



May &
June
2016

HALLS SENIOR CENTER *Happenings...*

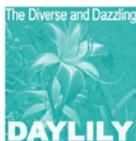
Closed on Monday, May 30th for Memorial Day!

Field Trips

Monday, May 23rd at 8:30 am - Harrah's Casino Day Trip - Are you feeling Lucky? The luxurious Rocky Tops Tour bus will leave from the Carter Senior Center at 9040 Asheville Highway and travel to Cherokee, North Carolina. **Cost is \$30.00 per person**, and you will receive \$40.00 in casino money to play. We will leave the Casino at 3:30 to return. **Space is limited, so sign up and pay by Wednesday, May 18th to reserve your spot!**

Monday, June 6th at 11:00 am - Mighty Musical Monday at the Historic Tennessee Theatre
Vocalist Mark Fox will be performing. Then, if you have not had the pleasure of seeing Dr. Bill Snyder and Freddy Brabson on the Mighty Wurlitzer Organ, do not miss their outstanding performance! Space is limited, so **sign up** early for this **FREE** trip! Box lunch is available at the theater for \$5.00. **RSVP to 922-0416.**

Friday, June 24th at 10:00 am - Oakes Daylily Farm in Corryton - Come and enjoy 6 acres of displays and 1500 varieties of daylilies in bloom. Take a hayride through the growing fields, walk amongst display beds, or simply relax to the music of local artists. Make sure to sign up for some fabulous door prizes and everyone will receive a daylily to take home! Refreshments and plants will be available for purchase. **RSVP to 922-0416.**



Please join us for the 2nd Annual Halls Senior Center Derby Days! We will be celebrating the traditions of the Kentucky Derby Horse Races with games, refreshments, and prizes.

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Monday, May 2nd at 12pm - "Big Hats and Bowties" - Beverly Park Place will be starting our Derby Days with gorgeous goodies and fun contests!

Tuesday, May 3rd at 1pm - S.T.A.R. "Minis in Motion" - We have a unique experience today sponsored by Amedysis Hospice. Minis in motion is an equine themed traveling classroom which offers a unique interactive program with their mini horses and donkeys. Be prepared for a hands-on experience! **Space is limited, so RSVP.**

Wednesday, May 4th at 12pm - "Winners Circle" - Meet our friends with East TN Personal Care, The Courtyards, Smoky Mountain Hospice, NHC, and West Hills Rehab as we have Derby specialties like mint julep cupcakes, bowtie pasta, and hot browns. We will be awarding prizes for those dressed to impress!

Thursday, May 5th at 10am - "Derby Day Dance" - Join our fabulous Line Dance class as we put on our boots and hats for some "Boot Scooting Booging" good times. Bring your giddy-up and go!

Friday, May 6th at 12pm - "Off to the Races" Movie Marathon - We'll spend the afternoon eating popcorn and watching some of our favorite horse racing movies!



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

May 3rd...*No Movie today due to special Derby Days Program!*

May 10th...*All Roads Lead to Rome* (PG-13) 1:30. A comedy about an uptight single mother as she tries to reconnect with her troubled teen who has journeyed to a Tuscan village to get away.

May 17th...*In the Heart of the Sea* (PG13) 2:02. Action adventure directed by Ron Howard. A recounting of a New England whaling ship's sinking by a giant whale in 1820, an experience that later inspired the great novel, *Moby Dick*.

May 24th...*The Walk* (PG) 2:03. In 1974, high-wire artist Phillippe Petit recruits a team of people to help him realize his dream: to walk the immense void between the World Trade Center towers.

May 31st...*The Masked Saint* (PG-13) 1:51. A crime story about a pastor and professional wrestler accepts a position at a struggling church where he helps the community both in his official capacity and as his alter ego - The Saint.



Monday, May 9th at 10:00am - Caris Healthcare - Muffins for Moms!

To honor all the Moms, we will handle breakfast today! Come by and join us for a special treat.

Monday, May 9th at 2:45 pm - Mayor's Budget Presentation

Tuesday, May 10th at 12:00 pm - Potluck - Road Trip...Destination Dishes - If you were headed to Memphis, you would have to stop for some BBQ or an Elvis Peanut Butter Bacon Sandwich! Bring a dish to share that brings back special road trip memories for you. We will have special guests from **Commercial Bank** here tell us about their Golden Presidential Club that travels together. They will be bringing destination desserts. You might find the perfect day trip for you and your friends to enjoy!

Monday, May 16th at 11:30 am - Purple Cities Alliance Presentation -

Knoxville is one of the first Dementia Friendly Cities. Come learn about the team that is leading the initiative to help those with dementia feel safer and better cared for in our community.



Wednesday, May 18th 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.

Friday, May 20th from 10:00 am to 2:00 pm - "Trunk to Treasure" Sale - One man's trash is another man's treasure! Participants may sell from their trunks and/or a table in our parking lot rummage sale. Cost for a spot is \$10.00. You must prepay and reserve your spot because space is limited! Make plans to stop by and shop that day—who knows you may find a treasure!



Monday, May 23rd at 2:00 pm - Painting Party - This is a fun and **FREE** class offered by our friends, Kim Olen and Lora Patterson. They bring all the materials and experience to help you make your masterpiece. Unwind with us and find your inner artist. **RSVP 922-0416.**

Thursday, May 26th at 2:00 pm - Snack and Learn: YMCA Exercise and Alzheimers'

Our local YMCA is beginning a new program for seniors and caretakers that will help with physical health and socialization. Come and learn about how you can join in the fun!

Tuesday, May 31st at 12:00 pm - Memorial Day Dessert Party with Musical Guest - Cameron Sumpton - The Memorial Day cook outs may be over for another year, but we are still celebrating! Bring a dessert to share, we will have a special prize for the most patriotic dessert. Wear your red, white, and blue and bring your dancing shoes too! Cameron always gets the crowd going with his vast collection of feel good songs. Singing along is always encouraged!



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

June 7th...*The Letters* (PG) 1:45. A drama that explores the life of Mother Teresa through letters she wrote to a longtime friend and spiritual advisor over a 50-year period.

June 14th...*The Lady in the Van* (PG-13) 1:44. A man forms an unexpected bond with a transient woman living in her van that is parked in his driveway. A comedy starring Maggie Smith.

June 21st...*Brooklyn* (PG13) . 1:51. An Irish immigrant lands in 1950's Brooklyn where she quickly falls into a romance with a local. When her past catches up with her, she must choose between her two countries.

June 28th...*The Choice* (PG13) 1:51. Travis and Gabby first meet as neighbors in a small coastal town and wind up in a relationship that is tested by life's most defining events. A Nicholas Sparks film.



Mondays Starting June 6th - Tai Chi Classes with Instructor, Don Parsley

10:00 am - Seated Tai Chi Classes -

Great for beginners that may struggle with some mobility issues.

Free - 9 weeks

10:30 am - Standing Tai Chi Classes -

A gentle exercise class that helps with balance, strength, and mobility.

\$2.00 per class/ 9 wks.

11:30 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



Monday, June 6th - 10am to 12pm - "Best Apps for Seniors" Class - Android and Apple Users - Bring your device and Social Media 4 Seniors walk you through the basics of downloading, installing, and using apps. There is a maximum of 5 people per session in order to ensure personal attention during class. You must sign up and Prepay by Thursday, June 2nd to attend. **\$15.00 per person**

Thursday, June 9th at 2:00 pm - Snack and Learn: Seniors Helping Seniors - Learn about peer-to-peer assistance that helps older adults maintain their independence. Career Opportunities.

Monday, June 13th - 10am to 12pm - "The In's and Out's of Your Camera Phone" Class - Android and Apple Users - Bring your device and Social Media 4 Seniors walk you through the basics of using your phone's camera. There is a maximum of 5 people per session in order to ensure personal attention during class. You must sign up and Prepay by Thursday, June 9th to attend. **\$15.00 per person for class.**

Tuesday, June 14th at 12:00 pm - Potluck - Flag Day Festivities - Party appetizers get an upgrade when you simply serve them on a stick! From kabobs to cake pops, we can celebrate with these fun foods. Let us know what food on a stick or patriotic dish you're bringing!



Wednesday, June 15th 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!



Friday, June 17th at 11:30 am - Desserts for Dads - Linda Ramsey with Humana is bringing by goodies in honor of dads. Come early to make sure you get one!

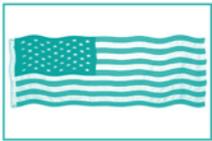
Monday, June 20th at 2:00 pm - Ice Cream Social - Today is the first day of Summer! There is no better way to celebrate than with a big scoop of ice cream from our friends with Amedysis Hospice.

Thursday, June 30th at 12:30 pm - Gourmet Cooking Show - Terry Geiser is a culinary enthusiast who appears regularly on WBIR. She will be here to share her secrets for "Cooking with Herbs and Spices". On the menu today is Caprese salad with basil and balsamic reduction, cheese and herb stuffed pork loin, rosemary roasted new potatoes, and strawberries with mint. **Tickets are \$10.00 per person for the class and lunch! Please reserve your spot and prepay by Friday, June 24th.**



2016

Make plans to attend our 2nd Annual Derby Days! Times differ this year, so take note!

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>2 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Stand * 11:30 Tai Chi Part 2 12:00 Derby Days 1:00 Rook 1:00 SAIL Exercise</p>	<p>3 10:00 Canasta - Group 1 Canasta - Group 2 10:00 Super Stretchers * 11:00 Exercise * 12:00 HB&P 12:30 Mexican Train Dominoes 1:00 Derby Days</p>	<p>4 10:00 Bingo 10:00 Hand & Foot 12:00 Derby Days 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p>5 10:00 Pinochle 10:00 Quilting 11:00 Exercise * 10:00 Derby Days Dance 12:30 Duplicate Bridge 1:00 Ballroom Dance Class * 1:00 Living Well with Diabetes Class</p>	<p>6 10:00 Euchre 10:00 Farkle 10:00 Super Stretcher* 11:00 SAIL Exercise * 12:00 Derby Days Movie Matinee 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p>9 <i>Muffins 4 Moms</i> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise * 2:45 Mayor's Budget</p>	<p>10 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Potluck - Road Trip Destination Dishes 12:30 Mexican Train Dominoes 2:00 Movie Matinee "All Roads Lead to Rome"</p>	<p>11 TN Audiology In Lobby 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p>12 <i>AARP Driving Class 12-4</i> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Ballroom Dance Class *</p>	<p>13 <i>AARP Driving Class 12-4</i> 10:00 Euchre 10:00 Farkle 10:00 Super Stretcher* 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals— Free Adult Coloring</p>
<p>16 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:30 Tai Chi Part 2 11:30 Purple Cities 1:00 Rook 1:00 SAIL Exercise *</p>	<p>17 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - "In the Heart of the Sea "</p>	<p>18  9:00 Veteran Services 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p>19 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 HCWL Board Mtg.</p>	<p>20 <i>Trunk Sale 10-2</i> 10:00 Euchre 10:00 Farkle 10:00 Super Stretcher* 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p>23 <i>Harrah's Trip</i> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise * 2:00 Painting Party</p>	<p>24 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 Walk"</p>	<p>25 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p>26 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Ballroom Dance Class * 2:00 YMCA—New Seniors/ Social Introduction— Snack and Learn</p>	<p>27 10am - <i>Humana - Education Class</i> 10:00 Euchre 10:00 Farkle 10:00 Super Stretcher* 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p>30 Closed For Memorial Day! </p>	<p>31 10:00 Super Stretch* 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dom 12:00 Memorial Day Dessert Party with Musical Entertain. 2:00 Movie Matinee - "The Masked Saint"</p>	<ul style="list-style-type: none"> • New Super Stretchers Class added on Friday at 10:00 am - \$2.00 per class. • Friday, May 27th at 10:00 am - If you are newly eligible for Medicare or turn 65 soon, Humana can help! Let them simplify Medicare for you. 	<p>Activities with an "*" have a fee to participate.</p> 	



2016

Weekend Dance:

Saturday, June 25th...Ballroom Dance 7pm to 9pm
Live music provided by the David Correll 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> 	<p>Join us on Thursdays at 1:00 pm for Backgammon!</p>	<p>1 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p>2 10:00 Pinochle 10:00 Quilting 11:00 Exercise * 12:30 Duplicate Bridge 1:00 Ballroom Dance Class * 1:00 Backgammon</p>	<p>3 10:00 Euchre 10:00 Farkle 10:00 Super Stretcher* 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p>6 <i>Field Trip</i> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 10:00 Computer Class * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise *</p>	<p>7 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 HB&P 12:30 Mexican Train Dominoes 2:00 Movie Matinee “The Letters”</p>	<p>8 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p>9 10:00 Pinochle 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Backgammon 2:00 Seniors Helping Seniors - Snack and Learn</p>	<p>10 10:00 Euchre 10:00 Farkle 10:00 Super Stretcher* 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals - Free Adult Coloring</p>
<p>13 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 10:00 Computer Class * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise *</p>	<p>14 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Potluck - Flag Day Festivities 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Lady in the Van”</p>	<p>15  9:00 Veteran Services 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise *</p>	<p>16 10:00 Pinochle 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Backgammon 1:00 HCWL Board</p>	<p>17 12pm - <i>Humana Vitality Program</i> 10:00 Euchre 10:00 Farkle 10:00 Super Stretcher* 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p>20 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:30 Tai Chi Part 2 12:00 Ice Cream Social 1:00 Rook 1:00 SAIL Exercise *</p>	<p>21 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Brooklyn”</p>	<p>22 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise *</p>	<p>23 10:00 Pinochle 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Backgammon</p>	<p>24 <i>Field Trip</i> 10:00 Euchre 10:00 Farkle 10:00 Super Stretcher* 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p>27 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise *</p>	<p>28 10:00 Super Stretch* 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “The Choice”</p>	<p>29 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise *</p>	<p>30 10:00 Pinochle 10:00 Quilting 11:00 Exercise * 12:30 Gourmet Cooking Show* 1:00 Ballroom Dance Class * 1:00 Backgammon</p>	

HALLS SENIOR CENTER

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www.knoxcounty.org/seniors

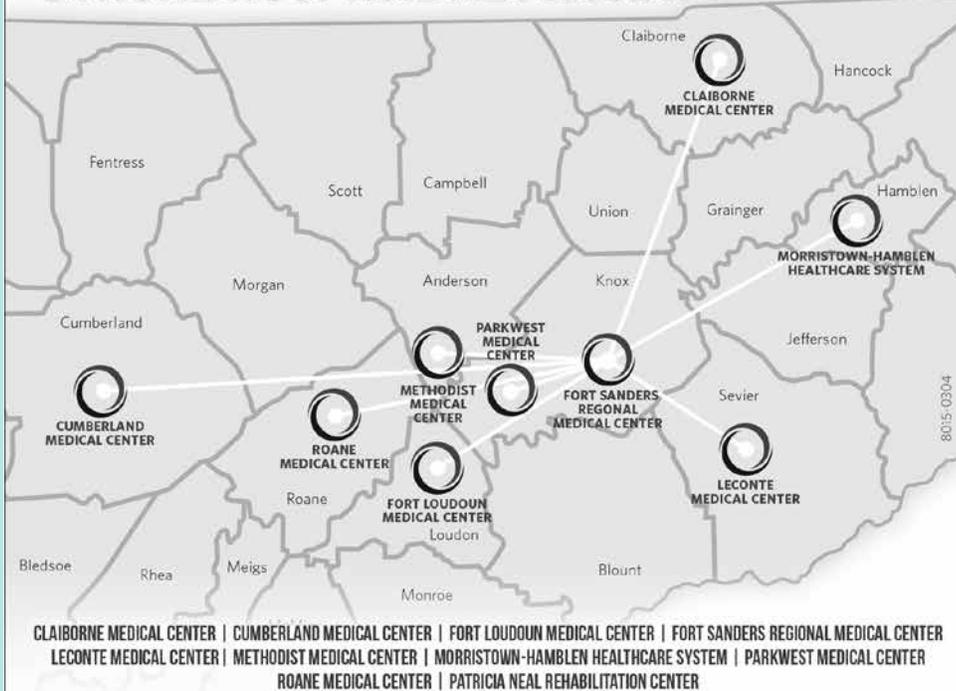
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 Robert “Buzz” Buswell, Director of Veteran
 & Senior Services
 April Tomlin, Senior Services Manager
 Rebecca Kirkland Quarles, Coordinator
 Amanda Patton, Assistant



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