

**July &
August**

2023

Karns Senior Center
The Navigator

Holiday closing: Tuesday, July 4th (Independence Day)

Monday, July 3rd at 10:45 am . . . Field Trip: Mighty Musical Monday

Join us for a field trip to the Tennessee Theater to enjoy a live concert featuring the O'Connor Singing Seniors. Transportation provided by CAC free of charge. Concessions are available. **RSVP**

Thursday, July 6th at 10:30 am . . . Tennessee Jewels: Here's to the Girls!

The Tennessee Jewels are 14 ladies ranging from 60+ from across Tennessee affiliated with the TN Senior Pageant. They will present a song and dance number, "Here's to the Girls" which is all about empowering women. **RSVP**

Friday, July 7th at 1:30 pm . . . Fashion Show with Kim Olvey of Mae Larue

Kim Olvey with Mae Larue Boutique is passionate about fashion and helping women feel as beautiful on the outside as they are on the inside. Join her and some associates as they present a fashion show for you to see some of the latest fashions with an option to purchase at the end of the show. **RSVP**

Monday, July 10th at 2:15 pm . . . Iris Folding Card Class

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

Monday, July 10th at 2:15 pm . . . Neck and Shoulder Pain Workshop

Neck pain workshop reveals how to naturally get rid of your neck pain for good. Do you suffer with neck pain every day? Do you find yourself turning your shoulders instead of your head because your neck is stiff? Do you experience pain, numbness or tingling into your shoulder, arm or down your hand? Does your head feel heavy on your neck? Are you afraid your pain will get worse if you don't do anything about it? Join Dr. Lee Easley of Knox Physical Therapy as he discusses probable causes of neck and shoulder pain and treatment options. **RSVP**

Tuesday, July 11th at 11:30 am . . . Hot Dog Luncheon

Join us for a summertime hot dog luncheon sponsored by Jeff Olsen of Reams Drugs, Butler Brothers excavating, and Kay Lorick with Morning Pointe of Powell. We will have hot dogs with all the fixings! **You must RSVP as our food and space are limited!**

Tuesday, July 18th at 11:00 am . . . Hearing Health Presentation

Concerned about *overpaying* for hearing aids? Join Luke Amos of Life Frequency as he discusses hearing health, hearing aids, and answers your questions about the cost of hearing aids. Coffee and doughnuts will be served. **RSVP**

Wednesday, July 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. July's project is a ladybug card, bottlecap magnets, 2 sided candy box. Cost is \$13.00 with materials provided. **RSVP**



Thursday & Friday, July 20th & 21st at 10:00 am . . . iPad/iPhone Basics

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**

Visit our website at knoxcounty.org/seniors

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

Thursday, July 20th at 10:30 am . . . Fall Prevention Workshop & Health Fair

Join us for the Staying Strong and Independent for Life mini health fair and presentation. Guest speaker Martha Pack, O.T., Certified Dementia Practitioner and Certified Aging in Place Specialist will be speaking about how to safely age in place in your own home. This presentation will start promptly at 11:45am. Vendors with information and giveaways will be available along with free balance screenings by physical therapists from Functional Pathways to Home and Benchmark Physical Therapy from 10:30 am to 11:30am. Door prizes, snacks and water will be provided. Registration is required. For more information please contact Rachel Frazier, Knox County Health Department at Rachel.frazier@knoxcounty.org or call (865) 215-5175. **RSVP**

Tuesday, July 25th at 11:00 am . . . Master Gardener: Water Management

Come learn some creative ways to capture and (re)distribute our ample Tennessee rainfall in your garden. From swales and rain gardens to rain barrels and ponds, there are so many great ways to make use of rainwater. Join Master Gardeners Mona Yethiraj and Sarah DeWitt for a presentation on some of the strategies and best plans for conserving and managing rain in the garden.

Tuesday, July 25th at 1:00 pm . . . New to Medicare Presentation

Turning 65 soon? Want a friendly guide along the way? Ja'el Michael, your local specialist with United Healthcare Medicare plans will be making Medicare simple for you with visual aids and snacks. She can also be a free advocate for you in your healthcare needs! **RSVP**

Wednesday, July 26th at 1:00 pm . . . Keeping Motion in Your Body

Keeping Motion In Your Body is a class by Scoles Chiropractic that focuses on keeping your ability to do daily tasks possible! This class will include full body stretching, posture enabling, positivity, and more! Keeping the ability to tie your shoe, pick up your grandchild, and walk a mile are all goals that need you to KEEP MOTION IN YOUR BODY! **RSVP**

Monday, July 31st at 2:15 pm . . . Moss Door Wreath Craft

Join April Wireman for this moss door wreath-making class. Cost of the class is \$17.00 with all materials provided by the instructor. **RSVP**

Thursday, August 3rd at 10:30 am . . . Debunking the Myths of Hospice

Join Casey Parker with Caris Healthcare as she helps us to debunk the myths of hospice through trivia, a question & answer session, and shared experiences to help make difficult conversations not so hard. Refreshments will be provided. **RSVP**

Friday, August 4th at 10:00-12:00 & 1:00-3:00. . . 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, August 7th at 2:15 pm . . . 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**

Tuesday, August 8th at 11:30 am . . . Essential Oils: Diffuser Jewelry

Join Richard & Deborah for this essential oils class where you be making diffuser jewelry. Cost for the class will be \$15.00 and under. **RSVP**

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

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

Friday, August 11th 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**

Tuesday, August 15th at 11:00 am . . . Thompson Cancer Survival

Come learn about the comprehensive, world-class and free oncology patient support services that Thompson Cancer provides throughout East Tennessee. They will highlight the Proton Center and proton therapy, an innovative and precise form of radiation treatment. Their goal is to increase the number of cancer survivors in our community through education, screening, research and the most advanced treatments available. Open discussion and Q&A after the presentation. **RSVP**

Wednesday, August 16th 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 sunflower card, gift card or candy box, and shopping list pad. Cost is \$13.00 with materials provided. **RSVP**



Friday, August 18th at 10:45 am . . . Field Trip: WDVX at Barley's Tap Room

Join us as we take a trip to the WDVX Blue Plate Special, a live performance radio show held at noon, with your host Red Hickey. We will be visiting them at Barley's Tap Room where you may purchase lunch on a limited menu, if you wish. Transportation provided courtesy of CAC. **RSVP**

Monday/Tuesday, August 21/22 from 10:00-12:00 . . . 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**

Tuesday, August 22nd at 11:00 am . . . Master Gardener

Topic: Working with Native Grasses. Join Master Gardeners Barbra Bunting and Chris Bishop to learn about the benefits of turf grass alternatives, how to prepare the site, how to select and where to purchase the plants, and the best time of the year to do this.

Wednesday, August 23rd, at 2:00 pm . . . Estate Planning Workshop

Join a representative from Franklin & Kyle Elder Law as they discuss Estate Planning. Take the steps you need to protect your family and ensure your property and assets go to those you intend. **RSVP**

Thursday, August 24th at 10:30 am . . . Posture & Stretching Work Together

Posture And Stretching Work Together is a class by Scoles Chiropractic that focuses on improving your posture, your stretching technique, and adding some strength techniques to help your posture and stretching. Your body will thank you later if you focus on posture and stretching now! **RSVP**

Tuesday, August 29th at 10:30 am . . . Fraud Prevention

Paula Liss, retired from the Federal Government, has experience in civil and criminal investigations associated with various financial frauds and money laundering. With the elderly population growing and seniors racking up more than \$3 billion in losses annually, elder fraud is a growing problem. This class will discuss common elder fraud schemes, how victims are contacted and tricked, tips to protect yourself, and how to report. **RSVP**

Wednesday, August 30th at 1:00 pm . . . Summer Dance

Join us for some music and dancing with music provided by DJ 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 will be providing light refreshments. Cost is \$4.00. **RSVP**

Beginning Spanish . . . Fall 2023

Beginning Spanish class to start in September. We have an upper-level student from UTK volunteering her time to teach here. Date and time tentatively set for 2:00-3:30 on Thursday afternoons. If you are interested in the class, please call and put your name on an interest list.

**Life Frequency
Hearing Health
Mondays**

From 8:00– 9:30 am

Luke Amos of Life Frequency will be here once a week offering hearing aid cleaning, hearing check-ups or hearing tests. Please call 865-310-5008 to schedule.

**Birding
Wednesday,
August 16th**

Birding meets on Wednesdays either once a month or every other month as scheduled. August's topic is Summer Birds and Fall Migration.

Grief Support

1st and 3rd Thursdays at 12:30 pm

July 6th & 20th
August 3rd & 17th

**Hymn Sing
Cancelled for
July & August
at 1:00 pm**

Join us as we gather together and enjoy an old-fashioned gospel sing-a-long.

Medicare Q & A

Join Linda Staffen of Core Insurance on Friday, July 7th & Wednesday, August 2nd at 9:30 in the hallway for an informal time of Questions & Answers about Medicare. No need to register, just stop in.

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 July 13th sponsored by Karen Kerley of Remain at Home and August 10th sponsored by Ja'el Michael of United Healthcare. Second BINGO is July 27th sponsored by Faye Beaudette of United Healthcare and August 31st sponsored by Caroline Combs-Young of Quality Home Health.

Book Club

July 12th at 2:00 pm

The Book of Lost Names by Kristen Harmel. Inspired by an astonishing true story from World War II, this novel follows Eva, a young woman who uses her talent for forgery to help hundreds of Jewish children flee the Nazis.

August 9th at 2:00 pm

Thunderstruck by Erik Larsen. Larsen tells the interwoven stories of two men—Hawley Crippen, a very unlikely murderer, and Guglielmo Marconi, the obsessive creator of a seemingly supernatural means of communication—whose lives intersect during one of the greatest criminal chases of all time.

Mystery Book Club

July 26th at 2:00 pm

The Daughter of Time by Josephine Tey, a 1951 detective novel concerning a modern police officer's investigation into the alleged crimes of King Richard III of England.

August 23rd at 2:00 pm

The Water Room by Christopher Fowler, the octogenarian leaders of a unit of detectives who handle all the cases that the regular detective forces won't touch or can't solve.

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

**Tuesday, July 11th at 11:00
Wednesday, August 2nd at 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,
July 5th &
August 2nd 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, September 15th
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**



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>3 8:00-9:30 Life Frequency Hearing Health Services</p> <p>10:45 Field Trip: Mighty Musical Monday Featuring the O'Connor Singing Seniors</p>	<p>4</p> <p><i>Holiday Center Closed</i></p>	<p>5 1:00 Music Jam</p> 	<p>6 10:30 TN Jewels: Here's to the Girls! 11:00 Self-Publishing Basics with Ron & Nancy Pressley* Class #3 (\$5.00) 12:30 Grief Support (Please RSVP)</p>	<p>7 9:30 Medicare Q & A w/ Linda Staffen of Core Insurance in the hallway</p> <p>1:30 Fashion Show with Kim Olvey of Mae Larue online boutique No Choir Practice</p>
<p>10 8:00-9:30 Life Frequency Hearing Health Services</p> <p>2:15 Iris Folding Card Class*(\$5.00)</p> <p>2:15 Neck and Shoulder Pain Workshop w/Knox PT</p>	<p>11 11:00 Social Worker Outreach 11:30 Hot dog luncheon sponsored by Reams Drugs, Butler Brothers Excavating, and Morning Pointe of Powell (RSVP) 2:00 ASL III (3)</p>	<p>12 2:00 Book Club: <i>The Book of Lost Names</i> by Kristen Harmel</p>	<p>13 11:00 BINGO with Niki sponsored by Karen Kerley w/ Remain at Home (bring a \$5 value new/unused gift)</p>	<p>14</p> <p>No Choir Practice</p>
<p>17 8:00-9:30 Life Frequency Hearing Health Services</p>	<p>18 11:00 Hearing Health Presentation w/ Luke Amos of Life Frequency Hearing Health</p> <p>2:00 ASL III (4)</p> <p>Senior Walk</p>	<p>19 1:00 Hymn Sing(canx)</p> <p>1:00 Krfty Stamper* (\$13.00)</p> <p>No birding this month</p>	<p>20 10:00 iPad/iPhone class* (\$35.00/prepaid)</p> <p>10:30 Fall Prevention Workshop & Mini Fair</p> <p>12:30 Grief Support (Please RSVP)</p>	<p>21 10:00 iPad/iPhone class* (\$35.00/prepaid)</p> <p>No Choir Practice</p>
<p>24 8:00-9:30 Life Frequency Hearing Health Services</p>	<p>25 11:00 Master Gardener: Water Management</p> <p>1:00 New to Medicare w/ Ja'el Michael with UHC</p> <p>2:00 ASL III (5)</p>	<p>26 1:00 Keeping Motion in Your Body w/Scoles Chiropractic</p> <p>2:00 Mystery Book Club: <i>The Daughter of Time</i> by Josephine Tey</p>	<p>27 11:00 BINGO sponsored by Faye Beaudette w/UHC (Bring a \$5 value new/unused gift to play)</p>	<p>28 10:00 Toenail Trimming*</p> <p>No Choir Practice</p>
<p>31 8:00-9:30 Life Frequency Hearing Health Services</p> <p>2:15 Moss Door Wreath Craft w/April Wireman* (\$17.00)</p>	<p>To participate in the Senior Walks on the third Tuesday of the month, please email seniorservices@knoxcounty.org</p>	<p>View the calendars for all six of the Knox County Senior Centers at knoxcounty.org/seniors</p>	<p>Music Jam is on the first Wednesday of every month! 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!</p>	<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>These events occur every week</p>				
<p>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 1:30 Zumba Gold*</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 Bridge 9:30 ShibashiQiGong 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting*</p>	<p>9:00 Cardio Strength & Stretch* 9:00 Chess 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability* 1:30 Chair Yoga* 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 (Canx in July)</p>



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 Knoxcounty.org/Seniors</p>	<p>1 2:00 ASL III (6)</p>	<p>2 9:30 Medicare Q & A w/ Linda Staffen of Core Insurance in the hallway 11:30 Social Worker Outreach 1:00 Music Jam</p>	<p>3 10:30 Hospice 101: Debunking the Myths of Hospice w/Casey Parker of Caris Healthcare 12:30 Grief Support (Please RSVP)</p>	<p>4 10:00-12:00 & 1:00-3:00 Android Basics Class* (\$35.00)</p>
<p>7 8:00-9:30 Life Frequency Hearing Health Services 2:15 Back Pain Workshop w/Knox PT</p>	<p>8 11:30 Essential Oils: Diffuser Jewelry*(\$15 and under) 2:00 ASL III (7)</p>	<p>9 2:00 Book Club: <i>Thunderstruck</i> by Erik Larsen</p> 	<p>10 11:00 BINGO with Niki Congero sponsored by Ja'el Michael w/UHC (Bring a \$5 value new/unused gift to play)</p>	<p>11 8:30 Vet-to-Vet Café sponsored by Caris Healthcare</p>
<p>14 8:00-9:30 Life Frequency Hearing Health Services</p>	<p>15 11:00 Thompson Cancer Survival Presentation 2:00 ASL III (8) Senior Walk</p>	<p>16 1:00 Krfty Stamper* (\$13.00) 1:00 Birding: Summer Birds & Fall Migration</p>	<p>17 12:30 Grief Support (Please RSVP)</p>	<p>18 10:45 WDVX Blue Plate Special at Barley's Tap Room</p>
<p>21 8:00-9:30 Life Frequency Hearing Health Services 10:00-12:00 iPad/iPhone class* (\$35.00)</p>	<p>22 10:00-12:00 iPad/iPhone class* (\$35.00) 11:00 Master Gardener: Working with Native Grasses</p>	<p>23 1:00 Hymn Sing(canx) 2:00 Estate Planning w/ Franklin & Kyle Elder Law 2:00 Mystery Book Club: <i>The Water Room</i> by Christopher Fowler</p>	<p>24 10:30 Posture and Stretching Work Together w/Scoles Chiropractic</p>	<p>25 10:00 Toenail Trimming</p>
<p>28 8:00-9:30 Life Frequency Hearing Health Services</p>	<p>29 10:30 Fraud Presentation w/Paula Liss</p>	<p>30 1:00 Summer Dance</p>	<p>31 11:00 BINGO with Diane sponsored by Caroline Combs-Young with Quality Home Health (Bring a \$5 value new/unused gift to play)</p>	<p>Workout room open from 7:30 to 4:00 pm</p> 
<p>These events occur every week</p>				
<p>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 1:30 Zumba Gold*</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 Bridge 9:30 ShibashiQiGong 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting*</p>	<p>9:00 Cardio Strength & Stretch* 9:00 Chess 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability* 1:30 Chair Yoga* 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</p>

KNOX COUNTY SENIOR SERVICES WALK

JULY 18TH @ 9:30



The UT Gardens – Knoxville Guided Tour and Third Creek Greenway Walk

Join Dustin and Laurie and get ready for a truly enchanting experience as we gather at the entrance to UT Gardens for a guided walking tour of UT Gardens proudly sponsored by Caris HealthCare.

We kindly ask you to RSVP, securing your place on this exclusive tour limited to 20 spots. Reach out to us at (865) 288-3761 or via email at SeniorServices@knoxcounty.org to secure your spot. Don't delay, as parking passes are limited and in high demand.

Prepare to be captivated as we delve into the breathtaking beauty of UT Gardens. Moreover, we have an extra treat in store for you! Caris Representative, Casey Parker, will be joining us on this unforgettable stroll.

Directions

[UT Gardens Address: 2518 Jacob Drive, Knoxville, TN 37996](#)

Visitor parking is directly across from the entrance to the UT Gardens and is marked with signs for "2-Hr Visitor Parking." The 2-Hour Visitor Parking spaces do not require parking passes. We will have 20 additional Parking Passes available for those who sign up that will be given to you upon arrival to display in your car dash.

[After the tour and walk, join us for lunch afterwards at:](#)

[Calhoun's On The River: 400 Neyland Dr, Knoxville, TN 37902](#)




CARIS
healthcare
Hospice: Your Life, Our Mission

CONCORD PARK GREENWAY

AUGUST 15TH @ 9:00 AM

MEET AT THE COVE PARK PAVILION
11808 S. NORTHSORE DRIVE, 37922



Why not start your day with a walk beside waters blue?! Join Carole and Darrell for a morning walk with sights of Summer...Sailboats, ducks, fishing, swimming, and volleyball all along the **Concord Greenway**.

We will walk approximately **3 miles** which will include the recently completed pedestrian bridge. We are starting extra early to beat the summer heat but still remember to bring your hydration!

We love to support our local businesses! We will be gathering at **Fruition Cafe** @ **129 W. End Ave, 37934** for a bite afterwards.



Please RSVP to www.seniorservices@knoxcounty.org or call **865-288-3761**.

SCAM ALERT



Financial exploitation can occur in a variety of ways.

Be safe and don't give out personal information to anyone you don't know.

Some common SCAMS include:

- *IRS Scams**
- *Securities/Investment Scams**
- *Romance Scams**
- *Lottery Scams**
- *Mortgage Scams**
- *Real Estate Scams**
- *Mail Delivery Scams**
- *Gift Card Scams**

AARP Fraud Watch Network Helpline: 877-908-3360

Our toll-free service is available Mon, - Fri., 8 a.m. to 8 p.m. ET



Grandparents as Parents School Supply Drive

Donate

crayons
colored pencils
earbuds
headphones
composition notebooks
plastic folders

spiral notebooks
glue sticks
pencils
pencil boxes
dry erase markers
backpacks with computer compartments

glue
red/green pens
tissue boxes
Ziploc bags
highlighters



Donations accepted July and August 2023

Drop off donations at any

Knox County Senior Center

O'Connor Senior Center | 611 Winona Street

Corryton Senior Center | 9331 Davis Drive

Halls Senior Center | 4405 Crippen Road

Karns Senior Center | 8042 Oak Ridge Hwy

South Knoxville Senior Center | 6729 Martel Lane

West Knoxville Senior Center | 239 Jamestown Blvd. Suite 101



Call the Grandparents as Parents program for more information.

865-524-2786