

May &
June

2022

Karns Senior Center

The Navigator

Holiday closings: May 30th (Memorial Day) & June 20th (Emancipation Day)

Tuesday, May 3 at 10:00 am . . . Muffins for Moms

Happy Mother's Day to all the special women in our lives. We celebrate you this month and hope that you will come by to enjoy individually wrapped muffins (while they last), generously provided by our sponsor, Wendy Blackburn with Integrity Insurance Associates, LLC.

Tuesday, May 3rd at 11:00 am . . . Mother's Day Tea

Just in time to celebrate Mother's Day, Little Rose Tea Parties offers an enjoyable afternoon with a nice lunch, homemade dessert, and of course, tea. So treat yourself and reserve your spot today for a few hours of food, a craft, a game and fellowship. Cost for the event is \$25.00. **RSVP**

Wednesday, May 4 & June 1 at 11:30 am . . . Social Worker Outreach

Sara Mary Wallace with CAC Office on Aging is available 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.

Wednesday, May 4 & June 1 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!

Wednesday, May 4 at 1:00 pm . . . New Oils or Acrylics Art Class

Join Dianna Kilgore for a realistic oils or acrylics art class. Cost is \$25.00 per week or pay for 5, get one free. Supply list is on website, <http://www.diannakilgore.com>. Limited space available. **RSVP**

Friday, May 5 at 10:30 am . . . 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.

Friday, May 6 at 9:00 am . . . Vet-to-Vet Café

Join Caris Healthcare, a proud partner of the We Honor Veterans program. They recognize veterans in the community through the Vet-to-Vet Cafes, in which Veterans throughout the community join together in fellowship to reminisce with other veterans while enjoying light refreshments! **RSVP**

Monday, May 9 at 1:30 pm . . . Back Pain Workshop

Join Dr. Lee Easley with Knox Physical Therapy as he discusses causes of back pain and possible treatment options. **RSVP**

Tuesday, May 10 at 10:30 am . . . Understanding Social Security Benefit Options

As you near retirement, one of the biggest financial decisions you will need to make is when to begin receiving your Social Security retirement benefits. With pensions disappearing, Social Security remains a major source of guaranteed lifetime retirement income for most Americans, so it's important to take the time to explore your options and make an informed, well-reasoned decision. Seminar by Prosperity Partners. **RSVP**

Visit our website at knoxcounty.org/seniors

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Tuesday, May 10 at 12:30 pm . . . Crafting for a Cure

Join Kris Brinkmeier of Home Instead as she leads the class in a small flower metal ring door or wall hanger. All supplies are provided and a donation of at least \$5.00 is encouraged. **RSVP**

Wednesday, May 11 at 12:30 pm . . . Bunco begins!

Want to have a good time? Make new friends? Bunco is so easy to play and socializing is a big part of playing. If you don't already know how to play, someone will be available to help you learn. Come and join us! **RSVP**

Wednesday, May 11 at 1:00 pm . . . Essential Oils: All Things "Thieves"

Join Richard and Deborah as they discuss All Things "Thieves," known for being the oil for ultimate immune support and chemical-free living. **RSVP**

Wednesday, May 11 at 2:00 pm . . . Book Club

This month's selection is *The Lamplighters* by Emma Stonex. Inspired by a haunting true story, a gorgeous and atmospheric novel about the mysterious disappearance of three lighthouse keepers from a remote tower miles from the Cornish coast--and about the wives who were left behind.

Thursday, May 12 at 10:30 am . . . Taxes in Retirement

Efficiently managing your taxes involves intricate details and strategies — and a clear understanding of any changes to the tax code. To prepare and plan for the future, we would like to invite you to our class, Taxes in Retirement. Learn new tax tips and receive reminders on key items to help you reduce your liabilities and meet your financial goals. Seminar given by Prosperity Partners. **RSVP**

Thursday, May 12 & June 12 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! May's BINGO is sponsored by Holly White of Parkview Senior Living. June's BINGO is sponsored by Kris Brinkmeier of Home Instead.

Friday, May 13 & June 3 at 1:00 pm . . . Fitness Room Intro & "Ask Jake"

Rachel Piotrowski, Fitness Instructor, is offering complimentary 30-minute orientations to the fitness room. Learn to use the equipment safely and effectively. **Jake Piotrowski** will help those who need assistance with their smartphone, tablet, laptop, or other electronic device. Free tutoring sessions are available each month from 1:00-3:00 by appointment only. **RSVP**

Friday, May 13 at 1:00 pm . . . "Marvelous Musicals" by the Karns Choir

Join our Karns Singing Seniors as they perform "Marvelous Musicals." Join an arrangement of songs from Rogers & Hammerstein, The Sound of Music, Oklahoma, the Wizard of Oz, and many more. Refreshments will be served after the performance. **RSVP**

Monday, May 16/June 27, 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.

Wednesday, May 18 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. May's project is a fun-fold card with bellyband, graduation gift card box, and a K-cup coffee box. Cost is \$13.00 with materials provided. **RSVP**



Wednesday, May 18 & June 15 at 1:00 pm . . . Hymn Sing

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

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

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Thursday, May 19 at 10:30 am . . . Top 5 Financial Strategies for Seniors

We work a lifetime to build a retirement that helps us care for ourselves and those we love the most. This workshop will help equip you with 5 powerful strategies that can alleviate financial stress and worry for both you and your loved ones. Join Jon Patrick Smith of PFS Investments in this interactive workshop how to avoid common pitfalls many seniors can fall into. **RSVP**

Monday, May 23 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**

Tuesday, May 24 from 10:00 am—1:30 pm . . . Covid Vaccine Clinic

The Knox County Health Department will be here offering Covid Pfizer and Moderna first, second, and booster shots. Free to the public. Please wear a mask.

Wednesday, May 25 at 12:30 pm . . . Crocheted Towel Holder Class

Join Sandy and JoAnn and learn how to create a beautiful crocheted towel holder in this free class. You need to be able to do basic crochet stitches. **RSVP**

Wednesday, May 25 at 2:00 pm . . . Mystery Book Club

This month's selection is *An Old Man's Game*. Bringing an old Jewish detective in LA, who doesn't believe in God, out of retirement to investigate the potential murder of a charismatic rabbi is just the start of this funny, charming, moving, and engaging debut mystery.

Thursday, May 26 & June 30 at 11:00 am . . . BINGO

BINGO is the 2nd and last Thursday of the month. Bring a new \$5.00 value gift to participate! Second BINGO in May is sponsored by Caroline Combs-Young of Quality Home Health. Second BINGO in June is sponsored by Ronda Davis of Westmoreland.

Thursday, May 26 at 12:30 pm . . . Patriotic Door Wreath Craft

Join Sharon Gill as she leads the class in a patriotic door wreath craft. Cost of the class is \$45.00 with all materials provided. **RSVP**

Friday, May 27, 10:00-12:00 & 12:30-2:30 pm . . . Android Basics Class

Learn the basics of the Android phone or tablet in this four-hour class taught by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

Tuesday, June 7 at 11:30 am . . . Luau Lunch

Throw on your lei and join us for a Luau themed lunch! Jeff Olsen with Reams Pharmacy will be providing the pulled pork and buns, and we have several more sponsors filling in to round out the meal: Humana, Westmoreland Health & Rehab, Core Insurance, Parkview Senior Living, and The Pinnacle Assisted Living. No need to bring anything, but you must register. **RSVP**

Wednesday, June 8 at 1:00 pm . . . Essential Oils & Supplements

Join Richard and Deborah as they discuss essential oils-infused supplements provide greater benefits than the simple sum of their parts. **RSVP**

Wednesday, June 8 at 2:00 pm . . . Book Club

This month's selection is *A Good Day for Chardonnay* by Darynda Jones. Running a small-town police force in the mountains of New Mexico should be a smooth, carefree kind of job. Sadly, full-time Sheriff—and even fuller-time coffee guzzler—Sunshine Vicram, didn't get that memo. All Sunshine really wants is one easy-going day. You know, the kind that starts with coffee and a donut (or three) and ends with take-out pizza and a glass of chardonnay (or seven). Turns out, that's about as easy as switching to decaf. (What kind of people do that? And who hurt them?)

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Monday, June 13 at 1:30 pm . . . Shoulder Pain

Join Dr. Lee Easley with Knox Physical Therapy as he discusses possible causes of shoulder pain and treatment options. **RSVP**

Tuesday, June 14 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**

Wednesday, June 15 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. June's project is a Father's Day Card, a fourth of July candy box, and a birthday tea light with box. Cost is \$13.00 with materials provided. **RSVP**



Thursday, June 16 at 10:30 am . . . ReVital Cancer Rehab Program

Select Physical Therapy therapists are certified in ReVital Cancer Rehab to help with the challenges patients face while undergoing cancer treatment. They will create an individualized PT program designed to empower patients to attain the best quality of life during and after treatment. **RSVP**

Friday, June 17 at 8:00 am . . . AARP Safe Driving Class

AARP is offering a safe driving class one day for eight hours. Class fee is \$20 for AARP members and \$25 for non-members. If you have the AARP Medicare Supplement through United Healthcare, class may be free. Must have card with you. **RSVP**

Friday, June 17 at 9:00 am . . . Donuts for Dads

Happy Father's Day to all the wonderful dads out there! To celebrate you, we will have donuts provided by Edna Newman with Comfort Keepers. Come by and grab one (while they last) and enjoy your Father's Day!

Friday, June 17 at 10:00 am . . . Veterans Services Outreach

A representative from Knox County Veteran Services Office will be here to assist Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. Please call to make an appointment. **RSVP**

Wednesday, June 22 at 2:00 pm . . . Mystery Book Club

This month's selection is *Touchstone* by Laurie R. King. King takes us to a remote cottage in Cornwall in this gripping tale of intrigue, terrorism, and explosive passions.

Thursday, June 23 at 10:30 am . . . Tennessee Jewels "Calendar Girls"

The Tennessee Jewels are fourteen ladies ranging in age 60+ from all across Tennessee affiliated with the Tennessee Senior Pageant. They will present a 45-minute song and dance number with audience sing-a-longs called "Calendar Girls." **RSVP**

Tuesday, June 28 at 12:30 pm . . . Painted Church on Wood Craft

Join Sharon Gill as she leads the class in a painted church on wood craft. Cost of the class is \$45.00 with all materials provided. **RSVP**

Wednesday, June 29 at 12:30 pm . . . Who Are You Walking On?

Art Bohanan is an author and retired forensic specialist with KPD. He has over 50 years experience in the forensic world. He will discuss his new book coming out in the fall, *Who Are You Walking On?* This book delves into graveyard forensics and how the human body has a magnetic energy field, which changes when we die, thus the term "The Human Imprint Signal" was born, which he will discuss in-depth. **RSVP**

Visit our website at knoxcounty.org/seniors





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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)
<p>2</p>	<p>3</p> <p>10:00 Muffins for Moms/ sponsored by Wendy Blackburn with Integrity Insurance</p> <p>11:00 Mother's Day Tea* (\$25.00)</p>	<p>4</p> <p>11:30 Social Worker Outreach 12:00 SAIL Goodbye party for Debbie 1:00 Music Jam 1:00 New class—Oils or Acrylics Art Class* (\$25.00/class)</p>	<p>5</p> <p>10:30 Quilts of Valor Sew-in</p> <p>12:30 Grief Support</p> <p>No Chair Yoga today</p>	<p>6</p> <p>9:00 Vet-to-Vet Café sponsored by Caris Healthcare</p> <p>No SAIL on Fridays</p>
<p>9</p> <p>1:30 Back Pain Workshop with Knox PT</p>	<p>10</p> <p>10:30 Understanding Your Social Security Benefit Options w/ Prosperity Partners</p> <p>12:30 Crafting for a Cure with Kris of Home Instead* (Suggested \$5.00 donation)</p>	<p>11</p> <p>12:30 Bunco begins!</p> <p>1:00 Essential Oils: All Things "Thieves"</p> <p>2:00 Book Club: <i>The Lamplighters</i> by Emma Stonex</p>	<p>12</p> <p>10:30 Taxes in Retirement w/Prosperity Partners</p> <p>11:00 BINGO with Niki Congero/sponsored by Holly White with Parkview Senior Living (Bring a \$5 value new/ unused gift to play)</p>	<p>13</p> <p>1:00 Choir Performance "Marvelous Musicals"</p> <p>1:00 Ask Jake</p> <p>1:00 Fitness Room Orientation w/Rachel</p> <p>No SAIL on Fridays</p>
<p>16</p> <p>11-1 Medicare Q & A with Teja Cain of Core Insurance (in the hallway)</p>	<p>17</p> <p>10:00 Senior Walk: Outdoor Knoxville Volunteer Landing Walk (email: seniorservices@knoxcounty.org)</p>	<p>18</p> <p>1:00 Hymn Sing</p> <p>1:00 Krfty Stamper* (\$13.00)</p>	<p>19</p> <p>10:30 Top 5 Financial Strategies for Seniors with Jon Patrick Smith of PFS Investments</p> <p>12:30 Grief Support</p>	<p>20</p> <p>10:00 Toenail Trimming</p> <p>No SAIL on Fridays</p>
<p>23</p> <p>10:00 Apple Camera Class* (\$20.00)</p>	<p>24</p> <p>10:30-1:30 Covid Vaccine Clinic by Knox County Health Dept.</p>	<p>25</p> <p>12:30 Towel Holder Crochet Class with Sandy & JoAnn</p> <p>2:00 Mystery Book Club: <i>An Old Man's Game</i> by Andy Weinberger</p>	<p>26</p> <p>11:00 BINGO sponsored by Caroline Combs-Young of Quality Home Health</p> <p>12:30 Patriotic Door Wreath Craft with Sharon Gill *(\$45.00)</p>	<p>27</p> <p>10:00-12:00/12:30-2:30 Android Basics Class* (\$35.00)</p> <p>No SAIL on Fridays</p>
<p>30 Holiday Center Closed</p> 	<p>31</p>	<p>Find more information about our programs and the other five Knox County Senior Centers at</p> <p>Knoxcounty.org/Seniors</p>	<p>Workout room open from 7:30 to 4:00 pm</p> 	<p>Complimentary Fitness Room Orientations With Rachel Piotrowski, Fitness Instructor on Friday, May 13th from 1:00-3:00 by appointment only</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 2:30 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*</p>	<p>7:30 Ping Pong 9:00 Guitar Practice 11:00 SAIL (Temp. CANX) 11:30 Cribbage 10:00 Pinochle 1:00 Mexican Train Dominoes 1:00 Choir Practice</p>



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Grief Support is the 1st and 3rd Thursdays at 12:30. Anyone may join at any time. Call if you have questions.	Find more information about our programs and the other five Knox County Senior Centers at Knoxcounty.org/Seniors	1 11:30 Social Worker Outreach 1:00 Music Jam	2 12:30 Grief Support	3 1:00 Ask Jake (by appt. only) 1:00 Fitness Room Orientation w/Rachel (by appt. only)
6	7 11:30 Luau Lunch	8 11:30 Social Worker Outreach 1:00 Essential Oils: Essential Oils & Supplements 2:00 Book Club: <i>A Good Day for Charddonay</i> by Darynda Jones 	9 11:00 BINGO with Niki Congero Sponsored by Kris Brinkmeier with Home Instead	10
13 1:30 Shoulder Pain Workshop with Knox PT	14 10:30 Estate Planning with Attorney Julie Eisenhower with Triamicus Law	15 1:00 Birding: Attracting Birds to Your Yard 1:00 Krfty Stamper* (\$13.00) 1:00 Hymn Sing	16 10:30 ReVital Cancer Rehab Program with Jason Fuller with /Select PT 12:30 Grief Support (Cancelled for today)	17 8:00 AARP Safe Driving Class 9:00 Donuts for Dads sponsored by Edna Newman/ Comfort Keepers 10:00 Veterans Services
20 <i>(Emancipation Day) Holiday Center Closed</i>	21 8:30 Beltone Hearing 11:30 Senior Walk: Knoxville Botanical Garden & Arboretum (email: seniorservices@knoxcounty.org)	22 2:00 Mystery Book Club: <i>Touchstone</i> by Laurie R. King 	23 10:30 Tennessee Jewels presents "Calendar Girls"	24 10:00 Toenail Trimming
27 11-1 Medicare Q & A with Teja Cain of Core Insurance	28 12:30 Painted Church on Wood Craft *(\$45.00)	29 12:30 Art Bohanan: Who Are You Walking On?	30 11:00 BINGO/sponsored by Ronda Davis with Westmoreland	Beltone A representative will be here on Tuesday, June 21st 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 with Debbie* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew 2:30 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 with Debbie* 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*	7:30 Ping Pong 9:00 Guitar Practice 11:00 SAIL (Temp CANX) 11:30 Cribbage 10:00 Pinochle 1:00 Mexican Train Dominoes 1:00 Choir Practice