



2022

Karns Senior Center

The Navigator

Holiday closings: September 5th (Labor Day)

Friday, Sept. 2nd/Oct. 7th 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**

Tuesday, September 6th at 10:30 am . . . Iris Folding Card Class

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

Tuesday, September 6th at 10:30 am . . . Essential Oils: Simply Oils

Join Richard and Deborah for an introductory session about all things essential oils. They will explain what essential oils are, how to use them, the health benefits, and more. **RSVP**

Tuesday, September 6th at 12:30 am . . . Medicare Education 101

Learn about your options and how to compare plans to make a smooth insurance transition. Join Wendy Blackburn with Integrity Insurance to learn the elements of Medicare, how to apply, time-lines, tax consequences, and more. Ask questions, get answers, no sales, no pressure. **RSVP**

Wednesday, September 7th at 9:15 am . . . Shibashi Tai Chi & Flow Yoga

This Chinese exercise program consists of 18 flowing and gentle movements and will assist in improving balance and overall good health. Join at any time. Cost is \$2.00 per class.

Wednesday, September 7th at 11:30 am . . . Social Worker Outreach

Wendy Skiles 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, September 7th & October 5th 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, September 8th 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! September 8th BINGO is sponsored by Art Mearns of Senior Financial Group and October 13th BINGO is sponsored by Ronda Davis with Westmoreland Health & Rehab.

Thursday, September 8th at 1:00 pm . . . Chair Yoga

Join Don Parsley and learn totally seated yoga poses for improved strength and flexibility. First lesson is free and then \$2.00. Class is 30-45 minutes and is Silver Sneakers approved.

Friday, September 9th at 12:30 . . . Calligraphy Class

Join Kourtney Vallone for this one-day introduction to calligraphy, the visual art related to writing. There is no cost for the class and all supplies will be provided. **RSVP**

Monday, September 12th at 1:30 pm . . . Back Pain & Sciatica Workshop

Do you suffer from back or leg pain? Learn how to naturally heal back pain and sciatica for good. Join Dr. Lee with Knox Physical Therapy as he discusses the causes of low back pain and treatment options. **RSVP**

Visit our website at knoxcounty.org/seniors

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

Tuesday, September 13th at 9:30 am . . . Senior Day at the Fair

Senior Day at the Fair. Anyone 65 and older receive FREE admission to the fair. Transportation is FREE courtesy of CAC. Space is limited. **RSVP**

Tuesday, September 13th at 10:30 am . . . Basket-making class

Join Sheri Burns to learn how to make a strong, functional basket that is 8 x 8 inches long, excluding the handle. Cost for the class is \$40.00 with all materials supplied by the instructor. **RSVP**

Thursday, September 15th at 12:30 am . . . Humana Go 365/OTC Program

Join Nace Coker with Humana for a presentation then Q and A on Humana GO365 and Over the Counter benefits. Catalogs and forms provided. **RSVP**

Friday, September 16th at 10:00 am-12:00 pm . . . Flu Shots

Reams drugs will be here offering low or high dose flu shots from 10:00 am to 12:00 pm. **RSVP**

Monday, September 19th at 11:00 . . . Medicare Q&A and Class at 1:00 pm

Join Teja Cain of Core Insurance in the hallway for Questions & Answers about Medicare. For more information, attend the class, "Medicare Supplement rates too high?" Teja will explain how you may be able to lower your premium for 2023. State employees w/Pomco-UMR are excluded but may come and learn. If a private appointment is needed, call/text Teja at 865-661-4451. **RSVP**

Tuesday, September 20th at 10:30 am . . . Estate Planning

Join attorney Julie Eisenhower with Triamicus Law as she discusses the steps to take to protect your family and ensure your property and assets go to those you intend. **RSVP**

Tuesday, September 20th at 12:30 am . . . Fall Prevention

Are you worried about falling? Come and join Rachel Frazier, Health Educator with the Knox Co. Health Department 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. Balance screenings provided by Benchmark/Drayer/Results PT. **RSVP**

Tuesday, September 20th & Oct. 18th at 7:15 am . . . Harrah's Casino

Karns & West Knox Co. Senior Centers are offering a trip to Harrah's Casino in Cherokee, NC. Call Olympus at 865-522-2796 to reserve a seat. Cost is \$30, 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 at Cracker Barrel, 716 N. Campbell Station Road. Arrive at Harrah's at 10:00 AM, depart at 3:00 PM. Arrive in Knoxville between 5:00 - 6:00 PM. Arrangements and transportation courtesy of Olympus.

Wednesday, September 21st & October 19th 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. September's project is a pop-out birthday card, cracker box, and teabag holder with note card. October's is pool ghouls, Hershey candy pull, and a waterfall Halloween card. Cost is \$13.00. **RSVP**

Thursday, September 22nd at 12:30 pm . . . Medicare 101

Join Nace Coker with Humana as he covers Medicare benefits, options, and Part D. Refreshments provided. **RSVP**

Friday, September 23rd at 9:30 am . . . Field Trip: Music for Seniors at Halls

Join us as we travel to Halls Senior Center to see a concert featuring The Lancasters, a traditional country band led by Gray Lancaster. Seats are limited. There is no cost for this trip. **RSVP**

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

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Monday, September 26th at 11:30 am . . . Medicare Q & A with Andy

Join Andy Williams of Cigna in the hallway for an informal time of Questions & Answers about Medicare. No need to register, just stop in with your questions.

Tuesday, September 27th from 10:00 am to 2:00 pm . . . Craft Fair & Sale

There will be a variety of vendors and items for sale: crafts, household items, homemade jams & jellies, and more. If you are interested in becoming a vendor, call or email the center for details.

Tuesday, September 27th at 11:45 . . . Creative Writing Class

Join Chris Cawood for this 1 1/2 hour class over four weeks, which will discuss setting, character development, plot, dialogue, showing emotions, and other basics. Cost of the class is \$40.00. **RSVP**

Thursday, September 29th at 11:00 am . . . BINGO

BINGO is the second and last Thursday of the month. Bring a new \$5.00 value gift to play! September 29th BINGO is sponsored by Caroline Combs-Young w/Quality Home Health. October 27th BINGO is sponsored by Stephen Burr with Nuclear Care Partners.

Friday, September 30th at 12:30 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**

Monday, October 3rd, 10th, & 21st at 10:00 am . . . Humana Medicare Q & A

Join Brad Stapleton of Humana in the hallway for an informal time of Questions & Answers about Medicare. No need to register, just stop in with your questions.

Tuesday, October 4th at 10:30 am . . . Medicare Annual Notice of Change

Learn about plan changes for 2023 Humana Gold Plus plan. This is for current Humana members. If you're interested in learning more about Humana Gold Plus or any other advantage plan, and cannot make the meeting, please call or text Teja Cain at 865-661-4451 to schedule your private appointment. **RSVP**

Wednesday, October 5th at 1:00 pm . . . Essential Oils: Ditch & Switch

Join Richard and Deborah as they show you how to ditch the "dirty" products in your home and switch to cleaner and safer essential oil-based alternatives. **RSVP**

Thursday, October 6th at 12:30 pm . . . Medicare Annual Notice of Change

Join Nace Coker with Humana for a presentation about 2023 Humana Gold Plus benefits and changes. **RSVP**

Tuesday, October 11th at 11:30 am . . . Fall Festival

Join us for a day of craft demonstrations and "fair-type" foods provided by our generous sponsors, Humana, Comfort Keepers, CMC Properties, Westmoreland Health & Rehab, First Light Home Care, and Reams Pharmacy. Lee Easley with Knox PT will be here offering "aches & pains" screenings. Mr. Gary Genna, a Licensed Massage Therapist will be offering free neck and shoulder massages. Live music courtesy of George Hancock and other musicians from the music jam. **RSVP**

Wednesday, October 12th at 10:00 am . . . Flu Shots

Volunteer Pharmacy will be here from 10:00 am until 2:00 pm offering regular and high dose flu shots and Covid shots/boosters if requested ahead of time. **RSVP**

Thursday, October 13th from 10:30-3:30 pm . . . Quilts of Valor Sew-in

Everyone is invited to join us for a Sew-in. A Sew-in is a special time set aside for anyone who wants to help sew quilt blocks. Participants need to bring their own sewing machine and will help with sewing 1/4" seams and putting together squares and blocks. A quilt will also be presented to a veteran. Limited space available, call 865-556-7427 or 865-310-3625 or email Vickie Fox, vefox@aol.com with any questions or to register.

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

Friday, October 14th at 12:30 pm . . . Medicare Q & A

Join Andy Williams with Cigna in the hallway for an informal time of Questions & Answers about Medicare. No need to register, just stop in with your questions.

Friday, October 14th at 1:00 pm . . . Appalachian Music Celebration

Join our Karns Choir as they perform some Appalachian music and we hope to have a Blue Grass group and some authentic Appalachian instruments. Everyone is invited to join in a group sing-a-long during the performance. Light refreshments sponsored by Andy Williams with Cigna will be served. **RSVP**

Monday, October 17th at 11:00 am . . . Medicare Q & A

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.

Monday, October 17th at 1:30 pm . . . Medicare Presentation

Only a couple weeks away from the Medicare Annual Enrollment Period! Join Mr. Art Mearns with Senior Financial Group as he shares information for those new to Medicare and the options available to them. Current Medicare participants can learn about the different Advantage Plans and supplement benefits, copays, and premium costs. He will also discuss what Hospital Indemnity, Cancer, Heart Attack and Stroke, and Dental plans cover. **RSVP**

Tuesday, October 18th 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**



Monday, October 24th at 12:30 pm . . . Medicare 101 Presentation

Are you getting ready to retire from a job or just turning 65 in the next few months? Join Wendy Blackburn with Integrity Insurance and learn about your options and how to compare plans to make a smooth insurance transition. **RSVP**

Tuesday, October 25th at 10:30 am . . . Hearing Loss? Get Caption Call

Join Sean Ledden with Caption Call to find out if you may qualify for a no cost phone with a captioning service that let's you hear and read what someone is saying. **RSVP**

Tuesday & Wednesday, October 25th & 26th at 9:00 am . . . Medicare Q&A

Join Anna Waldman with United Healthcare in the hallway from 9:00 am-12:00 pm for an informal time of Questions & Answers about Medicare. No need to register, just stop in with your questions.

Monday, October 31st at 8:00 am . . . Medicare Open Enrollment Assistance

Join LeShea Pridham, Benefits Counselor with the Office on Aging to discuss your Medicare Part D, Prescription Drug Plans. She will be here from 8:00 am—3:00 pm by appointment only. **RSVP**

Beginning Spanish . . . Fall 2022

We have tentatively scheduled a beginning Spanish class to start in September and go thru December. 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 a class list. We will contact you once the class is finalized.

Coming in November . . . Turkey Trot!

Join us for our Fourth annual Turkey Trot! This is a one-mile fun walk/run for any of our members. We will be collecting (5) non-perishable food items per person as registration to benefit Beaver Ridge UMC food pantry. Top finishers in each category will receive a frozen turkey. Please come in to register.

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>We have a new Covenant Health Cardio Strength and Stretch class on Mondays and Thursdays at 9:00 am!!</p> 	<p>Workout room open from 7:30 to 4:00 pm</p> 	<p>Activities on the calendar followed by an "*" have a fee to participate. Activities listed below in bold please RSVP.</p>	<p>1 10:30 Matter of Balance (Class 3)</p>	<p>2 12:30 Ask Jake (by appt. only) 12:30 Fitness Room Orientation w/Rachel (by appt. only)</p>
<p>5 <i>Holiday Center Closed</i></p> 	<p>6 10:30 Iris Folding 10:30 Essential Oils: Simply Oils 12:30 Medicare Education 101 w/ Wendy Blackburn</p>	<p>7 11:30 Social Worker Outreach 1:00 Music Jam</p>	<p>8 11:00 BINGO w/Niki sponsored by Art Mearns of Sr. Financial Group (bring a \$5 value new/unused gift) 1:00 Chair Yoga begins 12:30 Grief Support No MOB Class today</p>	<p>9 12:30 Calligraphy Class with Kourtney Vallone of Avalon Hospice</p>
<p>12 1:30 Back Pain & Sciatica with Knox PT</p>	<p>13 9:30 Field Trip: Senior Day at the TN Valley Fair 10:30 Basket Weaving Class with Sheri Burns* (\$40.00)</p>	<p>14 2:00 Book Club: <i>Furious Hours</i> by Casey Cep</p> 	<p>15 10:30 Matter of Balance (Class 4) 12:30 GO 365/OTC Presentation with Nace Coker of Humana</p>	<p>16 10:00-12:00 Flu Shots with Reams Drug Store</p>
<p>19 11-1 Medicare Q & A with Teja Cain of Core Insurance (in the hallway) 1:00 Medicare Seminar with Teja Cain/Core Insurance</p>	<p>20 7:15 Harrah's Casino 10:00 Senior Walk: Sequoyah Hills Park 10:30 Estate Planning with Julie Eisenhower 12:30 Fall Prevention with Rachel Frazier</p>	<p>21 1:00 Hymn Sing 1:00 Birding: Fall Migration in Tennessee 1:00 Krfty Stamper* (\$13.00)</p>	<p>22 10:30 Matter of Balance (Class 5) 12:30 Medicare 101 Presentation with Nace Coker of Humana 12:30 Grief Support</p>	<p>23 9:30 Field Trip: Halls Senior Center/Music for Seniors Program 10:00 Veterans Services (call for an appointment)</p>
<p>26 11:30 Medicare Q & A with Andy Williams of Cigna</p>	<p>27 10-2 Craft Fair 11:45 Creative Writing Class w/Chris Cawood* (\$40.00)- Class 1</p>	<p>28 2:00 Mystery Book Club: <i>Dissolution</i> by C. J. Sansom</p>	<p>29 10:30 Matter of Balance (Class 6) 11:00 BINGO sponsored by Caroline Comb-Young w/ Quality Home Health (Bring a \$5 value new/unused gift to play)</p>	<p>30 10:00 Toenail Trimming 12:30 Embellished Wood Shapes w/Sharon Gill (rescheduled from August) *(\$35.00)</p>
Weekly recurring programs				
<p>7:30 Ping Pong 9:00 Cardio/Strength/Stretch* (New Class!) 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 Shibashi 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 Cardio/Strength/Stretch* 9:00 Chess 11:00 Trivia Time 1:00 Chair Yoga* 1:00 Mah Jongg 1:00 Crafting Social 2:00 Yoga*</p>	<p>7:30 Ping Pong 9:00 Ukulele 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

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)
3 10:00 Medicare Q & A with Brad Stapleton of Humana (in the hallway)	4 10:30 Medicare ANOC for Humana Members with Teja Cain/Core Insurance 11:45 Creative Writing Class w/Chris Cawood* Class 2	5 1:00 Music Jam 1:00 Essential Oils: Ditch and Switch	6 10:30 Matter of Balance (Class 7) 12:30 Grief Support 12:30 Medicare Annual Notice of Change Presentation/Nace Coker, Humana	7 12:30 Ask Jake (by appt. only) 12:30 Fitness Room Orientation w/Rachel (by appt. only)
10 10:00 Medicare Q & A with Brad Stapleton of Humana (in the hallway)	11 11:30 Social Worker Outreach 11:30 Fall Festival 11:45 Creative Writing Class w/Chris Cawood* Class 3	12 10:00—2:00 Flu and/or Covid Shot Clinic with Volunteer Pharmacy 2:00 Book Club: <i>Heads You Win</i> by Jeffrey Archer 	13 10:30-3:30 Quilts of Valor Sew-in 11:00 BINGO with Niki Congero Sponsored by Ronda Davis of Westmoreland Health & Rehab	14 12:30 Medicare Q & A with Andy Williams of Cigna 1:00 Choir Performance: Appalachian Music
17 11-1 Medicare Q & A with Teja Cain of Core Insurance (in the hallway) 1:30 Medicare Presentation with Art Mearns of Senior Financial Group	18 7:15 Harrah's Casino 8:30 Beltone Hearing 10:00 Senior Walk: Sterchi Hills Park 11:45 Creative Writing Class w/Chris Cawood* Class 4 <i>Early voting set-up</i>	19 1:00 Birding: 1:00 Krfty Stamper* (\$13.00) 1:00 Hymn Sing <i>Early voting begins</i>	20 10:30 Matter of Balance (Class 8) 12:30 Grief Support <i>Early voting</i>	21 10:00 Medicare Q & A with Brad Stapleton of Humana (in the hallway) <i>Early voting</i>
24 12:30 Medicare 101 with Wendy Blackburn of Integrity Insurance Assoc. <i>No Line Dance</i> <i>Early voting</i>	25 9:00-12:00 Anna Waldman w/United Healthcare (in the hallway) 10:30 Caption Call Presentation with Sean Ledden	26 9:00-12:00 Anna Waldman w/United Healthcare (in the hallway) 2:00 Mystery Book Club: <i>The Sins of the Fathers</i> by Lawrence Sanders <i>Early voting</i> 	27 11:00 BINGO w/Anita sponsored by Stephen Burr of Nuclear Care Partners	28 10:00 Toenail Trimming <i>Early voting</i>
31 8:00-3:00 Medicare Open Enrollment Assistance (by appointment only) 9:00 Halloween Treats in the lobby (while they last)			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, October 18th to offer hearing aid cleaning, hearing check-ups and hearing tests by appointment only. Call to schedule a time.
Weekly recurring programs				
7:30 Ping Pong 9:00 Cardio Strength & Stretch Class* 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 Shibashi 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 Chair Yoga* 1:00 Mah Jongg 1:00 Crafting Social 2:00 Yoga*	7:30 Ping Pong 9:00 Ukulele practice 11:00 SAIL (Temp CANX) 10:00 Pinochle 10:00 Poker 1:00 Mexican Train Dominoes 1:00 Choir Practice

Medicare Open Enrollment 2022

Medicare Open Enrollment season runs October 15th thru December 7th. Open Enrollment is the time when Medicare beneficiaries can make changes to their plans, especially when it comes to Part D—Prescription Drug Plans. It is important to review your part D coverage every year because premiums, co-payments and the drugs covered can change from year-to-year, even within the same plan. Also, a change in the medication you're taking can affect if a plan is right for you.

LeShea Pridham, Benefits Counselor with Senior Information & Referral, will have a limited number of appointments available at Karns Senior Center on Monday, October 31st, 2022 from 8:00—3:00 pm. If you would like assistance in reviewing your 2022 Medicare Part D options, please call her at (865) 524-2786 or email: leshea.pridham@knoxseniors.org to schedule an appointment.

If you are unable to schedule an appointment with her, but would like free, unbiased assistance reviewing 2022 plans, you can contact AMOS-Affordable Medical Options for Seniors at (865) 524-2786, or SHIP—State Health Insurance Assistance Program at 1-877-801-0044.

There are a variety of insurance providers visiting Karns Senior Center throughout the remainder of the year to provide information on the upcoming changes and options available.

Tuesday, September 6th at 12:30 pm

Medicare Education 101

Wendy Blackburn, Integrity Ins. Assoc.

865-368-6185

wendyblackburn06@comcast.net

Tuesday, October 4th

Annual Notice of Change (ANOC) Seminar for Humana Members

Teja Cain, Core Insurance Advisors

865-661-4451

teja@coreinsuranceadvisors.com

Thursday, September 15th at 12:30 pm

Go365/OTC Presentation

Mr. Nace Coker, Sales Representative, Humana

865-456-8175

ncoker@humana.com

Thursday, October 6th at 12:30 pm

Annual Notice of Change (ANOC) Presentation

Mr. Nace Coker, Sales Representative, Humana

865-456-8175

ncoker@humana.com

Monday, September 19th (two programs)

Medicare Q & A (in the hallway) **11:00 am-1:00 pm**

Medicare Seminar at **1:00 pm**

Teja Cain, Core Insurance Advisors

865-661-4451

teja@coreinsuranceadvisors.com

Friday, October 14th from 12:30-2:30

Medicare Q & A (in the hallway)

Mr. Andy Williams, Cigna Healthspring

865-287-0176

Franklin.williams@cigna.com

Thursday, September 22nd at 12:30 pm

Medicare 101 Presentation

Mr. Nace Coker, Sales Representative, Humana

865-456-8175

ncoker@humana.com

Monday, October 17th from 11:00 am-1:00 pm

Medicare Q & A (in the hallway)

Teja Cain, Core Insurance Advisors

865-661-4451

teja@coreinsuranceadvisors.com

Monday, September 26th at 11:30 am-1:30 pm

Medicare Q & A (in the hallway)

Mr. Andy Williams, Cigna Healthspring

865-287-0176

Franklin.williams@cigna.com

Monday, October 17th at 1:30 pm

New to Medicare Presentation

Art Mearns, Senior Financial Group

Cell: 865-368-1585 / Office 865-777-0153

art.mearns@sfgmedicare.com

Monday, October 3rd, 10th & Friday, October 21st at 10:00 am

Medicare Q & A (in the hallway)

Mr. Brad Stapleton, Humana

865-371-6570

BStapleton2@humana.com

Monday, October 24th at 12:30 pm

Medicare Education 101

Wendy Blackburn, Integrity Ins. Assoc.

865-368-6185

wendyblackburn06@comcast.net

Medicare Open Enrollment 2022, Continued

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There are a variety of insurance providers visiting Karns Senior Center throughout the remainder of the year to provide information on the upcoming changes and options available.

Tuesday, October 25th from 9:00 am-12:00 pm

Medicare Q & A (in the hallway)

Anna Waldman, Sales Agent, United Healthcare

865-382-4626

awaldman06@comcast.net

Wednesday, October 26th from 9:00 am-12:00 pm

Medicare Q & A (in the hallway)

Anna Waldman, Sales Agent, United Healthcare

865-382-4626

awaldman06@comcast.net

Monday, October 31st from 8:00 am-3:00 pm

Medicare Open Enrollment Assistance

LeShea Pridham

865-524-2786

Leshea.pridham@knoxseniors.org