



January &
February
2016

HALLS SENIOR CENTER *Happenings...*

Closed on Friday, January 1st - New Years Day

Closed on Monday, January 18th - Martin Luther King, Jr. Day

Closed on Monday, February 15th - Presidents Day



Greetings from Mayor Tim Burchett - I hope you had a wonderful Christmas and are looking forward to a happy and healthy new year. Last year was a big year for our Senior Service Department. We opened the new Karns Senior Center and attendance still continues to grow throughout. The Karns community has been enjoying the new Karns Senior Center for several months now and the response has been overwhelming. I encourage you to stop by and visit our newest facility. I'm happy all of Knox County's six senior center facilities are enjoyed by so many; the new Karns Senior Center provides opportunities for even more seniors to remain active and engaged in our community. I want to give a special thank you to all of the local businesses that sponsor and contribute so much to all the activities at each center and at our annual picnic. Thank you, also, to our outstanding staff, volunteers and members. Thanks to all of them our programming continues to grow and improve. Whether you visit the Strang, Halls, Corryton, Carter, South Knox, or the new Karns Senior Center, I look forward to seeing you at one of them in 2016!

Field Trips -

Friday, January 22nd at 10:00 am - Healthy Living Expo - FREE Senior Day - Join us at the area's largest health and fitness expo featuring an array of nutritional information, health checks, and fitness activities. We will be taking a bus from the center, so **RSVP today!**

Friday, February 12th at 10:00 am - Dogwood Arts House & Garden Show -

Whisk your winter blues away by strolling through thousands of square feet of beautifully landscaped gardens at the Knoxville Convention Center! Visitors have the chance to shop hundreds of retailers for services and advice on interior design, home improvement, gardening, and outdoor living.

Tickets are \$8.00 and must be paid in cash by Monday, February 8th to reserve your spot!

Thursdays from 1:00 pm to 3:30 pm starting January 21st - Living Well with Diabetes - This FREE 6 week workshop teaches the skills needed in the day-to-day management of diabetes to maintain and/or increase quality of life activities. Knox County Health Department has designed this program to help empower people to manage their health. **Class size is limited, register at 922-0416.**

Wednesdays from 2:00pm to 4:00pm starting February 17th - A Matter of Balance Classes -

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 6 week series presented by UT Medical Center is for anyone interested in improving balance, flexibility, and strength! **Please call 922-0416 to sign up!**



Please check our calendar for information on daily and new programming!

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

January 5th...*Checkmate* (NR) 1:42. An action packed adventure starring Danny Glover and Sean Astin. Six people are thrown together during a bank heist where any move can alter the outcome.

January 12th...*Time Out of Mind* (NR) 2:01. Richard Gere stars in this drama about a homeless man who is trying to navigate the system hustling for change and safety.

January 19th...*War Room* (PG) 2:00. A drama from the creators of *Fireproof* and *Courageous*. The moving story of a couple who seem to have it all, but appearances can be deceiving!

January 26th...*90 Minutes in Heaven* (PG13) 2:02. Dwight Yoakam and Fred Thompson give stirring performances in this drama. A man clings to his faith and fights to regain a semblance of his previous life after a car wreck.



Tuesdays, starting January 4th - New Tai Chi and Fall Prevention Classes with Don Parsley -

Start 2016 off right with these great classes! **Seated Tai Chi starts at 10:00 am** and is \$1 per class. Great for beginners that struggle with some mobility issues. **Standing Tai Chi for Arthritis Class at 10:30am** for \$1 per class. A gentle exercise class that helps with balance, strength, and mobility. New class, **Rock Solid Fall Prevention Class at 11:00 am** is being offered for \$1 per class. Each movement is designed for specific inside and outside the home situations addressing the risks of falling. The movements are slow and gentle, with very low impact on the joints. **Tai Chi Part 2 at 11:45 am** for \$2 per class is a follow up for students that have previously completed the 9 week Tai Chi Class. Students may take the different sections together or separately. New students will be accepted up to and including January 20th.

Thursday, January 7th and Friday, January 8th - 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 at 922-0416 by Wednesday, January 6th to attend. **\$25.00 per person for class.**

Monday, January 7th at 1:00 pm - Painting Party - This is a fun and **FREE** class offered by East TN Personal Care. They bring all the materials and experience to help you make your masterpiece. Unwind with us and find your inner artist. **Space is limited, sign up today!**



Monday, January 11th at 12:00 pm - Support Series with Smoky Mountain Hospice -

Chaplain Kimberlee Robinson will be here to present a support program, "We Survived the Holidays...What Now?" The holiday season can be a challenge in many ways. Anyone who has experienced the loss of a family member or friend and is facing the unique stresses of the holidays knows it can be a struggle. Get some tips for coping. **Open participation and discussion encouraged!**

Tuesday, January 12th - 12:00 pm - Potluck - Soup and Sandwiches - January is National Soup Month and we know that nothing beats a bowl of warm soup on a cold winter day! We've got special guests, Beverly Park Place, Senior Solutions, and Amedysis bringing chili, chicken noodle, and broccoli cheese soup, so bring a dish to compliment our theme. Entertainment will be provided by Cameron Sutton a folk and country solo artist from Nashville!



Thursday, January 14th at 2:00 pm - Snack and Learn - Coldwell Banker - Meet Karen a Seniors Real Estate Specialist. Every transition is an opportunity, regardless of your stage in life! See how you can benefit from the experience of a realtor that specializes in home buyers and sellers that are 50+.

Friday, January 15th - 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 at 922-0416 by Wednesday, January 13th. **\$15.00 class**

Wednesday, January 20th at 9:00 am - Knox County Veterans Services officers will be here to meet one-on-one with Veterans to help with benefits questions.



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

February 2nd...*Lost in the Sun* (NR) 1:36. A suspense starring Josh Duhamel as a small time crook. While he is running for his life he crosses paths with an orphan who makes him question his future.

February 9th...*The Birdman* (NR) 1:25. Tom Cavanagh stars in this comedy about a bird enthusiast whose life is falling apart after he loses his dream job to a younger, hipper rival.

February 16th...*Bridge of Spies* (PG13) 2:15. Fueled by a love for his country, an ordinary lawyer played by Tom Hanks is recruited by the CIA in a Cold War Mission.

February 23rd...*Bring Him Home* (PG13) 2:22. This action adventure starring Matt Damon is the story of an abandoned astronaut. After his mission goes awry, he must draw upon his ingenuity to find a way to signal Earth.

Thursday, January 21st at 2:00 pm - Poetry Reading - Meet Dr. Ted Faracasin as he reads from his new book, "Poetry Heavens and Wars." He describes his writing as covering all the joys and vicissitudes of life.

facebook



Friday, January 22nd - 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 at 922-0416 by Wednesday, January 20th. **\$15.00 class**

Tuesday, January 26th at 12:00 pm - Super Seniors - Star 102.1 Radio Personality, Kim Hansard, will be here to entertain us. She is a proud resident of Halls - "God's Country" as she puts it. Having the opportunity to get out into her community and meet her listeners and share stories is one of the many blessings that makes her love her job. Join us for what is sure to be a fun event!



Monday, February 1st at 12:00 pm - Support Series with Smoky Mountain Hospice - Chaplain Kimberlee Robinson will continue our Support Series with "Passing it On: Life Legacy Letters". Learn how to create a legacy document that allows you to let your loved ones know important things about you and your family history, values, love, hopes, and dreams. **Participation and discussion encouraged!**

Thursday, February 4th and Friday, February 5th - 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. You must sign up at 922-0416 by Wednesday, February 3rd to attend. **\$25.00 per person for class.**

Monday, February 8th at 11:00 am - "The Basics of Alzheimer's" Program - Sunny Biden, Outreach Specialist for the Alzheimer's Association: Eastern TN chapter, will be here to provide important information about Alzheimer's. She will provide information on the importance of early detection, risk factors, stages of Alzheimer's, and local statistics. **Light refreshments provided by Senior Home Assistance.**



Tuesday, February 9th at 12:00 pm - Potluck - Mardi Gras - "Let the Good Times Roll" - Wear your Mardi Gras colors - purple, green, and gold - and we will supply the beads! Mardi Gras is about people coming together and enjoying getting to know each other. That is just what our Potlucks aim to do! Bring a dish to share, it is okay to make this one Cajun and spicy if you like. There will be the traditional King Cake for all to enjoy!



Wednesday, February 17th at 9:00 am - Knox County Veterans Services officers will be here to meet one-on-one with Veterans to help with benefits questions.



Tuesday, February 23rd at 11:30 am - Super Seniors - Missy Kane is Covenant Health's one-Women campaign for a better quality of life through health and fitness! Learn how she finds the time to "Fit in Fitness and Healthy Foods". Come and learn tips and practical tools to stay healthy and fit. We will be walking the Greenway after, so bring your walking shoes!





2015

No Ballroom Dance in January due to the Snowflake Ball at the Kerbela Temple on January 23rd from 6-9.
Call the CAC for ticket information: 865-524-2786

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>Snow Policy & Inclement Weather - The Center is open unless the Knox County Mayor closes executive offices. However, all instructor led classes, senior meals, potlucks, and super senior events will be cancelled if Knox County Schools are closed. For updates: www.knoxcounty.org</p>				<p>1 Closed For New Years Day!</p>
<p>4 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & 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>5 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee “<i>Checkmate</i>”</p>	<p>6 10:00 Bingo 10:00 Hand & Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise *</p>	<p>7 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 10:00 iPad and iPhone Class * 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Painting Party</p>	<p>8 10:00 Euchre 10:00 Farkle * 10:00 iPad and iPhone Class * 10:30 Hula Class * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>	
<p>11 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:00 Fall Prevention * 11:45 Tai Chi Part 2 * 12:00 Support Series 1:00 Rook 1:00 SAIL Exercise *</p>	<p>12 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Potluck - Soup and Sandwiches 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “<i>Time Out of Mind</i>”</p>	<p>13 10:00 Bingo 10:00 Hand & Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise *</p>	<p>14 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 2:00 Snack and Learn - Coldwell Banker</p>	<p>15 10:00 Euchre 10:00 Farkle *10:00 Pinterest/Instagram/Twitter Class 10:30 Hula Class * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>	
<p>18 Closed For Martin Luther King Jr. Day!</p> 	<p>19 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “<i>War Room</i>”</p>	<p>20 9:00 Veteran Services 10:00 Bingo 10:00 Hand & Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 Tai Chi Part 2 *</p>	<p>21 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Living Well with Diabetes Class 1:00 Book Reading 3:00 Tai Chi Part 1 *</p>	<p>22 Field Trip - 10am - Healthy Living Expo 10:00 Euchre 10:00 Farkle *10:00 Facebook Class 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>	
<p>25 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & 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>26 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Super Seniors with Kim Hansard 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “<i>90 Minutes in Heaven</i>”</p>	<p>27 10:00 Bingo 10:00 Hand & Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise *</p>	<p>28 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 11:00 Exercise * 1:00 Ballroom Dance Class * 12:00 Diabetes Luncheon - Mac’s Pharmacy 1:00 Living Well with Diabetes Class</p>	<p>29 10:00 Euchre 10:00 Farkle 10:30 Hula Class * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>	



2016

Weekend Dance:

Saturday, February 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 Standing * 11:00 Fall Prevention * 11:45 Tai Chi Part 2 12:00 Support Series 1:00 Rook 1:00 SAIL Exercise *</p>	<p>2 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee "Lost in the Sun"</p>	<p>3 10:00 Bingo 10:00 Hand & Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise *</p>	<p>4 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 10:00 Android Class * 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Living Well with Diabetes Class</p>	<p>5 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>
<p>8 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing 11:00 Alzheimer Basic * 11:00 Fall Prevention * 11:45 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise *</p>	<p>9 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:00 Potluck - Mardi Gras Party 12:30 Mexican Train Dominoes 2:00 Movie Matinee "The Birdman"</p>	<p>10 10:00 Bingo 10:00 Hand & Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise *</p>	<p>11 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 10:00 iPad and iPhone Class * 11:00 Exercise * 1:00 Ballroom Dance Class * 1:00 Living Well with Diabetes Class</p>	<p>12 <i>Field Trip - 10 am -House & Garden Show *</i> 10:00 Euchre 10:00 Farkle 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p>15 Closed For Presidents Day! </p>	<p>16 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - "Bridge of Spies"</p>	<p>17  9:00 Veteran Services 10:00 Bingo 10:00 Hand & Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p>18 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>19 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>22 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & 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>23 10:00 Canasta - Group 1 Canasta - Group 2 11:00 Exercise * 11:30 Super Seniors with Missy Kane 12:30 Mexican Train Dominoes 2:00 Movie Matinee - "Bring Him Home"</p>	<p>24 10:00 Bingo 10:00 Hand & Foot 12:00 Senior Meals 12:30 Bridge 1:00 Rook 1:00 SAIL Exercise * 2:00 UT Balance Class</p>	<p>25 10:00 Pinochle 10:00 Linedancing * 10:00 Quilting 11:00 Exercise * 12:00 AARP Driving Class 1:00 Ballroom Dance Class * 1:00 Living Well with Diabetes Class</p>	<p>26 10:00 Euchre 10:00 Farkle 10:30 Hula Class * 11:00 SAIL Exercise * 11:00 AARP Class 12:00 Mexican Train Dominoes 1:00 Pinterest Pals</p>
<p>29 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & 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>	<ul style="list-style-type: none"> • New Hula Class on Fridays at 10:30 am - First Class Free! Come join in the fun! • If you are interested in teaching, leading, entertaining, or just volunteering to help out, please let us know at 922-0416. • Thank you to Covenant Health for providing our newsletters and calendars. Update your mailing or email information at 922-0416. 			<p> Activities with an " * " have a fee to participate.</p>

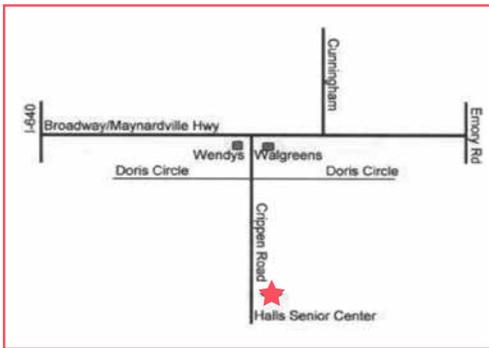
HALLS SENIOR CENTER

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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



Covenant Health
covenanthealth.com/cancernetwork

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 LECOLTE MEDICAL CENTER | METHODIST MEDICAL CENTER | MORRISTOWN-HAMBLEEN HEALTHCARE SYSTEM | PARKWEST MEDICAL CENTER
 ROANE MEDICAL CENTER | COVENANT BREAST CENTERS | CUMBERLAND REGIONAL CANCER CENTER
 MORRISTOWN REGIONAL CANCER CENTER | THOMPSON CANCER SURVIVAL CENTERS



OUR REGION'S LARGEST CANCER NETWORK IS FIGHTING FOR YOUR TOMORROW. JUST LIKE WE PROMISED.

- Covenant Breast and Imaging Centers**
- Claiborne Breast Center
 - Cumberland Regional Breast Center
 - The Breast Center at Fort Sanders West
 - Fort Loudon Women's Imaging Services
 - The Breast Center at Morristown Regional
 - Diagnostic Center
 - Oak Ridge Breast Center
 - Parkwest Comprehensive Breast Center
 - Roane Women's Center for
 - Mammography and Bone Densitometry
 - Thompson Comprehensive Breast Center at Fort Sanders Regional
- Cancer Centers**
- Cumberland Regional Cancer Center
 - Morristown Regional Cancer Center
 - Thompson Cancer Survival Center - Downtown
 - Thompson Cancer Survival Center at Methodist
 - Thompson Cancer Survival Center - Sevier
 - Thompson Cancer Survival Center - West
- Thompson Oncology Group**
- Downtown Knoxville
 - West Knoxville
 - Oak Ridge
 - Maryville
 - Lenoir City
 - Harriman
 - Sevierville
 - Morristown
 - Sweetwater

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