



2022

Karns Senior Center

The Navigator

Holiday closings: July 4th (Independence Day Holiday)

Friday, July 1st at 1:00 pm . . . Ribbon Flag

Join Sharon Gill as she leads the class in making your choice of a patriotic, UT Vols, or fall ribbon flag. Cost is \$35.00 with all materials provided. Please specify your choice upon registration. **RSVP**

Wednesday, July 6th & August 3rd at 11:30 am . . . Social Worker Outreach

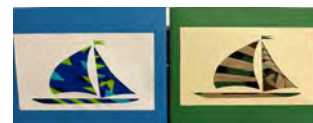
A representative with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You may contact them at (865) 546-6262.

Wednesday, July 6th & August 3rd at 1:00 pm . . . Music Jam

Our music jam is back! Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument and join in!

Thursday, July 7th at 10:15 am . . . Iris Folding Card Class

Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for this month is a sailboat. Cost is \$5.00. **RSVP**



Friday, July 8th & August 5th at 12:30 pm . . . Fitness Room Intro & "Ask Jake"

Rachel Piotrowski, Fitness Instructor, is offering complimentary 30-minute fitness room orientations. Learn to use the equipment safely and effectively. **Jake Piotrowski** will assist those who need help with their electronic devices. Free by appointment only. **RSVP**

Friday, July 8th at 1:00 pm . . . Polynesian Dance Presentation

Josefina Sherman and dancers from Halls Senior Center will present a program that incorporates Hula, Tahitian and other Polynesian dance moves. They dance to gentle island melodies, drum-beats, pop songs, country, and religious songs. It is good for memory, balance, and coordination. Let us know if you would be interested in taking a class in the fall. **RSVP**

Monday, July 11th at 1:30 pm . . . Laughter is the Best Medicine Workshop

Laughing not only feels good, it is good for you. This "medicine" is fast, free and can be taken anywhere. It can reduce stress, boost our immune system, increase blood flow, and relax muscles. Join Cindy Petty from the West Senior Center for a class that will include jokes, memes, laughter yoga, and a laughing basket. Bring a clean joke to share and get ready to laugh. **RSVP**

Tuesday, July 12th at 12:30 pm . . . Crafting for a Cure

Join Kris Brinkmeier of Home Instead as she leads the class in a craft to benefit Alzheimer's. All supplies are provided and a donation of at least \$5.00 is encouraged. Please call for information. **RSVP**

Thursday, July 14th at 10:30 am . . . Fall Prevention

Are you worried about falling? Do you want to live independently for as long as possible? Come and join us for an informative program on preventing falls and staying safer in your home. Everyone attending will receive a **free** goody bag with home safety items. Also joining us is Health Educator Debby Lane who will be available to speak with you about smoking cessation and provide resources. Goody bags provided by the KCHD Tobacco Prevention program and the KCHD Fall Prevention program. **RSVP**

Thursday, July 14th & August 11th at 11:00 am . . . BINGO with Niki

BINGO is the 2nd and last Thursday of the month. Bring a new \$5.00 value gift to participate! July's BINGO is sponsored by Nace Coker of Humana. August sponsor is Teja Cain with Core Insurance.

Visit our website at knoxcounty.org/seniors

Karns Senior Center
8042 Oak Ridge Highway, Knoxville, TN 37932, Phone: 865-951-2653

Friday, July 15th at 10:00 am . . . Android & Beyond Class

You will learn about photo transfer between Android devices, email principles, cloud accounts, calendar applications, Google maps, and more in this four-hour class by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

Monday, July 18th & August 15th 11:00 am-1:00 pm . . . Medicare Q & A with Teja

Join Teja Cain of Core Insurance in the hallway for an informal time of Questions & Answers about Medicare. No need to register, just stop in with your questions.

Tuesday, July 19th at 10:30 am . . . Medicare 101

Join Mr. Art Mearns from Senior Financial Group as he shares two options for individuals turning sixty-five and will be new to Medicare: Medicare Advantage Plans or Medicare Supplements with separate Prescription Drug Plans. Those currently on Medicare can learn how the different Medicare Advantage Plans and Supplements differ from one another as far as benefits, copays, premium costs, and what Hospital Indemnity, Cancer, Heart Attack and Stroke, and Dental plans cover. **RSVP**

Wednesday, July 20th at 9:15/10:00 am . . . Song Style Tai Chi/Flow Yoga

Join certified instructor, Don Parsley as he leads the class in a gentle routine known to improve balance, breathing, and general health. This is a beginner course open to everyone. Flow Yoga is a gentle stretching class that is both seated and standing, but no floor work. It is designed to strengthen the entire body and improve flexibility and breathing. It is a "follow-me" course, so nothing to remember.

Wednesday, July 20th at 1:00 pm . . . Krfty Stamper

Join Cindy Bogard as she leads the class in making paper crafts to keep or give as a gift. July's project is a bridge card, box with a gift tin, and a Ghirardelli candy box. Cost is \$13.00 with materials provided. **RSVP**



Thursday, July 21st at 1:00 pm . . . Learn to Knit/Crochet Scrubbies

Join Sandy and JoAnn and learn to crochet or knit scrubbies or dishcloths. You must already know basic knitting or crocheting. **RSVP**

Monday & Tuesday, July 25, 26th at 1:00 pm . . . iPad/iPhone Basics Class

Learn the basics of the iPad/iPhone in this four-hour class taught over two days by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

Tuesday, July 26th at 10:00 am . . . Music on Your Mobile Device

Enjoy listening to music? You will learn to put CD's on your smartphone or tablet, create playlists, upload music to your laptop, transfer music to your devices, and more during this 2 hour workshop. Cost for the class is \$20. **RSVP**

Tuesday, July 26th at 10:30 am . . . Myths About Grieving

Join Judith Towns, Bereavement Coordinator with Avalon Hospice, as she discusses myths about grieving. Grief is the normal and natural emotional response to death and loss. Sometimes the way we manage our grief is unhelpful and can even contribute to "getting stuck." In this presentation, she will discuss the myths associated with healthy grieving as well as things that help. **RSVP**

Wednesday, July 27th at 2:00 pm . . . Mystery Book Club

The book for July is "Death in the Sunshine" by Steph Broadribb. Four ex-cops in a retirement paradise. Just when they thought they could finally relax, they discover that someone has infiltrated their 'safe' community. Can they hunt down the murderer and get back to retiring in peace? And after all the excitement, will they want to? Sure they'll rest...when the killer is caught.

Check out our webpage at www.knoxcounty.org/seniors

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Thursday, July 28th & August 25th at 11:00 am . . . BINGO with Anita

BINGO is last Thursday of the month. Bring a new \$5.00 value gift to play! July's BINGO is sponsored by Nace Coker, Humana. August's BINGO is sponsored by Jill Reeder, Blue Cross/Blue Shield.

Friday, July 29th at 10:00 am . . . Apple Camera Class

During this 2-hour workshop you will learn how to take a front vs. rear facing picture, tools on your mobile device camera, editing your pics, sending and receiving pictures, and popular photo apps. Cost is \$20.00, prepaid by cash or check made to Social Media 4 Seniors. **RSVP**

August 2nd ... Field Trip: Harrah's Casino

Join other seniors from Karns & West Knox Co. Senior Center for a trip to Harrah's Casino in Cherokee, NC. To reserve your seat, call Olympus at 865-932-2939 by July 29th. Cost is \$30 payable to Olympus and get a \$25 voucher from Harrah's upon arrival by providing a valid government issued Photo ID and valid email address. Pick up at 7:00 AM will be at 716 N. Campbell Station Road at the Cracker Barrel with arrival at Harrah's at 10:00 AM. Depart Harrah's at 3:00 PM and arrive back in Knoxville between 5:00 - 6:00 PM. Trip arrangements and transportation courtesy of Olympus.

Tuesday, August 2nd at 10:15 am . . . Iris Folding Cards

Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for this month is a girl with hair blowing in the wind Cost is \$5.00. **RSVP**



Thursday, August 4th at 10:30 am . . . Bridge Refugee Services

Bridge Refugee Services is East Tennessee's only refugee resettlement agency with the mission to provide opportunities for refugees to rebuild their lives so they become productive, contributing members of the community. Noah McBrayer Jones, Development and Communication Manager, will speak about the organization, its 40 year history, and its efforts to professionally preserve the Dignity, Hope, and Opportunity for its clients. **RSVP**

Monday, August 8th at 10:00 am . . . What is Streaming?

Are you tired of paying for the high cost of Satellite or Cable TV? If so, streaming may be an option for you. Streaming uses existing internet access (i.e. Duck Duck Go, Google, Web Sites) to play movies, documentaries, and TV shows. Learn how to use companies such as Amazon Prime, HULU, Peacock, Apple TV+, and Netflix to watch your favorite movies and TV shows. No fee. **RSVP**

Tuesday, August 9th at 1:00 pm . . . Ice Cream Social & Fortuitous

Join us as we celebrate summer and commemorate our seventh anniversary of the Center's opening with an old -fashioned ice cream social! Commissioner Terry Hill will be providing the ice cream and toppings to go with it. The Barbershop Quartet, Fortuitous, will be singing for us and we will be taking up a love offering for them. **RSVP**

Wednesday, August 10th at 1:00 pm . . . Essential Oils: Diffuser Bracelets

Join Richard and Deborah as they lead the class in making diffuser bracelets for essential oil application. Cost will range between \$15-\$20, depending on what oils you choose. **RSVP**

Thursday, August 11th at 1:00 pm . . . Gentry-Griffey

Join Donnie Darnell with Gentry-Griffey for an interactive discussion of the "over 100" decisions that have to be made when a loved one passes away. **RSVP**

Tuesday, August 16th at 8:30 am . . . Beltone

A representative from Beltone will be here offering hearing aid cleaning, hearing check-ups or hearing tests. Please call to schedule your appointment. **RSVP**



Tuesday, August 16th at 9:30 . . . Senior Walk with Robyn & Sue

Join Sue and Robyn for a walk at the UT Arboretum at Oak Ridge. We'll hike approximately 3 miles over dirt and gravel trails. Join us for lunch at D & B Hot dogs afterwards! Please pre-register by calling 865-288-3761 or email seniorservices@knoxcounty.org.

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Wednesday, August 17th at 1:00 pm . . . Krfty Stamper

Join Cindy Bogard as she leads the class in making paper crafts to keep or give as a gift. August's project is a triangle fold card, lip baum box and covered post it pad with pen. Cost is \$13.00 with materials provided. **RSVP**



Wednesday, August 17th at 1:00 pm . . . Hymn Sing

Join us as we gather together and enjoy an old-fashioned gospel song sing-a-long. Thank you to Jane Anderson for playing the piano.

Thursday, August 18th at 10:30 am . . . Matter of Balance Class

This eight-session workshop offered by the UT Extension Institute will help reduce your fear of falling. Learn to set realistic goals for increasing activity and promote improved strength and balance. Identify ways to change your environment to reduce fall risk factors, develop positive strategies for change, group discussion and problem solving, exercise training, and more. Seats are limited.

RSVP

Friday, August 19th at 1:00 pm . . . Embellished Wood Shapes

Join Sharon Gill for a class on embellished wood shapes (heart, cross, anchor, boat steering wheel, sea horse, etc.) All supplies provided by the instructor. Cost is \$35.00. **RSVP**

Tuesday, August 23rd at 12:30 pm . . . Cardio Drumming

Join Susanne Huff from the South Senior Center for a one-time class on cardio Drumming – A fun, low impact exercise using drumsticks and exercise balls to music you can't help but rock to! This class is done seated or standing and primarily works your upper body while incorporating cardio and ab work. Seating is limited. **RSVP**

Wednesday, August 24th at 2:00 pm . . . Mystery Book Club

This month's selection is *The Sweetness at the Bottom of the Pie* by Alan Bradley. It is the summer of 1950—and at the once-grand mansion of Buckshaw, young Flavia de Luce, an aspiring chemist with a passion for poison, is intrigued by a series of inexplicable events: A dead bird is found on the doorstep, a postage stamp bizarrely pinned to its beak. Then, hours later, Flavia finds a man lying in the cucumber patch and watches him as he takes his dying breath.

Friday, August 26th at 10:00 am . . . Android Beyond the Basics Class

You will learn about photo transfer between Android devices, email principles, cloud accounts, calendar applications, Google maps, and more in this four-hour class by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

Tuesday, August 30th at 10:30 pm . . . Adaptive Technologies Discussion

The mission of Spark is to connect people with disabilities in East Tennessee to the adaptive technology tools and services they need to live with maximum independence and dignity. This discussion is designed to increase participants' knowledge, skills, and competencies regarding Assistive Technology that can assist persons with disabilities to be more independent. **RSVP**

Beginning Spanish . . . Fall 2022



We have tentatively scheduled a beginning Spanish class to start in September and go thru December. We have an upper-level student from UTK that will be volunteering his time to teach here. Date and time tentatively set for 9:00-10:30 on Tuesday and Thursday mornings. We are still working out the details with the instructor, but if you are interested in learning beginning Spanish, please call and put your name on an interest list.



KNOX COUNTY
TENNESSEE



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

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<p>Weekly recurring programs are listed at the very bottom of the calendar. Special or one-time programs are listed on the dates they occur. If you have any questions about any program, please contact us at 865-951-2653</p>	<p>Workout room open from 7:30 to 4:00 pm</p> 	<p>Grief Support normally meets the first and third Thursdays at 12:30 pm. Anyone may join at any time. It is cancelled for July & August. If you have a need, please call the center.</p>	<p>Activities on the calendar followed by an "*" have a fee to participate. Activities listed below in bold please RSVP.</p>	<p>I 1:00 Ribbon Flag w/ Sharon Gill* (\$35.00)</p> <p>No Choir in July</p>
<p>4</p> <p>Holiday Center Closed</p> 	<p>5</p>	<p>6 11:30 Social Worker Outreach 1:00 Music Jam</p>	<p>7 10:15 Iris Folding (Sailboat)* \$5.00 12:30 Grief Support (not meeting in July)</p>	<p>8 12:30 Ask Jake (by appt. only) 12:30 Fitness Room Orientation w/Rachel (by appt. only) 1:00 Polynesian Dance Presentation No Choir in July</p>
<p>11 1:30 Laughter Is the Best Medicine Workshop with Cindy</p>	<p>12 12:30 Crafting for a Cure to Benefit Alzheimer's with Kris Brinkmeier/Home Instead* (Suggested \$5.00 donation)</p>	<p>13 1:00 Birding: Attracting Birds to Your Yard (rescheduled from June) 2:00 Book Club: <i>To Rescue The Republic</i> by Bret Baier No Hymn Sing today</p>	<p>14 10:30 Fall Prevention w/ Rachel Frazier, Knox Co Health Department 11:00 BINGO with Niki sponsored by Nace Coker w/Humana (Bring a \$5 value new/unused gift) Early voting Set-up</p>	<p>15 10:00-12:00 & 12:30-2:30 Android & Beyond the Basics Class* (\$35.00) No Choir in July Early voting Begins</p>
<p>18 11-1 Medicare Q & A with Teja Cain of Core Insurance (in the hallway) Early voting</p>	<p>19 10:00 Senior Walk: Ijams Forks of the River walk 10:30 Medicare 101 Presentation w/Art Mearns of Senior Financial Group Early voting</p>	<p>20 1:00 Krfty Stamper* (\$13.00) New Tai Chi class begins Early voting</p>	<p>21 12:30 Grief Support (not meeting in July) 1:00 Learn to Crochet/ Knit scrubbies or dish-cloths Early voting</p>	<p>22 No Choir in July Early voting</p>
<p>25 1:00 iPad/iPhone Basics Class* (\$35.00) Day 1 Early voting</p>	<p>26 10:00 Music on Your Mobile Device* (\$20.00) 10:30 Myths About Grieving with Judith Towns, Avalon Hospice 1:00 iPad/iPhone Basics Class* (Day 2) Early voting</p>	<p>27 2:00 Mystery Book Club: <i>Death in the Sunshine</i> by Steph Broadribb Early voting</p>	<p>28 11:00 BINGO with Anita sponsored by Nace Coker w/Humana (Bring a \$5 value new/unused gift to play) Early voting</p>	<p>29 10:00 Toenail Trimming 10:00 Apple Camera Class* (\$20.00) No Choir in July Early voting</p>
<p>These events occur every week</p>				
<p>7:30 Ping Pong 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew 1:30 Beginning Piano*</p>	<p>9:00 Tone & Balance* 10:00 Poker 10:00 Pinochle 12:30 Canasta 1:30 Genealogy Class 2:00 Yoga</p>	<p>7:30 Ping Pong 9:15 Song Style Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 12:30 Bunco 1:00 Canasta 1:00 Oil or Acrylic Painting*(\$25.00/class)</p>	<p>9:00 Tone & Balance* 9:00 Chess 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 2:00 Yoga* 3:10 Chair Yoga*(Canx for July)</p>	<p>7:30 Ping Pong 9:00 Guitar Practice 11:00 SAIL (Temp. CANX) 10:00 Pinochle 10:00 Poker 1:00 Mexican Train Dominoes 1:00 Choir Practice</p>



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



2022

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Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
1	2 7:00 Harrah's Casino Trip with Olympus (call Olympus at 865-932-2939) 10:15 Iris Folding Cards* (\$5.00)	3 11:30 Social Worker Outreach 1:00 Music Jam	4 10:30 Bridge Refugee Services Presentation 12:30 Grief Support (not meeting in August)	5 12:30 Ask Jake (by appt. only) 12:30 Fitness Room Orientation w/Rachel (by appt. only)
8 10:00 What is Streaming?	9 1:00 Ice Cream Social sponsored by Commissioner Terry Hill, special music by Fourtuitous Barbershop Quartet Yoga cancelled today	10 1:00 Essential Oils: Making Diffuser Bracelets* (\$15-\$20) 2:00 Book Club: <i>Code Girls</i> by Liza Mundy	11 11:00 BINGO with Niki Congero Sponsored by Teja Cain with Core Insurance 1:00 Final Decisions presented by Gentry-Griffey	12
15 11-1 Medicare Q & A with Teja Cain of Core Insurance (in the hallway)	16 8:30 Beltone Hearing 9:30 Senior Walk: Join Robyn & Sue at the UT Arboretum at Oak Ridge (email: seniorservices@knoxcounty.org)	17 1:00 Birding: no birding this month 1:00 Krfty Stamper* (\$13.00) 1:00 Hymn Sing	18 10:30 Matter of Balance (1st Class) 12:30 Grief Support (not meeting in August)	19 1:00 Embellished Wood Shapes w/Sharon Gill* (\$35.00)
22	23 12:30 Cardio Drumming with Susanne Huff	24 2:00 Mystery Book Club: <i>The Sweetness at the Bottom of the Pie</i> by Alan Bradley	25 10:30 Matter of Balance (2nd Class) 11:00 BINGO w/Anita sponsored by Jill Reeder with Blue Cross/Blue Shield	26 10:00 Toenail Trimming 10:00-12:00 & 12:30-2:30 Android & Beyond* (\$35.00)
29 10:00 iPad/iPhone Beyond the Basics Class* (\$35.00) - Day 1	30 10:00 iPad/iPhone Beyond the Basics Class* - Day 2 10:30 Spark East TN/ Discussion of Adaptive Technologies	31	Find more information about our programs and the other five Knox County Senior Centers at Knoxcounty.org/Seniors	Beltone A representative will be here on Tuesday, August 16th to offer hearing aid cleaning, hearing check-ups and hearing tests by appointment only. Call to schedule a time.
These events occur every week				
7:30 Ping Pong 10:00 Art Class* 11:00 SAIL* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew 1:30 Beginning Piano*	9:00 Tone & Balance* 10:00 Poker 10:00 Pinochle 12:30 Canasta 1:30 Genealogy Class 2:00 Yoga	7:30 Ping Pong 9:15 Song Style Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL* 11:00 Rook 12:30 Bunco 1:00 Canasta 1:00 Oil or Acrylic Painting*(\$25.00/class)	9:00 Tone & Balance* 9:00 Chess 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 2:00 Yoga* 3:10 Chair Yoga**(Canx for August)	7:30 Ping Pong 9:00 Guitar Practice 11:00 SAIL (Temp CANX) 10:00 Pinochle 10:00 Poker 1:00 Mexican Train Dominoes 1:00 Choir Practice