



May/June  
2016

# KARNS SENIOR CENTER *Navigator ...*



Karns Senior Center will be closed on Monday, May 30th in observance of Memorial Day.

### **May 2nd ... Beginning Line Dance Class**

Line dance instructor, Evelyn, assures; "If you can count to four, you can line dance!" Build your confidence in our beginning class starting Monday May 2nd, at 12:45 PM. Line Dance can assist with improving and maintaining balance, flexibility, coordination, and memory. For additional information on our Beginning Line Dance class feel free to contact the center or stop by and visit the class. Class fee is \$4 payable to the instructor.

### **May 3rd .... EEOICP Program Presentation**

Would you like to learn more about the EEOICP (Energy Employees Occupational Illness Compensation Program)? Have you or a family member worked at Y12, K25 or X10? Join us on May 3rd at 1:00 PM as a representative from The Home Option provides information on how the program may help you manage your care needs. For planning and scheduling purposes call the center to let us know if you plan to attend.

### **May 5th ... Larry Perry Photography Slide Show**

Join us on Thursday, May 5th at 12:00 PM for a brown bag luncheon. Mr. Larry Perry will be returning from a photo shoot in the American South West and will have some more amazing wild life photos to share. Bring a brown bag lunch or just come and enjoy the presentation. For planning and scheduling purposes please contact the Center if you plan to attend. We look forward to seeing you at the photography presentation.



### **May 6th ... Muffins for Moms**

Our Moms have done so much to influence every aspect of our lives. On Friday, May 6th from 9:30—11:30 AM stop in and enjoy a fresh baked muffin and a cup of coffee. Muffins provided compliments of our friends with Smoky Mountain Hospice in commemoration of Mother's Day.

### **May 11th ... Musical Performance: Three Nice Guys**

Wednesday, May 11th at 1:00 PM the Three Nice Guys will be bringing us some barber shop styled quartet harmony. They will be singing some of their favorite selections from patriotic songs, love songs, and more. For planning and scheduling purposes let us know you'll be coming. Help us welcome the Three Nice Guys to Karns Senior Center.

### **May 12 ... African Photo Safari Program**

Adventure Travelers Lauren and Ed Langston will present a program of their slide photographs featuring the animals and scenery in the country of Botswana on Thursday, May 12th at 12:00 PM. Bring a brown bag luncheon and come and enjoy some amazing photographs of wild Africa. For planning and scheduling purposes please RSVP by Tuesday, May 10th.



Special Thanks to Covenant Health for their generosity in printing The Navigator, covering postage expenses, and more in getting this publication to you to help keep you informed and engaged.



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





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



**May 16th ... Floral Arranging Class**

Join us Monday, May 16th at 10:00 AM for our basic floral arranging class. Bring an old arrangement from home that needs a breath of fresh air or vase, along with artificial floral stems you plan on using to create a new arrangement, foam, wire cutters, and ribbon. Call the Center to pre-register and obtain a list of items required.

**May 18th ... iPad iPhone Class**

Learn to get the most from your iPad and iPhone with this informative class taught by Mr. John Mills. This class will meet on Wednesday and Friday from 1:00—3:00 PM for two weeks beginning Wednesday, May 18th. Learn to keep your iPad and iPhone up to date, navigate the many apps available and much more. Class fee is \$10 per student. Seats are limited. You can sign up by calling the center to pre-register.

**May 18th ... Karaoke!**

Stop in and sing your favorite song or listen to others sing. What do you like; country, standards, or other? If there's a song you would like to sing call us and request it and we'll be sure to pass it on to Mr. Bradford who will be bringing us karaoke on May 18th at 1:00 PM. Look forward to seeing you on Karaoke Wednesday.

**May 25th ... Yellow Dot Program**

Sergeant Randall Martin of the Tennessee Highway Patrol will be providing information on Tennessee's Yellow Dot program on Wednesday, May 25th at 2:00 PM. This program is designed to provide first responders with an individual's medical information in the event of an emergency on Tennessee roadways. This information can mean the difference between life and death in the "Golden Hour" immediately following a serious incident. For planning and scheduling purposes please call the center to let us know if you will be attending this informative program.

**May 26th ... Life Stressors Presentation**

Therapist Sarah Hamblen will provide a discussion on Dealing with Life Stressors on Thursday, May 26th at 2:00 PM. We've all experienced and dealt with stresses of life and know how difficult it can be at times to overcome the burdens they place upon us. Whether you're dealing with stressors yourself or have a friend or family member that are this program is for you. Learn some tips that can assist with improving coping and more. For planning and scheduling purposes please contact the center at (865) 951-2653 if you plan on attending.

**June 2nd ... Lunch & Learn: Diabetic Macular Edema (DME)**

Learn more about Diabetic Macular Edema on Thursday, June 2 at 12:00 PM. Increase your awareness of one of the leading causes of vision loss including the ability to recognize symptoms, the importance of early diagnosis, the need for regular eye exams, risk factors and activities to help decrease the risk of developing DME. Meet an Eye Matter Ambassador who will share their personal story of living with Diabetic Macular Edema. Lunch provided compliments of Regeneron Ophthalmology. For planning and scheduling purposes please RSVP no later than Friday, May 27th.

Play Canasta  
Wednesdays at 1:00 PM



Play Pinochle  
Tuesdays at 12:30 PM



Play Rook  
Wednesdays at 1:00 PM



**Covenant Presents**

Wellness Lunch and Learns at Karns Senior Center

**Thursday, May 26th at 12:00 PM**

Dr. Joel "Trey" Bradley, MD/Kristopher Williams, MD  
Surgeons with Premier Surgical Associates  
Presentation: Complex Hernia Repair

**Thursday, June 23rd at 12:00 PM**

Sandra Mincey, FNP-BC, CDE., Diabetes Educator with Covenant Medical Group  
Presentation: Diabetes Outreach



**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



### **June 7th ... Lunch and Learn: Clear Captions Communication**

Audiologist studies indicate that 1 out of 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 citizen with hearing loss to receive; a landline telephone and Internet access, a Free captioned phone and free service to help them remain connected with those that matter most in their lives. Join Mr. Jeff Bales from Clear Captions on Tuesday, June 7th at 12:00 PM to learn about this program. For scheduling and planning purposes please call to pre-register if you plan on attending.

### **June 8th ... Estate Planning Presentation**

We welcome Attorney Anne McKinney on Wednesday, June 8th at 2:00 PM. In this Estate Planning presentation, Attorney McKinney will be exploring some steps we can take to protect our family and ensure our property and assets go to those we love and to those we intend. For planning and scheduling purposes please call the center to let us know you'll be attending.

### **June 9th ... General Nutrition Presentation**

As we age our nutritional needs change and so does our ability to get the most we need from the foods we eat. Thursday, June 9th at 11:00 AM, Elizabeth Hall, Registered Dietitian with Food City will provide us with a presentation on eating for health and wellbeing. We will also learn more on the general nutritional needs in the aging adult. For planning and scheduling purposes please let us know if you'll be attending.

### **June 10th ... Snack and Learn: Cosmetic Dentistry and Whitening**

Have questions about cosmetic dentistry including whitening tips? Join us on Friday, June 10th at 2:00 PM for this informative snack and learn from the office of Dr. Sisk at Oral Care Partners. For planning and scheduling purposes please call the center to let us know you'll be attending.

### **June 15th ... Musical Performance: The Grace Noters**

Visit with us on Wednesday, June 15th at 2:30 PM the Grace Noters, local dulcimer group, will be playing. This group performed a few months ago and were so well received we had to have them back for another performance. For planning and scheduling purposes please call the center to let us know if you plan to attend.

### **June 16th ... Craft Class: T-Shirt Scarves**

On Thursday, June 16th at 1:00 PM we'll be having a T-shirt Scarf Class. 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. Be sure to stop in and see the sample we have on display in the lobby display case. For planning and scheduling purposes please call the center to sign up for this class.

### **June 16th ... Your Art Class Reception Invitation**

The Karns and the Strang Senior Center Art Classes will be holding a reception on Thursday, June 16th from 6:00—8:00 PM at Karns Senior Center. This engagement is open to the public. Visit the Art Class Reception and see some of the art projects the students have created and meet members of the art class. Light Refreshments served.

### **Friday, June 17th ... Doughnuts for Dad**

We're commemorating Father's Day on Friday, June 17th from 9:00—11:00 AM when we'll be serving up some delicious doughnuts and coffee in the lobby. Doughnuts provided compliments of our friends at Choices in Senior Care. Start your Father's Day Weekend with a sweet treat.



### **June 22nd ... Behavioral Expression in Dementia**

Caring for someone with Alzheimer's and other forms of dementia can be challenging. Understanding behaviors as a means of communication can help decrease caregiver frustration. This presentation by Rebekah Wilson of Choices in Senior Care will explore common behaviors in dementia, how behaviors may be a form of communication, and approach strategies to better support the person living with dementia. For planning and scheduling purposes please RSVP for presentation scheduled for Wednesday, June 22nd at 2:00 PM.

### **June 28th ... Potluck Luncheon**

Make summer fun part of the plan! Let's start with a summer kick-off Potluck with a Luau theme on Tuesday, June 28th beginning at noon. If you have a favorite Hawaiian or other tropical dish please feel free to bring it to the potluck. If you don't have any tropical themed dishes more traditional dishes are just as welcomed. For planning purposes please call the center to let us know you're attending and what dish you plan to bring.



# Karns Senior Center

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

# May 2016

Activities on the calendar followed by an "\*" have a fee to participate.  
Activities listed below in bold please register to participate.

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><b>2</b></p> <p>8:00 Rise-N-Shine Walkers <b>10:00 Art Class*</b> 11:00 SAIL* <b>11:00 Field Trip Mighty Musical</b> 12:45 Beginning Line Dance * <b>1:00 Art Class*</b> 2:15 Intermediate Line Dance* 2:15 Euchre</p>	<p><b>3</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Cardio Mix * <b>1:00 EEOICP Program</b> 12:30 Pinochle 12:30 Cribbage 1:30 Advanced Genealogy 2:30 Yoga*</p>	<p><b>4</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL Exercise* 1:00 Rook 1:00 Canasta 2:00 Jam Session</p> 	<p><b>5</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Art Class*</b> <b>12:00 Wildlife Photography</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>6</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Seated Tai Chi 9:30 Muffins for Moms  9:30 Standing Tai Chi* 10:15 Advanced Tai Chi* 11:15 SAIL* 1:00 Mexican Train Dominoes 1:30 Quilting <b>2:00 Ballroom Dance Class *</b></p>
<p><b>9</b></p> <p>8:00 Rise-N-Shine Walkers <b>10:00 Interm. Computer Class*</b> <b>10:00 Art Class*</b> 11:00 SAIL* 12:45 Beginning Line Dance * <b>1:00 Art Class*</b> 2:15 Intermediate Line Dance* 2:15 Euchre</p>	<p><b>10</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Cardio Mix Exercise * <b>12:00 Potluck Luncheon</b> 12:30 Pinochle 12:30 Cribbage 1:30 Mayor's Budget Meeting 1:30 Beginning Genealogy 2:30 Yoga*</p>	<p><b>11</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Zumba Gold* 9:30 Party Bridge 11: SAIL Exercise* <b>1:00 Three Nice Guys Musical Performance</b> 1:00 Rook 1:00 Canasta 2:00 Book Club</p> 	<p><b>12</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Art Class*</b> <b>12:00 African Photo Safari Program</b> 1:00 Mah Jongg 1:30 Crafting Social <b>2:00 Outsmarting Scammers Presentation</b> 2:30 Yoga*</p>	<p><b>13</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Grief Support 9:00 Seated Tai Chi 10:00 Texas Hold 'em Poker 9:30 Standing Tai Chi* 10:00 Texas Hold 'em Poker 10:15 Advanced Tai Chi* 11:15 SAIL* 1:00 Mexican Train Dominoes <b>2:00 Ballroom Dance Class *</b></p>
<p><b>16</b></p> <p>8:00 Rise-N-Shine Walkers <b>10:00 Interm. Computer Class*</b> <b>10:00 Floral Arrangements</b> <b>10:00 Art Class*</b> 11:00 SAIL* 12:45 Beg Line Dance * <b>1:00 Art Class*</b> 2:15 Intermediate Line Dance* 2:15 Euchre</p>	<p><b>17</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Cardio Mix * 12:30 Pinochle 12:30 Cribbage 12:30 Karns History Club 1:30 Advanced Genealogy 2:30 Yoga*</p>	<p><b>18</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 1:00 Karaoke  1:00 Rook 1:00 Canasta <b>1:00 iPad iPhone Class*</b></p>	<p><b>19</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Art Class*</b> 12:00 NWBPA Meeting 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>20</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Seated Tai Chi 9:00 Veterans Outreach 9:30 Standing Tai Chi* 10:00 Texas Hold 'em Poker 10:15 Advanced Tai Chi* 11:15 SAIL* <b>1:00 iPad iPhone Class*</b> 1:00 Mexican Train Dominoes 1:30 Quilting <b>2:00 Ballroom Dance Class *</b></p>
<p><b>23</b></p> <p>8:00 Rise-N-Shine Walkers <b>10:00 Art Class*</b> 11:00 SAIL* 12:45 Beginning Line Dance* <b>1:00 Art Class*</b> 2:15 Intermediate Line Dance* 2:15 Euchre</p>	<p><b>24</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Cardio Mix * 12:30 Pinochle 12:30 Cribbage 1:30 Beginning Genealogy 2:30 Yoga*</p>	<p><b>25</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL Exercise* 1:00 Rook 1:00 Canasta <b>1:00 iPad iPhone Class*</b> <b>2:00 Yellow Dot Program</b></p>	<p><b>26</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Art Class*</b> <b>11:00 Bingo</b> <b>12:00 Covenant Presents*</b> 1:00 Mah Jongg 1:30 Crafting Social <b>2:00 Life Stressors Presentation</b> 2:30 Yoga*</p>	<p><b>27</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Seated Tai Chi 9:30 Standing Tai Chi* 10:00 Texas Hold 'em Poker 10:15 Advanced Tai Chi* 11:15 SAIL* <b>1:00 iPad iPhone Class*</b> <b>1:00 Toe Nail Trimming*</b> 1:00 Mexican Train Dominoes <b>2:00 Ballroom Dance Class *</b></p>
<p><b>30</b></p> <p><b>Center Closed Memorial Day</b></p> 	<p><b>31</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Cardio Mix * 12:30 Pinochle 12:30 Cribbage 1:30 Advanced Genealogy 2:30 Yoga*</p>	<p><b>Texas Hold 'em Poker</b> Starting Friday, the 13th, at 10:00 AM. Lessons available.</p>	<p><b>Genealogy Classes available.</b> Call the Center for additional information.</p>	<p><b>Ballroom Dance Classes on Fridays.</b> Call the Center to sign up. Class fee is \$10 per class for individual or \$15 per class for couples. Fees payable to the instructor.</p>



# Karns Senior Center

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

# June 2016

Activities on the calendar followed by an "\*" have a fee to participate.  
Activities listed below in bold please register to participate.

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><b>What's new this month?</b> June 2nd ... Diabetic Macular Edema at 12:00 PM June 2nd ... Musical Jam Session at 2:00 PM June 7th ... Lunch &amp; Learn: Clear Captions at 12:00 PM June 8th ... Estate Planning at 2:00 PM June 9th ... Dietitian Presentation at 11:00 AM June 10 ... Cosmetic Dentistry Presentation at 2:00 PM June 15 ... Grace Noters at 2:30 PM June 16th ... T Shirt Scarf Class at 1:00 PM June 16th ... Art Class Reception 6:00—8:00 PM June 17th ... Doughnuts for Dads at 9:00 AM June 22nd .. Behavioral Expressions in Dementia at 2:00 PM June 28th .. Potluck Luncheon at 12:00 PM</p>	<p><b>1</b> 8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 1:00 Rook 1:00 Canasta 2:00 Musical Jam Session</p> 	<p><b>2</b> 8:00 Rise-N-Shine Walkers 9:00 Tone &amp; Tighten * 9:30 Scrabble <b>10:00 Art Class*</b> <b>12:00 Diabetic Macular Edema Presentation</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>3</b> 8:00 Rise-N-Shine Walkers 10:00 Texas Hold 'em Poker 11:15 SAIL* 1:00 Mexican Train Dominoes 1:30 Quilting <b>2:00 Ballroom Dance Class *</b></p>	
<p><b>6</b> 8:00 Rise-N-Shine Walkers <b>10:00 Art Class*</b> 11:00 SAIL* 12:45 Beginning Line Dance * <b>1:00 Art Class*</b> 2:15 Intermediate Line Dance* 2:15 Euchre</p>	<p><b>7</b> 8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Cardio Mix * <b>12:00 Lunch &amp; Learn: Clear Captions</b> 12:30 Pinochle 12:30 Cribbage 1:30 Advanced Genealogy 2:30 Yoga*</p>	<p><b>8</b> 8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 1:00 Rook 1:00 Canasta 2:00 Book Club <b>2:00 Estate Planning</b></p>	<p><b>9</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Art Class*</b> <b>11:00 Dietitian Presentation</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>10</b> 8:00 Rise-N-Shine Walkers 8:30 Grief Support 9:00 Seated Tai Chi 9:30 Standing Tai Chi* 10:00 Texas Hold 'em Poker 10:15 Advanced Tai Chi* 11:15 SAIL* 1:00 Mexican Train Dominoes <b>2:00 Cosmetic Dentistry Presentation</b> <b>2:00 Ballroom Dance Class *</b></p>
<p><b>13</b> 8:00 Rise-N-Shine Walkers <b>10:00 Basic Computer Class*</b> <b>10:00 Art Class*</b> 11:00 SAIL* 12:45 Beg. Line Dance Class * <b>1:00 Art Class*</b> 2:15 Intern. Line Dance* 2:15 Euchre</p>	<p><b>14</b> 8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Cardio Mix * 12:30 Pinochle 12:30 Cribbage 1:30 Beginning Genealogy 2:30 Yoga*</p>	<p><b>15</b> 8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 1:00 Birding &amp; Photography <b>2:30 Grace Noters Mandolin</b> 1:00 Rook 1:00 Canasta</p> 	<p><b>16</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Art Class*</b> <b>1:00 Craft Class: T Shirt Scarves</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*  Art Class Reception 6:00—8:00 PM</p>	<p><b>17</b> 8:00 Rise-N-Shine Walkers 9:00 Veteran Serv. Outreach 9:00 Doughnuts for Dads 9:00 Seated Tai Chi 9:30 Standing Tai Chi* 10:00 Texas Hold 'em Poker 10:15 Advanced Tai Chi* 11:15 SAIL* 1:00 Mexican Train Dominoes 1:30 Quilting <b>2:00 Ballroom Dance Class *</b></p> 
<p><b>20</b> 8:00 Rise-N-Shine Walkers <b>10:00 Basic Computer Class*</b> <b>10:00 Art Class*</b> 11:00 SAIL* 12:45 Beg Line Dance * <b>1:00 Art Class*</b> 2:15 Intern. Line Dance* 2:15 Euchre</p>	<p><b>21</b> 8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Cardio Mix * 12:30 Karns History Club 12:30 Pinochle 12:30 Cribbage 1:30 Advanced Genealogy 2:30 Yoga*</p>	<p><b>22</b> 8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* <b>2:00 Behavioral Expressions in Dementia Presentation</b> 1:00 Rook 1:00 Canasta</p>	<p><b>23</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Art Class*</b> <b>12:00 Covenant Presents*</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>24</b> 8:00 Rise-N-Shine Walkers <b>9:00 Seated Tai Chi</b> <b>9:30 Standing Tai Chi*</b> 10:00 Texas Hold 'em Poker <b>10:15 Advanced Tai Chi*</b> 11:15 SAIL* <b>1:00 Toe Nail Trimming*</b> 1:00 Mexican Train Dominoes <b>2:00 Ballroom Dance Class *</b></p>
<p><b>27</b> 8:00 Rise-N-Shine Walkers <b>10:00 Art Class*</b> 11:00 SAIL* 12:45 Beginning Line Dance * <b>1:00 Art Class*</b> 2:15 Intermediate Line Class* 2:15 Euchre</p>	<p><b>28</b> 8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Cardio Mix * <b>12:00 Potluck Luncheon</b> 12:30 Pinochle 12:30 Cribbage 1:30 Beginning Genealogy 2:30 Yoga*</p>	<p><b>29</b> 8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 1:00 Rook 1:00 Canasta</p>	<p><b>30</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Art Class*</b> 11:00 Bingo 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p> <p><b>Play Euchre Mondays at 2:15 PM</b></p> 	

**KARNS SENIOR CENTER**  
8042 Oak Ridge Hwy • Knoxville, TN 37931  
Phone: 865-951-2653 Fax: 865-951-2530  
[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

PRSR STD  
US POSTAGE  
**PAID**  
KNOXVILLE, TN  
PERMIT NO. 1



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.*

# KARNS SENIOR CENTER