



July &
August
2016

HALLS SENIOR CENTER *Happenings...*

Closed on Monday, July 4th for Independence Day!

Field Trips

Monday, August 1st at 11:00 am - Mighty Musical Monday at the Historic Tennessee Theatre

Vocalist Emily Campen 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.**

Tuesday, August 16th at 8:45 am - Senior Day at the Hatfield & McCoy Dinner Show

We had such a wonderful time last year, we are going again! Our friends from CAC will be providing a bus from the Center to the show in Pigeon Forge. The pre-show speaker is Jane Howes, Director of the Sevier Co. Office on Aging, who will be giving a brief presentation entitled; Senior Lifestyle - LOVE IT! A fabulous lunch of fried chicken, BBQ, smashed taters, slaw, and dessert is provided with the show. The cost is \$40.00 (regularly \$54.95). We will purchase the tickets on Wednesday, August 10th. **Space is limited, so sign up and prepay early to reserve your spot!**

July 1st through July 29th - Power of the Purse Event Collection Site



Bring in your new or like new purses to benefit Mobile Meals of Knoxville. Purses will be cleaned and auctioned off at the Power of the Purse Luncheon on September 17th at 12:00 pm at Rothchilds. For every purse that you donate to this great program, you will receive a raffle ticket to win two VIP tickets to the Luncheon, Purse Sale, and Silent Auction courtesy of East TN Personal Care!

Did you know that July is Anti-boredom Month? Let's face it, many things are boring but actual boredom is a personal experience. How you combat boredom is really up to you, but we can help! Come in and meet new friends, participate in fun activities and events, and learn new games to stimulate your mind! We are starting several new programs, and we need your help make them a success. Are you interested in Billiards? Let's start a league! How about learning Euchre or Backgammon? We have willing teachers. Are you more interested in "getting physical"? Then, beginning Line Dance may be for you! Want to make a difference in someone's life? Get involved in our "Care Club". Call or stop in and sign up for a new program today!

Save the Date - Mayor's Senior Picnic
Friday, September 16th

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

July 5th...*Rodeo Girl* (PG) 1:48. Shipped off to her American dad's ranch for the summer, a teen and her horse compete for a spot at the National Youth Rodeo.

July 12th...*Captive* (PG-13) 1:37. A crime thriller in which a single mother is taken hostage in her apartment. When she begins to read aloud from "The Purpose Driven Life", she and her would-be killer each face crossroads where despair and death intersect hope.

July 19th...*The Finest Hours* (PG13) 1:57. The historic rescue attempt by the Coast Guard off the coast of Cape Cod after a pair of oil tankers are destroyed during a blizzard in 1952.

July 26th...*Joy* (PG) 2:04. A biography and comedy about the title character who rose to become founder and matriarch of a powerful family business dynasty.



Thursdays and Mondays starting July 7th at 2:00pm

Do you have concerns about falling? Many older adults that do have concerns about falling restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This FREE 4 week series presented by UT Medical Center is for anyone interested in improving balance, flexibility, and strength! Please call 922-0416 to sign up!

Tuesday, July 12th at 12:00 pm - Potluck - Celebrate U.S.A. Cookout - Hot diggity dog...

It's national hot dog month! Seniors Helping Seniors will be here to provide the hot dogs for our cookout. Bring a side dish or dessert to share. We have some very special musical entertainment by "The Three Nice Guys". They will be singing barber shop styled quartet harmony to some of their favorite selections from patriotic songs to love songs and more! RSVP 922-0416.



Thursday, July 14th and July 15th - 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 Monday, July 11th to attend. **\$25.00 per person for class.**

Wednesday, July 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.

Monday, July 25th at 2:00 pm - Paint Party - This is a fun and **FREE** class offered by our friends Kim Olen with East TN Personal Care and Lora Patterson with Smoky Mtn. Hospice. They are going to mix it up this month by hosting a Paint and Plant project. They bring all the materials and experience to help you make a masterpiece. **RSVP 922-0416.**



Thursday, July 28th at 2:00 pm - Snack and Learn: YMCA Diabetes Exercise Program

Move Well Today is a 12 week fitness intervention designed to help you manage your diabetes and track changes in your HbA1c levels and fitness parameters. Anyone diagnosed as pre-diabetic or with Type 2 Diabetes may participate. Come today and get more information about getting started! **There will be a drawing for 2 - 3 FREE month memberships to the YMCA for participants at this event!** **RSVP**



Tuesday, August 9th at 12:00 pm - Opening Ceremony and

Halls Olympic Games! - The Olympic Games are the World's biggest sporting spectacle. Did you know that the USA has won more medals at the Summer Games than any other country? We will be celebrating with our own versions of some of the Olympic competitions. Special Guests with East TN Personal Care, NHC, The Courts, West Hills Rehab, and Smoky Mountain Hospice will be here to help us kick off a fun week of games and prizes. **Make sure to sign up for planning purposes. You may take home the GOLD!**

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

August 2nd...*A Royal Night Out* (PG13) 1:37. In 1945, peace extends across Europe, Princess Elizabeth and Margaret are allowed out to join the celebrations. It is a night full of excitement, danger, and the first flutters of romance.

August 9th...*The Confirmation* (PG-13) 1:40. A down-on-his-luck dad spends the weekend with his son. Through their misfortunes, they begin to discover a true connection with each other.

August 16th...*Eddie the Eagle* (PG13) 1:45. Biographical story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Winter Olympics.

August 23rd...*Miracles from Heaven* (PG13) 1:49. A young girl suffering from a rare digestive disorder finds herself miraculously cured after surviving a terrible accident.

August 30th...*My Big Fat Greek Wedding 2* (PG13) 1:34. A family secret brings the beloved characters back together for an even bigger and better wedding.



Thursday, August 11th - 10:00 am to 12:00 pm - 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 Monday, August 8th. **\$15.00 class.**

Thursday, August 11th - 12:30 pm to 2:30 pm - 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 these programs. Register and prepay by Monday, August 8th. **\$15.00 class.**

Thursday, August 11th at 1:00 pm - Craft Class: T-shirt Scarf - Learn how to take an X-Large T-shirt and turn it into a fashionable accessory that can be worn for almost any occasion. Class participants will need to bring one solid colored X-Large T-shirt, matching colored thread, sewing needle, and scissors. Some sewing will be required to complete the project. **Sign up today for this fun craft class with Amanda! Call 922-0416.**



Wednesday, August 17th 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, August 22nd at 12:30 am - FREE Strength Training Introduction Class Spencer Gross from our local YMCA will be here sharing his knowledge and techniques for strength training in older adults. We hear about the importance of cardiovascular exercise for heart health, but often overlook the many advantages of keeping our body tone! **RSVP to 922-0416.**

Wednesday, August 24th from 11:30 am to 1:00 pm - FREE Hearing Aid Cleaning Tennessee Valley Audiology will be set up in the lobby cleaning hearing aids and handing out information about the benefits of regular hearing screenings. If you find yourself missing out on conversations in person, or on the telephone, stop in today and learn how they can help!



Monday, August 29th and Tuesday, August 30th from 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, August 24th to attend. **\$25.00 per person for class.**

Monday, August 29th at 2:00 pm - Snack and Learn - Humana - RSVP Come and meet Linda Ramsey with Humana. She can help you make sense of all the upcoming changes to Medicare this year so that you can make the best choice for you!





2016

Weekend Dance:

Saturday, July 23rd...Ballroom Dance 7pm to 9pm
Live music provided by Nigel Boulton.
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>July is Cell phone Courtesy Month!</p> <ul style="list-style-type: none"> • Keep it Private • Put it on Vibrate • Avoid “Cell Yelling” • Never use your phone when driving 		<p>Join us on Thursdays at 1:00 pm for Backgammon!</p>	<p>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>4</p> <p>Closed for Independence Day</p> 	<p>5</p> <p>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 “Rodeo Girl”</p>	<p>6</p> <p>9:00 <i>Mutual of Omaha - Meet and Greet</i> 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook * Tai Chi Make-up</p>	<p>7</p> <p>10:00 Pinochle 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Backgammon 2:00 Matter of Balance Class</p>	<p>8</p> <p>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>11</p> <p>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 Matter of Balance</p>	<p>12</p> <p>10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Potluck - Cookout and Musical Entertainment 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Captive”</p>	<p>13</p> <p>9:00 Senior Directory - Meet and Greet 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>14</p> <p>10:00 Pinochle 10:00 Quilting 10:00 Computer Class - iPad and iPhone * 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Backgammon 2:00 Matter of Balance Class</p>	<p>15</p> <p>10:00 Computer Class iPad and iPhone * 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>18</p> <p>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 SAIL Exercise * 2:00 Matter of Balance</p>	<p>19</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 Finest Hours”</p>	<p>20 </p> <p>9:00 Veterans Services 9:00 Gentry-Griffey - Meet and Greet 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>21</p> <p>10:00 Pinochle 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Backgammon 2:00 Matter of Balance Class</p>	<p>22</p> <p>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>25</p> <p>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 Matter of Balance 2:00 Paint Party</p>	<p>26</p> <p>10:00 Super Stretch* 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Joy”</p>	<p>27</p> <p>9:00 <i>Beverly Park Place - Meet and Greet and Blood Pressure Check</i> 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>28</p> <p>10:00 Pinochle 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Backgammon 2:00 Matter of Balance Class 2:00 Snack and Learn - YMCA Diabetes & Exercise</p>	<p>29</p> <p>10:00 Euchre 10:00 Farkle 10:00 Super Stretcher* 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>



2016

Weekend Dance:

Saturday, 27th...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>1 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 1:00 Rook 1:00 SAIL Exercise</p>	<p>2 10:00 Super Stretch * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 HB&P 12:30 Mexican Train Dominoes 2:00 Movie Matinee - "A Royal Night Out"</p>	<p>3 9:00 <i>Elmcroft - Meet and Greet</i> 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>4 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:30 Duplicate Bridge 1:00 Ballroom Dance Class *</p>	<p>5 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>8 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 1:00 Rook 1:00 SAIL Exercise *</p>	<p>9 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Olympic Ceremony and Games! 12:30 Mexican Train Dominoes 2:00 Movie Matinee "The Confirmation"</p>	<p>10 10:00 Bingo 10:00 Hand & Foot 12:00 National S'mores Day with Amedysis Hospice 12:30 Bridge 1:00 Rook</p>	<p>11 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 10:00 Computer Class - Facebook 11:00 Exercise * 12:30 Computer Class - Pinterest, Instagram, & Twitter 1:00 Craft Class 1:00 Ballroom Dance *</p>	<p>12 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>15 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 12:00 Senior Benefits Group - Free Gourmet Coffee 1:00 Rook 1:00 SAIL Exercise *</p>	<p>16 <i>Field Trip</i> 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - "Eddie the Eagle "</p>	<p>17  9:00 Veteran Services 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>18 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Ballroom Dance Class *</p>	<p>19 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>22 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 12:30 Free Strength Training Class 1:00 Rook 1:00 SAIL Exercise *</p>	<p>23 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - "Miracles from Heaven"</p>	<p>24 TN Audiology Free Hearing Aid Cleaning 11:30 to 1:00 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>25 <i>AARP Driving Class 8:30-4:00</i> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Ballroom Dance Class *</p>	<p>26 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>29 9:00 Scrapbooking 10:00 Computer Class Android * 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 2:00 Humana Program</p>	<p>30 10:00 Super Stretch* 10:00 Canasta - Group 1 Canasta - Group 2 10:00 Computer Class - Android * 11:00 Exercise * 12:30 Mexican Train Dom 2:00 Movie Matinee - "My Big Fat Greek Wedding 2"</p>	<p>31 9:00 <i>Beverly Park Place - Meet and Greet and Blood Pressure Check</i> 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>Save the Date: Friday, September 16th</p> <hr/> <p>Mayor's Senior Picnic</p>	<p>Activities with an "*" have a fee to participate.</p> 

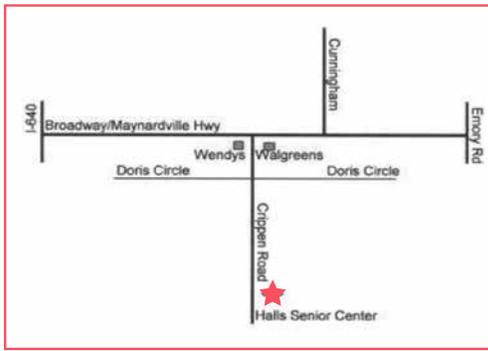
HALLS SENIOR CENTER

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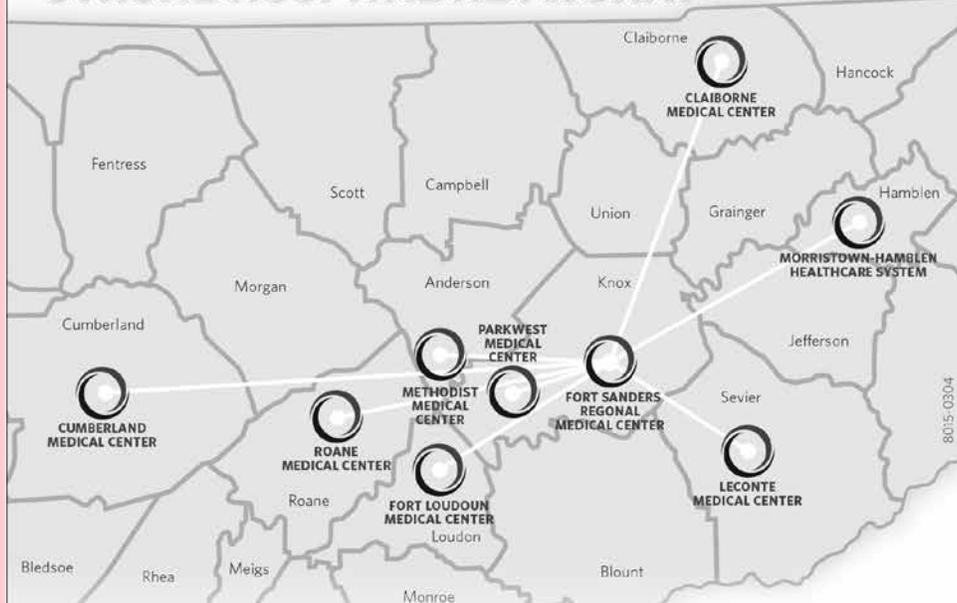
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& Senior Services
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