



March/  
April  
2016

# KARNS SENIOR CENTER *Navigator ...*



Karns Senior Center will be closed on on Friday, March 25th in observance of Good Friday.

### **March 7th ... Field Trip: Mighty Musical Monday**

Catch a ride to the historic Tennessee Theatre on Monday, March 7th for their Mighty Wurlitzer Monday with special guests; vocalist Kelly Jolly and saxophonist Will Boyd. Admission to the Theatre is free. Lunch can be purchased at the Theatre for \$5, or take your own lunch. Transportation will be provided from the senior center to the theatre compliments of CAC. For planning and scheduling purposes please call to sign up. Seats are limited.

### **March 9th ... Diabetic Education: Small Steps for Big Results**

How much should I exercise? What can be realistic outcomes from my expectations? These questions and more will be answered during this informative educational program offered on Wednesday, March 9th at 2:30 PM courtesy of Mac's Pharmacy specializing in diabetic care. For planning and scheduling purposes please call the center to pre-register for this educational program.

### **March 9th ... Book Club**

The benefits of a book club are numerous; intellectual stimulation, break from everyday life, self-expression, spending time with fellow readers, and providing a welcoming place for newcomers. We're starting a book club with our first meeting on Wednesday, March 9th at 2:00 PM. Bring some ideas of books you would like to propose the group read. We'll be making a selection and getting our book club underway.

### **March 16th ... Normal Aging vs. Dementia**

Call now to pre-register to attend this presentation on Normal Aging vs. Dementia at 1:00 PM on Wednesday, March 16th. This presentation, provided by Choices in Senior Care, LLC., will explore the differences between normal memory changes and those that occur in dementia, identify changes in function that may appear in a person with dementia, determine when to seek further assistance for memory changes, explore tips to promote brain health, and more. Light refreshments will be served. For planning and scheduling purposes please call to register to attend this presentation.

### **March 18th ... Memoir Writing Workshop**

Want to write or revise some family stories? Make your memoirs more meaningful and memorable? USA Today bestselling novelist and popular writing coach, Pamela Schoenewaldt, will share some writer's tricks and techniques in a fun workshop. Bring something to write with, something to write on, the willingness to amaze yourselves, and a few stories to tell. Workshop fee is \$20 payable to the instructor. For planning and scheduling purposes call to pre-register for this workshop scheduled for Friday, March 18th at 1:00 PM.

### **March 21 ... Beginning Computer Class**

Sign up today for this beginning computer class. This two part class will meet on Monday, March 21st from 1:00—3:00 PM and on Monday, March 28th from 1:00—3:00 PM. Learn the basics of the computer. Class fee is \$5 payable to the instructor. Seats are limited. For planning and scheduling purposes please call the center to sign up for this class.



You can register for our activities by calling the center at 865-951-2653





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### **Cake and Coffee in the Lobby Every Monday at 1:30 PM**

Join us in March and April when we will be hosting our Cake and Coffee Social at 1:30 PM in the lobby. Stop in for an after lunch treat, feel free to bring a friend to introduce to the center, and visit for awhile. Be sure to thank our corporate sponsors for helping make this Cake and Coffee Social possible. We look forward to having you join our Cake and Coffee Social during the months of March and April.



### **March 22nd ... Spring Time Potluck**

Let's welcome spring on Tuesday, March 22nd with our Spring Time Potluck beginning at 12:00 PM. We want to thank Courtyards Senior Living, NHC, Smoky Mountain Hospice, and East Tennessee Personal Care for providing pulled pork BBQ for this occasion. For planning and scheduling purposes please call the center to let us know you're coming and what side dish you will be providing. Look forward to seeing you at our Spring Time Potluck.

### **March 23rd ... Phone Tech Presentation**

Wanting to upgrade your cell phone to one with more features? Alfred Millikan will be here on Wednesday, March 23rd at 1:30 PM to share with us several different cell phones with a variety of different features. He will also provide information on available plans and what to ask and consider when reviewing your own plan, options available to you, and also when looking to upgrade to a phone with more features. For planning and scheduling purposes please call the center to sign up for this informative presentation.

### **March 23rd ... Bombshell Beauties Makeover**

Emily Houston will be sharing some makeup tips and techniques on Wednesday, March 23rd at 2:00 PM in her Bombshell Beauties Makeover class. You, too, can capture a timeless and classic look of beauty. Pamper yourself and call today to pre-register for Emily's Bombshell Beauties Makeover.

### **March 29th ... The Big Decision: Levels of Senior Care**

Big decisions don't have to be made in a day. Sometimes we feel the pressure of choosing the right service and care for family and loved one. There are many types of elder care available in our community whether it's home health, respite care, assisted living, skilled nursing, hospice care or other service. Plan on attending this informative Lunch and Learn scheduled for Tuesday, March 29th at 11:00 AM to learn about the various types of elder care, the differences between them, how services are billed, and when which service is most appropriate at what stage. For planning and scheduling purposes please call the center to sign up for this presentation. Lunch provided compliments of Arbor Terrace.

### **March 31st ... Super Bingo with Cindy**

Cindy of Arbor Terrace of Knoxville brings us Super Bingo on Thursday, March 31st beginning at 11:30 AM at Karns Senior Center. Bring a white elephant gift of approximate \$5 value to participate. See what gift you win! For planning and scheduling purposes please pre-register by calling the center at (865) 951-2653.



## **Covenant Presents**

Wellness Lunch and Learns at Karns Senior Center

**Thursday, March 24th at 12:00 PM**

Dr. Conrad Ivie, MD, Orthopaedic Surgeon with TOC at Parkwest Medical Center

Presentation: Knee Replacement

**Thursday, April 28th at 12:00 PM**

Dr. Everett Ribakove, MD., Thompson Oncology Group West

Presentation: Understanding the Most Recent Advances in Cancer Treatment

Call 865-541-4500 Hotline to reserve your seat. \$5 includes boxed lunch.





You can register for our activities by calling the center at 865-951-2653



### **April 6th ... iPad/iPhone Class**

We will be having an iPad/iPhone Class starting on Wednesday, April 6th at 1:30 PM. Learn to get the most from your mobile device. This class will meet in two sessions with the last session being Friday, April 8th. Class fee is \$25.00 Fees payable to the instructor. Seating is limited. Please call to sign up for this class.

### **April 7th ... Wildlife Photographer Presentation**

Back by popular demand is Mr. Larry Perry, wildlife photographer and world explorer. He will be visiting with us on Thursday, April 7th at 1:00 PM. Mr. Perry has visited over 117 countries taking photographs some of which have been selected as magazine cover shots. He has written over 27 books and four hundred magazine articles in his career as a prize winning nature and wildlife photographer. Stop in and listen to some of Mr. Perry's wonderful stories from a career in photography and adventure. The focus will be on animals in Spring to help celebrate the arrival of Spring Season. For planning and scheduling purposes please call to let us know if you're attending.



### **April 12th ... Cookout!**

Welcome Spring with our Hamburger and Hotdog Cookout on Tuesday, April 12th at 12:00 PM. Compliments of our friends at Independent Insurance Consultants of Knoxville. Bring a complimentary side dish such as chips, baked beans, potato salad, or other dish. For planning and scheduling purposes please call the center to pre-register for our Spring cookout.

### **April 26th ... Spring Tidings Potluck**

Spring is in the air! Let's celebrate the arrival of warmer weather and the opportunity to eat healthy this spring. On Tuesday, April 26th is our Spring Tidings Healthy Tidings Potluck Luncheon at 12:00 PM. Wear bright colors and share a healthy covered dish that reminds you of spring, whether it be a delightful stew, steamed asparagus or rhubarb pie. Let's celebrate spring's arrival and some healthy recipes to get our spring off to a great start. For planning and scheduling purposes please call to let us know you're coming and what dish you'll be bringing.

### **April 26th ... Diabetic Education: Sweet Spot Grocery Guide**

Learn how to get the most out of stocking your pantry with diabetic friendly foods with healthier choices made at the grocery store. Join us on Tuesday, April 26th at 2:00 PM for this informative presentation. For planning and scheduling purposes please call the center to pre-register for this Diabetic Education Presentation.

### **April 27th ... Facebook Class**

Learn the basics of Facebook; how to set up your account, find friends, post to your wall, set security settings, send messages, and more. Facebook is a wonderful social media to maintain contact with family and friends. An email account is required to sign up for a Facebook account. Class fee is \$15 payable to the instructor on Wednesday, April 27th at 1:30 PM. Seats are limited. Please call the center to pre-register for this presentation.

### **April 28th ... Make Up and Fashion for the Over 50 Set**

Lauren Monahan, Ms. Senior Tennessee, will be sharing her makeup ideas, products and ideas on how you can look and feel your very best on Thursday, April 28th at 11:00 AM. You can do wonders even on a budget. She will share some of the easy tricks and products available to you. Looking for ideas on how to have that flair for fashion, but don't want to break the bank? You will hear and see some simple fashion ideas, by accessorizing and using your best colors. It's a lot of fun, so join us as we help you learn how to look great as you age! For planning and scheduling purposes please call to pre-register for this presentation.

### **April 29th ... Field Trip: Dogwood Arts Festival**

Join us on Friday, April 29th for a field trip to Market Square in downtown Knoxville for the Dogwood Arts Fair as part of our celebrated Dogwoods Art Festival. There will be fine art and crafts, live entertainment, a culinary arts demonstration and testing area, and festive food characterizing this fan-favorite featured event of the Dogwood Arts Festival. Plus there's the many stores, shops, and restaurants in Market Square to visit and enjoy. Please call the center for additional information and to sign up for transportation from and to Karns Senior Center. Transportation provided by CAC.



# Karns Senior Center

8042 Oak Ridge Hwy.,  
Knoxville, TN 37931-2317  
Ph: (865) 951-2653  
Fax: (865) 951-2530

# March 2016



Mon (7:30—4:00)

Tue (7:30—4:00)

Wed (7:30—4:00)

Thu (7:30—4:00)

Fri (7:30—4:00)

<p><i>Activities on the calendar followed by an "*" have a fee to participate.</i></p> <p><i>Activities listed below in bold please register to participate.</i></p>	<p><b>1</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Tone &amp; Tighten * 12:30 Pinochle 12:30 Cribbage <b>1:30 Beginning Genealogy</b> 2:30 Yoga*</p>	<p><b>2</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 10:00 Party Bridge 11:00 SAIL* 12:30 Cardio * 1:00 Rook 1:00 Canasta</p>	<p><b>3</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Tone &amp; Tighten * 9:30 Scrabble 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>4</b></p> <p>8:00 Rise-N-Shine Walkers <b>8:30 Seated Tai Chi</b> 9:00 Party Bridge <b>9:00 Standing Tai Chi*</b> 9:45 Rock Solid Falls Prevention* <b>10:30 Advanced Tai Chi*</b> 12:00 SAIL* 1:00 Mexican Train Dominoes</p>
<p><b>7</b></p> <p>8:00 Rise-N-Shine Walkers <b>10:00 Art Class*</b> <b>10:45 Tennessee Theatre</b> 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> <b>1:00 Art Class*</b> 1:30 Cake &amp; Coffee Social <b>2:15 Intermediate Line Dance Class*</b></p>	<p><b>8</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Tone &amp; Tighten * 12:30 Pinochle 12:30 Cribbage <b>1:30 Advanced Genealogy</b> 2:30 Yoga*</p>	<p><b>9</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 10:00 Party Bridge 11:00 SAIL* 12:30 Cardio * 1:00 Rook 1:00 Canasta 2:00 Book Club <b>2:30 Diabetic Presentation: Small Steps, Big Results</b></p>	<p><b>10</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Tone &amp; Tighten * 9:30 Scrabble <b>12:30 AARP Driving Class*</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>11</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Grief Support <b>8:30 Seated Tai Chi</b> 9:00 Party Bridge <b>9:00 Standing Tai Chi*</b> 9:45 Rock Solid Falls Prevention <b>10:30 Advanced Tai Chi*</b> 11:00 Blood Pressure Clinic 12:00 SAIL* <b>12:30 AARP Driving Class*</b> 1:00 Mexican Train Dominoes</p>
<p><b>14</b></p> <p>8:00 Rise-N-Shine Walkers <b>10:00 Art Class*</b> 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> <b>1:00 Art Class*</b> 1:30 Cake &amp; Coffee Social <b>2:15 Intermediate Line Dance Class*</b></p> <p>National Pi Day</p>	<p><b>15</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Tone &amp; Tighten * 12:30 Karns History Club 12:30 Pinochle 12:30 Cribbage <b>1:30 Beginning Genealogy</b> 2:30 Yoga*</p> <p>Ides of March</p>	<p><b>16</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 10:00 Party Bridge 11:00 SAIL* 12:30 Cardio * <b>1:00 Dementia Presentation</b> 1:00 Rook 1:00 Canasta <b>2:00 Craft Class: Decorative Coasters Trivets *</b></p>	<p><b>17</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Tone &amp; Tighten * 9:30 Scrabble 1:00 Movie Time: Leap Year 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p> <p>St Patrick's Day </p>	<p><b>18</b></p> <p>8:00 Rise-N-Shine Walkers <b>8:30 Seated Tai Chi</b> <b>9:00 Standing Tai Chi*</b> 9:00 Vet Services Outreach 9:00 Party Bridge 9:45 Rock Solid Falls Prevention <b>10:30 Advanced Tai Chi*</b> 12:00 SAIL* <b>1:00 Memoir Workshop*</b> 1:00 Mexican Train Dominoes</p>
<p><b>21</b></p> <p>8:00 Rise-N-Shine Walkers <b>10:00 Art Class*</b> 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> <b>1:00 Beginning Computer *</b> <b>1:00 Art Class*</b> 1:30 Cake &amp; Coffee Social <b>2:15 Intermediate Line Dance Class*</b></p>	<p><b>22</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Tone &amp; Tighten * <b>12:00 Potluck Luncheon</b> 12:30 Pinochle 12:30 Cribbage 12:30 Book Presentation <b>2:00 Eva Wike Book Presentation</b> <b>1:30 Advanced Genealogy</b> 2:30 Yoga*</p>	<p><b>23</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 10:00 Party Bridge 11:00 SAIL* 12:30 Cardio * <b>1:30 Phone Tech Presentation</b> <b>2:00 Bombshell Beauties</b> 1:00 Rook 1:00 Canasta</p>	<p><b>24</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Tone &amp; Tighten * 9:30 Scrabble <b>12:00 Covenant Presents*</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>25</b></p> <p>Center Closed Good Friday Observance</p> 
<p><b>28</b></p> <p>8:00 Rise-N-Shine Walkers <b>10:00 Art Class*</b> 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> <b>1:00 Art Class*</b> <b>1:00 Beginning Computer *</b> 1:30 Cake &amp; Coffee Social <b>2:15 Intermediate Line Dance Class*</b></p>	<p><b>29</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Tone &amp; Tighten * <b>11:00 Levels of Senior Care</b> 12:30 Pinochle 12:30 Cribbage <b>1:30 Beginning Genealogy</b> 2:30 Yoga*</p>	<p><b>30</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 10:00 Party Bridge 11:00 SAIL* 12:30 Cardio * 2:30 Service Providers Meeting 1:00 Rook 1:00 Canasta</p>	<p><b>31</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Tone &amp; Tighten * 9:30 Scrabble <b>11:30 Super Bingo</b> 1:00 Mah Jongg 1:30 Insurance Mutual Omaha 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>Movie Time</b> March 17th at 1:00 PM Leap Year (PG-13)</p> 



# Karns Senior Center

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# April 2016



Mon (7:00—4:30)    Tue (7:00—4:30)    Wed (7:00—4:30)    Thu (7:00—4:30)    Fri (7:00—4:30)

<p>April 6th ... iPad iPhone Class at 1:30 PM          April 7th ... Wildlife Presentation with Mr. Larry Perry at 1:00 PM          April 12th ... Cookout compliments of IIC of Knoxville at 12:00 PM          April 15th ... Toe Nail Trimming with Michelle beginning at 1:00 PM          April 20th ... Birding and Wildlife Photography at 1:00 PM          April 26th ... Spring Poltuck Luncheon at 12:00 PM          April 26th ... Diabetic Education: Sweet Spot Grocery Guide at 2:00 PM          April 27th ... Facebook Class at 1:30 PM          April 28th ... Make Up &amp; Fashion with Ms. Senior Tennessee at 11:00 AM          April 28th ... Covenant Presents Lunch Learn at 12:00 PM          April 29th ... Field Trip: Dogwood Arts Festival at 10:45 AM</p>					<p><i>Activities on the calendar followed by an "*" have a fee to participate.</i></p> <p><i>Activities listed below in bold please register to participate.</i></p>		<p><b>1</b></p> <p>8:00 Rise-N-Shine Walkers  <b>8:30 Seated Tai Chi</b>          9:00 Party Bridge  <b>9:00 Standing Tai Chi*</b>          9:45 Rock Solid*  <b>10:30 Advanced Tai Chi*</b>          12:00 SAIL*          1:00 Mexican Train Dominoes</p>	
<p><b>4</b></p> <p>8:00 Rise-N-Shine Walkers  <b>10:00 Art Class *</b>          11:00 SAIL*  <b>12:45 Beginning Line Dance Class *</b>  <b>1:00 Art Class *</b>          1:30 Cake &amp; Coffee Social  <b>2:15 Intermediate Line Dance Class*</b></p>	<p><b>5</b></p> <p>8:00 Rise-N-Shine Walkers          9:00 Hand &amp; Foot Cards          9:00 Tone &amp; Tighten *          12:30 Pinochle          12:30 Cribbage  <b>1:30 Advanced Genealogy</b>          2:30 Yoga*</p>	<p><b>6</b></p> <p>8:00 Rise-N-Shine Walkers          9:30 Zumba Gold*          10:00 Party Bridge          11:00 SAIL*          12:30 Cardio *          1:00 Rook          1:00 Canasta  <b>1:30 iPad/iPhone Class*</b></p>	<p><b>7</b></p> <p>8:00 Rise-N-Shine Walkers          9:00 Tone &amp; Tighten *          9:30 Scrabble          12:30 Blood Pressure Clinic  <b>1:00 Wildlife Presentation With Mr. Larry Perry</b>          1:00 Mah Jongg          1:30 Crafting Social          2:30 Yoga*</p>	<p><b>8</b></p> <p>8:00 Rise-N-Shine Walkers  <b>8:30 Seated Tai Chi</b>          8:30 Grief Support  <b>9:00 Standing Tai Chi*</b>          9:00 Party Bridge          9:45 Rock Solid*  <b>10:30 Advanced Tai Chi*</b>          12:00 SAIL*          1:00 Mexican Train</p>				
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<p><b>18</b></p> <p>8:00 Rise-N-Shine Walkers  <b>10:00 Art Class*</b>          11:00 SAIL*  <b>12:45 Beginning Line Dance Class *</b>  <b>1:00 Art Class*</b>          1:30 Cake &amp; Coffee Social  <b>2:15 Intermediate Line Dance Class*</b></p>	<p><b>19</b></p> <p>8:00 Rise-N-Shine Walkers          9:00 Hand &amp; Foot Cards          9:00 Tone &amp; Tighten *          12:30 Karns History Club          12:30 Pinochle          12:30 Cribbage  <b>1:30 Advanced Genealogy</b>          2:30 Yoga*</p>	<p><b>20</b></p> <p>8:00 Rise-N-Shine Walkers          9:30 Zumba Gold*          10:00 Party Bridge          11:00 SAIL*          12:30 Cardio *          1:00 Birding &amp; Photography          1:00 Rook          1:00 Canasta</p> 	<p><b>21</b></p> <p>8:00 Rise-N-Shine Walkers          9:00 Tone &amp; Tighten *          9:30 Scrabble          12:00 NWBPA Meeting          1:00 Mah Jongg          1:30 Crafting Social          2:30 Yoga*</p>	<p><b>22</b></p> <p>8:00 Rise-N-Shine Walkers  <b>8:30 Seated Tai Chi</b>  <b>9:00 Standing Tai Chi*</b>          9:00 Party Bridge          9:45 Rock Solid*  <b>10:30 Advanced Tai Chi*</b>          12:00 SAIL*          1:00 Mexican Train Dominoes</p>				
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[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)



Honorable Tim Burchett, Knox County Mayor  
Robert "Buzz" Buswell, Director of Veteran &  
Senior Services  
April Tomlin, Senior Services Manager  
Darrell R. Gooding, Coordinator  
Robyn B. Trostle, Assistant

# Covenant HEALTH

PRESENTS

Thursday, March 24<sup>th</sup>, 2016

*Conrad Ivie, MD*

Orthopedic Surgeon with Parkwest Medical Center

*Knee Replacement*

Thursday, April 28<sup>th</sup>, 2016

*Everett Ribakove, MD*

Oncologist, Thompson Cancer Survival Center

*Understanding the Most Recent Advances in Cancer Treatment*

Cost for each event is \$5.00; lunch is provided.

Call 865-541-4500 for reservations.

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