



September
October 2016

KARNS SENIOR CENTER

The *Navigator*

Karns Senior Center will be closed on Monday, September 5th in observation of Labor Day and Friday, September 16th for the Senior Appreciation Picnic at John Tarleton Park.

You're Invited!

Knox County Mayor Tim Burchett's Senior Appreciation Picnic will be on Friday, September 16th from 11:30 AM to 1:30 PM at John Tarleton Park, 3201 Division Street. Please note that all Knox County Senior Centers will be closed the day of the picnic. You are invited to join Mayor Burchett and his staff for the 10th Annual Mayor's Senior Appreciation Picnic. The celebration is a county-wide tribute to express Knox County's appreciation and commitment to senior citizens. This is a free event for all Knox County seniors. There will be free food, activities, and live entertainment, featuring the Chillbillies. Enjoy the expo tents where vendors will be set up to provide all sort of information and giveaways.

To RSVP for the picnic please call (865) 215-4007 by September 9th. The first 100 seniors to register IN PERSON to go to the picnic at one of the six Knox County Senior Centers, will receive a beautiful T-shirt to wear to the picnic. T-shirts are courtesy of our Platinum Sponsors; Independent Insurance Consultants (IIC), Northshore Senior Living/Oakwood Senior Living/Knox High Senior Living. Be sure to visit their booths at the picnic for fun activities.

We will have transportation from Karns Senior Center to John Tarleton Park courtesy of CAC. Seats are limited. Please call Karns Senior Center to register for transportation.

September 8th ... Meals for One, Meals for Two

Dietitian, Elizabeth Hall, from Food City returns on Thursday, September 8th for a presentation at 11:00 AM. Elizabeth will be talking about preparing healthy, nutritious and tasty meals large enough for one or two depending on your needs. For planning and scheduling purposes please pre-register by calling the center.

September 13th ... Sayonara Summer Cookout

Tuesday, September 13th at 12:00 PM we'll be having a hamburger and hotdog cookout provided by our friends at Y12 Federal Credit Union. Please call the center to let us know you'll be coming and what side dish you plan to bring. We look forward to seeing you for our September Sayonara Summer Cookout!

September 14th ... Falls Prevention Presentation

Mr. Don Parsley, Tai Chi instructor, believes fall prevention is one of the keys to maintaining independence as we age. Mr. Parsley will cover techniques on preventing falls as well as exercises you can perform to help reduce risk of falling. Knox County Health Department will provide Home Safety Toolkits to the first thirty attendees. Benchmark Physical Therapy will be providing free balance screenings. Please RSVP by calling the center. Join us for falls prevention.

September 15th ... A Photographic Tour of Germany

Ready for a journey? World Adventurers and Photographers, Ed and Lauren Langston, return on Thursday, September 15th at 1:30 PM. They will be sharing a photo slide show of their trip to Germany. See their photos and hear about their visit to Germany. Please call to pre-register if you plan to attend.

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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Senior Walking Group

September 8th ...New Harvest Park Walk

Join Tara and Jessica for a walk at New Harvest Park (4775 New Harvest Ln., Knoxville, TN 37918) on Thursday, September 8th. Meet up at New Harvest Park at 1:30 PM for a two to three mile walk. Afterwards, the group will be visiting the Farmer's Market. It's a great opportunity to get in some exercise, make new friends, and browse and purchase some produce from local vendors. For additional information and to sign up call the Carter Senior Center at (865) 932-2939.

October 11th ... UT Arboretum Walk

Join Darrell on Tuesday, October 11th at 1:45 PM for a walk on the trails at the UT Arboretum (901 S. Illinois Ave., Oak Ridge, TN 37839). Prepare for an approximately three mile walk. The walk will be over graveled pathways and will include traversing some fairly steep inclines. We will also meet Mr. Kevin Hoyt, the Arboretum Director, who will provide information about the variety of trees and projects at the Arboretum. For additional information and to sign up call the Karns Senior Center at (865) 951-2653.

September 21st ... iPad iPhone Class

iPad/iPhone class with Mr. John Mills starting Wednesday, September 21st at 1:00 PM. Please bring your iPad to class to learn how to get the most from your iPad. Class fee \$10 payable to the instructor. Call the senior center for additional information and to sign up for this class.

September 23rd ... Snack and Learn: Veteran Services Presentation

Join Mark Lett, Deputy Veteran Service Officer, at 8:00 AM on Friday, September 23rd for an overview of Veterans benefits. Vietnam Veterans of America Captain Bill Robinson Chapter 1078 will provide coffee and doughnuts. Your questions welcome. Please call to pre-register for this informative presentation.

September 23rd ... Market Day

Visit Karns Senior Center on Friday, September 23rd from 1:00 PM—4:30 PM for Market Day. Market Day will feature a variety of items for sale; crafts, baked goods, household items, and more. We're also looking for vendors who have items for sale. If you're interested in renting a table at our Market Day to sell your items please call the Center at (865) 951-2653 for additional details. No telling what you'll find that you just can't live without.

September 27th ... Bingo with Sisk Dental

Light refreshments will be served on Tuesday, September 27th at 2:00 PM by Sisk Dental when they provide a game of Bingo. Stop in and play and have a chance to win a rare Coach bag. Dental care information will be available. For planning and scheduling purposes please call the center and let us know you're coming.

September 29th ...Tour of Scotland

Welcome world travelers, Ron and Sharon McConathy on Thursday, September 29th at 1:00 PM when they will be sharing their photographic adventures of Scotland. Wonderful stories and awe inspiring scenery awaits you. For planning purposes please call the center to let us know if you'll be coming.

October 4th ...Thomas Jefferson Presentation

Meet Mr. John Peach on Tuesday, October 4th at 1:00 PM. Mr. Peach has written over ten history novels. The past comes alive with this informative and educational presentation on one of America's most interesting presidents. Mr. Peach comes dressed in full costume as our third president to provide information on President Jefferson's morality, character, and religion. Please RSVP by calling the center.

Covenant Presents

Wellness Lunch and Learns at
Karns Senior Center

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

Thursday, September 22th at 12:00 PM

Dr. Joel Norman, MD
Neurosurgeon with Tennessee Brain and Spine, Fort Sanders Regional
Presentation: Minimally Invasive Spinal Surgery

Thursday, October 13th at 12:00 PM

Dr. Amanda Squires, MD
Radiologist, Parkwest Comprehensive Breast Center
Presentation: 3D Mammography



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Medicare Open Enrollment season is here. There are a variety of insurance providers visiting Karns Senior Center throughout September and October to provide information on the upcoming changes and options available. Please consult the activity calendars for scheduled Medicare presentations.

October 4th ... Guitar Lessons

Want to learn to play the guitar? Now is the time! We will be offering beginning guitar lessons starting Tuesday, October 4th. Class will meet Tuesday mornings at 10:30 AM for four consecutive Tuesdays. Students will need to bring their own acoustic guitar. Class fee is \$4 payable to the instructor. Seats are limited. Call 865-951-2653 to sign up today.

October 6th ... Focus on a Fixed Income

Making sure your investments provide you with a stable income is one of the smartest things you can do. This seminar, provided by Edward Jones, will help you learn about the different types of fixed-income investments and how they can help you reach your financial goals. Refreshments will be served. For planning purposes please call the center to pre-register for this presentation scheduled for Thursday, October 6th at 11:00 AM.

October 6th ... Pinterest, Instagram, and Twitter

We're offering a class on Pinterest, Instagram, and Twitter on Thursday, October 6th from 1:00—3:00 PM. This class will cover the basics on understanding these popular websites. Learn the basics and how to get the most from what they have to offer. Class fee is \$15. Please contact the center to sign up for this class and to obtain additional information on what you will need to bring to class.



October 7th ... Fall Fashion Tips

Lauren Monahan, Ms. Senior Tennessee, will be sharing her Autumn makeup tips, products and ideas on how you can look and feel your very best on Friday, October 7th at 1:00 PM. You will learn some simple yet effective fashion ideas on accessorizing and using your best Fall colors. Lauren will also share some easy tricks and products readily available. Have fun and join us as we provide information you can use on how to look your best for Fall! For planning and scheduling purposes please call to pre-register for this presentation.

October 11th ... Potluck Luncheon

We will be having an Autumn Potluck on Tuesday, October 11th at 12:00 PM. Bring a covered dish whether it be a meat, vegetable or fruit dish, or dessert. For planning and scheduling purposes please call to pre-register and let us know what dish you'll be bringing. Look forward to seeing you at the Potluck Luncheon.

October 11th ... Snack & Learn: Clear Captions Communication

Audiologist studies indicate that 1 out of every 3 seniors suffer from hearing loss. 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. Join Mr. Jeff Bales from Clear Captions on Tuesday, October 11th at 2:00 PM to learn more about this program. Light refreshments will be served. For scheduling and planning purposes please call to pre-register if you plan on attending.

October 14th ... Field Trip: Three Rivers Rambler

Ready for a train ride? Our friends at Independent Insurance Consultants of Knoxville have generously made possible a limited number of tickets for the Three Rivers Rambler for Friday, October 14th. See the changing color of the leaves with a ninety minute excursion. Only forty-six seats are available! Call the center today to sign up for the field trip and obtain additional information.



Book Club at Karns Senior Center

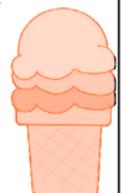
Wednesday, September 14th at 2:00 PM
War Brides by Helen Bryan. The lives of five women collide in a sleepy little village in 1939.



Wednesday, October 12th at 2:00 PM
The Pilgrim at Tinker Creek by Annie Dillard. An account of a dramatic year in Virginia's Roanoke Valley.

Monday Treats

Throughout the months of September and October we're having treats on Monday. Some of our treats will be in the morning and others in the afternoon. Be sure to check the calendar for the time. Special thanks to our sponsors for bringing us some refreshing Monday Treats.





Karns Senior Center

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

September 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)

What's New This Month?

September 8th ... Dietary Presentation by Elizabeth Hall
September 8th ... Senior Walk at New Harvest Park
September 13th ... Cookout sponsored by Y12 Federal Credit Union
September 14th ... Falls Prevention Program
September 15th ... Germany: Photo Tour by Ed & Lauren Langston
September 16th ... Senior Appreciation Picnic at John Tarleton Park
September 20th ... Mutual of Omaha Presentation
September 21st ... iPhone iPad Class Starts
September 23rd ... Veteran Services Benefits Presentation
September 29th ... Scotland: Photo Tour by Ron McConathy

Snack & Learn
Mutual of Omaha presents their third installation in the "Freedom" Series on Tuesday, September 20th at 2:00 PM please call the Center to pre-register.

1
8:00 Rise-N-Shine Walkers
9:00 Cardio Mix *
9:30 Scrabble
12:30 Collography Class*
1:00 Mah Jongg
1:00 Crafting Social
2:30 Yoga*

2
8:00 Rise-N-Shine Walkers
8:30 Seated Tai Chi
9:00 Standing Tai Chi*
10:00 Texas Hold 'em Poker
10:15 Advanced Tai Chi*
11:00 SAIL*
12:30 Collography Class*
1:00 Mexican Train Dominoes
1:00 Ping Pong

5
Center Closed
Labor Day



6
8:00 Rise-N-Shine Walkers
9:00 Cardio Mix *
9:30 Hand & Foot Cards
10:00 Ping Pong
12:30 Pinochle
12:30 Cribbage
1:30 Genealogy Class
2:30 Yoga*

7
8:00 Rise-N-Shine Walkers
8:30 Chair Zumba*
9:00 Bridge
9:30 Zumba Gold*
11:00 SAIL*
1:00 Rook
1:00 Canasta
2:00 Musical Jam Session



8
8:00 Rise-N-Shine Walkers
9:00 Cardio Mix *
9:30 Scrabble
11:00 Small Meals
1:00 Mah Jongg
1:00 Crafting Social
1:00 Ping Pong
1:30 New Harvest Park Walk
2:30 Yoga*

9
8:00 Rise-N-Shine Walkers
8:30 Grief Support
8:30 Seated Tai Chi
9:00 Standing Tai Chi*
10:00 Texas Hold 'em Poker
10:15 Advanced Tai Chi*
11:00 SAIL*
1:00 Mexican Train Dominoes
1:00 Ping Pong

12
8:00 Rise-N-Shine Walkers
8:30 Ping Pong
10:00 Art Class*
11:00 SAIL*
12:45 Beginning Line Dance *
1:00 Monday Treat
1:00 Art Class*
2:15 Intermediate Line Dance*
2:15 Euchre

13
8:00 Rise-N-Shine Walkers
9:00 Cardio Mix *
9:30 Hand & Foot Cards
12:00 Cookout
12:30 Pinochle
12:30 Cribbage
1:30 Genealogy Class
2:30 Yoga*



14
8:00 Rise-N-Shine Walkers
8:30 Chair Zumba*
9:00 Bridge
9:30 Zumba Gold*
11:00 SAIL*
12:30 Tai Chi Class *
1:00 Rook
1:00 Canasta
2:00 Book Club
3:00 Falls Prevention Program

15
8:00 Rise-N-Shine Walkers
9:00 Cardio Mix *
9:30 Scrabble
1:00 Mah Jongg
1:30 Langston Germany Photo Program
1:00 Crafting Social
2:30 Yoga*

16
Center Closed
Join us at John Tarleton Park for the 10th Annual Knox County Mayor's Senior Appreciation Picnic
11:30 AM—1:30 PM

19
8:00 Rise-N-Shine Walkers
8:30 Ping Pong
10:00 Art Class*
11:00 SAIL*
12:45 Beginning Line Dance Class *
1:00 Monday Treat
1:00 Art Class*
2:15 Intermediate Line Dance*
2:15 Euchre



20
8:00 Rise-N-Shine Walkers
9:00 Cardio Mix *
9:30 Hand & Foot Cards
12:00 Ping Pong
12:30 Karns History Club
12:30 Pinochle
12:30 Cribbage
1:30 Genealogy Class
2:00 Mutual Omaha 'Freedom' Presentation
2:30 Yoga*

21
8:00 Rise-N-Shine Walkers
8:30 Chair Zumba*
9:00 Bridge
9:30 Zumba Gold*
11:00 SAIL*
1:00 Birding & Photography: Fall Migration
1:00 Rook
1:00 Canasta
1:00 iPad/iPhone Class*



22
8:00 Rise-N-Shine Walkers
9:00 Cardio Mix *
9:30 Scrabble
12:00 Covenant Presents*
1:00 Mah Jongg
1:00 Crafting Social
2:30 Yoga*

Covenant Hotline: 541-4500

23
8:00 Rise-N-Shine Walkers
8:00 Veterans Benefits Presentation
8:30 Seated Tai Chi
9:00 Vet. Services Outreach
9:00 Standing Tai Chi*
10:00 Texas Hold 'em Poker
10:15 Advanced Tai Chi*
11:00 SAIL*
1:00 Mexican Train Dominoes
1:00 Market Day
1:00 iPad/iPhone Class*

26
8:00 Rise-N-Shine Walkers
8:30 Ping Pong
10:00 Art Class*
11:00 SAIL*
12:45 Beginning Line Dance *
1:00 Monday Treat
1:00 Art Class*
2:15 Intermediate Line Dance Class*
2:15 Euchre



27
8:00 Rise-N-Shine Walkers
9:00 Cardio Mix *
9:30 Hand & Foot Cards
12:30 Pinochle
12:30 Cribbage
1:30 Genealogy Class
2:00 Bingo by Sisk Dental
2:30 Yoga*

28
8:00 Rise-N-Shine Walkers
8:30 Chair Zumba*
9:00 Bridge
9:30 Zumba Gold*
11:00 SAIL*
1:00 Rook
1:00 Canasta
1:00 iPad/iPhone Class*

29
8:00 Rise-N-Shine Walkers
9:00 Cardio Mix *
9:30 Scrabble
11:00 Monthly Bingo
1:00 Mah Jongg
1:00 Scotland Photo Program
1:00 Crafting Social & Luncheon
2:30 Yoga*



30
8:00 Rise-N-Shine Walkers
8:30 Seated Tai Chi
9:00 Standing Tai Chi*
10:00 Texas Hold 'em Poker
10:15 Advanced Tai Chi*
11:00 SAIL*
12:30 Toe Nail Trimming*
1:00 Mexican Train Dominoes
1:00 Ping Pong
1:00 iPad/iPhone Class*



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<p>3</p> <p>8:00 Rise-N-Shine Walkers 8:30 Ping Pong 11:00 SAIL* 12:45 Beginning Line Dance * 1:00 Monday Treat 2:15 Intermediate Line Dance* 2:15 Euchre</p>	<p>4</p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Hand & Foot Cards 10:00 Ping Pong 10:30 Guitar Lessons * 12:30 Pinochle & Cribbage 1:00 John Peach's Thomas Jefferson Presentation 1:30 Genealogy Class 2:30 Yoga*</p>	<p>5</p> <p>8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:00 Bridge 9:30 Zumba Gold* 11:00 SAIL* 1:00 Rook 1:00 Canasta 2:00 Musical Jam Session</p> 	<p>6</p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble 11:00 Edward Jones Fixed Income Presentation 1:00 Mah Jongg 1:00 Crafting Social 1:00 Pinterest, Instagram, Twitter Class* 2:30 Yoga*</p>	<p>7</p> <p>8:00 Rise-N-Shine Walkers 8:30 Seated Tai Chi 9:00 Standing Tai Chi* 10:00 Texas Hold 'em Poker 10:15 Advanced Tai Chi* 11:00 SAIL* 1:00 Mexican Train Dominoes 1:00 Ping Pong 1:00 Fall Fashion Tips</p>
<p>10</p> <p>8:00 Rise-N-Shine Walkers 8:30 Ping Pong 11:00 SAIL* 12:45 Beginning Line Dance * 1:00 Monday Treat 2:15 Intermediate Line Dance * 2:15 Euchre</p>	<p>11</p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Hand & Foot Cards 10:30 Guitar Lessons * 12:00 Potluck 12:30 Pinochle & Cribbage 1:30 Genealogy Class 1:45 UT Arboretum Walk 2:00 Clear Captions Presentation 2:30 Yoga*</p>	<p>12</p> <p>8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:00 Bridge 9:30 Zumba Gold* 11:00 SAIL* 1:00 Medicare Presentation 1:00 Rook 1:00 Canasta 2:00 Book Club</p>	<p>13</p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble 12:00 Covenant Presents* 1:00 Mah Jongg 1:00 Crafting Social 2:30 Yoga*</p> <p>Covenant Hotline 541-4500</p>	<p>14</p> <p>8:00 Rise-N-Shine Walkers 8:30 Grief Support 8:30 Seated Tai Chi 9:00 Standing Tai Chi* 10:00 Texas Hold 'em Poker 10:15 Advanced Tai Chi* 11:00 Field Trip: Three Rivers Rambler 11:00 SAIL* 1:00 Mexican Train Dominoes 1:00 Ping Pong</p> 
<p>17</p> <p>8:00 Rise-N-Shine Walkers 8:30 Ping Pong 9:00 Monday Treat 11:00 SAIL* 12:45 Beginning Line Dance * 2:15 Intermediate Line Dance* 2:15 Euchre</p>	<p>18</p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Hand & Foot Cards 10:00 Ping Pong 10:30 Guitar Lessons * 12:30 Karns History Club 12:30 Pinochle & Cribbage 1:30 Genealogy Class 2:30 Yoga*</p>	<p>19</p> <p>8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:00 Bridge 9:30 Zumba Gold* 11:00 SAIL* 1:00 Medicare Presentation 1:00 Rook 1:00 Canasta</p> <p><i>Early Voting</i></p>	<p>20</p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble 12:30 NWBPA Meeting 1:00 Mah Jongg 1:00 Crafting Social 2:30 Yoga*</p> <p><i>Early Voting</i></p>	<p>21</p> <p>8:00 Rise-N-Shine Walkers 8:30 Seated Tai Chi 9:00 Veteran Services 9:00 Standing Tai Chi* 10:00 Texas Hold 'em Poker 10:15 Advanced Tai Chi* 11:00 SAIL* 12:30 Toe Nail Trimming* 1:00 Mexican Train Dominoes</p> <p><i>Early Voting</i></p>
<p>24</p> <p>8:00 Rise-N-Shine Walkers 8:30 Ping Pong 11:00 SAIL* 12:45 Beginning Line Dance * 1:00 Monday Treat 2:15 Intermediate Line Dance* 2:15 Euchre</p> <p><i>Early Voting</i></p>	<p>25</p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Hand & Foot Cards 10:00 Ping Pong 10:30 Guitar Lessons * 12:30 Pinochle & Cribbage 1:30 Genealogy Class 2:30 Yoga*</p> <p><i>Early Voting</i></p>	<p>26</p> <p>8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:00 Bridge 9:30 Zumba Gold* 11:00 SAIL* 1:00 Medicare Presentation 1:00 Rook 1:00 Canasta</p> <p><i>Early Voting</i></p>	<p>27</p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble 11:00 Bingo with Cindy 1:00 Mah Jongg 1:00 Crafting Social 2:30 Yoga*</p>  <p><i>Early Voting</i></p>	<p>28</p> <p>8:00 Rise-N-Shine Walkers 8:30 Seated Tai Chi 9:00 Standing Tai Chi* 10:00 Texas Hold 'em Poker 10:15 Advanced Tai Chi* 11:00 SAIL* 1:00 Mexican Train Dominoes</p> <p><i>Early Voting</i></p>
<p>31</p> <p>8:00 Rise-N-Shine Walkers 8:30 Ping Pong 11:00 SAIL* 12:45 Beginning Line Dance * 1:00 Monday Treat 2:15 Intermediate Line Dance* 2:15 Euchre</p> <p><i>Early Voting</i></p>	<p><i>Meet John Peach as Mr. Thomas Jefferson on Tuesday, October 4th at 1:00 PM</i></p> 	<p><i>What's New This Month?</i></p> <p>October 4th ... Guitar Lessons Begin October 4th ... Thomas Jefferson Presentation October 6th ... Focus on Fixed Income by Edward Jones October 6th ... Pinterest, Instagram, Twitter Class October 11th ... Potluck Luncheon October 11th ... UT Arboretum Walk October 11th ... Clear Captions Presentation October 14th ... Field Trip: Three Rivers Rambler October 27th ... Bingo with Cindy</p>	<p><i>Join us for our Musical Jam Session first Wednesday in September and October at 2:00 PM</i></p> 	

KARNS SENIOR CENTER
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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

Minimally Invasive Spinal Surgery

Thursday, September 22, 2016

Joel Norman, MD

Neurosurgeon, TN Brain and Spine and Fort Sanders Regional Medical Center

3D Mammography

Thursday, October 13, 2016

Amanda Squires, MD

Radiologist, Parkwest Comprehensive Breast Center

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.

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