



November/  
December 2016

# KARNS SENIOR CENTER

## The *Navigator*

Karns Senior Center will be closed on Friday, November 11th in observation of Veterans Day; Thursday and Friday, November 24th and 25th in observation of Thanksgiving Holiday; and Friday and Monday, December 23rd and 26th in celebration of Christmas.

Confused about MEDICARE? We make it SIMPLE! Medicare Annual enrollment is here. We know that all the news on Medicare insurance companies, premium increases, deductibles rising, and skyrocketing out of pockets costs can be confusing. As your locally owned and independent agency, Independent Insurance Consultants is here to answer all of your questions! The Medicare Annual Enrollment period ends December 7th and we want all Knox County seniors to please call us for your complimentary Medicare Insurance and Part D review. MEDICARE is Confusing. We make it SIMPLE! Call Independent Insurance Consultants at (865) 691-5571.

### November 2nd ... Beginning Italian

We announce the start of our Beginning Italian class—an introduction to the Italian language by Charles LaLoggia beginning Wednesday, November 2nd at 1:00 PM. For planning and scheduling purposes please call the center to pre-register for this free class.



### November 8th ... Thanksgiving Season Potluck

Let's celebrate this Thanksgiving season together by sharing some easy to make holiday favorites on Tuesday, November 8th at 12:00 PM. Like many, you're probably busy and often looking for that simple yet ever so delicious holiday dish that soothes and fills holiday appetites. This Potluck let's bring our favorite easy-to-do dish and share some recipes to help make this one a more stress free holiday season. Sisk Dental will generously be providing the sliced ham for our Thanksgiving season potluck. For planning and scheduling purposes please call the center to let us know you're coming.

### November 8th ... Top Ten Reason to See a Chiropractor

Visit with us on Tuesday, November 8th at 2:00 PM when Scoles Family Chiropractic will provide an informative presentation on "Top Ten Reasons To See a Chiropractor." Your questions welcome. Please call the center to let us know you'll be attending.

### November 10th ... Veterans Coffee and Doughnut Social

We honor our veterans and welcome them to a Coffee and Doughnut Social in the Lobby on Thursday, November 10th from 9:00 —11:00 AM. Your service to our country is most appreciated. This Social is sponsored by the Courtyards Senior Living.



**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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**November 15th ... Meet the Author**

Donald Goodpaster, author/poet/songwriter/ has had a long and successful run as an independent creative writer. Mr. Goodpaster has brought much joy to his readers as a contributor to one of the nation’s finest Christian gift distributing companies and an eight year run at Dollywood theme park. Visit with him at Karns Senior Center on Tuesday, November 15th at 11:00 AM as he provides a live reading. For planning purposes please call the center to let us know you’ll be coming.

**November 17th ... Social Security Optimization**

Mr. Jeff Jeter with OneSouth Financial Group will provide a presentation on Thursday, November 17th at 1:00 PM. Some of the key features of this program will include how Social Security income works; is it better to elect your benefits earlier or later, how to optimize your spouse’s benefits and protect your own, plus more. Although you may be receiving your benefits this program is ideal for our friends and family that are approaching retirement or have not yet begun to receive their Social Security Benefits. Please RSVP by calling the center.

**November 22nd ... Audiologist Presentation**

Approximately thirty percent of active older adults suffer from hearing impairment. A person does not need to have a severe loss to suffer from hearing loss; which may include social isolation, degraded quality of daily living, aggravation, and strains on relationship. Johns Hopkins and National Institute on Aging researches report that seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. Dr. Bobbi McCue, Au.D. will provide us with a presentation on Tuesday, November 22nd at 1:00 PM. She will also be conducting ear canal exams free of charge. Please call the center to sign-up for this educational program.

**November 29th ... Relief Block Carving Class**

In this three day class you will learn the art and techniques of creating and producing your very own block print from a linoleum block. It’s a perfect time to create your own Christmas cards. All supplies provided by the instructor. Seats are limited. Class fee is \$30. Call the center for additional information and to sign up.

**November 29th ... Field Trip: Halls Madrigals Performance**

We’ll be having a field trip to Halls Senior Center on Tuesday, November 29th to hear the Halls High School Madrigals provide their holiday program at 1:00 PM. These talented youth give a great performance while dressed in festive Renaissance costumes. Let’s help them celebrate the arrival of the holidays. Transportation provided from Karns Senior Center courtesy of CAC. Seats are limited. Please call the Center to sign up and obtain additional information.



**December 5th ... Field Trip: Mighty Musical Monday**

Sign up for our field trip to the Tennessee Theatre for Monday, December 5th for the Mighty Musical performance. Special guest performance by the O’Connor Singing Seniors giving their holiday performance. Transportation provided courtesy of CAC. Seats are limited. Call the senior center for additional details and to sign up.

**December 6th ... Vision Presentation**

Visit with us on Tuesday, December 6th at 12:00 PM when Dr. Shane with Karns Vision Center will be talking about cataracts and macular degeneration. Your questions are most welcome during this educational and informative presentation. Please RSVP by calling (865) 951-2653.

**December 8th ... Presentation: Taking a Load Off During the Holidays**

There are a few simple things we can do during the holidays when caring for a family member or other loved one with dementia; keeping it simple, being flexible, maintaining a routine, observing cherished holiday traditions and more. Join us on Thursday, December 8th at 1:00 PM when Morning Pointe of Powell will provide a discussion with tips on how to help manage our holidays. Your questions welcome. Feel free to call the center to sign up for this program.

**Covenant Presents**

Wellness Lunch and Learns at  
Karns Senior Center

**Thursday, November 17th at 12:00 PM**

**Karen Milligan**

Presentation: Give the Gift of Health ... to Yourself.

**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



**December 13th ... Christmas Season Potluck Luncheon**

Wear your most festive holiday attire for our Christmas Season Potluck Luncheon on Tuesday, December 13th at 12:00 PM. Our friends at Independent Insurance Consultants of Knoxville will be providing ham for the occasion. Participants need to bring a complimentary side dish. We'll also have some fun door prizes, too. For planning and scheduling purposes please sign-up at the Center's reception desk or call (865) 951-2653.

**Ugly Christmas Sweater Contest**

Wear your ugly holiday sweater to the Christmas Potluck on December 13th. Photos of the entrants will be posted in the lobby and everyone will be invited to cast their ballot for ugliest sweater. The winner will be announced Friday following our Potluck Luncheon in commemoration of National Ugly Christmas Sweater Day. The winner will receive a box of Christmas candies.

**December 13th ... Why Sugar Matters**

Why Sugar Matters will be the topic on Tuesday, December 13th when Humana will be providing an educational program at 2:00 PM focusing on diabetes. Learn more about diabetes and how to take steps to help prevent it and work toward keeping your blood sugar on an even keel. For planning and scheduling purposes please RSVP.

**December 15th ... Dignity Memorial Presentation**

Discover four simple steps to planning your final arrangements, bring peace of mind to yourself and your family, and have the opportunity to receive a free personal planning guide during this informative presentation provided by Weaver Funeral Home on Thursday, December 15th at 11:00 AM. Your questions welcome and helpful advice provided. For planning and scheduling purposes please call (865) 588-3868 to sign up for this presentation being offered at Karns Senior Center. Lunch Provided.

**December 15th ... Our Birds of Winter**

Join Mr. Robert Terrell on Thursday, December 15th at 1:00 PM for an enjoyable presentation and discussion on our winter birds; identifying them, their environment, what we can do to encourage them to visit our yards, and more. Get even more enjoyment from our feathered friends of Winter.



**December 15th ... Financial Self Defense**

Y12 Federal Credit Union will be offering a presentation on Thursday, December 15th at 1:00 PM entitled "Financial Self Defense". After years of hard work, you deserve peace of mind where your assets are concerned. This presentation will provide helpful tips and tools to recognize and combat fraud and abuse. Please call the center to sign up for this program.

**December 20th ... Cookie & Candy Exchange Party**

On Tuesday, December 20th at 1:00 PM we'll be having our second annual Holiday Cookie and Candy Exchange Party. It's a great opportunity to sample some delicious home-made goods, obtain some recipes, and take some delicacies home to share with family and friends for the holidays. Each participant needs to make a dozen of their favorite cookies and/or candies to share at the party and another three dozen for the exchange. Don't forget a container to assist with transporting your delicious treats home. Please let us know if you're planning on participating in the Holiday Cookie & Candy Exchange Party.

**Holiday Cookie Competition**

In addition to the Cookie & Candy Exchange Party we'll be having a Holiday Cookie competition at 1:00 PM on December 20th. Enter your favorite home-baked cookie along with your recipe. One entry per person. There will be a first, second, and third place winner with prizes for the best home-made holiday cookies. Please call us to let us know if you're planning on participating in the cookie competition.

**Coming in January: Savvy Caregiver Training**

Do you feel overwhelmed as a family caregiver for a loved one living with dementia? Join us for Savvy Caregiver Workshop, an evidenced-based program designed to train family caregivers in knowledge and skills needed to cope with the challenges of caring for a family member living with dementia. Care Managers from Choices in Senior Care will facilitate this six-class Workshop, as well as provide concurrent Cognitive Stimulation sessions for your loved one living with dementia. The training Workshop starts Friday, January 13th at 1:30—3:30 PM, for six consecutive Fridays. The workshop is offered at no charge to participants. Please call Choices in Senior Care to sign up for the Savvy Caregiver Training at (865) 978-6168 by October 28th.

**Book Club at Karns Senior Center**



Wednesday, November 9th at 2:00 PM  
*Not in God's Name* by Rabi Jonathan Sacks. An exploration of the roots of religious violence.



Wednesday, December 14th at 2:00 PM  
*War of Two* by John Sedgwick. Two prominent Federalist era figures lives collide on the dueling ground.

**Near New Years Eve Bingo**

Join us for a Near New Year's Eve Bingo on Thursday, December 29th at 11:00 AM. This month our Last Thursday Bingo will be celebrating the arrival of a new year. Bring a white elephant gift of approximate \$5 value and let's play Bingo!





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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>With the arrival of Medicare Open Enrollment season there are a variety of Medicare presentations being offered at the Center. Please consult the calendar or call the center for additional information.</p>	<p><b>1</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Hand &amp; Foot Cards 10:00 Water Color Class 12:30 Pinochle 12:30 Cribbage 1:30 Genealogy Class 2:30 Yoga*</p>	<p><b>2</b> 8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* <b>1:00 Beginning Italian</b> 1:00 Rook 1:00 Canasta 1:00 Ping Pong</p> <p><i>Early Voting</i></p>	<p><b>3</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble 11:00 Medicare (Humana) 1:00 Mah Jongg 1:00 Crafting Social 2:30 Yoga*</p>	<p><b>4</b> 8:00 Rise-N-Shine Walkers <b>9:00 Seated Tai Chi</b> <b>9:30 Standing Tai Chi*</b> 10:00 Art Group 10:00 Texas Hold 'em Poker <b>10:15 Advanced Tai Chi*</b> 11:00 SAIL* 1:00 Ping Pong 1:00 Mexican Train Dominoes</p>
<p><b>7</b> 7:30 Zumba Gold* 8:00 Rise-N-Shine Walkers 8:30 Ping Pong <b>10:00 Art Class (Drawing)*</b> 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> <b>2:15 Intermediate Line</b></p>	<p><b>8</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Hand &amp; Foot Cards <b>10:00 Water Color Class*</b> <b>12:00 Thanksgiving Potluck</b> 12:30 Pinochle 12:30 Cribbage 1:30 Genealogy Class <b>2:00 Chiropractic Presentation</b> 2:30 Yoga*</p>	<p><b>9</b> 8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* <b>1:00 Beginning Italian</b> 1:00 Medicare (Physician Mutual) 1:00 Rook 1:00 Canasta 2:00 Medicare (Humana) 2:00 Book Club</p>	<p><b>10</b> 8:00 Rise-N-Shine Walkers 9:00 Veterans Day Doughnut Social  9:00 Cardio Mix * 9:30 Scrabble 11:00 ETPCS Flu Clinic 1:00 Mah Jongg 1:00 Crafting Social 2:30 Yoga* </p>	<p><b>11</b> <b>Center Closed</b>  <b>Veterans Day</b></p>
<p><b>14</b> 7:30 Zumba Gold* 8:00 Rise-N-Shine Walkers 8:30 Ping Pong <b>10:00 Art Class (Drawing)*</b> 11:00 SAIL* 11:00 Meet &amp; Greet Jeff Jeeter with OneSouth Financial <b>12:45 Beginning Line Dance Class *</b> <b>2:15 Intermediate Line</b></p>	<p><b>15</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Hand &amp; Foot Cards <b>10:00 Water Color Class*</b> <b>11:00 Meet the Author: Donald Goodpaster</b> 12:30 Pinochle 12:30 Cribbage 1:30 Genealogy Class 2:30 Yoga*</p>	<p><b>16</b> 8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* <b>1:00 Beginning Italian</b> 1:00 MEDICARE (IIC) 1:00 Rook 1:00 Canasta 1:00 Ping Pong</p>	<p><b>17</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble 11:00 Bingo 12:00 NWBPA <b>12:00 Covenant Presents *</b> 1:00 Mah Jongg <b>1:00 Social Security Optimization Presentation</b> 1:00 Crafting Social 2:30 Yoga*</p>	<p><b>18</b> 8:00 Rise-N-Shine Walkers <b>9:00 Seated Tai Chi</b> 9:00 Veteran Services Rep <b>9:30 Standing Tai Chi*</b> 10:00 Art Group 10:00 Texas Hold 'em Poker <b>10:15 Advanced Tai Chi*</b> 11:00 SAIL* <b>12:30 Toe Nail Trimming*</b> 1:00 Ping Pong 1:00 Mexican Train Dominoes</p>
<p><b>21</b> 7:30 Zumba Gold* 8:00 Rise-N-Shine Walkers 8:30 Ping Pong <b>10:00 Art Class (Drawing)*</b> 11:00 SAIL* 11:30 Meet &amp; Greet Joe Hendrus With Health Markets <b>12:45 Beginning Line Dance Class *</b> <b>2:15 Intermediate Line</b></p>	<p><b>22</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Hand &amp; Foot Cards <b>10:00 Water Color Class*</b> 12:30 Pinochle 12:30 Cribbage <b>1:00 Audiology Presentation with Dr. McCue, Au.D.</b> 1:30 Genealogy Class 2:30 Yoga*</p>	<p><b>23</b> 8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* <b>1:00 Beginning Italian</b> 1:00 Rook 1:00 Canasta 1:00 Ping Pong</p>	<p><b>24</b> <b>Center Closed</b> <b>Thanksgiving Holiday</b> </p>	<p><b>25</b> <b>Center Closed</b> <b>Thanksgiving Holiday</b></p>
<p><b>28</b> 7:30 Zumba Gold* 8:00 Rise-N-Shine Walkers 8:30 Ping Pong <b>10:00 Art Class (Drawing)*</b> 11:00 SAIL* <b>12:45 Beginning Line Dance Class *</b> <b>2:15 Intermediate Line</b></p>	<p><b>29</b> 8:00 Rise-N-Shine Walkers 9:30 Hand &amp; Foot Cards 9:00 Cardio Mix * <b>10:00 Relief Block Class*</b> <b>10:00 Water Color Class*</b> <b>12:15 Field Trip: Madrigals at Halls Senior Center</b> 12:30 Pinochle 12:30 Cribbage 1:00 DAR Board Meeting 1:30 Genealogy Class 2:30 Yoga*</p>	<p><b>30</b> 8:00 Rise-N-Shine Walkers 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Party Bridge <b>10:00 Relief Block Class*</b> 11:00 SAIL* <b>1:00 Beginning Italian</b> 1:00 Medicare (Consolidated Marketing) 1:00 Rook 1:00 Canasta 1:00 Ping Pong</p>	<p>Flu Shots from East Tennessee Personal Care on Thursday, November 10th at 11:00 AM at Karns Senior Center.</p> <p>To get your flu shot please bring your insurance card(s) for billing purposes. If you do not have insurance you can still obtain a flu shot \$25.</p> 	



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Fri (7:30-4:00)

<p><b>What's New This Month?</b> December 1st ... AARP Safe Driving Class starts December 5th ... Field Trip: Tennessee Theatre December 6th ... Vision Presentation by Karns Vision Center December 8th ... Presentation: Taking a Load off during the holidays December 13th ... Christmas Potluck Luncheon December 13th ... Ugly Sweater Competition December 13th ... Why Sugar Matters A Look at Diabetes by Humana December 15th ... Dignity Memorial Presentation December 15th ... Financial Self Defense by Y12 FCU December 15th ... Our Birds of Winter with Mr. Robert Terrell December 20th ... Candy &amp; Cookie Exchange Party &amp; Cookie Competition December 29th ... Last Thursday BINGO</p>		<p><b>1</b> 8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Relief Block Class*</b> <b>11:30 AARP Safety Driving*</b> 1:00 Mah Jongg 1:00 Crafting Social 2:30 Yoga*</p>	<p><b>2</b> 8:00 Rise-N-Shine Walkers <b>9:00 Seated Tai Chi</b> <b>9:30 Standing Tai Chi*</b> 10:00 Art Group 10:00 Texas Hold 'em Poker <b>10:15 Advanced Tai Chi*</b> 11:00 SAIL* <b>11:30 AARP Safe Driving*</b> 1:00 Mexican Train Dominoes 1:00 Ping Pong</p>	
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KNOXVILLE, TN  
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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** | PRESENTS  
HEALTH.

***Give the Gift of Health...to Yourself!***

**Thursday, November 17, 2016**

***Karen Milligan***

Population Health Manager, Covenant Health Solutions

*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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