Karns Senior Center will be closed Friday, April 19th in observance of Good Friday

March 5th. . . Taxpayer Project
Come and hear Outreach Paralegal, Paula Trujillo, as she educates us on the Taxpayer Project. The Taxpayer Project is a Low Income Tax Clinic of Legal Aid Society of Middle Tennessee. She will help us understand specific tax issues concerning senior taxpayers. Also, if someone has a tax issue with the IRS, they can help to resolve it with the IRS and if necessary, will represent the taxpayer before the Tax Court. Their help is free! Please RSVP for this 1:00 pm program.

March 7th. . . Beltone Hearing
One in four people experience hearing loss. It can be a natural progression as we age. Mr. Michael Murphy, BC-HIS, from Beltone Hearing will be offering free hearing screenings and hearing aid cleanings beginning at 8:30 am on March 7th. Please call to schedule your appointment.

March 7th. . . How to Have a Healthy Brain
Dementia and Alzheimer’s disease can be scary, but there are things you can do to keep your brain healthy. Find out how staying active, being social, training your brain, and eating a healthy diet can help. Join us for this 1:00 pm presentation with an educator from Core Insurance Advisors. Please call to register.

March 8th. . . Ten Tips for Better Sleep
Are you looking to transform restless nights into more restful ones? Learn the secret to good sleep with 10 simple tips. Join Health Educator, Sarah Wimmer, at 2:30 pm as she educates us on how to get better sleep at night. Please RSVP.

March 11th. . . Facebook 101 Workshop
Do you want to stay connected to your children and grandchildren? Facebook is a wonderful way to keep abreast of the daily lives of those you love. See the pictures they post, share your pictures with them, and send them messages. You will learn how to do all of this, ensure your Facebook account is set up privately and securely, and much more during this two-hour workshop on Monday, March 11th at 10:00 am with Social Media 4 Seniors. Cost for the class is $20.00. Please call to register.

March 12th . . . Bursitis, Tendonitis, and Plantar Fasciitis
What are they? What can you do to help them go away naturally? Is pain keeping you from being active? Take control and get back to being yourself again. Join Lee Easley, DPT, with Knox Physical Therapy for this 10:30 am program. Please call to register.

You can register for our activities by calling the Center at 865-951-2653
<table>
<thead>
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<th>Mon (7:30-4:00)</th>
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<tr>
<td>Lee Easley, DPT with Knox Physical Therapy will be here for FREE Exam Tuesdays between 8:00-9:30 am by appointment only. If you’ve got pain that won’t go away, find out if physical therapy is right for you. Call and make an appointment today!</td>
<td>We’ve added Poker to the schedule on Tuesday mornings from 10-12 in the Craft Room. Games include 7 card stud, 7-27 high/low, and 5 card draw. We will be using poker chips only. We can not play for Money.</td>
<td>We have Ceramics with Callie on the schedule for Wednesday, March 20th at 1:00 pm. Please call the Center to find out the project for this month.</td>
<td>Join us as we welcome Mayor Jacobs to our Open House on Thursday, March 21st from 11-1. Mayor Jacobs will be visiting our Center for the first time since taking office. We will have information about our activities and you won’t go away hungry!</td>
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<td>9:30 Chair Yoga*</td>
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<td>10:00 Art Class*</td>
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<td>1:00 Sit’n’ Sew</td>
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<td>2:00 Intermediate Line Dance*</td>
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<td>1:30 Genealogy Class</td>
<td>1:30 Tai Chi (Standing)*</td>
<td>1:30 Choir Practice</td>
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**Activities on the calendar followed by an "*" have a fee to participate**

Activities listed below in bold please register to participate

**March 2019**

Karns Senior Center
8042 Oak Ridge Hwy., Knoxville, TN 37931-2317
Ph: (865) 951-2653 Fax: (865) 951-2530
## April 2019

Activities on the calendar followed by an "*" have a fee to participate.
Activities listed below in bold please register to participate.

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<td>12:00 Guitar Practice</td>
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<td>11:00 SAIL*</td>
<td>11:30 Social Worker Outreach</td>
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<td>11:00 Trivia Time</td>
<td>10:15 Tai Chi (Seated)*</td>
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<td>1:00 Craft Social</td>
<td>1:00 Crafting</td>
<td>1:00 Tai Chi (Standing)*</td>
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<td>1:30 Genealogy Class</td>
<td>1:00 Positive Thinking: When Life Gives in Lemons</td>
<td>2:30 Yoga*</td>
<td>1:00 Tai Chi (Standing)*</td>
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### Movie Time: April 24th

*Alive Inside* is an exploration of music’s capability to reawaken our souls. It tells of a different path to the treatment of Alzheimers and other forms of senile dementia. Witness the astonishing experiences of individuals revitalized through the simple experience of listening to music that meant something to them in earlier years. (77 mins)

Join us for BINGO the last Thursday of each month at 11:00 am. Simply bring a $5.00 value gift wrapped or in a gift bag and join the fun! April 25th BINGO will be sponsored by Joyce Taylor with Clear Captions.

Rummy has been added to the schedule on Thursdays at 9:30. Come and join us for a game!
March 13th . . . Card Crafting with Terri
Learn to hand craft beautiful greeting cards in this two-hour class taught by Terri Blair on Wednesday, at 1:30 pm. Each student will leave with two handcrafted greeting cards made in the class. Class fee is $10. Materials provided by the instructor. Seating is limited. Please call the center to register.

March 14th . . . AARP Safe Driving Class
AARP is offering a Safe Driving Class at Karns Senior Center. The class will meet for two days; Thursday and Friday, March 14th and 15th for four hours (12-4) each day. Class fee is $15 for AARP members and $20 for non-AARP Members. Seating is limited. Please call the Center to register.

March 19th . . . Back Pain/Sciatica/Neck Pain
Do you suffer from back or leg pain when you stand or walk, drive or sit for long periods of time? Do you experience pain, numbness or tingling? Does your back ever “go out” if you move the wrong way? Are you afraid your pain will get worse if you don’t do anything about it? Learn how to naturally heal back pain and sciatica for good. Do you suffer with neck pain or headaches every day? Do you find yourself turning your shoulders instead of your head because your neck is stiff? Does your head feel heavy on your neck? If you answered YES to any of the above questions, this workshop may be for you. Join Lee Easley, DPT with Knox Physical Therapy on Tuesday, March 19th at 10:30 for an informational presentation on back and neck pain.

March 19th . . . Walking with Joy
Is your heart broken? Lost? Stuck? Learn the actions that allow you to let go of the pain from: death, pet loss, loss of health, job loss, relationship, moving, or any other loss. Join Joy Gaertner, Certified Grief Recovery Specialist on Tuesday, March 19th at 1 pm to learn how to transform pain into peace. Please register for this program.

March 21st . . . Open House
Join us at Karns Senior Center from 11-1 for an Open House as Mayor Glenn Jacobs visits for the first time since he took office. We will be showcasing our center with demonstrations by our exercise instructors, informational tables about our activities, choir performance, music by some of our members, and we will be serving a grab and go lunch provided by Jeff Olsen, Riggs Pharmacy. Thank you to all of our sponsors providing snacks for our Open House: Linda Ramsey-Staffen, Core Insurance Advisors; Lee Easley, Knox Physical Therapy; Christina Hampton, Pinncle Assisted Living; DeAnna Robertson, Y12 FCU; Kay Lorick, Morning Pointe of Powell; Edna Newman, Comfort Keepers; Dave Fisher, Transamerica; Nace Coker, Humana, Tiffany Feigley, Blue Cross/Blue Shield; and Susan Vieira, Home Instead. Please call to RSVP for this event.

March 22nd . . . Paint with Darrell
Our own Darrell Gooding is back with us to celebrate the beginning of spring with a “Paint with Darrell” bottle painting class. Darrell will help you channel your inner artist, teaching some painting techniques while helping you create a beautiful bottle you can use for spring decorating. Cost is $2.00 to cover materials. Please call to sign up for this 1:00 pm Friday class. Space is limited.
March 22nd . . . Inter-Center Trivia at Halls Senior Center
Do your friends tell you that you are a know-it-all? Do you shout out all the correct answers to Jeopardy? Do you know a little about a lot of things? If so, make plans to join us at Halls Senior Center on Friday, March 22nd at 1:00 pm for a friendly trivia competition between the six Knox County Senior Centers. Seniors Helping Seniors will be sponsoring light refreshments and a winner will go home with a special prize!! Everyone is invited to attend. Call 922-0416 by March 15th to register.

March 25th . . . Windows 10/Windows 10 Photo Class
Recently upgraded to Windows 10? Need help navigating through the new layout and help understanding all of the settings? You will also learn how to use Windows 10’s built-in Photos App. Join John Mills as he teaches this 8-hour class over four days, March 25th, 27th, and April 1st and 3rd from 1-3 pm. You must bring your own device with Windows 10 loaded on it. Seats are limited, please register for this class.

March 26th . . . Master Gardener: Easy Gardening in Difficult Spaces
Give your garden a place to flourish by building raised beds. Join Andy Mehringer and Barb O’Neil at 11:00 am to learn about the advantages of raised beds and what to plant in them.

March 26th . . . Humana New Member Seminar
If you are a Humana Medicare member, please join Brooke Thurman and Linda Ramsey-Staffen of Core Insurance Advisors in a New Member Orientation. Regardless if you have been a Humana member for several years or are new to a Humana plan, come hear specific details about your extra benefits and get answers to any questions you may have on your plan. Please register for this 1:00 pm seminar.

March 27th . . . Google Workshop
What is Google? Google Drive? Gmail? How can Google be beneficial to me? During this 4 hour workshop you will learn about Google and how to set up a Google Account, using Gmail, how to efficiently use Google Drive; how to use different Google Apps such as Google Docs, Google Sheets, Google Slides, and Google Drawings; what to do with files once they are created, all about Google Calendar, and Google photos. This class is $35.00, taught by Social Media 4 Seniors and will be held from 10-12 on Wednesday and Thursday, March 27th and 28th. Please call to register.

March 27th . . . Scrapbooking with Terri
Join us on Wednesday, March 27th at 1:30 pm for Scrapbooking with Terri. Create a two-page layout created with Kiwi Lane products. Cost for the class will be $13.00 payable to the instructor. Seats are limited, call to register.

March 28th . . . Card Stitching Class
Join Cindy Mishtal as she instructs the class on how to create a beautiful Easter card by using the art of stitching. Students will create one card in the class. Cost is $5.00 payable to the instructor. Please register for this 1:00 pm class. Seats are limited.

You can register for our activities by calling the Center at 865-951-2653
March 29th/April 26th . . . One Stroke Painting
Join Sara Cawood on Friday at 1:00 pm, as she leads the class in a technique called One Stroke Painting. One Stroke is an easy to learn method of painting. The classes will include learning how to load brushes and do some basic strokes. Those basics will then be applied in painting a canvas to take home. Fee for the class is $30.00 payable to the instructor. Class size is limited, please call to register.

April 1st . . . Basket Weaving
Want to learn the art of basket-weaving? Join us on Mondays, beginning April 1st at 10:00 am as Elizabeth Jenkins will be teaching the art of basket-weaving. This class will be learning how to make a basic square basket. Fee is $20 per student. Class will be for four Mondays, April 1st, 8th, 15th and 22nd from 10:00 am—12:00 pm. Please call the Center to sign up. Seats are limited.

April 2nd . . . Detox for Better Health
Like an oil change and tune up for our cars, it’s important we consider cleaning up our bodies so they function well and last. It is true our body has natural detox processes to make this happen, but what if those systems are overloaded, sluggish or under-performing? Dr. Ryan Teeter, DC plans to teach you simple habits to support, strengthen and prepare the body for detoxing and cleansing so you can experience better health! Please register for this 10:30 am program.

April 3rd . . . Card Crafting with Terri
Learn to hand craft beautiful greeting cards in this two-hour class taught by Terri Blair on Friday, at 1:30 pm. Each student will leave with two handcrafted greeting cards made in the class. Class fee is $10. Materials provided by the instructor. Seating is limited. Please call the center to register for this class.

April 4th . . . Positive Thinking: When Life Gives Us Lemons
Positive thinking is powerful! It can help turn a difficult situation into one that’s manageable—and sometimes even enjoyable. Learn how to look on the bright side and bring more happiness, connection, and gratitude to your life. Join Core Insurance Advisors for this 1:00 pm program. Please RSVP.

April 9th . . . Chronic Pain/Fibromyalgia
Do you have pain that’s been around for months or years? Do you feel like you have tried everything to help it go away? Are you looking for other ways besides medications for relief? Are you avoiding activity because it makes everything worse? Find out if there’s another option for you! Learn how to get back the life you want to live. Join Lee Easley with Knox PT at 10:30 am. Please RSVP.

April 10th . . . News, Books, & Magazines Workshop
Would you like to learn how to find news sources and read newspapers and magazines on your mobile device? What about finding that great book using the Kindle app? We’ll also talk about using your local library website and the Overdrive app to find and check out eBooks, audio books and magazines for free. You must bring an Apple or Android device to this 10:00 am workshop. Cost of the class is $20.00. Please call to register, seats are limited.

You can register for our activities by calling the Center at 865-951-2653
April 11th . . . Financial Self Defense Lunch & Learn
Donna Maloney, Manager of Financial Outreach at Y-12 Federal Credit Union will be here to share several ways in which thieves attempt to steal your personal information with the intentions of gaining access to your money. She will share steps that can be taken to prevent this from happening to you. Donna will also speak on another topic related to this, Elder Financial Abuse. Unfortunately this is becoming increasingly prevalent and affecting more and more of our elders. Please register for this informative program held at 12:00 pm.

April 16th . . . Neck Pain Workshop
Neck pain workshop reveals how to naturally get rid of your neck pain for good. Do you suffer with neck pain every day? Do you find yourself turning your shoulders instead of your head because your neck is stiff? Do you experience pain, numbness or tingling into your shoulder, arm or down your hand? Does your head feel heavy on your neck? Are you afraid your pain will get worse if you don’t do anything about it? If you answered yes to any of these questions, Join Lee Easley with Knox Physical Therapy at 10:30 am and learn if physical therapy is right for you.

April 16th . . . Chef Walter
Join us on Tuesday, April 16th at 11:30 am for a cooking demonstration and food tasting provided by former WVLT Chef Walter Lambert. He will also have some of his famous cookbooks for sale. Cost for the class is $15.00, payable to the instructor. Class is limited, please call to register.

April 17th . . . Birding: Seven Islands State Birding Park Information
Mr. Robert Terrell will provide information about and discuss birding at Seven Islands State Birding Park, Seven Islands State Birding Park is a state park in Knox County, Tennessee located east of Knoxville in Kodak along the French Broad River. The diverse grassland landscapes and the river create a habitat for over 200 species of birds that can be found there in the Spring. Join us on Wednesday for this 1:00 pm program.

April 17th . . . New to Medicare Seminar
Join Diana Nelson with Affinity Insurance as she explains the New to Medicare book which explains what a person needs to know about the different parts of Medicare and the plan options that are available. Please RSVP for this Thursday at 1:00 pm presentation.

April 17th . . . Scrapbooking with Terri
Join us on Wednesday, April 17th at 1:30 pm for Scrapbooking with Terri. Create a two-page layout created with Kiwi Lane products. Cost for the class will be $13.00 payable to the instructor. Seats are limited, call to register.
April 22nd . . . Streaming Class
Tired of cable or tired of paying the cable bill? Come learn how you can ditch the cable and use You Tube, a Smart TV, or a Roku device. Have no idea what they are or what they do? Our instructor will explain what they are and how to use them during this beginners class on Monday at 10:00 am. No charge for this class. Please RSVP.

April 23rd . . . Balance & Dizziness Workshop
Do you feel like you are going to fall? Feel unsteady when you get up from a chair? Worried about walking on uneven surfaces? You don’t have to live in fear of falling. You can take steps to improve your balance and live more independently. Join Lee Easley, DPT with Knox Physical Therapy on Tuesday, April 23rd at 10:30 am to find out how. Please call the Center for this presentation.

April 23rd . . . Master Gardener: Work smarter not harder, Master the demands of your garden
Join Master Gardeners Cathy Carpenter, Vickie Smith, and Ellen Liuzza to learn how to save time, and your back, while doing your gardening. Join us at 11:00 am for this program.

April 23rd . . . Humana New Member Seminar
Join Nace Coker with Humana at 1:00 pm for a general discussion about what Medicare covers, options to supplement Medicare, and how Part D drug coverage works. Question and Answer session after. Please register for this program.

April 25th . . . BINGO sponsored by Clear Captions
Join us for a few games of BINGO every last Thursday of the month at 11:00 am. Bring a $5.00 value gift wrapped or in a gift bag and come join the fun. This month, Joyce Taylor with Clear Captions will be joining us and sponsoring BINGO.

April 25th . . . Inter-Center Trivia at Carter Senior Center
Do you enjoy Trivia or simply learning new things? If so, then you should make plans to join us at the Carter Senior Center on Thursday, April 25th at 1:00 pm for a little friendly trivia competition between the six Knox County Senior Centers. Everyone is invited to attend, call Carter Senior Center at 932-2939 to register.

April 30th . . . Rise Above Crime Program
The Office on Aging has started a program to help older adults in situations where elder abuse is occurring. It is a free program for people 50 and over in Knox County who are victims of physical, sexual, or psychological violence; neglect; or economic exploitation or fraud. It is staffed by caring professionals who can help people overcome the trauma from any abuse they have experienced. Join Emma Parrott, MSW, Manager of the Rise Above Crime Program at 1:00 pm as she educates us about the program.

You can register for our activities by calling the Center at 865-951-2653
Class Highlights
Chair or Seated Yoga

Chair or Seated Yoga will begin again on Thursday, March 7th at 9:00 am with instructor Lisa Kear.
Chair Yoga is a gentle form of Yoga that is practiced sitting in a chair and standing behind a chair for added balance. It’s an exercise that can assist with reducing stress, aid with pain management, and help fight fatigue. If you want to address balance issues, start an exercise regime slowly toward increased endurance, and feel more confident as you get your body use to exercise, this class is for you. Always consult with your Primary Care Provider about the health benefits you can obtain from Yoga and other exercise classes. No prior experience necessary to enjoy this fun filled class. Class fee is $5 per each class attended. Fees are payable to the instructor.

Senior Volunteer Highlights

Meet some of our awesome Karns Senior Center volunteers—Karen Taylor, Marissa Sharp, Charlene Butler, and Barbara Smith. They have been volunteering at the center for about 2 1/2 years. They help “fill in the gaps” providing lots of delicious food at our potlucks. They grew up together and go to church together and are involved in several ministries to include Volunteer Ministry, Under the Bridge Ministry, and they have been involved working in food pantries. They say cooking for others is their Ministry and simply doing whatever they can to help with the needs of others. Thank you for sharing your talents, time, and your heart with us here at Karns Senior Center. We appreciate you all so much!!
Social Worker Outreach
Sara Mary Wallace with CAC Office on Aging will be at Karns Senior Center to answer your questions and assist you with finding resources and services to meet your needs. Sara Mary is a licensed Master Social Worker and Certified information and Referral Specialist in Aging/Disability. You can also contact her at (865) 546-6262 or by email at: saramary.wallace@knoxseniors.org. No appointment necessary to meet with her at Karns Senior Center on the following dates: Wednesday, March 6th and Wednesday, April 3rd from 11:30 am to 1:30 pm.

Veterans Services Outreach
Knox County Veteran Services Office assists Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improve Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. For additional information and to speak with a representative from the Veteran Services Outreach Office call (865) 215-5645 or meet with them here at Karns Senior Center on the following date: Friday, March 15th at 10:00 am. They will be here at Karns Senior Center once each quarter.

You can register for our activities by calling the Center at 865-951-2653
Question: Everything is so expensive! I keep hearing about programs to help cover the costs of groceries, Medicare & even utilities. Do these really exist?

Answer: Yes! The Supplemental Nutrition Assistance Program (SNAP) is designed to help people put nutritious food on their table. The Medicare Saving Program (MSP) pays Medicare Part B premiums for eligible beneficiaries, and the Extra Help program (also known as LIS) helps pay the costs of Part D premiums and co-pays. LIHEAP is designed to provide assistance to eligible households for their home energy costs.

Question: That’s great, but how do you know if you’re eligible for any of these programs?

Answer: Good news! The National Council on Aging (NCOA) has recently named the Knoxville - Knox County CAC Office on Aging a Benefits Enrollment Center (BEC). What does that mean? It means the Office on Aging is now able to offer SAVINGS CHECK UPS. If you are interested in seeing if you qualify for any of these money saving programs, you can call the Savings Check Up program at (865) 546-6262. Staff or a trained volunteer will ask you a few basic questions and complete a screening to see if you may qualify. If you prefer to look into it on your own, you can visit www.benefitscheckup.org, answer a few simple questions and get information on what programs you may be eligible for.

Question: What happens if it looks like I might qualify for something?

Answer: If it looks like you may qualify for SNAP, MSP, LIS, LIHEAP or any other benefit programs, and you would like help to complete the applications, Savings Check Up staff and volunteers are available for appointments to help you complete and submit the appropriate paperwork. They can help explain the different programs, what is required for applications, help complete the paperwork and follow-up with you if you have any questions once receiving benefits. In addition to the “core benefits” described above, Savings Check Up will also look into other benefits you may qualify for and help navigate applying for those as well.

Question: If I get on these programs will someone else not be able to?

Answer: No. These programs are funded from various sources, and as a tax-payer you have been contributing to them for years. They have been designed to help alleviate some of the financial worry faced by so many when they really need it. Each program has certain eligibility criteria, so all those who fit that criteria are eligible. No one takes something away from someone else. By accessing the programs when you are eligible, you will be saving your own hard earned money and bring some of that tax money back to Knox County.

Sara Mary is a Licensed Master Social Worker, SHIP Certified Medicare counselor and works for Senior Information & Referral (SIR) - a free service from the Office on Aging. If you need something, are looking for a resource or just have questions and don’t know where to find the answer, SIR is here to help. Call SIR (865) 546-6262, Monday - Friday 8:00 am - 4:30pm, and a Certified Information & Referral Specialist will be happy to assist you. You can also meet with Sara Mary at the Karns Senior Center the first Wednesday of the month from 11:30 a.m. - 1:30 p.m., or by appointment.
Which is the top view of the tower to the left?

Yellow  Green  Orange
Purple  Blue  Pink
Brown  White  Red
Magenta  Grey  Lilac

Try to say the colors that the words are written in, not the color that the words spell.
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