



January &
February
2017

HALLS SENIOR CENTER *Happenings...*

Closed on Monday, January 2nd for New Year's Day!
Closed on Monday, January 16th for Martin Luther King, Jr. Day!
Closed on Monday, February 20th for President's Day!



Happy New Year from Rebecca and Amanda! - As we make our resolutions and look forward to an exciting New Year together, we are pleased to offer several new classes and programs. Please check out our new programs and get involved!

Field Trip

Monday, February 6th at 11:00 am - Mighty Musical Monday at the Tennessee Theatre

The Akima Singers, a Women's Choral Group, will be performing this month along with performances on the Mighty Wurlitzer Organ. Box lunch and concessions are available at the theatre. **RSVP to 922-0416 for this free trip!**



Thursdays from 1:00pm to 3:00pm starting January 12th

A Matter of Balance Classes



Do you have concerns about falling? Many older adults that do have concerns about falling restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This FREE 8 week series presented by UT Medical Center is for anyone interested in improving balance, flexibility, and strength! **Call 922-0416 to register!**



SENIOR SOLUTIONS MANAGEMENT GROUP

ASSISTED LIVING | MEMORY CARE | INDEPENDENT LIVING
RESIDENTIAL HOME FOR THE AGED | PERSONAL CARE HOMES



Alexander Guest House
*865-294-5489



Oakwood Senior Living
* 865-540-6243



Knox High Senior Living
865-266-3604



Carriage House Inn
*931-684-1155



River Oaks Pl Lenoir City
* 865-988-9321



Lakewood Place
865-458-4123



Jamestowne Assisted Living
865-376-3030



River Oaks Pl Loudon
* 865-458-5841



Northshore Senior Living
*865-444-1294

Senior Solutions Management Group is a family built business, focused on the needs of our residents every day. Our owner spends a great deal of time in each community every month, reminding our caregivers to stay focused on just four things...health, safety, activity and diet. He is often heard saying, "nothing else matters until we do these four things right."

If you are considering a senior living community, we know you have questions. Call us, we're happy to answer any question you may have whether you choose to live with us or not. If we don't have the answer you're looking for, we'll find it. We have a vast and capable network of resources, providers, vendors, home health agencies, and specialists available to assist you.

WWW.SSMGRP.COM
*Denotes Memory Care

Movie Matinees - Tuesdays at 2:00 pm - Sponsored by Independent Insurance Consultants

January 3rd...*The Meddler* (PG13) 1:40. Susan Sarandon plays an aging widow from New York City that follows her daughter to Los Angeles in hopes of starting a new life.

January 10th...*Mr. Church* (PG13) 1:44. The unique drama of a friendship that develops when a girl and her dying mother retain the services of a talented cook who becomes part of the family.

January 17th...*The Legend of Tarzan* (PG13) 1:50. Tarzan, having acclimated to life in London, is called back to his former home in the jungle to investigate the activities at a mining encampment.

January 24th...*Sully* (PG13) 1:36. A Biography of Chesley Sullenberger, an American pilot, who became a hero after landing his damaged plane on the Hudson River in order to Save the flight's passengers and crew.

January 31st...*Premonition* (PG13) 1:36. Sandra Bullock, a lonely housewife, learns that her husband was killed in a car accident the previous day. But, the next morning she mysteriously wakes to find him alive and well at home.



Tuesday, January 10th - 12:00 pm – Potluck - Soup, Salad, and Sandwiches



January is National Soup Month and we know that nothing beats a bowl of warm soup on a cold winter day! We've got special guests, Atria Senior Living and Amedysis bringing chili and broccoli cheese soup, so please bring a dish to share that compliments our theme.

Wednesday, January 18th at 9:00 am - Any veteran or spouse may come in to our center for assistance with veterans issues, or questions. Please call the Veterans Services Office at 215-5645 to register.

Tuesday, January 24th at 12:00 pm - Snack and Learn: YMCA - Exercise is important for everyone, but it is especially important for people with diabetes. Join certified personal trainer and diabetes exercise coach, Spencer Gross, as he provides detailed information about the benefits of aerobics and resistance training for people with diabetes. He will also have information about the North Side YMCA's low-cost diabetes exercise program, Move Well Today.



Thursday, January 26th and Friday, January 27th - 10am to 12pm - iPad and iPhone Beginners
Thursday, January 26th and Friday, January 27th - 12:30pm to 2:30pm - Android Class. Bring your device and let Jennifer Dancu with Social Media 4 Seniors walk you through the basics. There is a maximum of 5 people per session in order to ensure personal attention during class. You must sign up and prepay by Tuesday, January 24th to attend. **\$25.00 per person for class.**

Thursday, January 26th at 12:00 pm - Snack and Learn: Weaver Funeral Home
Unfortunately, many of us put off planning ahead for funeral and cemetery arrangements. Yet this is one of the greatest gifts you can give your family. You will learn the four simple steps to creating and sharing your final wishes with those you love. Refreshments Provided. **RSVP 922-0416**

Monday, January 30th at 12:00 pm - Snack and Learn: One South Financial
Learn about Long Term Care and how it can help you pay for medical expenses that are not covered by health insurance, Medicare, or Medicaid. Refreshments Provided. **RSVP 922-0416**

Tuesday, January 31st at 12:00pm - UT Medical Smart Talk Series: Prescription Medicines vs. Over-the-Counter (OTCs): What you don't know can hurt you.. Interactions



between medicines can include not just prescription medicines, but also OTC medicines. Many OTC drugs were once prescriptions and are not as benign as some consumers are lead to believe. Join Pharmacy Residents from the University of Tennessee Medical Center for important information about how drug interactions with other drugs, supplements, and even food may put you at risk. Light Refreshments. **RSVP!**

Movie Matinees - Tuesdays at 2:00 pm - Sponsored by Independent Insurance Consultants

February 7th...*The Sea of Trees* (PG13) 1:50. Matthew McConaughey plays an American who befriends a Japanese man lost in a great forest near Mt. Fuji and the two search for a way out.

February 14th...*Secret Life of Pets* (PG) 1:27. The quiet life of a terrier named Max is upended when his owner takes in a stray who Max instantly dislikes.

February 21st...*The Great Gilly Hopkins* (PG) 1:39. This family film is the story of a 12 year old wisecracking girl that finds herself shuffled from foster home to foster home until she meets her match.

February 28th...*Florence Foster Jenkins* (PG13) 1:51. A Drama starring Meryl Streep as a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice.



Monday, February 13th from 11:00 am to 12:30 pm - Tai Chi Celebration/Open House.

Come and find out about the ancient martial art called Tai Chi and the Chinese painless treatment called Acupuncture. Handouts about the course called “Tai Chi for Arthritis”, Deep Breathing, and Balance Exercises will be available. There will also be information on some of the exercises and meet those who participated in previous classes. You are encouraged to come and help us celebrate many years of teaching at Halls. Michael Norris, from Deep River Wellness Center, will speak at 11:45 pm. **Light Refreshments!**

Tuesday, February 14th at 12:00 pm - Potluck - Back to the 50's Café Theme

Go back in time with us to the era of “Rock and Roll”, poodle skirts, sock hops, and greaser guys! Wear your favorite 50's outfit and bring a dish to share that matches our theme. East Tennessee Personal Care is bringing Root Beer Floats and a photo booth to capture the fun! Who knows we may get lucky and have a special “Hunk of Burning Love” to serenade us. Please make sure to **RSVP** and let us know what you are bringing to ensure a good variety.



Wednesday, February 15th at 9:00 am - Any veteran or spouse may come in to our center for assistance with veterans issues, or questions. Please call the Veterans Services Office at 215-5645 to register!

Thursday, February 23rd from 10am to 12pm - Facebook Class - Share news and photos with friends.



Thursday, February 23rd from 12:30pm to 2:30pm - Awesome Apps for Seniors. Bring your device and let Jennifer Dancu with Social Media 4 Seniors walk you through the basics. There is a maximum of 5 people per session in order to ensure personal attention during class. You must sign up and prepay by Friday, February 17th to attend. **\$15.00 per person for class.**

Mondays Starting February 27th - Tai Chi Classes with Instructor, Don Parsley

10:00 am - Seated Tai Chi Classes -

Great for beginners that may struggle with some mobility issues.

Free - 9 weeks

10:30 am - Standing Tai Chi Classes -

A gentle exercise class that helps with balance, strength, and mobility.

\$2.00 per class/ 9 wks.

11:30 am - Tai Chi Advanced Class -

A follow up class for students who have previously completed the 9 week Tai Chi Class.

\$2.00 per class

Tuesday, February 28th at 12:00 pm - UT Medical Smart Talk Series:

Introducing K-9s at the University of Tennessee Medical Center. UT Medical Center is the first hospital in the state of Tennessee to implement a dedicated, full-time K-9 program. Meet David and Koda, one of the beloved K-9 Teams. You will have the opportunity to observe an impressive display of training exercises, and learn first-hand about the positive impact the K-9 teams have had on the staff and visitors. **Light Refreshments. RSVP!**





2017

No Weekend Dance:

Please support the CAC Office on Aging by participating in the Snowflake Ball on Saturday, February 4th. Call 865-524-2786 for tickets!

Mon (8:30—5:00)	Tue (8:30—5:00)	Wed (8:30—5:00)	Thu (8:00—4:30)	Fri (8:00—4:30)
<p>2 Closed For New Year's!</p> 	<p>3</p> <p>10:00 Super Stretchers * 10:00 Canasta 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee "The Meddler"</p>	<p>4</p> <p>10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>5</p> <p>10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:00 Checkers 1:00 Billiards 12:30 Ballroom Dance *</p>	<p>6</p> <p>9:30 Super Stretchers* 10:00 Euchre 10:00 Morning Movie 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes</p>
<p>9</p> <p>9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners*</p>	<p>10</p> <p>10:00 Super Stretchers * 10:00 Canasta 11:00 Exercise * 12:00 Potluck - Soup, Salad and Sandwich 12:30 Mexican Train Dominoes 2:00 Movie Matinee "Mr. Church"</p>	<p>11</p> <p>10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 12:30 Riggs Pharmacy Luncheon 1:00 Rook</p>	<p>12</p> <p>10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:00 Checkers 1:00 Billiards 12:30 Ballroom Dance Class * 1:00 Matter of Balance</p>	<p>13</p> <p>9:30 Super Stretchers* 10:00 Euchre 10:00 Morning Movie 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes</p>
<p>16 Closed for Martin Luther King Jr.</p>	<p>17</p> <p>10:00 Super Stretchers * 10:00 Canasta 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - "The Legend of Tarzan"</p>	<p>18 </p> <p>9:00 Veteran Services 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>19</p> <p>10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 12:00 Checkers 1:00 Billiards 12:30 Ballroom Dance Class * 1:00 Matter of Balance</p>	<p>20</p> <p>9:30 Super Stretchers* 10:00 Euchre 10:00 Morning Movie 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes</p>
<p>23</p> <p>9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 10:00 Tai Chi Seated 10:30 Tai Chi Standing 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners*</p>	<p>24</p> <p>10:00 Super Stretchers* 10:00 Canasta 11:00 Exercise * 12:00 Snack and Learn - Diabetes and Exercise 12:30 Mexican Train Dominoes 2:00 Movie Matinee - "Sully"</p>	<p>25</p> <p>10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>26</p> <p>10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 10:00 iPad/iPhone Class * 11:00 Exercise * 12:00 Snack and Learn - Weaver Funeral Home 12:30 Android Class 1:00 Billiards 1:00 Ballroom Dance Class * 1:00 Matter of Balance</p>	<p>27</p> <p>9:30 Super Stretchers* 10:00 Euchre 10:00 Morning Movie 10:00 iPad/iPhone Class 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes 12:30 Android Class</p>
<p>30</p> <p>9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 12:00 Long Term Care Class 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners*</p>	<p>31</p> <p>10:00 Super Stretchers * 10:00 Canasta 11:00 Exercise * 12:00 UT Medical Smart Talk Series 12:30 Mexican Train Dominoes 2:00 Movie Matinee "Premonition"</p>	<p>Activities with an " * " have a fee to participate.</p> 	<p>Due to a generous donation of VCR tapes, we will be watching classic Morning Movies on Fridays at 10:00 am. Come join us and cozy up with us as we enjoy the "Oldies but Goodies" of our new collection!</p>	



2017

Weekend Dance:

Saturday, February 25th...Ballroom Dance 7pm to 9pm. Live music provided by David Correll Band
Admission \$5 per person.

Mon (8:30—5:00)	Tue (8:30—5:00)	Wed (8:30—5:00)	Thu (8:00—4:30)	Fri (8:00—4:30)
<p>Activities with an “ * ” have a fee to participate.</p> 	<p>Hula Dance Classes begin Friday, February 3rd at 10:30 am \$1.00 per class</p>	<p>1 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>2 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Billiards 12:30 Ballroom Dance * 1:00 Matter of Balance</p>	<p>3 9:30 Super Stretchers* 10:00 Euchre 10:00 Morning Movie 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes</p>
<p>6 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners*</p>	<p>7 10:00 Super Stretchers * 10:00 Canasta 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee “The Sea of Trees”</p>	<p>8 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>9 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Billiards 12:30 Ballroom Dance Class * 1:00 Matter of Balance</p>	<p>10 9:30 Super Stretchers* 10:00 Euchre 10:00 Morning Movie 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes</p>
<p>13 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot 10:30 Tai Chi Open House and Party 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for</p>	<p>14 10:00 Super Stretchers * 10:00 Canasta 11:00 Exercise * 12:00 Potluck - Back to the 50's Café 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “Secret Life of Pets”</p>	<p>15  9:00 Veteran Services 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>16 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 11:00 Exercise * 1:00 Billiards 12:30 Ballroom Dance Class * 1:00 Matter of Balance</p>	<p>17 9:30 Super Stretchers* 10:00 Euchre 10:00 Morning Movie 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes</p>
<p>20 Closed for Presidents' Day! </p>	<p>21 10:00 Super Stretchers* 10:00 Canasta 11:00 Exercise * 12:30 Mexican Train Dominoes 2:00 Movie Matinee - “The Great Gilly Hopkins”</p>	<p>22 10:00 Bingo 10:00 Hand & Foot 12:30 Bridge 1:00 Rook</p>	<p>23 10:00 Pinochle 10:00 Quilting 10:00 Line Dance Class * 10:00 Facebook Class * 11:00 Exercise * 12:30 Awesome Apps * 12:00 Checkers 1:00 Billiards 1:00 Ballroom Dance Class * 1:00 Matter of Balance</p>	<p>24 9:30 Super Stretchers* 10:00 Euchre 10:00 Morning Movie 10:30 Hula Dance * 11:00 SAIL Exercise * 12:00 Mexican Train Dominoes</p>
<p>27 9:00 Scrapbooking 10:00 Pinochle 10:00 Bridge 10:00 Hand & Foot * 10:00 Tai Chi Seated * 10:30 Tai Chi Standing * 11:30 Tai Chi Part 2 1:00 Rook 1:00 SAIL Exercise * 2:30 Line Dance for Beginners*</p>	<p>28 10:00 Super Stretchers * 10:00 Canasta 11:00 Exercise * 12:00 UT Medical Smart Talk Series 12:30 Mexican Train Dominoes 2:00 Movie Matinee “Florence Foster Jenkins”</p>	<p>Snow Policy & Inclement Weather - The Center is open unless the Knox County Mayor closes executive offices. However, all instructor led classes, senior meals, potlucks, and any special events will be cancelled if Knox County Schools are closed. For updates: www.knoxcounty.org</p> 		

HALLS SENIOR CENTER

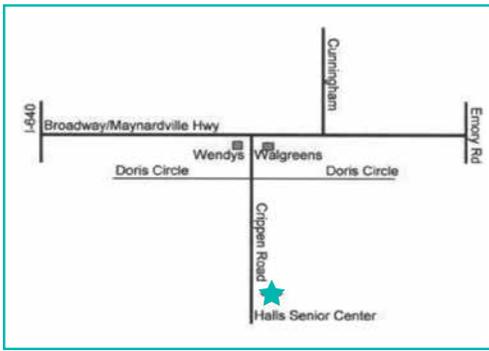
4405 Crippen Road ▪ Knoxville, TN 37918

(865) 922-0416 ▪ Fax (865) 922-0432

www.knoxcounty.org/seniors



Tim Burchett, Knox County Mayor
Robert “Buzz” Buswell, Director of Veteran
& Senior Services
April Tomlin, Senior Services Manager
Rebecca Kirkland Quarles, Coordinator
Amanda Patton, Assistant



I am Kelly Johnson,
a respiratory therapist at
Fort Sanders Regional Medical Center.

I am Covenant Health.

**Covenant
HEALTH.**



www.IamCovenantHealth.com



**FORT SANDERS REGIONAL MEDICAL CENTER
IS A PROUD MEMBER OF COVENANT HEALTH**

Claiborne Medical Center | Cumberland Medical Center | Fort Loudoun Medical Center
Fort Sanders Regional Medical Center | LeConte Medical Center | Methodist Medical Center
Morristown-Hamblen Healthcare System | Parkwest Medical Center | Peninsula, a Division of Parkwest
Roane Medical Center | Patricia Neal Rehabilitation Center | Thompson Cancer Survival Center
Covenant Breast Centers | Covenant Joint Centers | Covenant HomeCare and Hospice
Covenant Medical Group | Covenant Sleep Centers | Covenant Therapy Centers
Fort Sanders West | Fort Sanders Health and Fitness Center | Nanny's