



July  
August  
2016

# KARNS SENIOR CENTER *Navigator ...*



Karns Senior Center will be closed on Monday, July 4th in observation of Independence Day.

## July 8th ... Birds of the Wetlands Photo Slide Show

Mr. Ron Sentell, nature photographer, will be returning on Friday, July 8th at 1:30 PM to share images and sounds of birds from two locations in Tennessee and four locations in Florida. Varieties of Sandhill Cranes, Herons, Egrets, Cormorants, Wood Storks, Black-bellied Whistling Duck and more. Please call the center to pre-register for this educational and entertaining photo slide show.



## July 12th ... Independence Celebration Cookout

In commemoration of Independence Day we'll be having a cookout on Tuesday, July 12th at 12:00 PM. This cookout is sponsored by our friends at WoodmenLife. Again, we welcome Rochelle Cordova to Karns Senior Center who will be providing the hamburgers for this event. Please call the center to let us know you'll be coming and what complimentary side dish you will be providing. Wear your patriotic colors and let's celebrate freedom and America together.

## July 12th ... Budgeting on a Fixed Income

Join Joshua Brandt and Laura Barker from Mutual of Omaha on Tuesday July 19th at 2:00 PM for door prizes, and an open floor discussion addressing issues of living and budgeting on a fixed income; preparing for long-term care expenses, keeping medical costs low, creating tax deferred income, and more. For planning and scheduling purposes please call the center at 951-2653 to let us know you'll be attending.

## July 13th ... The Great Bevarino

Who doesn't like a magic show!? We'll be visited by the Great Bevarino at 1:00 PM for a show that's guaranteed to entertain. Magic is in the air with the Great Bevarino on Wednesday, July 13th.



## July 14th ... Senior Safety

Thursday, July 14th at 11:00 AM Aubrey Maples from the Knoxville Police Department will be visiting to provide a presentation and discussion on senior safety. She will help us identify things we can do to make ourselves less of a target for criminals when we're out in public, at work, and even while in the relative safety of our own home. Aubrey has strategies that can help us all increase our safety and minimize our risk of being the victim of a crime. Please call the center to pre-register for this informative presentation.

## Book Club

Wednesday, July 13th at 2:00 PM

*David and Goliath* by Malcolm Gladwell  
Challenge the way you think about obstacles and disadvantages with this month's selection.

Wednesday, August 10th at 2:00 PM

*The Last Lion: Visions of Glory* by William Manchester. Join a lively discussion about one of the greatest figures of the twentieth century.



**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





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### **July 21 ... Resistance Training Presentation**

Resistance Training is important to the aging adult to assist with maintaining muscle strength, bone health, flexibility and more. Join Mr. Spencer Gross, Certified Personal Trainer on Thursday, July 21st at 11:00 AM as he presents information on resistance training for the senior adult. Learn a variety of exercises including those using body weight alone, the correct way to perform these exercises in maximizing benefits while reducing risk of injury. Your questions welcome.

### **July 26th ... Ginseng: Gold in the Smokey Mountains**

On Tuesday, July 26th at 11:00 AM, UT Master Gardener Janie Bitner will be providing a presentation entitled "Ginseng: Gold in the Smokey Mountains". American ginseng (*Panax quinquefolius*) is a native plant whose medicinal roots have been collected for centuries. Learn about the many characteristics and facts of this cherished woodland plant. We look forward to seeing you at the presentation.

### **August 2nd ... First Anniversary Cookout!**

We're celebrating our one year anniversary with a cookout on Tuesday, August 2nd at 12:00 PM. Special thanks Blake McCoy and our friends at Independent Insurance Consultants of Knoxville for sponsoring our Anniversary Cookout. Hotdogs and hamburgers provided by IIC. Delicious homemade ice cream provided by Don and Sue Reagan. For planning and scheduling purposes please call the center to pre-register if you're attending. Let us know what complimentary side dish you'll be bringing. Look forward to hearing from you. Let's commemorate our one year together.

### **August 2nd ... Creative Writing Class**

Chris Cawood, local attorney and author of thirteen books, will be offering a Creative Writing Class at Karns Senior Center. This class will start on Tuesday, August 2nd at 2:00 PM and will conclude on August 30th. This five week course, of one hour sessions, will cover both fiction and non-fiction writing. Class fee is \$5 per week or \$15 for the five week series. Fees payable to the instructor. Call the Center to sign up for this class. Seats are limited.

### **August 4th ...Kaleidoscope Class**

Learn to create a one-of-a-kind Kaleidoscope with Mr. Bob Grimac on Thursday, August 4th beginning at 12:00 PM. Everything you need to create your own personalized kaleidoscope will be provided in this three hour creative fun-filled class. Make a wonderful keepsake as a gift for friend, family member, or a treasure for yourself. Class fee is \$26 payable to the instructor. For planning and scheduling purposes please RSVP no later than August 1st.

### **August 9th ... Five Secrets to Adding Life to Your Years**

Staying healthy and feeling our best is important as we age. We want to not only add years to our life, but enjoy those years in great health. One of the key things you can do to extend not only the quality of your years but also the quantity, is to make a few simple changes to your lifestyle. Join Drs. Andy and Jennifer Scoles as they share five secrets to adding life to your years on Tuesday, August 9th at 11:00 AM. Please call the center to pre-register for this presentation.



## **Covenant Presents**

Wellness Lunch and Learns at Karns Senior Center

**Thursday, July 7th at 12:00 PM**

Nicole Colella, MS-MPH, RD, LDN, CNSC  
Clinical Nutritionist with Parkwest Medical Center

Presentation: Nutrition and Your Health: Everything you need to know from Gluten free to Portion Control.

**Thursday, August 25th at 12:00 PM**

Dr. David B. Wooten, MD

Medical Director Covenant Palliative Care and Hospice

Presentation: Advanced Directives—What you need to know.

**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



### **August 10th ... CPR/AED Class**

Mr. Lee Rayburn from Rural/Metro Fire Department will be teaching an adult CPR/AED class on Wednesday, August 10th beginning at 12:30 PM. Knowing Cardiopulmonary resuscitation and how to use an automated external defibrillator can help you save a life. This two hour class will also cover interventions and techniques to help save an adult from choking. Earn your two year certification in this free class. Seats are limited. Call the center to sign up today.

### **August 12th ... Humana Vitality**

Healthy Choices deserve good rewards and that's exactly what you receive with Humana Vitality. This wellness and rewards program allow Humana members to earn retail gift cards, fitness trackers, and more. Linda Ramsey will provide us information on Humana Vitality on Friday, August 12th at 1:00 PM. Bring your laptop, tablet, or other device and Linda will show you how to sign up for Vitality and begin earning rewards for your healthy choices. Please call the center at (865) 951-2653 to register to attend this informative program.

### **August 18th ... Car Fit Program**

We take our cars to mechanics for maintenance and repair but sometimes it requires other than just a mechanic to make sure we're safe when driving. That's where Car Fit can help! Car Fit is a fun, educational event designed to help maximize comfort and safety by ensuring the best "fit" between you and your car. It's not a mechanical inspection but, instead, a free individualized checkup which can help you and your car team up better to increase vehicle control and comfort. Car Fit will be offered at Karns Senior Center on Thursday, August 18th starting at 9:00 AM. To schedule your appointment contact Stephanie Milani by phone or email at (865) 862-9252 or [smilani@aaasouth.com](mailto:smilani@aaasouth.com). Car Fit takes about twenty minutes and each driver comes away with customized recommendations and great peace of mind. Car Fit is a national joint effort of AARP, the American Occupational Therapy Association, and AAA.

### **August 18th ... Stress: Mind, Body, and Soul Connection**

Your body responds to the way you think, feel, and act. Dr. Brett Travis, MDiv, D.Min will be speaking with us on Thursday, August 18th at 2:00 PM on stress and related effects on mind, body and soul. Review techniques to express feelings in appropriate ways, developing resiliency, live a balanced life and more. For planning and scheduling purposes please call to pre-register for this program.

### **August 23rd ... Master Gardener: Summer Lawn Care Problems**

Visit on Tuesday, August 23rd at 11:00 AM when Mr. Ron Pearman with the UT Master Gardener Program will be speaking on Summer Lawn Care Problems at Karns Senior Center.

### **August 30th ... Diabetes and Exercise**

Exercise is important and especially when you have diabetes. Join Personal Trainer & Certified Diabetes Exercise Program Coach, Mr. Spencer Gross, on Tuesday, August 30th at 11:00 AM when he will provide a discussion on diabetes and exercise. Your questions are welcome during this informative discussion.

### **August 30th ... Collography Class**

Collography is a layering process of thin materials arranged on a flat surface to produce an ink printing via a printing press. In this class students will learn how to identify, collect, and arrange a variety of thin materials to produce the collography of their choice. This class will start on Tuesday, August 30th at 12:30 PM and spans three days for three hours each day as required to create and complete an ink printing. Instructor providing printing press, paper, and ink. Class fee is \$30 payable to the instructor. Seats are limited. Call the center to sign up for this class.



### **August 31st ... Scotland & Scots-Irish Presentation**

Author, history enthusiast and professional genealogist, Mr. Ron Jones will visit with us on Wednesday, August 31st at 1:00 PM and provide a presentation on Scotland and Scots-Irish in East Tennessee. Mr. Jones the author of Sons of the American Revolution Ancestors, Sons of Confederate Veterans Ancestors, and Eight Years a Soldier will share the struggles and triumphs of some of the earliest pioneers to this region.



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Knoxville, TN 37931-2317  
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# July 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>            July 7th ... Covenant Presents Luncheon at 12:00 PM            July 8th ... Birds of the Wetlands Slide Show at 1:30 PM            July 12th ... Cookout sponsored by WoodmenLife at 12:00 PM            July 12th ... Budgeting Presentation at 2:00 PM            July 13th ... Bevarino The Magician at 1:00 PM            July 14th ... Senior Safety Presentation at 11:00 AM            July 15th ... Veteran Services Representative at 9:00 AM            July 20th ... Birding &amp; Photography at 1:00 PM            July 26th ... Master Gardener: Ginseng at 11:00 AM            July 27th ... Field Trip: Market Square at 10:30 AM            July 28th ... Last Thursday Bingo at 11:00 AM</p> 	<p><b>Beginning Computer Class</b>            starting            July 11th. Class fee \$5.            Call to register today.</p> 	<p><b>Zumba Gold Exercise Class</b>  <b>Wednesdays at 9:30 AM</b></p> 	<p><b>1</b>            8:00 Rise-N-Shine Walkers  <b>9:00 Seated Tai Chi</b>            9:00 Party Bridge  <b>9:30 Standing Tai Chi*</b>            10:00 Texas Hold 'em Poker  <b>10:30 Advanced Tai Chi*</b>            11:00 SAIL*  <b>1:00 Paint with Kim</b>            1:00 Mexican Train Dominoes            1:00 Ping Pong</p>	
<p><b>4</b>  <b>Center Closed</b></p>  <p><b>Independence Day</b></p>	<p><b>5</b>            8:00 Rise-N-Shine Walkers            9:30 Hand &amp; Foot Cards            9:00 Cardio Mix *            12:30 Pinochle            1:30 Genealogy            2:30 Yoga*</p>	<p><b>6</b>            8:00 Rise-N-Shine Walkers            9:00 Party Bridge            9:30 Zumba Gold*            11:00 SAIL*            1:00 Rook            1:00 Canasta            2:00 Musical Jam Session</p> 	<p><b>7</b>            8:00 Rise-N-Shine Walkers            9:00 Cardio Mix *            9:30 Scrabble  <b>12:00 Covenant Presents *</b>            1:00 Mah Jongg            1:30 Crafting Social            2:30 Yoga*</p>	<p><b>8</b>            8:00 Rise-N-Shine Walkers            8:30 Grief Support  <b>9:00 Seated Tai Chi</b>            9:00 Party Bridge  <b>9:30 Standing Tai Chi*</b>            10:00 Texas Hold 'em Poker  <b>10:30 Advanced Tai Chi*</b>            11:00 SAIL*            1:00 Mexican Train Dominoes            1:00 Ping Pong  <b>1:30 Birds of the Wetlands</b></p>
<p><b>11</b>            8:00 Rise-N-Shine Walkers            8:00 Ping Pong  <b>10:00 Computer Class*</b>            11:00 SAIL*  <b>12:45 Beginning Line Dance Class *</b>  <b>1:00 Art Class*</b>  <b>2:15 Intermediate Line Dance Class*</b></p>	<p><b>12</b>            8:00 Rise-N-Shine Walkers            9:30 Hand &amp; Foot Cards            9:00 Cardio Mix *  <b>12:00 Cookout</b>            12:30 Pinochle            1:30 Genealogy  <b>2:00 Budgeting Presentation</b>            2:30 Yoga*</p> 	<p><b>13</b>            8:00 Rise-N-Shine Walkers            9:00 Party Bridge            9:30 Zumba Gold*            11:00 SAIL*  <b>1:00 Bevarino The Great Magician</b>            1:00 Rook            1:00 Canasta            2:00 Book Club</p> 	<p><b>14</b>            8:00 Rise-N-Shine Walkers            9:00 Cardio Mix *            11:00 Bingo  <b>11:00 Senior Safety</b>            9:30 Scrabble            1:00 Walgreens Presents            1:00 Mah Jongg            1:30 Crafting Social            2:30 Yoga*</p>	<p><b>15</b>            8:00 Rise-N-Shine Walkers            9:00 Veteran Services Rep.  <b>9:00 Seated Tai Chi</b>            9:00 Party Bridge  <b>9:30 Standing Tai Chi*</b>            10:00 Texas Hold 'em Poker  <b>10:30 Advanced Tai Chi*</b>            11:00 SAIL*            1:00 Mexican Train Dominoes            1:00 Ping Pong</p>
<p><b>18</b>            8:00 Rise-N-Shine Walkers            8:00 Ping Pong  <b>10:00 Computer Class*</b>            11:00 SAIL*  <b>12:45 Beginning Line Dance Class *</b>  <b>1:00 Art Class*</b>  <b>2:15 Intermediate Line Dance Class*</b>  <i>Early Voting</i></p>	<p><b>19</b>            8:00 Rise-N-Shine Walkers            9:30 Hand &amp; Foot Cards            9:00 Cardio Mix *            12:30 Pinochle            1:30 Genealogy            2:30 Yoga*</p> <p><i>Early Voting</i></p>	<p><b>20</b>            8:00 Rise-N-Shine Walkers            9:00 Party Bridge            9:30 Zumba Gold*            11:00 SAIL*            1:00 Birding &amp; Photography            1:00 Rook            1:00 Canasta</p> <p><i>Early Voting</i></p>	<p><b>21</b>            8:00 Rise-N-Shine Walkers            9:00 Cardio Mix *            11:00 Resistance Training            9:30 Scrabble            1:00 Mah Jongg            1:30 Crafting Social            2:30 Yoga*</p> <p><i>Early Voting</i></p>	<p><b>22</b>            8:00 Rise-N-Shine Walkers  <b>9:00 Seated Tai Chi</b>            9:00 Party Bridge  <b>9:30 Standing Tai Chi*</b>            10:00 Texas Hold 'em Poker  <b>10:30 Advanced Tai Chi*</b>            11:00 SAIL*            1:00 Mexican Train Dominoes            1:00 Ping Pong</p> <p><i>Early Voting</i></p>
<p><b>25</b>            8:00 Rise-N-Shine Walkers            8:00 Ping Pong            11:00 SAIL*  <b>12:45 Beginning Line Dance Class *</b>  <b>1:00 Art Class*</b>  <b>2:15 Intermediate Line Dance Class*</b>  <i>Early Voting</i></p>	<p><b>26</b>            8:00 Rise-N-Shine Walkers            9:30 Hand &amp; Foot Cards            9:00 Cardio Mix *            11:00 Master Gardener: Ginseng Presentation            12:30 Pinochle            1:30 Genealogy            2:30 Yoga*</p> <p><i>Early Voting</i></p>	<p><b>27</b>            8:00 Rise-N-Shine Walkers            9:00 Party Bridge            9:30 Zumba Gold*  <b>10:45 Field Trip: Market Square</b>            11:00 SAIL*            1:00 Rook            1:00 Canasta</p> <p><i>Early Voting</i></p>	<p><b>28</b>            8:00 Rise-N-Shine Walkers            9:00 Cardio Mix *            9:30 Scrabble  <b>11:00 Bingo</b>            1:00 Mah Jongg            1:30 Crafting Social            2:30 Yoga*</p>  <p><i>Early Voting</i></p>	<p><b>29</b>            8:00 Rise-N-Shine Walkers  <b>9:00 Seated Tai Chi</b>            9:00 Party Bridge  <b>9:30 Standing Tai Chi*</b>            10:00 Texas Hold 'em Poker  <b>10:30 Advanced Tai Chi*</b>            11:00 SAIL*  <b>12:30 Toe Nail Trimming*</b>            1:00 Mexican Train Dominoes</p> <p><i>Early Voting</i></p>



# Karns Senior Center

8042 Oak Ridge Hwy.,  
Knoxville, TN 37931-2317

Ph: (865) 951-2653

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# August 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>1</b></p> <p>8:00 Rise-N-Shine Walkers 8:00 Ping Pong <b>10:00 Art Class*</b> 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> 1:00 Art Class* <b>2:15 Intermediate Line</b></p>	<p><b>2</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Hand &amp; Foot Cards 9:00 Cardio Mix * <b>12:00 Anniversary Cookout With IIC of Knoxville</b> 12:30 Pinochle 12:30 Cribbage 1:30 Genealogy <b>2:00 Creative Writing*</b> 2:30 Yoga* </p>	<p><b>3</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 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>4</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>12:00 Kaleidoscope Class*</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>5</b></p> <p>8:00 Rise-N-Shine Walkers <b>9:00 Seated Tai Chi</b> 9:00 Party Bridge <b>9:30 Standing Tai Chi*</b> 10:00 Texas Hold 'em Poker <b>10:30 Advanced Tai Chi*</b> 11:00 SAIL* 1:00 Ping Pong 1:00 Mexican Train Dominoes</p>
<p><b>8</b></p> <p>8:00 Rise-N-Shine Walkers 8:00 Ping Pong <b>10:00 Art Class*</b> 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> 1:00 Art Class* <b>2:15 Intermediate Line</b></p>	<p><b>9</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Hand &amp; Foot Cards 9:00 Cardio Mix * <b>11:00 Life to Your Years Program</b> 12:30 Pinochle 12:30 Cribbage 1:30 Genealogy <b>2:00 Creative Writing*</b> 2:30 Yoga*</p>	<p><b>10</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* <b>12:30 CPR/AED Class</b> 1:00 Rook 1:00 Canasta 2:00 Book Club</p>	<p><b>11</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>11:30 AARP Driving Class*</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga* </p>	<p><b>12</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Grief Support 9:00 Party Bridge 10:00 Texas Hold 'em Poker <b>11:30 AARP Driving Class*</b> 11:00 SAIL* 1:00 Mexican Train Dominoes <b>1:00 Humana Vitality</b></p>
<p><b>15</b></p> <p>8:00 Rise-N-Shine Walkers 8:00 Ping Pong <b>10:00 Art Class*</b> 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> 1:00 Art Class* <b>2:15 Intermediate Line</b></p>	<p><b>16</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Hand &amp; Foot Cards 9:00 Cardio Mix * 12:30 Karns History Club 12:30 Pinochle 12:30 Cribbage 1:30 Genealogy <b>2:00 Creative Writing*</b> 2:30 Yoga*</p>	<p><b>17</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 1:00 Car Fit Volunteer Training 1:00 Birding &amp; Photography 1:00 Rook 1:00 Canasta</p>	<p><b>18</b></p> <p>8:00 Rise-N-Shine Walkers <b>9:00 Car Fit Program</b> 9:00 Cardio Mix * 9:30 Scrabble 12:00 NWBPA Meeting 1:00 Mah Jongg 1:30 Crafting Social <b>2:00 Coping Presentation</b> 2:30 Yoga*</p>	<p><b>19</b></p> <p>8:00 Rise-N-Shine Walkers <b>9:00 Seated Tai Chi</b> 9:00 Vet. Services 9:00 Party Bridge <b>9:30 Standing Tai Chi*</b> 10:00 Texas Hold 'em Poker <b>10:30 Advanced Tai Chi*</b> 11:00 SAIL* 1:00 Mexican Train Dominoes 1:00 Ping Pong</p>
<p><b>22</b></p> <p>8:00 Rise-N-Shine Walkers 8:00 Ping Pong <b>10:00 Art Class*</b> 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> 1:00 Art Class* <b>2:15 Intermediate Line</b></p>	<p><b>23</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Hand &amp; Foot Cards 9:00 Cardio Mix * 11:00 Master Gardener: Summer Lawn Care 12:30 Pinochle 12:30 Cribbage 1:30 Genealogy <b>2:00 Creative Writing*</b> 2:30 Yoga*</p>	<p><b>24</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 1:00 Rook 1:00 Canasta 1:00 Karaoke </p>	<p><b>25</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>11:00 Field Trip: WDVX</b> 11:00 Bingo <b>12:00 Covenant Presents*</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga* </p>	<p><b>26</b></p> <p>8:00 Rise-N-Shine Walkers <b>9:00 Seated Tai Chi</b> 9:00 Party Bridge <b>9:30 Standing Tai Chi*</b> 10:00 Texas Hold 'em Poker <b>10:30 Advanced Tai Chi*</b> 11:00 SAIL* <b>12:30 Toe Nail Trimming*</b> 1:00 Mexican Train Dominoes 1:00 Ping Pong</p>
<p><b>29</b></p> <p>8:00 Rise-N-Shine Walkers 8:00 Ping Pong 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> 1:00 Art Class* <b>2:15 Intermediate Line</b></p>	<p><b>30</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Hand &amp; Foot Cards 9:00 Cardio Mix * 11:00 Diabetes &amp; Exercise Presentation 12:30 Pinochle, Cribbage <b>12:30 Colography Class*</b> 1:00 Walgreens Presents 1:30 Genealogy <b>2:00 Creative Writing*</b> 2:30 Yoga*</p>	<p><b>31</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* <b>12:30 Colography Class*</b> 1:00 Rook 1:00 Canasta 1:00 Scotland and the Scot-Irish</p>	<p><b>Field Trip: WDVX</b> Thursday, August 25th, 11:00 AM Live Studio Broadcast with the Willowwacks. Seats are limited Call the Center to sign up.</p> <p><b>Bingo</b> Last Thursday of each month at 11:00 AM. Bring a White Elephant Gift of approximate \$5 value and play!</p> 	

**KARNS SENIOR CENTER**  
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[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

PRSR STD  
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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, July 7, 2016**

**Nicole Colella, MS-MPH, RD, LDN, CNSC**  
Clinical Nutritionist, Parkwest Medical Center

***Nutrition and Your Health:***

*Everything you need to know from gluten free to portion control*

**Thursday, August 25, 2016**

**David B. Wooten, MD**

Medical Director, Covenant Palliative Care and Hospice

***Advanced Directives - What You Need to Know***

*There is a program fee of \$5.00. Event begins at noon with lunch available for those who register. Call 865-541-4500 for reservations.*

# KARNS SENIOR CENTER