



September/  
October  
2016

# HALLS SENIOR CENTER Happenings...

Closed on Monday, September 5th for Labor Day!  
Closed on Friday, September 16th for the Mayor's Picnic!

**Knox County Mayor Tim Burchett's Senior Appreciation Picnic will be held on Friday, September 16th from 11:30 am to 1:30 pm at John Tarleton Park at 3201 Division Street.**



Please note that all Knox County Senior Centers will be closed the day of the picnic. You are invited to join Mayor Burchett, and his staff, for the 10th Annual Mayor's Senior Appreciation Picnic. The celebration is a county-wide tribute to express Knox County's appreciation and commitment to senior citizens. This is a **free** event for all Knox County seniors. There will be free food, activities, and live entertainment, featuring the Chillbillies band. Enjoy the expo tents where vendors will be set up to give out all sorts of information and giveaways!

To RSVP for the picnic, please call 215-400y by September 9th. The first 100 seniors to register IN PERSON to go to the picnic at one of the six Knox County Senior Centers, will receive a beautiful t-shirt to wear to the picnic. T-shirts will be available September 1st. T-shirts are courtesy of our Platinum Sponsors, Independent Insurance Consultants (IIC), Northshore Senior Living/Oakwood Senior Living/Knoxville High Senior Living. Be sure to visit their booths for fun activities.

### Field Trips

**Monday, September 19th at 8:30 am - Harrah's Casino**

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 \$25.00 in casino money to play. We will leave the Casino at 3:30 to return.

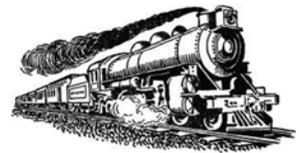
**Space is limited, so sign up and pay by Wednesday, September 14th to reserve your spot!**

**Monday, October 3rd at 11:00 am - Mighty Musical Monday at the Historic Tennessee Theatre**

The Kids in American Show Choir from Holston Middle School will be performing this month along with performances on the Mighty Wurlitzer Organ. Box lunch and concessions are available at the theatre. **RSVP to 922-0416 for this free trip!**

**Friday, October 14th at 12:00 pm - Three Rivers Rambler Trip - FREE**

All Aboard! Join us for a beautiful 90 minute train ride along the Tennessee River that explores our local history and our gorgeous Fall foliage sponsored by Independent Insurance Consultants. **Sign up today at 922-0416.**



### **New Classes and Programming - Check the Activity Boards at the Center too!**

*Thursdays at 1:00 pm starting September 1st - Billiards Players Club - FREE to join!*

*Fridays at 9:30 am starting September 2nd - Super Stretchers Class \$2*

*Fridays at 10:30 am starting September 23rd - Hula Dancing \$1*

*Fridays at 12:00 pm starting September 2nd - Just Dance with Johnnie \$2*

*Mondays at 2:30 pm starting September 12th - Beginner Line Dancing \$2*



Thank you to everyone that donated to the Power of the Purse event supporting Meals on Wheels! Congratulations to **Eileen Eubanks**, the winner of two VIP tickets to the Luncheon and Auction compliments of **East Tennessee Personal Care**.

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

September 6th...*Dear Eleanor* (PG13) 1:29. Two teenage girls travel across the U.S. in 1962, during the chaos of the Cuban missile crisis in search of Eleanor Roosevelt.

September 13th...*Mother's Day* (PG13) 1:58. Three generations come together in the week leading up to Mother's Day in this heartwarming comedy.

September 20th...*Emma's Chance* (PG) 1:33. While fulfilling her community service hours at a horse rescue ranch, Emma forms an unlikely bond with an abused horse who won't let anyone ride him.

September 27th...*The Meddler* (PG13) 1:40. An aging widow from New York City follows her daughter to Los Angeles in hopes of starting a new life after her husband passes away.



### Thursday, September 8th and September 9th - 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 Tuesday, September 6th to attend. **\$25.00 per person for class.**

**Thursday, September 8th at 2:00 pm - Snack and Learn: Corryton Life Group - Final Expense Planning...** What is it? Who needs it? Find the peace of mind of knowing that your final expenses are not left as a burden to your loved ones. Information and light refreshments!



### Tuesday, September 13th at 12:00 pm - Potluck - End of Summer Beach Bash with Special Musical Entertainment, Brandywine Band!

Last chance to wear your breezy beach whites and celebrate the end of another HOT summer. **East TN Personal Care, NHC, The Courtyards, and Avalon Hospice** will be here with a beach photo booth and the main dish. Bring your summer specialty side or dessert to share and we will "chill out" with some Summer Classics.

### Mondays Starting September 19th - 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

**Wednesday, September 21st 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.

**Wednesday, September 21st - 9am to 12pm - Walgreens Flu Shots -** No appointment necessary! Just bring your insurance/Medicare card to receive FREE flu shot for the season. High dose available for seniors over 65 years old, regular dose for those under 65 years old.



**STOP!  
FALLS!**  
Before they  
stop you

### Wednesday, September 28th at 12:30 pm - "Stop Falls Before They Stop You!"

The Senior Safety Task Force and Benchmark Physical Therapy will be presenting a light lunch with an informative presentation on fall prevention. The first 30 attendees who register receive Free Home Safety Kit. Also, free Balance Screenings will be available. **922-0416 to register!**

**Thursday, September 29th - 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, September 26th. **\$15.00 class.**

facebook

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

October 4th...*Pele: Birth of a Legend* (PG) 1:47. Pele's meteoric rise from the slums of Sao Paulo to leading Brazil to its first World Cup Victory at the age of 17.

October 11th...*The Huntsman* (PG-13) 1:54. Members of the Ice Queen's army try to conceal their forbidden love as they fight to survive the wicked intentions of the Winter's War.

October 18th...*Now You See Me 2* (PG13) 2:09. The Four Horseman resurface and are forcibly recruited by a tech genius to pull off their most impossible heist yet.

October 25th...*Love & Friendship* (PG) 1:32. Lady Susan Vernon takes up a temporary residence at her in-laws' estate and while there is determined to be a matchmaker for her daughter.



## Wednesday, October 5th from 9:00 am to 11:00 am - Free Hearing Screenings

Better Hearing has arrived in Halls! Transcend Hearing of Halls wants to improve your quality of life through better hearing. Please call 922-0416 to schedule an appointment.

Wednesday, October 5th - 11:30 pm to 1:00 pm - Flu Shots - No appointment necessary! Just bring your insurance/Medicare card to receive FREE flu shot for the fall flu season. Provided by Covenant Health, East Tennessee Personal Care, and Mac's Pharmacy.



## Thursday, October 6th and Friday, 7th 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 Monday, October 3rd to attend. **\$25.00 per person for class.**

Wednesday, October 12th at 12:00 pm - 10th Anniversary Party - Come and join us as we celebrate this special milestone. We will have refreshments, gratitude presentations, live music and maybe even some dancing! Dave Hall and friends will be entertaining us with some good ole' country and bluegrass. *Diamonds symbolize the 10th anniversary.* So, wear your denim and diamonds and dancing shoes. We will reminisce and rejoice in the fun and fellowship that our Halls Senior Center provides to our Senior Community! Old friends and new faces welcome!



Friday, October 14th from 1:00 pm to 3:30 pm - "Be ProActive with ProHealth" - Need help with managing your chronic condition such as cancer, diabetes, asthma, Alzheimer's or heart disease? Feeling lonely, angry, depressed, or experiencing grief? Need your yearly physical? Let the professionals with ProHealth Community Outreach help you! **Reserve your appointment at 922-0416.**

Wednesday, October 19th 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, October 21st at 10:00 am - 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.

Friday, October 28th - 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 Wednesday, October 26th to attend. **\$15.00 per person for class.**



Monday, October 31st at 12:00 pm - Monster Mash Bash! We will have prizes for the best and most creative costumes! So, dress up and bring a "spooky" snack to share. Games, prizes, food, and fun - guaranteed! No tricks, just treats!



September

2016

**Weekend Dance:**

Saturday, 24th...Ballroom Dance 7pm to 9pm  
Live music provided by the 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> 	<p><i>Are you an avid book reader? If so, we have a group for you! The 1st Tuesday of the month, bring 2 of your favorite books to share with friends. The next month we will trade out and discuss the books we have read during our Tea Party.</i></p>		<p><b>1</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:30 Duplicate Bridge 1:00 Billiards 1:00 Ballroom Dance</p>	<p><b>2</b> 10:00 Euchre 10:00 Farkle 9:30 Super Stretcher* 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>5</b> <b>Closed For Labor Day!</b> </p>	<p><b>6</b> 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 HB&amp;P Meeting 11:30 Book Exchange and Tea Party 12:30 Mexican Train Dominoes 2:00 Movie Matinee “Dear Eleanor”</p>	<p><b>7</b> 9:00 - Elmcroft— <i>Meet and Greet</i> 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Bridge 1:00 Rook</p>	<p><b>8</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 10:00 Computer Class - iPad and iPhone 11:00 Exercise * 1:00 Billiards 1:00 Ballroom Dance * 2:00 Snack and Learn - Corryton Life Group</p>	<p><b>9</b> 10:00 Euchre 10:00 Farkle 9:30 Super Stretcher* 10:00 Computer Class iPad and iPhone 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>12</b> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners</p>	<p><b>13</b> 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Beach Bash with Brandywine Band 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Mother’s Day”</p>	<p><b>14</b> 9:00 - Integrity <i>Insurance - Meet and Greet</i> 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Bridge 1:00 Rook</p>	<p><b>15</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Billiards 1:00 Ballroom Dance Class *</p>	<p><b>16</b> <b>Closed for the Mayor’s Picnic</b> </p>
<p><b>19</b> <b>Field Trip</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 * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners</p>	<p><b>20</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 - “Emma’s Chance”</p>	<p><b>21</b>  9:00 Veteran Services 9 to 12 - Walgreens Flu Shots! 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Bridge 1:00 Rook </p>	<p><b>22</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Billiards 1:00 Ballroom Dance Class *</p>	<p><b>23</b> 10:00 Euchre 10:00 Farkle 9:30 Super Stretcher* 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>26</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 * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners</p>	<p><b>27</b> 10:00 Super Stretch* 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dom 2:00 Movie Matinee - “The Meddler”</p>	<p><b>28</b> 9:00 - Humana - <i>Meet and Greet</i> 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Fall Prevention Program 12:30 Bridge 1:00 Rook</p>	<p><b>29</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 10:00 Computer Class Facebook* 11:00 Exercise * 1:00 Billiards 1:00 Ballroom Dance Class *</p>	<p><b>30</b> 10:00 Euchre 10:00 Farkle 9:30 Super Stretcher* 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>

Activities  
with an “ \* ”  
have a fee to  
participate.



# 2016

### Weekend Dance:

Saturday, 22nd...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><b>3</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 * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners</p>	<p><b>4</b></p> <p>10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 HB&amp;P Meeting 11:30 Book Exchange and Tea Party 12:30 Mexican Train Dominoes 2:00 Movie Matinee “Pele’: Birth of a Legend”</p>	<p><b>5</b> 9:00 - Elmcroft— <i>Meet and Greet</i></p> <p>9-11 Hearing Screenings 10:00 Bingo 10:00 Hand &amp; Foot 11:30 to 1 - Covenant, East TN Personal Care, Mac’s Pharmacy Flu Shots! 12:30 Bridge 1:00 Rook</p>	<p><b>6</b></p> <p>10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 10:00 Computer Class - Android * 11:00 Exercise * 1:00 Billiards 1:00 Ballroom Dance *</p> 	<p><b>7</b></p> <p>10:00 Euchre 10:00 Farkle 9:30 Super Stretcher* 10:00 Computer Class Android * 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>10</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 * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners</p>	<p><b>11</b></p> <p>10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * No Potluck due to → Anniversary Celebration 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “The Huntsman”</p>	<p><b>12</b> 9:00 - Energy <i>Employees Meet and Greet</i></p> <p>10:00 Bingo 10:00 Hand &amp; Foot 12:00 - Halls Senior Center - 10th Anniversary Party 12:30 Bridge 1:00 Rook</p>	<p><b>13</b></p> <p>10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Billiards 1:00 Ballroom Dance Class * 2:00 Annual Meeting - Humana</p>	<p><b>14</b> <i>Field Trip</i></p> <p>10:00 Euchre 10:00 Farkle 9:30 Super Stretcher* 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals 1 - 3:30 ProHealth Community Outreach</p>
<p><b>17</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 * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise * 1:00 SAIL Exercise * 2:30 Line Dance for</p>	<p><b>18</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 - “Now You See Me 2”</p> 	<p><b>19</b> </p> <p>9:00 Veteran Services 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Bridge 1:00 Rook</p>	<p><b>20</b></p> <p>10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Billiards 1:00 Ballroom Dance Class *</p>	<p><b>21</b></p> <p>10:00 Euchre 10:00 Farkle 9:30 Super Stretchers* <b>10:00 Humana Program</b> 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>24</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 * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners</p>	<p><b>25</b></p> <p>10:00 Super Stretch* 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dom 2:00 Movie Matinee - “Love &amp; Friendship”</p>	<p><b>26</b> 9:00 - Humana - <i>Meet and Greet</i></p> <p>10:00 Bingo 10:00 Hand &amp; Foot 12:30 Bridge 1:00 Rook</p>	<p><b>27</b> 8-4:30 AARP <i>Driving Class</i></p> <p>10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Billiards 1:00 Ballroom Dance Class *</p> 	<p><b>28</b></p> <p>10:00 Euchre 10:00 Farkle 9:30 Super Stretcher* 10:00 Computer Class Awesome Apps* 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p><b>31</b> Same as above Except Add: 12:00 Halloween Party</p>				

## HALLS SENIOR CENTER

4405 Crippen Road ▪ Knoxville, TN 37918

(865) 922-0416 ▪ Fax (865) 922-0432

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

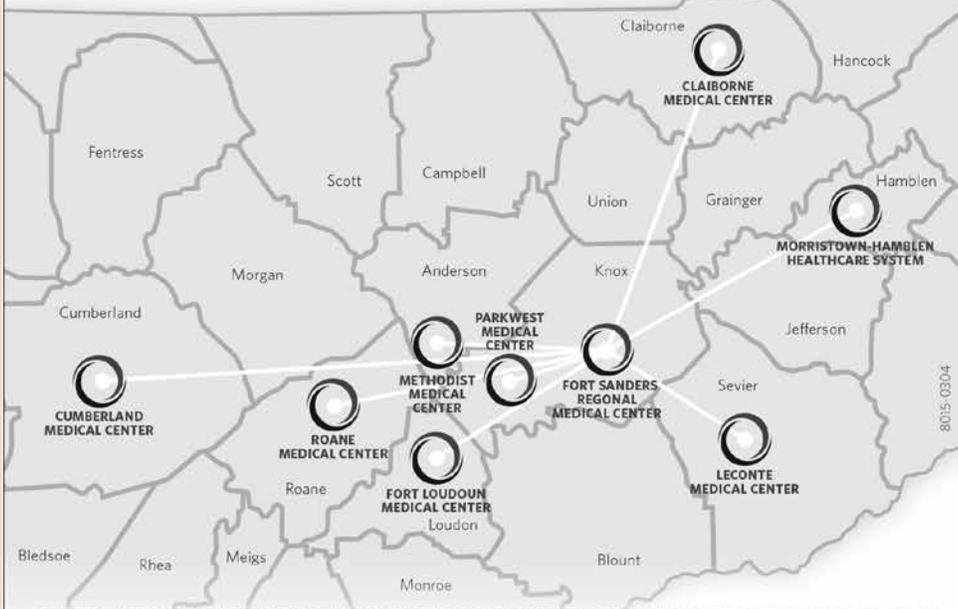


Tim Burchett, Knox County Mayor  
Robert “Buzz” Buswell, Director of Veteran  
& Senior Services

April Tomlin, Senior Services Manager  
Rebecca Kirkland Quarles, Coordinator  
Amanda Patton, Assistant



## HOW DID WE BUILD THE REGION'S ONLY STROKE HOSPITAL NETWORK?



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LECONTE MEDICAL CENTER | METHODIST MEDICAL CENTER | MORRISTOWN-HAMBLEN HEALTHCARE SYSTEM | PARKWEST MEDICAL CENTER  
ROANE MEDICAL CENTER | PATRICIA NEAL REHABILITATION CENTER