**Friday, November 1st at 1:00 pm . . . Wellness Checks**
Hand-n-Hand Health Care will be here from 1-3 pm providing wellness checks and a relaxation station. There is not cost involved, they are providing this as a service to us. **RSVP**

**Monday, November 4th at 11:00 am . . . Field Trip: Mighty Musical**
Join us for a FREE field trip to the beautiful Tennessee Theater to the Mighty Musical Monday. Performing will be the Scruffy City Orchestra. Bus compliments of CAC. **RSVP**

**Tuesday, November 5th at 1:00 pm . . . Krfty Stamper**
Join Cindy Bogard for this craft class to make a mitten gift card holder, lottery ticket envelope, and two tea lights in a handmade box. Cost is $13.00 for the class. **RSVP**

**Tuesday, November 5th at 1:00 pm . . . Protect What You’ve Worked For**
Learn strategies to help guard valuable assets and protect retirement income with Cindy Barnes, Financial Advisor with Edward Jones. **RSVP**

**Wednesday, November 6th at 1:00 pm . . . Essential Oils**
Essential Oils for systems, not symptoms! This class will discuss the main body systems and suggest essential oils & supplements that support your body, health, and well-being! **RSVP**

**Wednesday, Nov. 6th & Dec. 4th at 1:30 pm . . . Card Crafting with Terri**
Join Terri Blair in making some beautiful cards for the upcoming holidays! Cost is $13.00. **RSVP**

**Thursday, November 7th at 12:15 pm . . . Dealing with Holiday Grief**
Experiencing grief during the holidays can turn a joyful time into a time of pain and sadness. Join Chris Taylor, with Avalon Hospice to discover “Tips for Surviving Holiday Grief.” **RSVP**

**Thursday, November 7th at 1:00 pm . . . Memory & Hearing Screenings**
Memory and hearing is an important part of health screenings. The University of Tennessee Health Science Center Graduate students will provide these screenings at no cost. **RSVP**

**Friday, Nov. 8th & Dec. 6th at 1:00 pm . . . One Stroke Painting**
Join Sara Cawood as she leads the class in a technique called One Stroke Painting. The classes will learn to load brushes and do some basic strokes creating a painting to take home. **RSVP**

**Friday, November 8th at 1:00 pm . . . Veterans Program**
We invite our Veterans to join us to honor and recognize your service to this country. The Karns choir will be performing, Buzz Buswell, Director of Veterans & Senior Services will be speaking, and light refreshments will be served compliments of JACO Tours. Please bring your military portrait by the center or email to Scot.Bellavia@knoxcounty.org prior to the program. **RSVP**

**Tuesday, November 12th at 10:30 am . . . Back Pain & Sciatica**
Join Lee Easley with Knox Physical Therapy as he discusses back pain, sciatica, and treatment options. **RSVP**
Thursday, November 14th at 10:00 am . . . Turkey Trot
Join us for our Second Annual Turkey Trot! This is a one-mile fun walk/run for any of our members. We will be collecting (3) non-perishable food items per person as registration to benefit Beaver Ridge United Methodist Church food pantry. T-Shirts will be free to the first 30 registrants, sponsored by Knox Physical Therapy and Volunteer Pharmacy. They will also be available for purchase. Top finishers in each category will get a frozen turkey sponsored by Andy Williams/Cigna, Frank Layton/Health Markets, and Brooke Thurman/Core Insurance. Water and a healthy snack provided by Christina Hampton/Pinnacle Assisted Living. Come and have your picture made with the turkey! RSVP

Thursday, November 14th at 10:00 am . . . Alcohol Ink Class
Artist Mary Proffitt will introduce techniques in creating art with alcohol inks. Each student will produce a Christmas poppy on a 4 x 4 ceramic tile, suitable for framing. All supplies are provided except for an easel or frame, cost is $25.00. RSVP

Thursday, November 14th & 15th at 11:00 am . . . AARP Driving Class
AARP is offering a safe driving class for two days, Thursday & Friday, November 14th and 15th, four hours each day. Class fee is $15 for AARP members and $20 for non-AARP members. RSVP

Tuesday, November 19th at 1:00 pm . . . Fall Fun with Essential Oils
Come and enjoy the fall fun making pumpkin spice creamer and a wellness roller bottle. Cost for the class is $6.00. RSVP

Tuesday, November 19th at 1:00 pm . . . Proton Therapy Education
Proton Therapy is a non-invasive treatment that has become a trusted method for precisely targeting tumors and reducing the risk of side effects, providing an improved quality of life both during and after treatment. Jenni Turner, Director of Clinical Outreach with Provision will be here to provide a brief overview of how proton therapy fits into cancer care, what it is and how it works, as well as examples of disease sites in which it is most beneficial. RSVP

Wednesday, Nov. 20th & Dec. 18th at 1:30 pm . . . Scrapbooking
Learn to create a two-page layout with Terri Blair using Kiwi Lane products. Cost is $15.00 payable to the instructor. RSVP

Thursday, November 21st at 11:00 am . . . Book talk/Book Signing
Martha Woodward's latest book, _101 Ways to Reuse Plastic Bags: To Keep Them Out of a Landfill_, was inspired by a project at the Thursday's Crafting Social. Join her for a book talk, book signing and a question/answer session. RSVP

Thursday, November 21st at 1:00 pm . . . Playback Theater
Playback is a form of improvisational theatre where real life stories are brought to life on the spot using dialogue, movement, and music. An audience member shares an experience from his or her life and they play it back, capturing the heart or essence of the experience. Join the Word Players’ Playback Theater Troupe as they come and share this unique form of theater with us. RSVP

Monday, November 25th at 10:00 am . . . Staying in the Know
Join Social Media 4 Seniors as they teach us how to navigate the Internet and use our email to get information. This is a two-hour workshop, cost is $20.00. RSVP

You can register for our activities by calling the Center at 865-951-2653
Tuesday, November 26th at 1:00 . . . Common Ailments of the Foot & Ankle
Join Drayer Physical Therapy as they discuss common ailments of the foot and ankle such as plantar fasciitis, bunions, arthritis, and sprained ankles. They will cover the major diagnosis, including treatment and prevention for each, as well as answer any questions. RSVP

Monday, December 2nd at 11:00 am . . . Field Trip: Mighty Musical
Join us for a FREE field trip to the beautiful Tennessee Theater to the Mighty Musical Monday Christmas Celebration. Bus compliments of CAC. RSVP

Tuesday, December 3rd at 1:00 pm . . . Dementia Simulator
Katie Harbin with Arbor Terrace will be here with the dementia simulator to help us experience what having dementia is like and what someone faces throughout a small portion of their day. It is truly life changing and eye-opening. RSVP

Wednesday, December 4th at 1:00 pm . . . Scarf Wreath Class
Jill Green, Coordinator at the Corryton Senior Center, will be here leading the class in making a scarf wreath for the holidays or winter theme. Call for materials list. RSVP

Thursday, December 5th at 12:00 pm . . . Tea Party
Eat, drink tea, and be merry! Wanda Little with Little Rose Tea Parties will be here hosting a holiday themed tea party including lunch served with dessert, hot tea, games and prizes, and a make and take craft. Cost $30.00. RSVP

Monday, December 9th at 10:00 am . . . Gingerbread House Decorating
Come and build your very own gingerbread house to take home for a holiday decoration or sweet treat! The instructor will be providing all materials. Cost $10.00. RSVP

Tuesday, December 10th at 10:30 am . . . Shoulder Pain
Join Lee Easley with Knox Physical Therapy as he discusses shoulder pain and treatment. RSVP

Wednesday, December 11th at 1:00 am . . . Essential Oils
This class will be a Holiday Make-and-Take using essential oils to make an item to take and use in their home or to give as a gift. Costs will vary. RSVP

Thursday, December 12th at 1:00 pm . . . Tennessee Jewels
The Tennessee Jewels are back with their Christmas performance to entertain us with song and dance. RSVP

Friday, December 13th at 10:00 am . . . Christmas Ornament Craft
Join us for a beautiful burlap Christmas ornament craft taught by one of our part-time employees, Lindsey Iddins. Call or stop by for the supply list. RSVP

Friday, December 13th at 1:00 pm . . . Holiday Gift Make & Take
Join Mary Jo Costello for a Holiday Gift “Make & Take” with Essential Oils to keep or to give as a gift. Cost is $6.00. RSVP

Tuesday, December 17th at 11:00 am . . . Rise Above Crime Program
The Office on Aging will be here to educate us on elder abuse and neglect. They will discuss common indicators and educate us on where Seniors can go for help. It is staffed by caring professionals who can help people overcome the trauma from any abuse they have experienced. RSVP
**November 2019**

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

<table>
<thead>
<tr>
<th>Mon (7:30-4:00)</th>
<th>Tue (7:30-4:00)</th>
<th>Wed (7:30-4:00)</th>
<th>Thu (7:30-4:00)</th>
<th>Fri (7:30-4:00)</th>
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<tbody>
<tr>
<td><strong>Music Jam</strong></td>
<td><strong>Monthly Crop</strong></td>
<td><strong>Need Open Enrollment Assistance?</strong></td>
<td><strong>Grief Support</strong></td>
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<tr>
<td>First Wednesdays at 2:00 pm. Join our musicians as they play bluegrass, country &amp; gospel music using guitars, fiddles, dobroes, and banjos.</td>
<td>Interested in working on your scrapbook? Bring all your stuff and join us for a &quot;Monthly Crop.&quot; First Tuesday from 10-3</td>
<td>Make an appointment to meet with Sara Mary Wallace at the Center on Wednesday, November 6th</td>
<td>Meetings will be the first and third Thursdays of each month. Anyone can join at anytime.</td>
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<tr>
<td><strong>11:00 Field Trip:</strong> Mighty Musical Monday (Scruffy City Orchestra)</td>
<td>10:00—3:00 Scrapbooking Monthly Crop</td>
<td>8:30 Medicare Open Enrollment Assistance by appt.</td>
<td>12:15 Dealing with Holiday Grief/Chris Taylor</td>
<td>1:00 Honoring our Veterans sponsored by JACO Tours</td>
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<td>1:00 Protect What You’ve Worked For with Cindy Barnes</td>
<td>1:00 Essential Oils 1:30 Card Crafting w/Terri* 2:00 Music Jam</td>
<td>1:00 Grief Support</td>
<td>1:00 One Stroke Painting*($30.00)</td>
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<td><strong>11</strong></td>
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<tr>
<td><strong>Holiday Center Closed</strong></td>
<td><strong>10:30 Knox PT/Back Pain &amp; Sciatica</strong></td>
<td><strong>12:30 New to Medicare w/Diana Nelson</strong></td>
<td><strong>10:00 Turkey Trot</strong></td>
<td><strong>12:15 AARP Driving Class</strong>*</td>
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<td>12:00 Potluck sponsored by Riggs Pharmacy</td>
<td>1:30 Hymn Sing 2:00 Book Club: Lady First by Amy Greenberg</td>
<td>10:00 Alcohol Ink Class* (Cost $25.00)</td>
<td>11:00 AARP Driving Class***</td>
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<td><strong>18</strong></td>
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<tr>
<td><strong>Holiday Center Closed</strong></td>
<td><strong>10:30 Medicare Sales Seminar w/Nace Coker</strong></td>
<td><strong>10:30 BP Clinic</strong></td>
<td><strong>11:00 Booktalk with Martha Woodward</strong></td>
<td><strong>9:30 Toenail Trimming</strong>*</td>
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<td>1:00 Fall Fun with Essential Oils* ($6.00) 1:00 Introduction to Proton Therapy SENIOR WALK</td>
<td>1:00 No Birding 1:30 Scrapbooking w/Terri* (Cost $15.00) 1:30 Hymn Sing 2:00 Mystery Book Club</td>
<td>1:00 Grief Support 1:00 Playback Theater Last Thursday Tai Chi</td>
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<td><strong>25</strong></td>
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<tr>
<td><em><em>10:00 Staying in the Know: Navigating Internet &amp; Email</em> (Cost $20.00) 12:00 Canasta (Learn &amp; Play)</em>*</td>
<td><strong>11:00 BINGO</strong></td>
<td><strong>10:00 Toenail Trimming</strong>*</td>
<td><strong>Holiday Center Closed</strong></td>
<td><strong>Holiday Center Closed</strong></td>
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<td>1:00 Common Ailments of the Foot &amp; Ankle/Drayer PT</td>
<td>2:00 Mystery Book Club: Second Watch by J.P. Vance</td>
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<tr>
<td><strong>These events occur every week</strong></td>
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<tr>
<td>8:00 Ping Pong 9:45 Intermediate Piano* 10:00 Art Class* 10:30 Triple Play Canasta 11:00 SAIL* 1:00 Sit’nSew 1:00 Line Dance Improver Class* 1:00 Cribbage</td>
<td>8:00 Knox PT 9:00 Cardio Mix * 9:00 Hand &amp; Foot Cards 10:00 Poker 12:30 Pinochle 1:00 Mexican Train Dominos 1:30 Genealogy Class 2:30 Yoga</td>
<td>8:00 Ping Pong 9:30 Bridge 11:00 SAIL* 1:00 Rook 1:00 Canasta</td>
<td>9:00 Chair Yoga* 9:30 Scrabble 10:00 Tai Chi Light Sabers 10:45 Seated YoChi 11:00 Trivia Time 11:15 Standing YoChi 12:30 Mah Jongg 1:00 Crafting Social 2:30 Yoga*</td>
<td>8:00 Ping Pong 9:00 Guitar Practice 10:00 Advanced Light Saber Tai Chi 11:00 Euchre 11:00 SAIL* 12:30 Pinochle 12:30 Mexican Train Dom. 1:30 Choir Practice</td>
</tr>
</tbody>
</table>
# Karns Senior Center

**8042 Oak Ridge Hwy., Knoxville, TN 37931-2317**  
Ph: (865) 951-2653, Fax: (865) 951-2530

## December 2019

Activities on the calendar followed by an "*" have a fee to

### Mon (7:30-4:00)
- **2**
  - 11:00 Field Trip: Mighty Musical Monday (Christmas Celebration)

### Tue (7:30-4:00)
- **3**
  - 10:00—3:00 Monthly Crop
  - 10:30 Humana Sales Seminar w/Core Insurance
  - 1:00 Wreath Class
    - 1:30 Card Crafting w/Terri*
    - 2:00 Music Jam

### Wed (7:30-4:00)
- **4**
  - 12:00 Tea Party*
    - 1:00 Grief Support

### Thu (7:30-4:00)
- **5**
  - 1:00 One Stroke Painting* ($30.00)

### Fri (7:30-4:00)
- **6**
  - 10:00 Monthly Crop
    - 10:30 Humana Sales Seminar w/Core Insurance
    - 1:00 Dementia Simulator
    - 2:00 Book Club: Movie and Cookie Swap

### Sat (11:00)
- **7**
  - 11:00 Essential Oils*
    - 2:00 Book Club: Movie and Cookie Swap

### Mon (December 9)
- **9**
  - 10:00 Make a Gingerbread House* (Cost $10)

### Wed (December 11)
- **11**
  - 1:00 Music Jam

### Fri (December 13)
- **12**
  - 1:00 Tennessee Jewels

### Mon (December 16)
- **16**
  - 12:00 Canasta (Learn & Play)

### Tue (December 17)
- **17**
  - 11:00 Rise Above Crime Program

### Wed (December 18)
- **18**
  - 10:30 Shoulder Pain with Knox PT
  - 12:00 Potluck sponsored by Morning Pointe of Powell (Kay Lorick)

### Thu (December 19)
- **19**
  - 1:00 Essential Oils*
    - 2:00 Book Club: Movie and Cookie Swap

### Fri (December 20)
- **20**
  - 10:00 Veterans Services

### Mon (December 23)
- **23**
  - To show our appreciation for all of you, holiday treats provided while they last, compliments of Karns Senior Center employees!

### Tue (December 24)
- **24**
  - Holiday Center Closed

### Wed (December 25)
- **25**
  - Holiday Center Closed

### Thu (December 26)
- **26**
  - 11:00 BINGO

### Fri (December 27)
- **27**
  - 12:00 Canasta (Learn & Play)

### Sat (December 28)
- **30**
  - 12:00 Canasta (Learn & Play)

### Sun (December 29)
- **31**
  - We are Open! Happy New Year's Eve!

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### These events occur every week

- 8:00 Ping Pong
- 9:45 Intermediate Piano*
- **10:00 Art Class**
- 10:30 Triple Play Canasta
- 11:00 SAIL*
- 1:00 Sit’n’Sew
- 1:00 Line Dance Improver Class*
- 1:00 Cribbage
- 8:00 Knox PT
- 9:00 Cardio Mix *
- 9:00 Hand & Foot Cards
- 10:00 Poker
- 12:30 Pinochle
- 1:00 Mexican Train Dominoes
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- 2:30 Yoga
- 8:00 Ping Pong
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- 1:00 Canasta
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- 9:30 Scrabble
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- 12:30 Mah Jongg
- 1:00 Crafting Social
- 2:30 Yoga*
- 8:00 Ping Pong
- 9:00 Guitar Practice
- 9:00 Seated YoChi Practice
- 9:30 Standing YoChi Practice
- 10:00 Light Saber Tai Chi Practice
- 11:00 Euchre
- 11:00 SAIL*
- 12:30 Pinochle
- 12:30 Mexican Train Dom.
- 1:30 Choir Practice

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"Due to the holidays, Michelle will be here for toenail trimming on Thursday, December 19th this month. Call for an appointment"

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"Mark your calendar for Friday, January 3rd, 2020 at 10 am. Snowman wooden craft class with Jan Yinger. Cost $20.00. Call for more information. RSVP!"

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"To show our appreciation for all of you, holiday treats provided while they last, compliments of Karns Senior Center employees!"

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"We are in need of LARGE PRINT books for our library. Please donate any no longer needed to us."

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"9:00 Chair Yoga*
9:30 Scrabble
11:00 Trivia Time
12:30 Mah Jongg
1:00 Crafting Social
2:30 Yoga*"
Medicare Open Enrollment season is here. There are a variety of insurance providers visiting Karns Senior Center to provide information on the upcoming changes and options available.

Medicare Open Enrollment Assistance
Wednesday, November 6th from 8:30 am—4:00 pm
Sara Mary Wallace from Senior Information & Referral, and a part of the Affordable Medicine Options for Seniors (AMOS) team from Office on Aging will be at Karns Senior Center assisting with Medicare Open Enrollment. Call Sara Mary Wallace to schedule your appointment, 865-546-6262
Please bring your current insurance cards, including your red, white & blue Medicare Card, and a complete list of your medications including dosage and frequency.

Wednesday, November 13th at 12:30
Ms. Diana Nelson
Affinity Insurance
Education for Members new to Medicare

Tuesday, November 19th at 10:30
Mr. Nace Coker
Humana Medicare Sales Seminar

Tuesday, December 3rd at 10:30
Ms. Brooke Thurman
Humana Medicare Sales Seminar

You can register for our activities by calling the Center at 865-951-2653
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 date: **December 18th at 1:00 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 call (865) 215-5645 or meet with them here at Karns Senior Center. They will be here at Karns Senior Center once each quarter. Next visit will be on **December 20th at 10:00 am.**

Senior Volunteer Highlights

Meet two of our awesome Karns Senior Center volunteers, Robert and Kay Terrell. They have been volunteering at the center ever since it opened with Robert teaching birding, nature photography, and raising and releasing butterflies; and Kay starting up and leading the book club. Kay is active in her church where she conducts a “Mats for the Homeless” ministry. She has also brought this knowledge to the Center and previously led a class on how to make these mats. Mr. Terrell is a retired Veteran and IT Manager, and also teaches computer classes part-time at Pellissippi State Community College and King College. Mrs. Terrell is retired after teaching Language Arts in public and private schools all of her career. Thank you Mr. and Mrs. Terrell for sharing your talents, time, and your heart with us here at Karns Senior Center. We appreciate you so much!!
New to Medicare? HAVE QUESTIONS?

As an industry leader for 30 years, our first priority has always been to get you the benefits you want at a price you can afford.

One of our licensed Humana sales agents right here in Knoxville is waiting to serve you.

Our agent will speak with you over the phone or in the comfort of your home. He or she will listen to what benefits you want and help you choose a Humana Medicare plan that’s right for you. Put decades of experience to work for you today.

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English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-888-663-9174 (TTY: 711).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-663-9174 (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).

Y0040_GHHJ4GNEN18 Accepted