



KNOX COUNTY
TENNESSEE

HALLS SENIOR CENTER

4405 Crippen Road, Knoxville, TN 37918

865-922-0416

www.knoxcounty.org/seniors

MARCH/APRIL 2024

Happenings...

Bingo at Halls!

There will be no fee and no gifts needed to play. Our featured sponsor will call Bingo and provide a coverall prize. The winner of each game gets their name put in the pot for a chance to win a prize. Participants can only win one prize and everyone is eligible to win the coverall prize. Prizes and gift cards are donated by a variety of sponsors along with their service information.

Come fill the room and let's have fun playing Bingo!

March 6th at 10 AM
April 3rd at 10 AM



Crafts with Susanne

Join us for Crafts with Susanne either in person or via Zoom.

March 5th @ 10 AM
Pressed Flower Jar



April 2nd @ 10 AM
Flower Pen



Call 865-922-0416
to sign up.

News from Caleb!

Hello Friends!

It has been a busy start for me with Senior Services. I have enjoyed getting to know some of you and being greeted by your smiling faces is a highlight of my Wednesdays at Halls. I wanted to bring a few things to your attention as we look forward to the next few weeks.

I have been working hard designing the new fitness room. We have treadmills, bikes, and various strength equipment coming soon. I am excited about what we are building and look forward to sharing the fitness room with you. I promise that what is coming will be worth the wait.

I also want to say again that you do not have to wait until the fitness room is finished to move forward with your health and wellness. I am here every Wednesday to help you take your next step. There are already several people who are learning that they don't need fancy equipment to improve strength, mobility, and balance. Maybe you feel stuck. Perhaps you feel like you are losing your ability to live life at your best. I can help! Stop by and see me and we can discover the path to moving forward.

Nutrition Facts Label
presentation on
March 13th @ 11:00 AM

NEW Mahjong

Monday & Friday
@ 12:30 PM



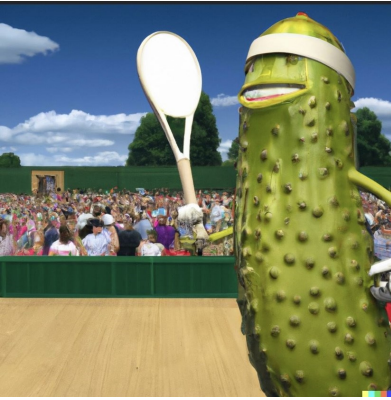
Knox County Senior Centers will be closed:

March 29th—Good Friday

March/April 2024

Pickleball

Tuesday, Wednesday,
Thursday and
Friday 1:00-4:00 PM



SAIL CLASS

Monday & Wednesday
8:30-9:30 AM

No class on first Wednesday of the month
and will have an additional class on
Friday that week.

SAIL (Stay Active and Independent for
Life) is a strength and balance exercise for
all shapes, sizes and levels of fitness.



Walking Group Social

March 11th, 2-4 PM

Karns Senior Center
8042 Oak Ridge Hwy.

Enjoy light refreshments, music, pictures,
socializing and fun as you get to know your
fellow walkers a little better. If you have
not been on one of our walks or have been
interested to find out more, this is a great
opportunity to get more information.



Be sure to register and get your ticket for
the event at the front desk of the
Halls Senior Center.



Walking Club

Walk when you want/at
your own pace. Walkers
receive a free pedometer
to track their steps and
will be awarded prizes
for miles walked.

Take that first step to
better health!

It's always more fun to
walk with a friend.



Senior Information and Referral

Melinda Bryant will be here to provide
individual assistance to our seniors. If
you have questions, she would love to
help find the answers!

March 18th @ 10 AM
and April 15th @ 10 AM

Senior
Information
& Referral

Cardio Drumming

Try this fun, half hour, upper body
class to the oldies!

All equipment is supplied, just bring
yourself and be ready for some fun.

Thursdays

@ 1:00
PM



Ping Pong and Jazzminton

Tuesday 8-9:30 AM
Thursday 8-9:30 AM
Friday 8:00-Noon



Book Club

The Quarry Girls
by Jess Loarey



April 3rd @ 11:00 AM

March/April 2024

Quilters

Thursday, March 7th @ 8:30 AM—Relaxing Neck Pillow



**Pattern and instructions supplied.
1/2 yard 44" material & 24" of
1' wide ribbon. Sewing machine and
basic tools needed.**

April 4th—Bring machines.



**Lunch Cruise on the
Star of Knoxville Riverboat
Wednesday, May 29th
@ 11:00 AM, Cost \$39.88**

**RSVP in the office
or call 865-922-0416.
Keep scrolling in the newsletter
for lunch menu on the flyer.**

Knitting Circle

**March 21st &
April 18th
1:00-2:00 PM**



Beginners welcome!



**Senior Q & A with Teja
Every 1st Tuesday of the
month @ 11:00 AM
March 5th & April 2nd**

**Did you know Knox County has
SIX Senior Centers you can enjoy?**

**Carter Senior Center 865-932-2939
Corryton Senior Center 865-688-5882
Halls Senior Center 865-922-0416
Karns Senior Center 865-951-2653
South Knoxville Center Senior 865-573-5843
West Knox County Senior Center 865-288-7805**

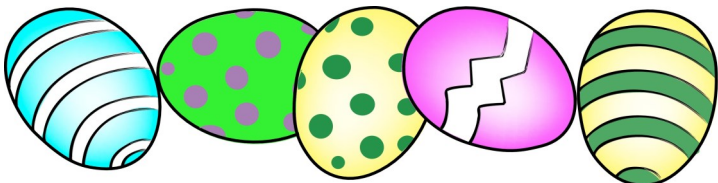
Save the Date...

**Put on your
dancing shoes and
join us on
May 10th for a**

"Senior Prom".



More details coming soon!



March/April 2024

Backgammon

Jan. 22nd
@ 1:00 PM
April 24th
@ 11:00 AM

Mexican Train Dominoes Tuesday & Friday @ Noon



Seated Yoga

SEATED YOGA
@11:15 AM

every other week
and on the alternating
week will be Shabashi.
Stability @ 11:45 AM

FREE BASIC Line Dance Lessons

Tuesdays

March 5th, 12th, 19th & 26th

11:15 AM



Drop off your worn or
tattered flags to the Halls
Senior Center and will
make sure there are
disposed of properly.



Monday-Friday,
8:00 AM to
4:30 PM



Movie Matinee

March 25th @ 1:00 PM
Julie and Julia

April 29th @ 1:00 PM
Illusionist

Popcorn will be provided.

Have you noticed the **WATER**
bottle filler station that has
been installed in the center?



*BYOB (bring your
own bottle) and
stay hydrated.*

Beginner Line Dance \$2
Wednesday, 10:00 AM

Intermediate Line Dance \$2
Wednesday at 11:00 AM



Brush Mtn. Prison
Tour & Lunch
April 12th
Bus @8:00 AM



Note:

The majority of the tour is handicap accessible. However, because the prison has no elevators, there are areas that are not accessible due to their locations within the prison. There is a lot of walking, you will be standing for the duration of the tour and there are stairs. Also, there are not a lot of places to sit and rest.

Pictionary
March 27th
@ 11:00 AM
April 25th
@ 10:30 AM

March/April 2024

Free Tax for Seniors

Volunteer Income Tax Assistance (VITA)
www.knoxcac.org/vita/
865-244-3086

AARP Tax-Aide
www.volsintax.com
865-229-4429



Buyer Beware Hearing Healthcare Presentation

Lunch & Learn
Luke Amos with
Life Frequency

March 5th, 11:00 AM-12:30

FREE Hearing Screening
On March 8th and 11th
Register 865-922-0416

New games to play!

Shut the Box—April 10th & 17th @ 1:00 PM



KISMET is a dice game that is similar to Yahtzee.
April 9th & 23rd @ 11:00 AM



Corn Hole—April 9th and 19th—8:00 AM-1:00 PM

Bean Bag Baseball - April 11th and 25th—1:30-4:30 PM

A decorative border consisting of a row of pink roses with green leaves, framing the text below.

Easter Music Program

Performed by Regina Elliott
(Ms. Senior Tennessee 2021)

March 14th @ 2:00 PM
RSVP to 865-922-0416.

Halls Senior Center

4405 Crippen Road,
Knoxville, TN 37918
Phone: 865-922-0416
www.knoxcounty.org/seniors/

MARCH 2024



Center Hours—M-F 8:00 AM-4:30 PM

DAILY SCHEDULE REMAINS THE SAME. SPECIAL EVENTS ARE LISTED BY DATE.

Mon	Tue	Wed	Thu	Fri
<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards/Darts 8:30-9:30 SAIL Class 9:00 Scrapbooking 10:00 Bridge 10:00 Pinochle 10:00 Exercise Class 11:15 Chair Yoga or Shabashi Class 11:45 Stability Class 12:30 Mahjong 1:00 Rook</p>	<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards/Darts 8:00-9:30 Ping Pong 10:00 Hand & Foot 10:00 Exercise Class 12:00 Mexican Train Dominoes 12:30 Canasta 1:00-4:00 Pickleball 3:00 Virtual Bingo</p>	<p>8:00-4:30 Fitness Room/ Caleb is here! 8:00-4:30 Billiards & Darts 8:30-9:30 SAIL Class 9:30 Rook 10:00 Hand & Foot 10:00 Beginner Line Dance 11:00 Intermed Line Dance 1:00 Bridge 1:00 Rook 1:00-4:00 Pickleball</p>	<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Quilting 10:00 Exercise Class 11:00 Polynesian Dance 12:00 Rummikub 1:00 Cardio Drumming 1:00-4:00 Pickleball</p>	<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards & Darts 8:00-1:00 Ping Pong (except 1st Friday) 10:00 Euchre 11:00 Art/Craft Social 12:00 Mexican Train Dominoes 12:30 Mahjong 1:00-4:00 Pickleball</p>
	<p>Buyer Beware Hearing Healthcare Presentation, Mar. 5 11:00 AM-12:30 PM Register 865-922-0416</p>			1
<p>4 Sacred Ground Hospice in the Lobby</p>	<p>5 Senior Q & A w/Teja @ 11:00</p> <p>Crafts w/Susanne @ 10 AM Pressed Flower Candle</p>	<p>6 BINGO 10:00 AM</p> <p>National Oreo Day Stop by the office for a Oreo cookie!</p> 	<p>7 QUILTERS Class—Relaxing Neck Pillow @ 8:30 AM</p>	<p>8</p> <p>FREE Hearing Screening 865-922-0416 for appt.</p> 
<p>Line Dance Basics @ 11:15 AM</p>				
<p>11 Senior WALKING Group Social, 2-4 PM Karns Senior Center 8042 Oak Ridge Hwy. Register @ 865-922-0416.</p> <p>FREE Hearing Screening - 865-922-0416 for appt.</p>	<p>12 First Horizon Bank @ 11:00</p> <p>Current FRAUD Information</p> <p>Protect your...</p> 	<p>13</p> <p>Nutrition Facts Label Presentation by Caleb @ 11:00</p> <p>Line Dance Basics @ 11:15 AM</p>	<p>14</p> <p>Easter Music</p> <p>@ 2:00 PM</p> <p>National 🍿 Day</p>	<p>15</p> <p>Happy St. Patrick's Day</p>  <p>Sunday, March 17th</p>
<p>18</p> <p>Senior Info. & Referral @ 10 AM</p>	<p>19 Senior Walk Beverly Park Intergenera- tional Playspace @ 10:00 5311 Beverly Park Circle, Lunch at Henry's Deli. RSVP 865-288-3761.</p>	<p>20</p> <p>Line Dance Basics @ 11:15 AM</p>	<p>21</p> <p>Knitting Circle @ 1:00 PM</p>	<p>22</p> <p>Backgammon @ 1:00 (beginners welcome)</p>
<p>25</p> <p>Monday Movie Matinee 1:00 PM Julie & Julia Popcorn provided.</p>	<p>26 Line Dance Basics @ 11:15 AM</p> <p>ETHRA Presentation @ 11:00 AM</p>	<p>27</p> <p>Pictionary @ 11:00 AM</p>	<p>28</p>	<p>29</p> <p>KNOX COUNTY SENIOR CENTERS CLOSED</p>

Halls Senior Center

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Knoxville, TN 37918
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APRIL
2024



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8:00 AM-4:30 PM

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<p>1 </p>	<p>2 Senior Q & A w/Teja @ 11:00  Crafts w/Susanne @ 10 AM Flower Pen</p>	<p>3  @ 10:00 AM Book Club at 11:00 </p>	<p>4 QUILTERS Class @ 8:30 AM</p>	<p>5 CORN HOLE 8:00 AM - 1:00 PM</p>
<p>8</p>	<p>9 KISMET @ 11:00 AM </p>	<p>10 Shut the Box Game @ 1:00 PM</p>	<p>11 Bean Bag Baseball 1:30 PM</p>	<p>12  Brushy Mtn. Prison Tour & Lunch 8:00 AM Dept. Call 865-922-0416 for more information.</p>
<p>15 Monday Movie Matinee 1:00 PM <i>A Dog's Purpose</i> Popcorn provided.</p>	<p>16 Senior Walk Baxter Gardens 3901 Sam Cooper Lane @ 9:30 AM. Lunch at Littons. RSVP 865-288-3761.</p>	<p>17 Shut the Box Game @ 1:00 PM</p>	<p>18 Knitting Circle @ 1:00 PM</p>	<p>19 CORN HOLE 8:00 AM - 1:00 PM</p>
<p>22</p>	<p>23 KISMET @ 11:00 AM </p>	<p>24 Backgammon @ 11:00 AM (beginners welcome)</p>	<p>25 Pictionary 10:30 AM Bean Bag Baseball 1:30 PM</p>	<p>26</p>
<p>29 Senior Info. & Referral 10-12</p>	<p>30 Trivia @ 11:00</p>	<p>Save the Date... Put on your <i>dancing shoes</i> and join us on May 10th for a "Senior Prom". More details coming soon!</p>		<p>April Showers bring May Flowers </p>



Movie Matinees

March 25th @ 1:00 PM

Julie & Julia

A culinary legend provides a frustrated office worker with a new recipe for life. True stories of how Julie Child's life and cookbook inspired fledgling writer Julie Powell to whip up 524 recipes in 365 days and introduce a new generation to the magic of French cooking. (Starring Meryl Streep and Amy Adams)

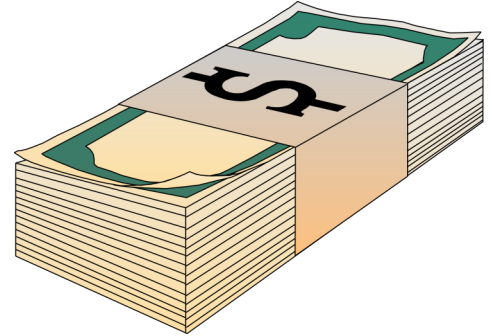
April 29th @ 1:00 PM

The Illusionist

The Illusionist is a 2006 American romantic mystery film based loosely on Steven Millhauser's short story "Eisenheim the Illusionist". It tells the story of Eisenheim, a magician in turn-of-the-century Vienna, who reunites with his childhood love, a woman far above his social standing.



*Learn how to protect
yourself and your*



First Horizon Bank (Halls)

March 12th @ 11:00 AM

@ Halls Senior Center

First Horizon Bank will provide all the current information on fraud and how to keep yourself safe from fraud! Sign up in the office or call 865-922-0416.

**Register in the office or
call 865-922-0416.**



KNOX COUNTY SENIOR SERVICES MONTHLY SENIOR WALK



BEVERLY PARK



INTERGENERATIONAL PLAYSPACE

TUESDAY, MARCH 19 @ 10AM

Join Tara, Patty, and Eilene at Beverly Park (5311 Beverly Park Circle, Knoxville 37918) for the walking group's monthly walk. The paved trail is a 0.6-mile loop. Beverly Park Greenway loops the rolling terrain of Beverly Park against a beautiful hardwood forest backdrop. After our stroll, we will have time to venture over to the NEW Intergenerational Playspace and learn about the fun playground equipment and hopefully have some "play" time. Following our walk, join us for some lunch at Henry's Deli (7231 Tazwell Pike, Corryton 37721). Be sure to RSVP by leaving a message at 865-288-3761 or you can email

seniorservices@knoxcounty.org

BAXTER GARDENS

3901 Sam Cooper Lane

Knoxville, Tn 37918

APRIL 16th, 9:30AM

OPEN TO THE
PUBLIC ONCE
A YEAR!

Join us at Baxter Gardens to tour this beautiful 20-acre private property only opened for the month of April as part of the Dogwood Arts Festival. The estate has been described as a timeless English Garden inspired by the Biltmore Estate Gardens and Sissinghurst Castle in England with plenty of mountain views, water features and statues.

The owner, Bill Baxter, use to mow the property as a teenager and would say one day he would own it and develop it. That he did!

There are 15 themed gardens including, The White Garden, The Bluebird Garden, The Ellipse, The Asian Gardens, The Azalea Garden, The Butterfly Garden, the Iris Garden and The Dogwood Ramble, a favorite of Mr. Baxter's, with over 30 types of different dogwoods.

We will gather after the walk for lunch at Litton's (2803 Essary Drive, Knoxville, TN 37918)

There are no restroom facilities on property.

Make sure to RSVP to 865-288-3761 or email

seniorservices@knoxcounty.org





RESCHEDULED
NEW DATE ANNOUNCED



KNOX COUNTY SENIOR SERVICES

SENIOR WALKING GROUP SOCIAL

KARNS SENIOR CENTER

8042 Oak Ridge Hwy

**Monday, March 11th,
2:00 to 4:00pm**

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, prizes, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available.

Coordinators from our six senior centers will also be on hand to answer any questions you may have.

BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.

Scan the QR code to find the closest senior center to you as well as their events!



Questions? Call (865) 288-3761 or email seniorservices@knoxcounty.org



Crafts with Susanne Presents:



Pressed Flower Lantern Craft!

A simple but beautiful spring craft to help usher
in warm weather!

March 5th at 10 AM

RSVP at the front desk or

call 865-922-0416.

**Bring a wide mouthed, smooth jar and all
other supplies will be provided!**

Grief Recovery Resources



*Mynatt Funeral Home is proud to partner with **Walking with Joy~ Loss & Grief Recovery** to provide the best resources and information available to you during this period of grief and healing. The Grief Recovery Method® is the only grief support program shown to be evidence-based. Our certified Grief Recovery specialists provide expert grief support to empower you with knowledge and strengthen you with a step-by-step guide using actions proven to heal your heart.*



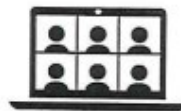
In-Person & Online Grief Recovery Support Group.

The Grief Recovery Method® gives a step-by-step guide of actions that are proven to heal your heart. In these Support Groups you will be given a process that can be used for a lifetime to help you move beyond the pain caused by death, loss and any lifestyle change.



Facebook Group. Hope-Help-Healing

Join this Grief Recovery based group to receive daily quotes, hopeful encouragements and grief healing videos.



Online Zoom Support. Hope Circle

This weekly Circle gathers a community of griever together in an open share format to journey through grief. Videos, panel discussions, guest speakers and a plethora of resources will be included to introduce new tools. **Meeting ID: 829 0028 2226 Passcode: HOPE**



Monthly Newsletter.

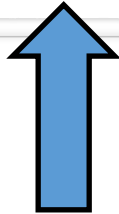
The Grief Recovery Monthly free newsletter offers timely inspiration and event reminders delivered right to your inbox.



Community Events.

Special events focused around holidays are held to support you on your grief recovery journey. They will provide opportunities to build community as well as equip you with new tools to find a path of healing.

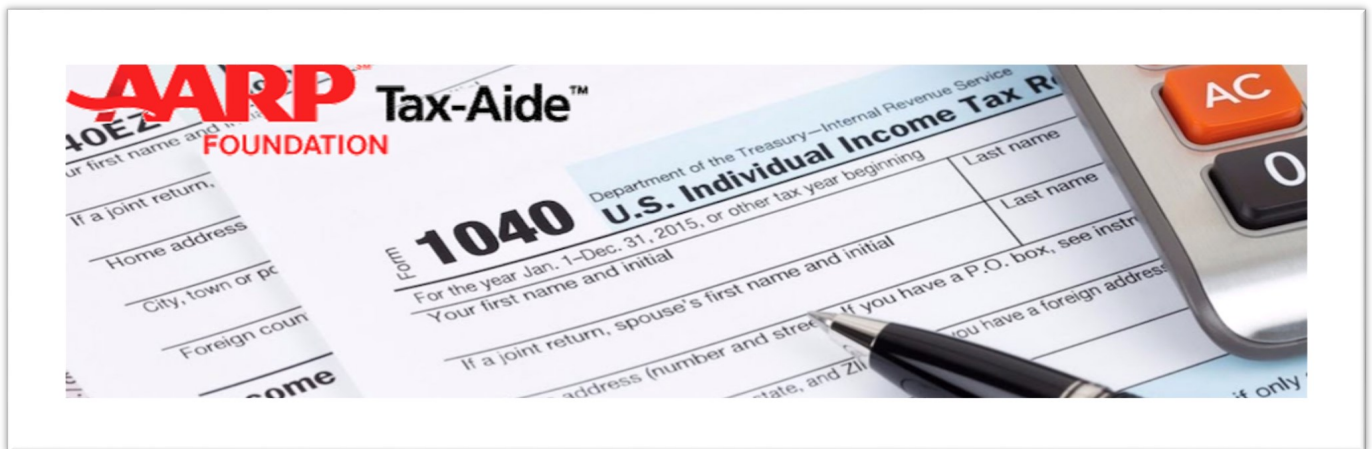
For more information or to register for Grief Recovery Support Groups or upcoming events.
www.mynattfh.com ~ 865-407-0214 ~ GriefRecoveryJoy-Chelsi@mynattfh.com



www.knoxcac.org/vita/

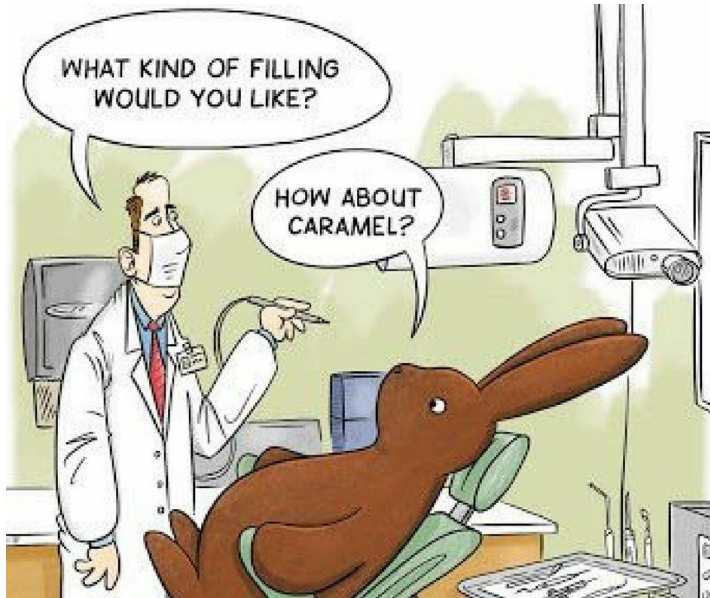
865-244-3086

Free tax services



www.volsintax.com

865-229-4429

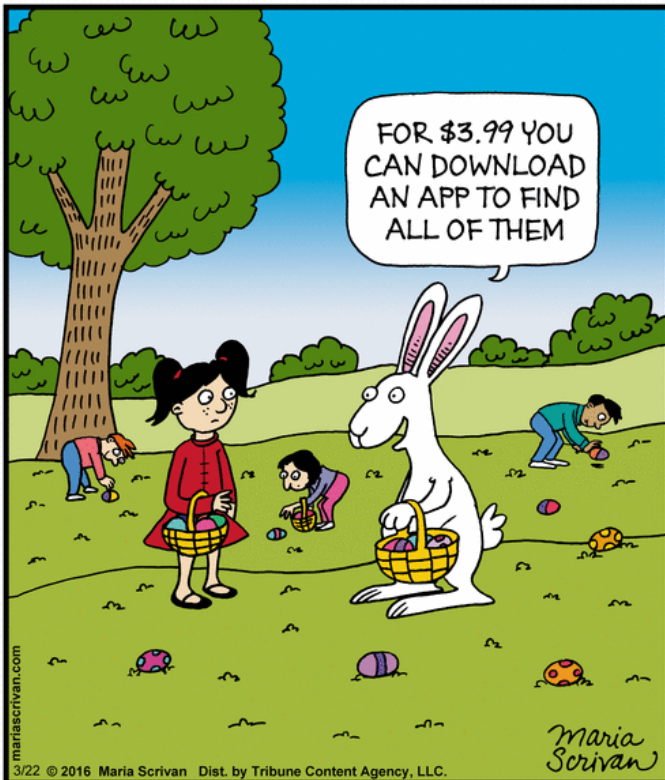


Q. HOW DO YOU CATCH A UNIQUE RABBIT?

A. UNIQUE UP ON IT!

Q. HOW DO YOU CATCH A TAME RABBIT??

A. TAME WAY! UNIQUE UP ON IT!



There are good ships,
& there are wood
ships, the ships that
sail the sea.
But the best ships
are friendships,
& may they always be.

Wednesday, May 29th

@ 11:00am

Cost: \$39.88



Lunch Cruise on the Star of Knoxville

Tennessee Riverboat Co.

Sightseeing cruises are the perfect way to see

Knoxville and the Tennessee River.

PLEASE RSVP in the office or

call 865-922-0416.



***BBQ Pork, Baked Beans,
Mac & Cheese, Potato Salad,
Coleslaw, Rolls, Apple Cobbler,
and Non-Alcoholic Beverages***

Boarding starts

11:30am

Sails

@ 12:00 pm

Address

**300 Neyland Dr.
Knoxville, TN 37902**



At
Knox County Senior Centers

ITS FREE TO JOIN

WALK WHEN YOU WANT / AT YOUR OWN PACE

WALKING IS GREAT EXERCISE

ITS ALWAYS MORE FUN TO WALK WITH A FRIEND

**WALKERS RECEIVE A FREE PEDOMETER TO TRACK THEIR
STEPS AND WILL BE AWARDED PRIZES FOR MILES WALKED**

**SIGN UP BEGINS IN DECEMBER AT ALL 6
KNOX COUNTY SENIOR CENTER LOCATIONS**

Take that first step to better health !



COREINSURANCEADVISORS.COM | 877-404-8060

Hearing Healthcare Presentation by
Lifecare Frequency



BUYER BEWARE

Are you concerned about *overpaying* for hearing aids?
Does my current *Health Insurance* plan pay for hearing aids?
What is Over-the-Counter and online hearing aids?

Lunch & Learn

March 5th 11:00-12:30

FREE Hearing Screening

March 8th & 11th

Find out the TRUTH about your hearing aids and get
ALL your questions answered from a hearing industry expert!

Seating is limited and will fill up fast for this event

RSVP with Judy Loveday 865-922-0416



April 12th

Bus leaves at 8:00 a.m.

**Guided Tour and lunch on your own
at the Warden's Table Restaurant**

Ticket is \$27.00 and bus cost will be based
on the number of people:

14 people \$10.00	13 people \$11.00	12 people \$12.00
11 people \$13.00	10 people \$14.00	

Contact Judy at the Halls Senior Center
at 865-922-0416 to sign up!



Stay Active & Independent for Life (SAIL)

A strength, balance, and fitness

- **It works...**you'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls.
- **It's safe..**the instructors are experienced and skilled, and exercises have been tested with seniors.
- **It's fun...**you'll meet other seniors & make new friends

**SAIL Class
8:30 — 9:30
Monday & Wednesday**

**Build your balance, prevent falls, and be fit
and fall proof.**

**KNOX COUNTY SENIOR SERVICES
2024 MONTHLY SENIOR WALKS**

For information or to RSVP

seniorservices@knoxcounty.org



865-288-3761

Join us for some fun walks, nature, socializing and good food

JANUARY 16th at 10:00 am

Join Carole, Laurie, and Eilene

WEST TOWN MALL (INDOORS)

7600 Kingston Pike 37919

Lunch-Many Options in Food Court

FEBRUARY 20th at 9:30 am

Join Robyn and Sue

FORT SANDERS HEALTH AND FITNESS (Indoors)

270 Fort Sanders Blvd. 37922

Lunch at Sami's Cafe

MARCH 19th at 10:00 am

Join Tara, Patty, and Eilene

BEVERLY PARK INTERGENERATIONAL PARK

5311 Beverly Park Circle 37918

Lunch at Henry's Deli

APRIL 16th at 9:30 am

Join Judy and Carole

BAXTER GARDENS

3901 Sam Cooper Lane 37918

Lunch at Litton's

MAY 21st at 9:30 am

Join Darrell and Cindy

SEVEN ISLANDS BIRDING PARK

2809 Kelly Lane, Kodak, 37764

Bring brown bag lunch at the park

JUNE 18th at 9:00 am

Join Robyn and Aliyete

UT ARBORETUM OAK RIDGE

901 South Illinois Avenue 37830

Lunch at Woody's 114 Union Rd., Oak Ridge

JULY 16th at 9:30 am

Join April, Tara, and Laurie
COLLIER PRESERVE BEAVER CREEK DUO (Angora Frog Farm)
330 West Emory Road 37849
Lunch at Southern Kitchen Sandwich Co.

AUGUST 20th at 9:00 am

Join Susanne, Dustin, and Sue
MARINE PARK GREENWAY TRAIL
2201 Alcoa Hwy 37920
Lunch at SoKno Tacos

SEPTEMBER 17th at 10:00 am

Join Judy and April
HALLS GREENWAY & SENIOR CENTER TOUR
4405 Crippen Road 37918
Lunch at Bel Air Grill

OCTOBER 15th at 10:00 am

Join Sarah, Jessica, and Kim
SEQUOYAH PARK
1400 Cherokee Blvd. 37919
Lunch at Holly's Gourmet Market

NOVEMBER 19th at 10:00 am

Join Susanne and Jessica
HIGH GROUND PARK
1000 Cherokee Trail 37920
Lunch at The Round Up

DECEMBER 17th at 5:30 pm

Join Saraha, April, and Judy
CHRISTMAS LIGHTS WALK
Founders Park
405 N. Campbell Station Road 37934

Knoxcounty.org/seniors/
Feel free to join us for
the dutch treat lunches

JOIN OUR EMAIL LIST FOR FINAL DETAILS & UPDATES ABOUT THE WALKS

