addressing the risks of falling. \$1.00 a class

11:45 am - Tai Chi Advanced Class - A follow up class for students who have previously completed the 9 week Tai Chi Class. \$2.00 per class

## Movie Matinees - Tuesdays at 2:00 pm - Sponsored by Independent Insurance Consultants

March 1st...*A Brilliant Young Mind* (PG-13) 1:52. A socially awkward teenage math prodigy finds new confidence and new friendships when he lands a spot at the Mathematics Olympiad.

March 8th...*Born to Win* (NR) 1:45. A true story of how God turns the hurt and emptiness of a man into hope, faith, and victory to inspire many to be the winners they were born to be.

March 15th...*Fireproof* (PG) 2:02. In an attempt to save his marriage, a fire fighter uses a 40-day experiment known as "The Love Dare". By the creators of *Courageous and War Room*.

March 22nd...*The Intern* (PG13) 2:01. A 70 year old widower has discovered that retirement is not all it is cracked up to be. Seizing an opportunity to get back in the workforce, he becomes a senior intern at an online fashion site.

March 29th...*He Named Me Malala* (PG-13) 1:28. A look at the events leading up to an attack on a Pakistani school girl for speaking out on girls' education followed by the aftermath, including her speech to the United Nations.



**Tuesday, March 8th - 12:00 pm – Potluck - Easter Dinner** - Please make plans to join us for our Easter Dinner Celebration. We will provide the main dish, while you bring a traditional Easter dinner side dish or dessert to share. Special entertainment will be provided by the "Brandywine Band". It is sure to be an afternoon of fellowship and fun!

**Thursday, March 10th at 12:00 pm - Diabetes Lite Luncheon - Mac's Pharmacy** - Pharmacist Matthew Crawford will be here with information on who should be tested for diabetes, what exams and tests are used, and how to understand the results. Space is limited, call 922-0416 to register.

**Thursday, March 10th at 2:00 pm - Snack and Learn - Reverse Mortgage** - You are invited to come and have a conversation about a Home Equity Conversion Mortgage (HECM), the most common reverse mortgage. Please come and hear the facts, not rumors about how a reverse mortgage may benefit you!

**Tuesday, March 15th at 12:30 pm - Essential Oils Program** - Learn about the Ancient uses for Essential Oils and how to apply them in today's world.

**Wednesday, March 16th at 9:00 am** - Any veteran or spouse may come in to our center for assistance with veterans issues, or questions. Please call the Veterans Services Office at 215-5645 to register!

**Monday, March 21st at 11:30 am - "Being Mortal" Luncheon and Movie** – A groundbreaking film will be presented by Amedysis Hospice. Join us as we learn how to better navigate the final chapters of our lives with confidence, direction, and purpose. Attendees will be provided with a variety of valuable and practical resources to identify what is most important to you and your family. Sign up today!

**Thursday, March 24th at 1:00 pm - Craft Class - Set your Easter Table with Style!**

We will be learning how to fold napkins to look like a bunny. You will be given several different templates to make place cards. We will also share ideas for centerpieces to make your Easter table beautiful. **Free Class! Bring a cloth napkin to learn the folding technique. RSVP 922-0416**



**Tuesday, March 29th at 12:00 pm - "Super Foods Presentation"** - Come learn more about how super foods are great sources of antioxidants and essential nutrients that have many health benefits.

**Thursday, March 31st at 2:00 pm - Funeral Consumers Alliance Program** - A nonprofit organization dedicated to protecting a consumer's right to choose a meaningful, dignified, affordable funeral.

If you are interested in learning Basic Computer Skills, please let us know 922-0416!

## Movie Matinee - Tuesdays at 2:00 pm - Sponsored by Independent Insurance Consultant

April 5th...*Miss You Already* (PG-13) 1:53. A friendship between two life-long girlfriends is put to the test when one starts a family and the other falls ill.

April 12th...**T.B.A.**- *In honor of our "Take me Out to the Ballgame" Potluck, we will be watching a classic feel good baseball movie. Let us know if you have a favorite!*

April 19th...*Big Stone Gap* (PG13) 1:43. In a small Appalachian town, a self-proclaimed spinster finds her life shaken up and forever changed after learning a long buried family secret.

April 26th...*Inside Out* (PG) 1:38. A Disney Pixar Movie about an uprooted young girls emotions - Joy, Fear, Anger, Distrust, and Sadness - that are conflicted on how best to navigate a new city, house, and school.



### Thursday, March 31st and April 1st - 10am to 12pm - iPad and iPhone Beginners Class -

Bring your device and let Jennifer Dancu with Social Media 4 Seniors walk you through the basics. There is a maximum of 5 people per session in order to ensure personal attention during class. You must sign up and Prepay by Wednesday, March 30th to attend. **\$25.00 per person for class.**

**Thursday, April 7th at 12:00 pm - Poetry Slam** - Halls Senior Center celebrates National Poetry month by inviting poets and poetry lovers to read. Bring a few of your favorite poems to share. Rose Klix will give out complimentary copies of her poetry books to participants. Refreshments Provided.

**Friday, April 8th - 10am to 12pm - Pinterest/Instagram/Twitter Classes** - People are constantly using these outlets to stay connected. Don't get left behind by technology! Bring your device and learn how to access and benefit from these mediums. Register and Prepay by Wednesday, April 6th. **\$15.00 class.**

**Monday, April 11th at 12:00 pm - Snack and Learn - Clear Captions** - Do you have problems hearing and understanding people on the telephone? Fortunately, there is a federal program that allows you to receive a FREE captioned phone. Come and learn how you can receive yours today.



**Tuesday, April 12th at 12:00 pm - Potluck - "Take Me Out the Ballgame"** - We are celebrating America's favorite pastime today! We will serve the hotdogs, you bring a ballgame favorite dish to share. Wear your team colors and be prepared for a rousing rendition during our "seventh inning stretch"!

**Thursday, April 14th, 21st, and 28th - 1:00 pm - Craft Class - Sunday Brunch Crochet Set** - This 3-week class is for beginners or experts wanting a super cute set! The instruction is free, and you can get a supply list and bring your own materials or prepay \$35 for a class kit.



**Friday, April 15th - 10am to 12pm - Facebook Classes** - Facebook is a great way to share news and photos with friends and family. Bring your device and get connected today! Register and Prepay by Wednesday, April 13th. **\$15.00 class**



**Wednesday, April 20th at 9:00 am** - Any veteran or spouse may come in to our center for assistance with veterans issues, or questions. Please call the Veterans Services Office at 215-5645 to register.

**Tuesday, April 26th at 12:00pm - Super Seniors - Halls High School Band** - We are excited to welcome band director, Mr. B., and members of the Halls High School band! They will be entertaining us with some oldies but goodies and some classics. Come join in the fun. Light refreshments will be served.

**Thursday, April 28th and Friday, April 29th - 10am to 12pm - Android Beginners Class** - Bring your device and let Jennifer Dancu with Social Media 4 Seniors walk you through the basics. There is a maximum of 5 people per session in order to ensure personal attention during class. Register and Prepay by Wednesday, April 27th to attend. **\$25.00 per person for class.**



**Save the Date - 2nd Annual Derby Days Events starting Monday, May 2nd at 12pm!**



# 2016

HCWL Rummage Sale at  
The Halls Senior Center on  
Saturday, March 5th from  
8:30am to 2:00pm

Mon (8:30—5:00)	Tue (8:30—5:00)	Wed (8:30—5:00)	Thu (8:00—4:30)	Fri (8:00—4:30)
<p>Activities with an “* ” have a fee to participate.</p> 	<p><b>1</b></p> <p>10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee “A Brilliant Young Mind”</p>	<p><b>2</b></p> <p>10:00 Bingo 10:00 Hand &amp; Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance</p>	<p><b>3</b></p> <p>10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Living Well with Diabetes Class</p>	<p><b>4</b></p> <p>10:00 Euchre 10:00 Farkle 10:30 Hula Class * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>7</b> <i>Field Trip</i></p> <p>9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:00 Fall Prevention * 11:45 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise *</p>	<p><b>8</b> <i>Cholesterol Test</i></p> <p>10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Potluck - Easter with <i>The Brandywine Band</i> 12:30 Mexican Train Dominoes 2:00 Movie Matinee “Born to Win”</p>	<p><b>9</b></p> <p>10:00 Bingo 10:00 Hand &amp; Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p><b>10</b></p> <p>10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 12:00 Diabetes Lunch and Learn 11:00 Exercise * 1:00 Ballroom Dance Class * 2:00 Reverse Mortgage Snack and Learn</p>	<p><b>11</b></p> <p>10:00 Humana Members-New Member Orientation 10:00 Euchre 10:00 Farkle 10:00 Hula Class” 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>14</b></p> <p>9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:00 Fall Prevention * 11:45 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise *</p>	<p><b>15</b></p> <p>10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 <i>Essential Oils</i> 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Fireproof”</p>	<p><b>16</b> </p> <p>9:00 Veteran Services 10:00 Bingo 10:00 Hand &amp; Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p><b>17</b></p> <p>10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class *</p>	<p><b>18</b></p> <p>10:00 Euchre 10:00 Farkle 10:30 Hula Class * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>21</b></p> <p>9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot 11:30 “Being Mortal” Luncheon and Movie Screening 1:00 Rook 1:00 SAIL Exercise *</p>	<p><b>22</b></p> <p>10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “The Intern”</p>	<p><b>23</b></p> <p>10:00 Bingo 10:00 Hand &amp; Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p><b>24</b></p> <p>10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Easter Table Settings Class</p>	<p><b>25 Closed For Good Friday!</b></p> 
<p><b>28</b></p> <p>9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:00 Fall Prevention * 11:45 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise *</p>	<p><b>29</b></p> <p>10:00 Super Stretchers* 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 12:00 “Super Foods” 2:00 Movie Matinee - “He Named Me Malala”</p>	<p><b>30</b></p> <p>10:00 Bingo 10:00 Hand &amp; Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p><b>31</b></p> <p>10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 10:00 iPad/iPhone Class 11:00 Exercise * 1:00 Ballroom Dance Class * 2:00 Funeral Consumers</p>	



# 2016

## Weekend Dance

Saturday, April 23rd ... Ballroom Dance  
7:00—9:00 PM Live music - Nigel Boulton Band  
Admission \$5 per person.

Mon (8:30—5:00)	Tue (8:30—5:00)	Wed (8:30—5:00)	Thu (8:00—4:30)	Fri (8:00—4:30)
<p>Activities with an “ * ” have a fee to participate.</p>	<ul style="list-style-type: none"> <li>We had such a large response to our free Matter of Balance 6-week class that we have scheduled a second session starting on April 27th at 2:00pm. Call and register for this award-winning program that is design to manage falls and increase activity levels. 922-0416</li> </ul>			<p><b>1</b> 10:00 Euchre 10:00 Farkle 10:30 Hula Class * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>4</b> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:00 Fall Prevention * 11:45 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise *</p>	<p><b>5</b> 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee “Miss you Already”</p>	<p><b>6</b> 10:00 Bingo 10:00 Hand &amp; Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p><b>7</b> 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 12:00 Poetry Slam 11:00 Exercise * 1:00 Ballroom Dance Class *</p>	<p><b>8</b> 10:00 Pinterest/ Twitter/ Instagram Class 10:00 Euchre 10:00 Farkle 10:30 Hula Class” 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>11</b> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:00 Fall Prevention * 11:45 Tai Chi Part 2 12:00 Snack and Learn Clear Captions 1:00 Rook 1:00 SAIL Exercise *</p>	<p><b>12</b> 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Potluck - <i>Take Me Out to the Ballgame!</i> 12:30 Mexican Train Dominoes 2:00 Movie Matinee - <i>TBA Baseball Movie</i></p>	<p><b>13</b> 10:00 Bingo 10:00 Hand &amp; Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise *</p>	<p><b>14</b> 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Crochet Class- Sunday Brunch Kitchen Set</p>	<p><b>15</b> 10:00 Facebook Class 10:00 Euchre 10:00 Farkle 10:30 Hula Class * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>18</b> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:00 Fall Prevention * 11:45 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise *</p>	<p><b>19</b> 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Big Stone Gap”</p>	<p><b>20 Field Trip</b> 9:00 Veterans Services 10:00 Bingo 10:00 Hand &amp; Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p><b>21</b> 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Crochet Class- Sunday Brunch Kitchen Set</p>	<p><b>22</b> 10:00 Humana Members- Vitality Info. Program 10:00 Euchre 10:00 Farkle 10:30 Hula Class * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>25</b> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:00 Fall Prevention * 11:45 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise *</p>	<p><b>26</b> 10:00 Super Stretchers* 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 11:30 Super Seniors with Halls HS Band 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Inside Out”</p>	<p><b>27</b> 10:00 Bingo 10:00 Hand &amp; Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p><b>28</b> 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 10:00 Android Class 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Crochet Class - Sunday Brunch Kitchen Set</p>	<p><b>29 Field Trip</b> 10:00 Euchre 10:00 Farkle 10:00 Android Class 10:30 Hula Class * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>

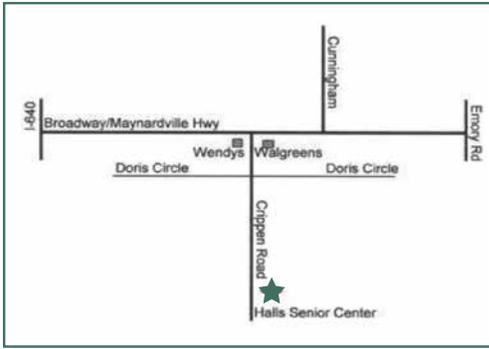
**HALLS SENIOR CENTER**

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 Amanda Patton, Assistant



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[covanhealth.com/findaphysician](http://covanhealth.com/findaphysician)

To find a Covenant Health cardiologist:

From outpatient heart care and surgery to cardiac rehab, the Heart Hospitals of Covenant Health care for more hearts than anyone else in our region. Quality care that can often be provided at one of our hospitals right in your community. So when it comes to your heart, choose the experience and expertise of Covenant Health's elite cardiology team. We keep our promise to your heart.



**CARING FOR MORE HEARTS THAN ANYONE IN OUR REGION. JUST LIKE WE PROMISED.**