



November &  
December  
2016

# HALLS SENIOR CENTER *Happenings...*

Closed on Friday, November 11th for Veterans Day!  
Closed on November 24th and November 25th for Thanksgiving!  
Closed on December 23rd and December 26th for Christmas!  
Closed on Monday, January 2nd for New Year's Day!

*We wish you and your family a safe, healthy, and happy Holiday Season!*

*Rebecca and Amanda*

### Field Trips

**Monday, November 7th at 11:00 am - Mighty Musical Monday at the Historic Tennessee Theatre** The Bearden High School Symphonic Band 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!**

**Tuesday, November 15th at 11:00 am - Smoky Mountain Opry Christmas Show**

Join us for a special Senior Day! We will travel in style with the Rocky Top Tour Luxury Bus to Pigeon Forge to enjoy a special lunch, then a 2 hour Christmas Show.  
**Cost is \$55.00 per person. Space is limited, sign up by paying at the Center.**



**Monday, December 5th at 11:00 am - Mighty Musical Monday at the Historic Tennessee Theatre** The O'Connor Singing Seniors 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!**



**Halls Toy Drive: Help Make the Season Bright!** - It is time for the annual Christmas toy drive in the Halls Community. Jeanie Sager will be placing a toy donation box at the Center for anyone wishing to donate new unwrapped toys and clothing for the drive. The donations will be used to help children and youth in the Halls Community this holiday season. **Please turn in by Friday, December 2nd for wrapping and distributing.**

### A Special Message from Independent Insurance Consultants

**Confused about Medicare? We Make It SIMPLE!** Medicare Annual Enrollment is here! We know that all the news on Medicare insurance companies, premium increases, deductibles rising, and sky rocketing out of pocket costs can be confusing. As your locally owned and independent agency, Independent Insurance Consultants is here to answer all of your questions! The Medicare Annual Enrollment period ends December 7th and we want all Knox County seniors to please call us for your complimentary Medicare Annual Enrollment and Part D review.

**MEDICARE is Confusing. We Make It SIMPLE! 865-691-5571**

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

November 1st...*Me Before You* (PG13) 1:50. A girl in a small town forms an unlikely bond with a recently-paralyzed man she is taking care of during a trying time.



November 8th...*To Be Announced*... In honor of Veterans Day, we will pick a patriotic film!

November 15th...*Against the Wild 2* (PG) 1:31. Two kids and their dog must use all their skills to survive in the African bush after a plane crash.

November 22nd...*Secret Life of Pets* (PG) 1:27. The quiet life of a terrier named Max is upended when his owner takes in a stray who Max instantly dislikes.

November 29th...*No Movie due to the Halls Madrigal Performance!*

## Thursday, November 3rd at 2:00 pm - Snack and Learn: Physicians Mutual

A representative will be here to discuss the changes to Medicare Coverage in 2016, including deductibles and drug plans. Questions Welcome! Refreshments Provided. **RSVP 922-0416**

## Christmas Craft Classes - Sign up to reserve your spot and get a supply list!

**Friday, November 4th at 1:00 pm - Crochet Christmas Baskets** - If you are a newbie or an expert at crochet, this is an easy and fun class that can be completed quickly.



**Friday, November 18th at 1:00 pm - Hawaiian Leis** - Did you know that we have a Hula Dance class on Fridays at 10:30 am? Whether you come and learn the dance or not, you can come in today and learn how to make a beautiful and long-lasting paper lei to pass around your "Aloha" spirit.



## Tuesday, November 8th at 12:00 pm - Potluck - Veterans Day Celebration

Please join us today as we honor those who have served! Our special guests from HonorAir Tennessee will be here for a heartwarming view of the important way that they honor our Veterans. Bring a dish to share and wear your patriotic colors for a fun day of fellowship. Morning Pointe Assisted Living of Powell will be bringing desserts!

**Wednesday, November 9th at 12:30pm - Brown Chiropractic Luncheon** - They have been voted "Best of the Best" in Knoxville for the past 6 years! If you are living with pain, come and learn about how they can help you with effective, non-invasive physical medicine and medical pain management techniques. They are providing box lunch for participants and will have a massage therapy area! **RSVP today.**

## Thursday, November 10th at 12:30 pm - Gourmet Cooking Show

Welcome back to Terry Geiser, a culinary enthusiast who appears regularly on WBIR. We know from her last visit that whatever she makes it is sure to be delicious! Details on recipes and the "Fantastic Fall" Menu available. **Tickets are \$10.00 per person for the class and lunch! Reserve your spot and prepay by Monday, November 7th.**



## Monday, November 14th at 12:30 pm - Snack and Learn: Humana - RSVP 922-0416.

It's that time of year again...Medicare Open Enrollment! Linda Ramsey with Humana will be here to share 2016 Medicare Advantage Plan information and options.

**Wednesday, November 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.

Let us know if you are interested in a Senior Yoga Class! If we get enough participants, we have a teacher available. 922-0416

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

December 6th...*Cafe Society* (PG13) 1:36. In the 1930's, a young Bronx native moves to Hollywood, where he falls in love with the secretary of his powerful Uncle, and agent to the stars.

December 13th...*Ghostbusters* (PG-13) 1:54. Following a ghost invasion of Manhattan, paranormal enthusiasts band together to stop the otherworldly threat. (Remake)

December 20th...*To Be Announced...* A Holiday Classic in honor of the Christmas Season.

December 27th...*Life Animated* (PG) 1:29. A coming of age story about a boy and his family who overcame great challenges by turning Disney animated movies into a language to express love, loss, and brotherhood.



**Wednesday, November 16th at 12:30pm - Clear Captions Luncheon** - Audiologists' studies show that 1 in every 3 seniors suffer from hearing loss. This can lead to feelings of isolation and frustration when trying to communicate by telephone! Fortunately, there's a federal program that allows every American citizen with a hearing loss, a landline telephone and Internet access to receive a FREE captioned phone. Come enjoy lunch provided by Jeff Bales with Clear Captions and learn more about this program. **RSVP**

**Friday, November 18th from 10:00 am to 2:00pm - Rummage Sale** Put our junk in your trunk! Want to reduce your clutter before the holidays? Cost for a spot is \$10.00 and you must prepay by Monday, November 14th. Participants may sell indoor or outdoor. Make plans to stop by and shop that day because who knows what amazing bargains you might find!



### **Tuesday, November 22nd at 12:00 pm - Potluck - Thanksgiving Brunch**

The tasty tradition continues - Thanksgiving Brunch! We are so thankful for this Center and the friendship and family that we have here. Bring your favorite Brunch recipe to share and enjoy homemade classic such as sausage, gravy, biscuits, casseroles, cheesy eggs, pancakes, bacon, and more! **Sign up to ensure a great variety.**

**Tuesday, November 29th at 1:00 pm - Halls High School Madrigals** - The Halls High School Madrigals are part of our season tradition. This youth group provides a wonderful program singing songs of the season while dressed in festive Renaissance costumes. Light refreshments served!



### **Christmas Craft Classes - Sign up to reserve your spot and get a supply list!**

**Friday, December 2nd at 1:00 pm - Crochet Christmas Angels** - For experts or beginners

**Friday, December 9th at 1:00 pm - Memory Ornaments** - Ornaments are filled with memories that are perfect to make that special gift for a loved one.

**Friday, December 16th at 1:00 pm - Christmas Clothespin Ornament**

### **Tuesday, December 13th at 12:00 pm - Potluck - Center Christmas Party**

Come and celebrate! Bring a dish to share and a wrapped gift for some "reindeer games". We will have a hot chocolate bar sponsored by The Courtyards, NHC, and Avalon Hospice. Enjoy the holiday season with center friends and family!



**Wednesday, December 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, December 21st at 1:00 pm - Matter of Balance Party** - Did you participate in our award winning class "Matter of Balance" with UT Medical? If so, you are invited to join us for a special get-together to check in with everyone and celebrate the holidays. Bring an appetizer dish to share. We will supply the sweet treats. **Please RSVP for planning purposes.**

# November

# 2016

**Weekend Dance:**  
No Ballroom Dance due to  
Thanksgiving Holidays.

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> 10:00 Super Stretchers* 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 HB&amp;P Meeting 12:30 Mexican Train Dominoes 2:00 Movie Matinee “Me Before You”</p>	<p><b>2</b> 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Bridge 1:00 Rook</p>	<p><b>3</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:00 Checkers 1:00 Billiards 1:00 Ballroom Dance * 2:00 Snack and Learn - Physicians Mutual</p>	<p><b>4</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 Crafts - Crochet Baskets</p>
<p><b>7</b> <i>Field Trip</i> 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>8</b> 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Potluck - Veterans Day Celebration 12:30 Mexican Train Dominoes 2:00 Movie Matinee “T.B.A. Veterans Movie”</p>	<p><b>9</b> 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Luncheon with Brown Chiropractic 12:30 Bridge 1:00 Rook</p>	<p><b>10</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:00 Checkers 12:30 Gourmet Cooking Show and Luncheon 1:00 Billiards 1:00 Ballroom Dance Class *</p>	<p><b>11</b> <b>Closed for Veterans Day!</b></p> 
<p><b>14</b> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot 10:30 Tai Chi Practice 12:30 Humana Program 1:00 Rook 1:00 SAIL Exercise * 1:00 SAIL Exercise * 2:30 Line Dance for Beginners</p>	<p><b>15</b> <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 - “Against the Wild 2”</p>	<p><b>16</b>  9:00 Veteran Services 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Luncheon with Clear Captions 12:30 Bridge 1:00 Rook</p>	<p><b>17</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:00 Checkers 1:00 Billiards 1:00 Ballroom Dance Class *</p>	<p><b>18</b> <i>Sale 10-2</i> 10:00 Euchre 10:00 Farkle 9:30 Super Stretchers* 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Crafts - HA. Leis</p>
<p><b>21</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>22</b> 10:00 Super Stretch* 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Thanksgiving Brunch 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Secret Life of Pets”</p>	<p><b>23</b> 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Bridge 1:00 Rook</p>	<p><b>24</b> <b>Closed for Thanksgiving!</b></p>	<p><b>25</b> <b>Closed for Thanksgiving!</b></p>
<p><b>28</b> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot 10:00 Tai Chi Practice 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners</p>	<p><b>29</b> 10:00 Super Stretchers * 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 1:00 Halls Madrigals Performance</p>	<p><b>30</b> 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Bridge 1:00 Rook</p>		



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<p>Activities with an “*” have a fee to participate.</p> 			<p><b>1</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:00 Checkers 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 Craft - Angels</p>
<p><b>5</b> <i>Field Trip</i> 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>6</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 “Café Society”</p>	<p><b>7</b> 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 * 11:00 Exercise * 12:00 Checkers 1:00 Billiards 1:00 Ballroom Dance Class *</p>	<p><b>9</b> 10:00 Euchre 10:00 Farkle 9:30 Super Stretchers* 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Craft - Memory Ornament</p>
<p><b>12</b> 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand &amp; Foot 10:00 Tai Chi Practice 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 Potluck - Christmas Party 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Ghostbusters”</p>	<p><b>14</b> 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 * 12:00 Checkers 1:00 Billiards 1:00 Ballroom Dance Class *</p>	<p><b>16</b> 10:00 Euchre 10:00 Farkle 9:30 Super Stretchers* 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes 1:00 Craft - Clothespin Ornament</p>
<p><b>19</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>20</b> 10:00 Super Stretch* 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “T.B.A. Christmas Movie”</p>	<p><b>21</b>  9:00 Veteran Services 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Bridge 1:00 Rook 1:00 Matter of Balance Class Reunion Party!</p>	<p><b>22</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:00 Checkers 1:00 Billiards No Ballroom Dance Class *</p>	<p><b>23</b> <b>Closed For Christmas!</b></p>
<p><b>26</b> <b>Closed For Christmas!</b></p>	<p><b>27</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 - “Life Animated”</p>	<p><b>28</b> 10:00 Bingo 10:00 Hand &amp; Foot 12:30 Bridge 1:00 Rook</p>	<p><b>29</b> 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:00 Checkers 1:00 Billiards No Ballroom Dance Class *</p>	<p><b>30</b> 10:00 Euchre 10:00 Farkle 9:30 Super Stretchers* 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Just Dance * 12:00 Mexican Train Dominoes</p>

## HALLS SENIOR CENTER

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

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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



I am Kelly Johnson,  
a respiratory therapist at  
Fort Sanders Regional Medical Center.  
**I am Covenant Health.**

**Covenant**  
HEALTH



[www.IamCovenantHealth.com](http://www.IamCovenantHealth.com)



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Roane Medical Center | Patricia Neal Rehabilitation Center | Thompson Cancer Survival Center  
Covenant Breast Centers | Covenant Joint Centers | Covenant HomeCare and Hospice  
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