May & June 2019

HALLS SENIOR CENTER
4405 Crippen Road, Knoxville, TN 37918
865-922-0416

Happenings...

Closed on Monday, May 27th - Memorial Day

Field Trips

**Monday, May 6th at 11:00 am - Mighty Musical Monday at the Historic Tennessee Theatre**
AP Strings will be performing this month along with performances on the Mighty Wurlitzer Organ. AP Strings is a diverse music ensemble that has love for 1960’s music. Box lunch and concessions are available at the theatre. **Transportation is FREE courtesy of CAC.**

**Thursday, May 16th at 8:00am - JCM Tours: Barter Theater “Church Basement Ladies”**
Take a trip to Abington, VA on a deluxe motor coach to see the funny and down-to-earth ladies of the local church supper committee. $128.00 includes ticket, lunch, and transportation. **Contact Mark Shoemaker at 865-406-6275 to reserve your spot and arrange payment.**

**Friday, May 31st at 9:00am - Historic Brushy Mountain Prison Tour**
Brushy Mountain State Prison was know as the “End of the Line”. We will have a guided tour from a former prison guard to discover the stories that live on inside the 18’ walls. The Warden’s Table will be open for purchase of lunch or you can bring your own. We will also have time to explore the “End of the Line” moonshine facility. **Cost for transportation and tour is $28.00.**
**Come by the Center and pay by check and reserve your spot. Space is limited!**

**Monday, June 3rd at 11:00 am - Mighty Musical Monday at the Historic Tennessee Theatre**
Kukuly & the Gypsy Fuego will be performing this month along with performances on the Mighty Wurlitzer Organ. The entertainers are an acoustic ensemble that plays HOT JAZZ. Box lunch and concessions are available at the theatre. **Transportation is FREE courtesy of CAC.**

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**Read City USA led by Knox County Mayor Glenn Jacobs**
Go to www.readcityusa.com and take the pledge to promote reading in your community whether it’s reading more yourself, encouraging family and friends to read more, helping youth develop more enthusiasm for reading, or getting involved with your local library.

*You can make a difference!*

Make sure when you visit the Center to check out our Lending Library. We have a variety of genres available for your enjoyment! Check out the recommended reads that are favorites of our Knox County Senior Center Book Clubs. Let us know if you like a certain author or topic and we will work on getting more of those books on the shelves. And, we want to get a book club going here too! So, **sign up** to get your book list with club meeting dates and times.

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**Beat the Summer Heat! Come on in and grab a seat…**
We want to add a new programming, but we need you to help make them a success. Try something new, meet new friends, get out and be social this summer!

**Mondays at 2pm - Wii Bowling League** - We are reconnecting with a much-loved sport, Bowling (without the heavy ball). Wii Bowling has many benefits such as increased motion and socialization and can be played from a seated or standing position. Let the good times roll!

**Tuesdays at 2pm - Scrabble** - A classical crossword game that is great exercise for your brain!

**Fridays at 2pm - Chess Club** - One of the best activities to stay mentally alert!
Wednesday, May 15th and June 12th from 9am to 11pm - Social Worker Outreach
Sara Mary Wallace with the Senior Information Referral Services will be here to answer your questions and assist you with finding resources and services to meet your needs. No appointment necessary.

Movie Matinees - Thursdays at 2:00 pm - Sponsored by Y12 Federal Credit Union.
May 2nd…Robin Hood (PG13) 1:56. Thriller. A war-hardened crusader and his Moorish commander mount an audacious revolt against the corrupt English Crown.

May 9th…Stan & Ollie (PG) 1:37. Comedy. Set in 1955, two world famous performers attempt to revive their career in the comedy circuit.

May 16th…An Elephant’s Journey (PG) 1:27. Adventure. A lost orphan boy and a giant elephant team up to take down an elephant poaching syndicate.

May 23rd…Instant Family (PG13) 1:58. Comedy. A couple find themselves in over their heads when they foster three children.


Tuesday, May 7th at 12:00 pm – Biotech Medical: Genetic Cancer Screening
Genetic testing can help determine if you are at an increased risk for developing certain types of cancer. If you have a family history of cancer, and have Medicare Part B there is no out-of-pocket expense for this testing. Knowledge is power! Call to make your appointment today - 922-0416.

Monday, May 13th at 1:00 pm - Brain Game Competition: Corryton Senior Center
We have been challenged by the other Knox County Senior Centers to a friendly trivia competition! Corryton will be hosting this month. Put on your thinking cap and join us to bring home the victory. Sign up at 922-0416.

Monday, May 13th at 1:00 pm - Lite Bite Talks with Dr. Lee Easley
A discussion on physical therapy and back and neck pain. Dr. Lee is providing a healthy and tasty treat like smoothies, fruit and yogurt cups, granola goodies to participants. Sign up so your snack pack will be ready!

Tuesday, May 14th at 12:00 pm – Potluck: Peace, Love, and...Potluck
Dust off your bell bottoms and throw on your love beads and tie dyes and get your grove on with our 60’s theme. Recipes that defined this decade include Chicken a la King, anything with Jello, cocktail party appetizers like fondue and onion dip, and of course anything Julia Child! Bring a dish to share. We will have a best dressed contest sponsored by our guests with East Tennessee Personal Care.

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Sara Mary Wallace with the Senior Information Referral Services will be here to answer your questions and assist you with finding resources and services to meet your needs. No appointment necessary.

Wednesday, May 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!

Wednesday, May 15th from 1:00pm to 3:00pm - Job Fair: United States Census 2020
Would you like to earn extra income while helping your community? The Census Bureau is recruiting thousand of people across the country to assist with the 2020 census count. 675 Billion will be allotted from the Census, make sure your area is counted!

Tuesday, May 21st from 12pm to 2pm - CPR Challenge - The American Medical Response is aiming to educate people in bystander CPR and Stop the Bleed! Take the Challenge and join us to learn compression only CPR! It only takes a minute to learn and can mean the difference in someone surviving!

Tuesday, May 21st at 1:00 pm - Core Insurance Advisors: Importance of Staying Social
It is important to stay social as you get older, but it isn’t always easy. Learn about the benefits of staying connected to others and strategies to help you keep a healthy social life. RSVP
June 6th…*The Old Man & the Gun* (PG13) 1:33. *Biography.* Based on the true story of Forrest Tucker and his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public.

June 13th…*Nancy Drew & the Hidden Staircase* (PG) 1:29. *Adventure.* Bored by small town life, an inquisitive teen and her friends investigate the ghostly occurrences in a nearby mansion.

June 20th…*Mary Poppins Returns* (PG) 2:10. *Family.* Decades after her original visit, the magical nanny returns to help the Bank’s siblings and Michael’s children through a difficult time in their lives.


**Tuesday, May 28th at 12:00 pm - Clear Captions: Ice Cream Social**
Do you suffer from hearing loss? Come and grab a cone and learn about this federal program that allows every American citizen with a hearing loss, a landline telephone and Internet access to receive a FREE captioned phone. RSVP

**Thursday, May 30th at 1:00 pm - Super Speakers: Amada Senior Care: Long-term Care Insurance**
Long-term care insurance benefits mean nothing unless you know how to use them effectively. Let the experts with Amada help you and your family verify, understand, and manage your benefits. RSVP

**Tuesday, June 4th at 12:00 pm - Amerigroup: Pie and Coffee Social**
Amerigroup is a Medicare Advantage Plan that offers several support benefits to members. Join us for an overview about Medicare and how to navigate the system. Learn how to utilize your benefits, medication copays, and how to work with your Insurance Agent to get the most from your benefits. RSVP

**Monday, June 10th at 1:00 pm - Lite Bite Talks with Dr. Lee Easley**
Did you know that the hip and shoulder are same type of joint? Come and learn about things that you can do to help with aches and pains in your shoulder or hip. Tasty, heathy treats are provided. RSVP

**Tuesday, June 11th at 12:00 pm – Potluck: Let's Flamingle!**
We are “tickled pink” to share this new party theme that encourages friends to gather where they see the pink flamingo and have fun mingling! Bring a tropical dish to share, wear pink!

**Thursday, June 13th at 1:00 pm - Super Speakers: McKinney & Tillman, P.C.: Estate Planning**
Estate planning is a process to choose and create legally effective arrangement to meet your specific wishes if something happens to you or those you care about. Get information from the experts! RSVP

**Monday, June 17th at 1:30 pm - Craft Class: Book Flower**
Bring your hot glue gun and we will provide the book and other materials needed to make this super cute craft. RSVP

**Thursday, June 20th at 1:00 pm - Brain Game Competition: Karns Senior Center**
We have been challenged by the other Knox County Senior Centers to a friendly trivia competition! Join us at Karns this month and help us bring the trophy home! Sign up at 922-0416.

**Monday, June 24th at 1:00 pm - Young Living Essential Oils: Educational presentation by Mary Jo**
Used for thousands of years in various cultures, today essential oils are gaining popularity as a natural, safe, and cost-effective therapy for a number of health concerns. Let’s learn how essential oils are used as natural remedies for various conditions and to improve the health of skin, hair, and body. RSVP

**Tuesday, June 25th at 1:00 pm - Core Insurance: Name that Tune Game**
Join hostess, Teja Cain, as she plays short clips of music and tests your song knowledge just like the popular 1950’s TV show!

**Thursday, June 27th at 1:00 pm - North Haven Nursing Home**
Discussion on the health benefits of Aromatherapy, a holistic alternative therapy. RSVP
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Call 1-888-663-9174 (TTY: 711).

Español (Spanish): ATENCION: Si habla espanol, tiene a su disposicion servicios gratuitos de asistencia linguistica.

Llame al 1-866-618-6836 (TTY: 711).

繁體中文(Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務，請致電1-888-663-9174 (TTY: 711).

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