

**May &  
June**

**2023**

**Karns Senior Center**  
*The Navigator*

*Holiday closings: May 29th (Memorial Day) & June 19th (Emancipation Day)*

**Thursday, May 4th from 10:00 am to 2:00 pm . . . Spring 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 865-951-2653 or email Sue.Dolislager@knoxcounty.org for more details. We will also need people to come and shop! So, don't forget to mark the date on your calendar.



**Tuesday, May 9th at 10:30 am . . . Brain Health & Dementia**

A representative from Genesis Neuroscience Clinic will give a brief overview of Alzheimer's and dementia and relay what you can do to prevent and treat the disease. They will also talk about the clinic and how they treat neurodegenerative diseases. They will discuss the process of becoming a patient at a dementia clinic. **RSVP**

**Wednesday, May 10th at 9:30 am . . . Field Trip to Market Square**

Market Square Farmers' Market is an open-air farmers' market managed by Nourish Knoxville. Everything is grown, raised, and/or made by our vendors within a 150-mile radius of Knoxville. Products vary by season and include fresh fruits & vegetables, eggs, honey, pasture-raised meats, edible & ornamental plants, cut flowers, bread & baked goods, jams & jellies, coffee, artisan crafts, and more! Transportation compliments of CAC. **RSVP**

**Friday, May 12th at 8:30 am . . . Vet-to-Vet Café**

Join Caris Healthcare, a 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**

**Friday, May 12th at 9:00 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 a muffin (while they last), generously provided by our sponsor, Wendy Blackburn with Integrity Insurance Associates, LLC.

**Friday, May 12th at 10:00 am . . . 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**

**Monday, May 15th & 16th from 10:00 am-12:00 pm . . . iPad/iPhone 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**

**Monday, May 15th at 2:00 pm . . . Low Back Pain Workshop**

Do you suffer from back or leg pain when you stand or walk, when you 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? 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](http://knoxcounty.org/seniors)

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

**Tuesday, May 16th at 11:30 am . . . Essential Oils for Good Oral Health**

Join Richard and Deborah to learn about using essential oils to help with your oral health. **RSVP**

**Wednesday, May 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. May's project is a ladybug card, altered pop-top tin, and nut box. Cost is \$13.00 with materials provided.

**RSVP**

**Friday, May 19th at 2:00 pm . . . Bones for Life Class**

Join Debbie Ashton for this 2 hour class that can prevent and reverse osteoporosis while improving balance, posture, and joint mobility. Gentle exercises standing and on mats stimulate circulation and bone reproduction by putting pulsating pressure through the skeleton. Cost is \$25.00. **RSVP**

**Monday-Friday, May 22nd-26th from 12:30-3:30 pm . . . Tech Class**

The CAC Office on Aging is offering a Tech Smart Knox Seniors class. Participants must be at least sixty years of age and a Knox County resident. Participants will receive a Chromebook for \$25.00 with successful completion of this week-long class. You will learn how to use the Chromebook, explore the internet and more. You may be eligible for assistance with home internet with successful completion of the class along with a year of free tech support. Participants need to make a commitment to attend all five days of instruction. Class is limited to twelve students. To register, please contact Mr. Dylan Scott with the Office on Aging at 865-524-2786 or send an email to TechSmart@KnoxSeniors.org.

**Tuesday, May 23rd at 11:00 am . . . Master Gardener Program**

"Gardening with Native Plants... Why Bother?" Join Master Gardener, Sara Bryant to learn the necessity of supporting our native insects by using native plants and why insects are so important to the environment. She will also discuss site selection, selecting appropriate plants for the site, cultivars, invasive plants, and the use of botanical names.

**Wednesday, May 24th 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**

**Wednesday, May 31st at 1:30 pm . . . Spring Dance**

Join us as we celebrate spring with some music and dancing with music provided by DJ Mr. John Rutherford. He will be playing a variety of music to include a combination of ballroom, Latin, line dancing, and country music. Dana Watkins of The Pinnacle of Humana will be providing light refreshments. Cost is \$4.00. **RSVP**

**Monday, June 5th at 1:30 pm . . . Zumba Gold**

Join Debbie Ashton as she leads a weekly class in Zumba Gold, which is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness. Cost of the class is \$2.00.

**Tuesday, June 6th at 10:30 am . . . Medicare 101 Education**

Whether you are turning 65 this year or working past 65 and considering retirement, be sure you understand costs, tax implications and timelines. Join Wendy Blackburn as she will show you how and when to sign up for Medicare and answer all your questions. **RSVP**

Check out our webpage at [www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

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

**Tuesday, June 6th at 12:30 pm . . . Art Bohanan (Rescheduled)**

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 book, *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. He will have new cases to discuss. Also book 12 in his series, *Ben* is out. He has taken his son, Ben, back to 1778 to help during the American Revolution. Ben was a UT police officer killed 11-11-04. **RSVP**

**Monday, June 12th at 2:00 pm . . . Shoulder Pain Workshop**

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

**Tuesday, June 13th at 11:30 am . . . Essential Oils for Good Brain Health**

Join Richard and Deborah as they discuss the essential oils that can help you with good brain health. **RSVP**

**Thursday, June 15th at 10:30 am . . . Medicare 101**

Join Nace Coker of Humana as he discusses how Medicare works, when you can enroll, Part D drug coverage, and the options available. Discussion encouraged and snacks available. **RSVP**

**Friday, June 16th 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!

**Tuesday, June 20th at 12:30 pm . . . Crafting for a Cure for Alzheimers**

Join Kris Brinkmeier with Home Instead as she leads the class in crafting a Star Door Hanger. She will be providing all of the materials for this craft. Suggested donation is \$5.00 and will benefit the Alzheimer's Association. **RSVP**

**Wednesday, June 21st 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 4th of July card, double candy box, and bottle cap magnets. Cost is \$13.00 with materials provided. **RSVP**

**Thursday, June 22nd at 11:00 am . . . Self Publishing Basics**

Join authors Ron and Nancy Pressley for this three week seminar on self-publishing basics. The first session will be an overview of the different publishing options and the pros and cons of each. The second session will concentrate on preparing a manuscript, including author tools and/or services, and the third session will delve into marketing (which no one enjoys.) Cost is \$5.00 per session. If you take all three sessions you will be able to choose a free book. **RSVP**

**Friday, June 23rd at 9:00 am . . . Field Trip: Daylily Festival**

Join us for a trip to the Oakes Daylily Farm where you will see many varieties of daylilies in full bloom. There will be music, free refreshments and lunch available for purchase. Free daylilies will be given away while they last. Take money for purchase of lunch. **RSVP**

**Tuesday, June 27th at 11:00 am . . . Master Gardener Program**

"Help! My Plant Looks Sick!" Join Master Gardener, Amy Haun to learn the basics of figuring out what is wrong with your plant and what to do about it. Bring your questions to ask Amy during the second half of the presentation.

**Wednesday, June 28th at 1:00 pm . . . Iris Folding Card Class**

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

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

**Beltone**

**Tuesday, June 13th**  
**at 8:30**

A representative from Beltone will be here once a quarter offering hearing aid cleaning, hearing check-ups or hearing tests. Please call to schedule an appointment.

**Birding**

**Wednesday, May 17th**  
**At 1:00 pm**

Birding meets on Wednesdays either once a month or every other as scheduled. This month's topic is Birding Hotspots in Knoxville.

**Grief Support**

1st and 3rd Thursdays at 12:30 pm unless indicated otherwise  
May 18th  
June 1st & 15th

**Hymn Sing**

**May 17th at 1:00 pm**  
**June (cancelled)**

Join us as we gather together and enjoy an old fashioned gospel song sing-along.

**Medicare Q & A**

**May 8th & June 13th, 9:30-11:00**—Linda Staffen of Core Insurance in the hallway.

**May 9th & June 13th at 1:00 pm**, Ja'el Michael of United Healthcare. Ja'el is fluent in ASL, so come practice!

**Senior Walks**

Senior Services schedules a walk each month usually on the third Tuesday of the month. If you would like to be on the email listing to receive information about these walks, please email seniorservices@knoxcounty.org.

**BINGO**

BINGO is the 2nd and last Thursday of the month at 11:00 am. Bring a new \$5.00 value gift to participate! Bingo w/Niki is May 11th and June 8th, sponsored by Hannah Hood of Synergy Home Care. Second BINGO is May 25th at 11:00 am sponsored by Karen Kerley with Remain at Home Worker's Care and June 29th sponsored by Kris Brinkmeier of Home Instead.

**Book Club**

**May 10th at 2:00 pm**

*1984* by George Orwell. *1984* is a dystopian novella published in 1949, which follows the life of Winston Smith, a low ranking member of 'the Party', who is frustrated by the omnipresent eyes of the party, and its ominous ruler Big Brother, who controls every aspect of people's lives.

**June 14th at 2:00 pm**

*The Reading List* by Sara Nisha Adams is an unforgettable and heartwarming debut about how a chance encounter with a list of library books helps forge an unlikely friendship between two very different people in a London suburb.

**Mystery Book Club**

**May 24th at 2:00 pm**

*A Limited Run* by Karen McQuestion. Meri Wetzel's acting role on the TV show *A Little Slice of Haven* is an experience she'd love to forget. But when billionaire Felix Worthington invites the five cast members to recreate their roles twenty-five years later, she's intrigued.

**June 28th at 2:00 pm**

*Truly Devious* by Maureen Johnson is a 2018 mystery novel at a boarding school following a teen detective/true crime fan Stevie Bell.

**Need Help with Fitness?**

Call and make an appointment with Dustin, our new Fitness Coordinator for Senior Services. He can help with nutrition, fitness introduction, and exercise routines. Call today 865-951-2653.



**Social Worker Outreach**

**Wednesday, May 3rd, 11:30**  
**Wednesday, June 7th, 11:30**

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.

**Music Jam**

**First Wednesdays,**  
**May 3rd &**  
**June 7th at 1:00 pm**

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

**Veterans Services**

**Friday, June 16th**  
**at 10:00**

A representative from Knox County Veteran Services Office will be here quarterly 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**





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



**2023**

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)
<b>1</b>	<b>2</b> 2:00 ASL Class Part II* (Class 5)	<b>3</b> 11:30 Social Worker Outreach  1:00 Music Jam 	<b>4</b> 10:00—2:00 Spring Craft Fair  <b>No Grief Support today</b>	<b>5</b>
<b>8</b> 9:30—11:00 Medicare Q&A with Linda Staffen of Core Insurance	<b>9</b> 10:30 Genesis Neuroscience: Brain Health Tips & Dementia 1:00 Medicare Q&A in the hallway with Ja'el Michael of United Healthcare  2:00 ASL Class Part II* (Class 6)	<b>10</b> 9:30-1:00 Field Trip: Market Square Farmer's Market  2:00 Book Club: <i>1984</i> by George Orwell	<b>11</b> 11:00 BINGO with Niki sponsored Hannah Hood of Synergy Home Care (bring a \$5 value new/unused gift)	<b>12</b> 8:30 Vet-to-Vet Café sponsored by Caris Healthcare  9:00 Muffins for Moms sponsored by Wendy Blackburn/Integrity Ins.  10:00-3:00 Android Basics Class *((\$35.00))
<b>15</b> 10:00 iPad/iPhone Basics class (\$35.00) Class 1  2:00 Low Back Pain Workshop with Dr. Lee of Knox PT	<b>16</b> 10:00 iPad/iPhone Basics class (\$35.00) Class 2  11:30 Essential Oils for Good Oral Health 2:00 ASL Class Part II* (Class 7) Senior Walk RSVP 865-288-3761	<b>17</b> 1:00 Birding Hotspots in Knoxville  1:00 Hymn Sing  1:00 Krfty Stamper* (\$13.00)	<b>18</b> 10:00 -12:00 & 1:00-3:00 Basic Android Class* (\$35.00)  12:30 Grief Support (Please call to let us know you are coming)	<b>19</b> 2:00 Bones for Life class* (\$25.00)
<b>22</b> 12:30-3:30 Tech Class (To register call 865-524-2786 or email TechSmart@KnoxSeniors.org)	<b>23</b> 11:00 Master Gardener: Native Plants  12:30-3:30 Tech Class  2:00 ASL Class Part II* (Class 8) in craft room	<b>24</b> 10:00 Apple Camera class (\$20.00)  12:30-3:30 Tech Class  2:00 Mystery Book Club: <i>A Limited Run</i> by Karen McQuestion	<b>25</b> 10:00 Toenail Trimming* 11:00 BINGO with Stacy Phillips of Nuclear Care Partners (Bring a \$5 value new/unused gift to play)  12:30-3:30 Tech Class	<b>26</b> 12:30-3:30 Tech Class
<b>29</b> <b>Holiday Center Closed</b> 	<b>30</b>	<b>31</b> 1:30-3:30 Dance*(\$4.00) Refreshments provided by Dana Watkins of The Pinnacle Senior Living	Music Jam is on the first Wednesday of every month at 1:00! Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music. Bring your instrument to join in!	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
<b>These events occur every week</b>				
7:30 Ping Pong 9:00 Cardio Strength & Stretch* 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew	10:00 Poker 10:00 Pinochle 12:30 Canasta 1:00 Stability* 1:30 Genealogy Class 2:00 Yoga*	7:30 Ping Pong 9:30 ShibashiQiGong* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 12:00 Canasta 1:00 Oil or Acrylic Painting*	9:00 Cardio Strength & Stretch* 9:00 Chess 11:00 Trivia Time 1:00 Chair Yoga* 1:00 Mah Jongg 1:00 Crafting Social 1:30 Stability Class* 2:00 Yoga*	7:30 Ping Pong 9:00 Ukulele Practice 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Choir Practice



# Karns Senior Center

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



# 2023

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>Find more information about our programs and the other five Knox County Senior Centers at <a href="http://Knoxcounty.org/Seniors">Knoxcounty.org/Seniors</a></p>	<p><b>Workout room open from 7:30 to 4:00 pm</b></p> 	<p>New Zumba Gold class begins on Monday, June 5th at 1:30 pm. This is a 30-minute class that combines Latin and international dance moves with music. \$2.00 per class. Come join in!</p>	<p><b>1</b> 12:30 Grief Support (Please call to let us know you are coming)</p>	<p><b>2</b>  <b>No Choir Practice</b></p>
<p><b>5</b>  <b>New Weekly Zumba Gold class begins today at 1:30 pm with Debbie Ashton!</b></p>	<p><b>6</b> 10:30 Medicare 101 with Wendy Blackburn  <b>12:30 Art Bohanan, "Who Are You Walking On? (Rescheduled to Fall)-no date yet</b></p>	<p><b>7</b> 11:30 Social Worker Outreach  1:00 Music Jam</p>	<p><b>8</b> 11:00 BINGO with Niki sponsored Hannah Hood of Synergy Home Care (bring a \$5 value new/unused gift)</p>	<p><b>9</b>  <b>No Choir Practice</b></p>
<p><b>12</b> 2:00 Shoulder Pain Workshop with Dr. Lee of Knox PT</p>	<p><b>13</b> 8:30 Beltone Hearing <b>11:30 Essential Oils for Good Brain Health</b>  9:30 Medicare Q&amp;A w/ Linda of Core Ins. 1:00 Medicare Q&amp;A with Jael of UHC &amp; ASL Practice</p>	<p><b>14</b> 2:00 Book Club: <i>The Reading List</i> by Sara Nisha Adams</p> 	<p><b>15</b> 10:30 Medicare 101 with Nace Coker of Humana  12:30 Grief Support (Please call to let us know you are coming)</p>	<p><b>16</b> 9:00 Donuts for Dads sponsored by Comfort Keepers  10:00 Veterans Services by appointment only  <b>No Choir Practice</b></p>
<p><b>19</b> <i>Holiday Center Closed</i></p>	<p><b>20</b> 12:30 Crafting with a Cure w/Kris of Home Instead *(\$5.00)- project Star Door Hanger 2:00 ASL Part III (Class 1)*  Senior Walk RSVP 865-288-3761</p>	<p><b>21</b> 1:00 Krfty Stamper* (\$13.00)  <b>No Hymn Sing</b></p>	<p><b>22</b> 11:00 Self-Publishing Basics with Ron &amp; Nancy Pressley* Class #1 (\$5.00/class)</p>	<p><b>23</b> 9:00-1:00 Field Trip: Day-lily Festival  <b>No Choir Practice</b></p>
<p><b>26</b>  Line Dance starts back!</p>	<p><b>27</b> 11:00 Master Gardener: Identifying Plant Problems  2:00 ASL Part III (Class 2)*</p>	<p><b>28</b> 1:00 Iris Folding Card Class* (\$5.00)  2:00 Mystery Book Club: <i>Truly Devious</i> by Maureen Johnson</p> 	<p><b>29</b> 11:00 BINGO sponsored by Kris Brinkmeier/Home Instead (Bring a \$5 gift) <b>11:00 Self-Publishing Basics w/ Ron &amp; Nancy Pressley* Class #2(\$5.00/class)</b></p>	<p><b>30</b> 10:00 Toenail Trimming  <b>No Choir Practice</b></p>
<p><b>These events occur every week</b></p>				
<p>7:30 Ping Pong 9:00 Cardio Strength &amp; Stretch* <b>10:00 Art Class*</b> 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew <b>1:30 Zumba Gold*</b></p>	<p>10:00 Poker 10:00 Pinochle 12:30 Canasta 1:00 Stability* 1:30 Genealogy Class 2:00 Yoga*</p>	<p>7:30 Ping Pong 9:30 ShibashiQiGong* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 12:00 Canasta <b>1:00 Oil or Acrylic Painting*</b></p>	<p>9:00 Cardio Strength &amp; Stretch* 9:00 Chess 11:00 Trivia Time 1:00 Chair Yoga* 1:00 Mah Jongg 1:00 Crafting Social 1:30 Stability Class* 2:00 Yoga*</p>	<p>7:30 Ping Pong 9:00 Ukulele Practice 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Choir Practice (<b>Canx for June</b>)</p>