



KNOX COUNTY
TENNESSEE

HALLS SENIOR CENTER

4405 Crippen Road, Knoxville, TN 37918

865-922-0416

www.knoxcounty.org/seniors

JULY/AUGUST 2024

Happenings...

Exercise and Cognitive Health

July 17th @ 11:00 AM

There is a strong correlation between physical activity and cognitive function. Regular exercise has been shown to improve various aspects of cognitive health, including memory, attention, processing speed, and executive function.



Exercise and Aging

August 21st @ 11:00 AM

While aging is inevitable, its effects can be mitigated and managed through regular physical activity. Exercise has been shown to exert profound effects on numerous aspects of health, making it a cornerstone of health aging.



Call 865-922-0416 to register!

Bingo at Halls!

There will be no fee and no gifts needed to play. Our featured sponsor will call Bingo and provide a coverall prize. Participants can only win one prize and everyone is eligible to win the coverall prize. Prizes and gift cards are donated by a variety of sponsors along with their service information.

Come fill the room and let's have fun playing Bingo!



July 3rd @ 10 AM

August 7th @ 10 AM



Knox County Senior Centers will be closed:

July 4th—Independence Day

Crafts with Susanne

Join us for Crafts with Susanne.

July 2nd @ 10 AM

Tissue Paper Flower



All supplies provided.

August 6th @ 10 AM

Dream Catcher



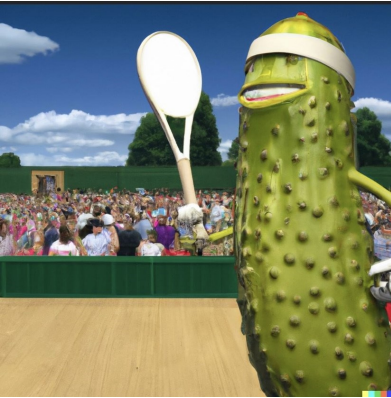
You will need to bring your own ring and any special embellishment desired. All other supplies provided.

**Call 865-922-0416
to sign up.**

July/August 2024

Pickleball

Tuesday, Wednesday,
Thursday and
Friday 1:00-4:00 PM



SAIL CLASS
Monday & Wednesday
8:30-9:30 AM

No class on first Wednesday of the month
and will have an additional class on
Friday that week.

SAIL (Stay Active and Independent for
Life) is a strength and balance exercise for
all shapes, sizes and levels of fitness.



Mahjong

Monday, Thursday
and Friday
@ 12:30 PM



Senior Information and Referral

Melinda Bryant will be here to provide
individual assistance to our seniors. If
you have questions, she would love to
help you find the answers!

July 15th @ 10 AM
and August 19th @ 10 AM

**Senior
Information
& Referral**

Cardio Drumming

Try this fun, half hour, upper body
class to the oldies!
All equipment is supplied, just bring
yourself and be ready for some fun.

Thursdays
@ 1:00 PM



Walking Club

Walk when you want/at
your own pace. Walkers
receive a free pedometer
to track their steps and
will be awarded prizes
for miles walked.

Take that first step to
better health!

It's always more fun to
walk with a friend.
Call 865-922-0416 or
sign up in the office.



July/August 2024

Grandparents as Parents School Supply Drive

**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
Ziplock bags
highlighters**



**Donations will be
accepted in JULY.**



Second Harvest Cooking Class

August 15th — 2:00-3:00 PM

***Chickpea, Tomato and Cucumber
Salad***

**Limited seating—register by
calling 865-922-0416.**

Senior Q & A with Core Insurance

**Every 1st Thursday of the
month @ 11:00 AM
July 11th & August 1st**



Movie Matinee



**July 15th
@ 1:00 PM
*Paulie***

**August 19th
@ 1:00 PM
*Nanny McPhee***

Popcorn will be provided.

Did you know Knox County has SIX Senior Centers you can enjoy?

Carter Senior Center 865-932-2939

Corryton Senior Center 865-688-5882

Halls Senior Center 865-922-0416

Karns Senior Center 865-951-2653

South Knoxville Center Senior 865-573-5843

West Knox County Senior Center 865-288-7805

July/August 2024

Humana.

Medicare 101

Presentation by
Kenneth LeFevre
July 23 @ 1:30 PM
**Register in the office
or call 865-922-0416**

Mexican Train Dominoes
Tuesday & Friday @ Noon



Humana.

**Take Control of Your
Blood Pressure**

Presentation by
Salae Maxwell
July 31st @ 11:00 AM

**Foods to Fight
Inflammation**

Presentation by
Salae Maxwell
August 5th @ 11:00 AM

**Register in the office
or call 865-922-0416.**



**Drop off your
worn or
tattered flags
to the Halls
Senior Center and will
make sure there are
disposed of properly.**

**Monday-Friday,
8:00 AM to 4:30 PM**

**Ice Cream Social
in the Lobby**

**Sponsored by
Smoky Mountain
Hospice**

**August 8th
@ 11:00
AM**



**FREE
NUTRITION CLASS**

Socially Nutritious Supper Club!

July 11th, 18th, 25th, Aug. 1st, 8th & 15th
10:00-11:30 AM

In this workshop we will talk about foods for:

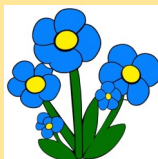
***Strong Muscles and Bones
A Healthy Heart
Better Brain Health
And More!***

Register at 865-922-0416.

Halls Senior Center

4405 Crippen Road,
Knoxville, TN 37918
Phone: 865-922-0416
www.knoxcounty.org/seniors/

July
2024



Center Hours—M-F
8:00 AM-4:30 PM

DAILY SCHEDULE REMAINS THE SAME. SPECIAL EVENTS ARE LISTED BY DATE.

Mon	Tue	Wed	Thu	Fri
<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:00 Scrapbooking 10:00 Bridge 10:00 Pinochle 10:00 Exercise Class 12:30 Mahjong 1:00 Rook 1:00-4:30 Ping Pong</p>	<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Hand & Foot 10:00 Exercise Class 12:00 Mexican Train Dominoes 12:30 Canasta 1:00 Mat Class 1:00-4:00 Pickleball 3:00 Virtual Bingo</p>	<p>8:00-4:30 Fitness Room/ Caleb is here! 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:30 Rook 10:00 Hand & Foot 10:00 Beginner Line Dance 11:00 Improver Line Dance 1:00 Bridge 1:00 Rook 1:00-4:00 Pickleball</p>	<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Quilting 10:00 Exercise Class 11:00 Polynesian Dance 12:00 Rummikub 12:30 Mahjong 1:00 Cardio Drumming 1:00-4:00 Pickleball</p>	<p>8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-1:00 Ping Pong (except 1st Friday) 10:00 Euchre 11:00 Art/Craft Social 12:00 Mexican Train Dominoes 12:30 Mahjong 1:00-4:00 Pickleball</p>
<p>1 National Joke Day </p>	<p>2 Crafts w/Susanne @ 10 AM Tissue Paper Flower</p>	<p>3  10:00 AM Line Dancing cancelled</p>	<p>4 Knox County Senior Centers Closed for Independence Day</p>	<p>5</p>
<p>8 Grandparents as Parents School Supply Donations collected in July (Supply list on flyer).</p>	<p>9</p>	<p>10 Pictionary @ 1:00 PM Quilters Sew-In @ 8:30 AM tomorrow</p>	<p>11 Senior Q & A w/ CORE Noon-2 PM Free Nutrition Class - Socially Nutritious Supper Club @ 10:00 AM</p>	<p>12 KISMET @ 11:00 AM </p>
<p>15 Monday Movie 1:00 PM Paulie Popcorn provided. Sr. Info. & Referral 10 AM—Noon</p>	<p>16 Senior Walk Collier Preserve Beaver Creek Duo, 330 West Emory Road. @ 9:30 AM Lunch @ Southern Kitchen Sandwich Co. RSVP 865-288-3761.</p>	<p>17 Exercise and Cognitive Health w/Caleb @ 11:00 AM</p>	<p>18 Free Nutrition Class - Socially Nutritious Supper Club @ 10:00 AM</p>	<p>19</p>
<p>22</p>	<p>23 MEDICARE 101 With Kenneth LeFevre with Humana @ 11:00 AM</p>	<p>24 KISMET @ 11:00 AM </p>	<p>25 Free Nutrition Class - Socially Nutritious Supper Club @ 10:00 AM</p>	<p>26 Backgammon @ 1:00</p>
<p>29</p>	<p>30</p>	<p>31 Take Control of Your Blood Pressure by Humana 11:00 a.m.</p>		

Halls Senior Center

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www.knoxcounty.org/seniors/

August
2024



Center Hours—M-F
8:00 AM-4:30 PM

DAILY SCHEDULE REMAINS THE SAME. SPECIAL EVENTS ARE LISTED BY DATE.

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			<p>1 Senior Q & A with Core Insur. Noon-2 PM Free Nutrition Class— Socially Nutr. Club @ 10:00 AM</p>	<p>2 Happy Birthday US Coast Guard Sunday, Aug. 4th</p>
<p>5 Foods to Fight Inflammation by Humana 11:00 a.m.</p>	<p>6 Crafts w/Susanne @ 10 AM Dream Catcher</p>	<p>7 @ 10:00 AM</p>	<p>8 QUILTERS Class @ 8:30 AM Free Nutrition Class—Soc. Nutr. Club @ 10 AM Ice Cream Social @ 11:00 AM</p>	<p>9</p>
<p>12</p>	<p>13 KISMET @ 11:00 AM</p>	<p>14 Knitting Circle @ 1:00 PM</p>	<p>15 Free Nutrition Class - Soc. Nutritious Supper Club @ 10 Second Harvest Cooking Class @ 2:00</p>	<p>16 CORN HOLE 8:00 AM—1:00 PM</p>
<p>19 Sr. Info. & Referral 10:AM—Noon Monday Movie Matinee 1:00 PM Nanny McPhee Popcorn provided.</p>	<p>20 Senior Walk Marine Park Greenway Trail, 2201 Alcoa Hwy. @ 9:00 AM Lunch at SoKno Tacos. RSVP 865-288-3761.</p>	<p>21 Exercise and Aging Presentation by Caleb @ 11:00 AM <i>National Senior Citizen's Day</i></p>	<p>22 Pictionary 10:30 AM Bean Bag Baseball 1:30 PM</p>	<p>23</p>
<p>26</p>	<p>27 KISMET @ 11:00 AM</p>	<p>28 Shut the Box Game @ 1:00 PM</p>	<p>29</p>	<p>30 National College Colors Day (wear your colors to the center).</p>



VETERAN URGENT CARE RESOURCES



Veterans enrolled in VA health care can use over 4,000 urgent care locations.

Care is available to treat non-life threatening conditions.

When to choose VA urgent care:

- If you're a Veteran enrolled in VA health care, and
- You received care at a VA or in-network provider sometime in the past 24 months.
- VA and in-network urgent care providers can meet many of your health care needs. They may be able to provide some diagnostic tests, like certain blood and urine tests.
- You can often get care for minor illnesses or injuries much faster than in an emergency room.



When using urgent care at a community provider:

You can also show the card on your mobile device.

What do to when you arrive at a community urgent care provider:

- Confirm that the provider is in VA's network. If you go to an out-of-network urgent care provider, you may have to pay for the full cost of care.
- Show your VA Health Identification Card and fill out the provider's intake form.
- Tell the provider you want to use your VA urgent care benefit. Show the provider your urgent care assistance card if requested.



Do you need help using your VA urgent care benefits?

Call **888-901-6609** if the provider is in Puerto Rico, Washington, D.C., or any of these states:

- AL, AR, CT, DE, FL, GA, IA, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, VA, VI, VT, WI, or WV.

Call **866-620-2071** if the provider is in any of these states:

- AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, or WY.

Your region listed on the card to check your eligibility.



CHECK YOUR ELIGIBILITY!

FIRST, CALL:
1-800-MyVA411
(1-800-698-2411)
(TTY: 711).

SELECT:

OPTION 1

THEN

OPTION 3

AND THEN

OPTION 1

Family members are not authorized to use urgent care benefits.



DOWNLOAD VA URGENT CARE BILLING INFORMATION CARD

<https://www.va.gov/COMMUNITYCARE/docs/programs/OCC-Billing-Information-Card.pdf>



FIND VA-APPROVED PROVIDERS AND PHARMACIES

<https://www.va.gov/find-locations>

Choosing VA means getting everything you need in one spot. Learn more about VA urgent care, eligibility requirements and examples of urgent care services by visiting VA's dedicated urgent care benefit page at <https://www.va.gov/resources/getting-urgent-care-at-va-or-in-network-community-providers/>.

Have Questions? 1-800-MyVA411 (1-800-698-2411) is always the right number.

For more information, visit <https://www.VA.gov>.

Second Harvest Cooking Class

August 15th—2:00-3:00 PM

*Chickpea, Tomato
and Cucumber Salad*



**Limited seating—register by
calling 865-922-0416.**

Free Nutrition Class



Food



Friends



Fun

Excited about your health goals for 2024?

Join Socially Nutritious - A Virtual Social Supper Club!

East Tennessee State University and University of Tennessee Extension

In this 6-week workshop, you'll:



Talk about foods for:

Strong Muscle and Bones

A Healthy Heart

Better Brain Health

And More!



Connect with Nutrition Students



Meet an Accountability Partner
(Nutrition Ambassador)



Make new friends in a private
Facebook group



Try new recipes together

For more information, contact:

Dr. Whitney Bignell

Email: bignell@etsu.edu

Phone: (423) 439-7537

<https://www.sociallynutritious.org>

Upcoming Workshop

July/August Classes

Thursdays, 10:00 - 11:30 a.m.

Starts **July 11, 2024**

Halls Senior Center
4405 Crippen Road
Knoxville, TN 37918

Call (865) 922-0416 to register!

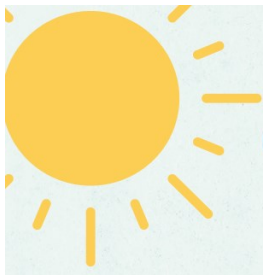
Click below to register, or scan QR code



Help us learn what works!

This research study seeks to reduce the risk of malnutrition, food insecurity, and loneliness among older adults through a hybrid nutrition education program. You may participate in the program without enrolling in the study, but we encourage you to consider registering to help us improve this program for next time!

This project was supported, in part by grant number 90INNU0031, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



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 2024

**Drop off donations at O'Connor Senior Center or
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 Knox Senior Center | 239 Jamestown Blvd. Suite 101**

**Call the Grandparents as Parents program for more information.
865-524-2786**

Presentations by Caleb

Fitness Coordinator for
Knox County Senior Services

Exercise and Cognitive Health

July 17th @ 11:00 AM

There is a strong correlation between physical activity and cognitive function. Regular exercise has been shown to improve various aspects of cognitive health, including memory, attention, processing speed, and executive function.



Exercise and Aging

August 21st @ 11:00 AM

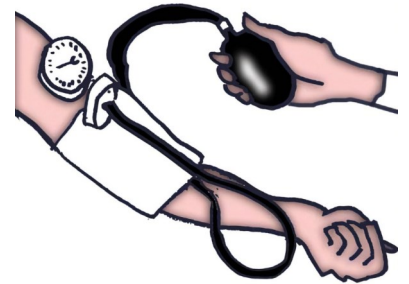
While aging is inevitable, its effects can be mitigated and managed through regular physical activity. Exercise has been shown to exert profound effects on numerous aspects of health, making it a cornerstone of health aging.

**Call 865-922-0416 to register for
both presentations.**



Presentations by
Humana

**Take Control of Your
Blood Pressure**
July 31st @ 11:00 AM



Foods to Fight Inflammation
August 5th @ 11:00 AM



**Call 865-922-0416 to register for
both presentations.**

The Relationship Between Exercise and Aging

Caleb Newsome NASM – CPT, CES

As we journey through life, our bodies undergo inevitable changes. Aging brings with it a multitude of transformations, both internal and external, that can significantly impact our overall well-being. However, amidst these changes, one powerful tool stands out as a key factor in promoting health, vitality, and independence: exercise.

Understanding the Aging Process

Aging is a complex phenomenon influenced by a combination of genetic, environmental, and lifestyle factors. From the cellular level to the outward appearance, various systems within the body undergo alterations over time. These changes often manifest as decreased muscle mass, reduced bone density, diminished cardiovascular function, and a decline in cognitive abilities.

The Role of Exercise

While aging is inevitable, its effects can be mitigated and managed through regular physical activity. Exercise has been shown to exert profound effects on numerous aspects of health, making it a cornerstone of healthy aging. Here's how:

1. Maintaining Muscle Mass and Strength

Sarcopenia, the age-related loss of muscle mass and strength, is a common consequence of aging. However, engaging in resistance training, such as weightlifting or bodyweight exercises, can help counteract this decline. Resistance exercises stimulate muscle protein synthesis and promote muscle growth, thereby preserving strength and functionality.

2. Enhancing Bone Health

As we age, our bones become more susceptible to osteoporosis, a condition characterized by decreased bone density and increased risk of fractures. Weight-bearing exercises, such as walking, jogging, and dancing, exert mechanical stress on the bones, stimulating bone remodeling and strengthening. This, in turn, helps reduce the risk of fractures and maintain bone health as we age.

3. Improving Cardiovascular Function

Cardiovascular disease is a leading cause of morbidity and mortality among older adults. Regular aerobic exercise, such as brisk walking, cycling, or swimming, enhances cardiovascular health by improving heart function, lowering blood pressure, reducing cholesterol levels, and enhancing circulation. These benefits contribute to a reduced risk of heart disease and stroke, promoting longevity and vitality.

(continued on next page)

The Relationship Between Exercise and Aging (continued from previous page)

4. Preserving Cognitive Function

Cognitive decline is a natural part of aging, with conditions like dementia and Alzheimer's disease posing significant challenges to older adults. However, research suggests that exercise may offer protection against cognitive decline and neurodegenerative diseases. Physical activity improves blood flow to the brain, stimulates the release of neurotrophic factors, and promotes neuroplasticity, the brain's ability to adapt and reorganize. As a result, regular exercise can help preserve cognitive function, memory, and mental acuity in older adults.

5. Enhancing Mood and Mental Well-being

Physical activity is not only beneficial for the body but also for the mind. Exercise triggers the release of endorphins, neurotransmitters that promote feelings of happiness and well-being. Moreover, engaging in regular exercise can alleviate symptoms of depression, anxiety, and stress, which are prevalent among older adults. Whether it's a leisurely stroll in the park or a group fitness class, staying active can uplift mood and enhance overall quality of life.

Incorporating Exercise into Daily Life

Despite its myriad benefits, incorporating exercise into daily life can be challenging, especially for older adults facing mobility issues or chronic health conditions. However, with proper guidance and modifications, almost anyone can enjoy the benefits of physical activity:

- **Start Slow:** Begin with low-intensity activities and gradually increase duration and intensity over time.
- **Find Enjoyable Activities:** Choose activities that you enjoy and look forward to, whether it's gardening, dancing, swimming, or yoga.
- **Prioritize Safety:** Consult with a healthcare professional before starting any exercise program, especially if you have pre-existing health conditions or concerns.
- **Embrace Variety:** Incorporate a variety of exercises into your routine to target different muscle groups and keep things interesting.
- **Listen to Your Body:** Pay attention to how your body responds to exercise and adjust your routine accordingly. Rest when needed and avoid overexertion.

By embracing regular physical activity, older adults can enhance their quality of life, maintain independence, and reduce the risk of age-related health conditions. Whether it's strength training to preserve muscle mass, aerobic exercise to boost cardiovascular health, or mindfulness practices to nurture mental well-being, there's an exercise regimen suitable for everyone.

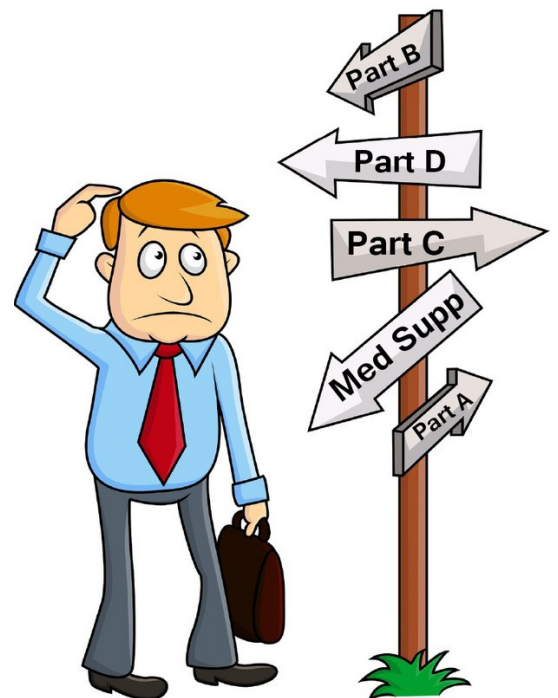
Medicare 101

Presentation by
Kenneth LeFevre

Humana®

July 23 @ 11:30 AM

**Call 865-922-0416
to register.**



FITNESS ROOM IS NOW OPEN!

FITNESS ROOM ORIENTATION IS MANDATORY

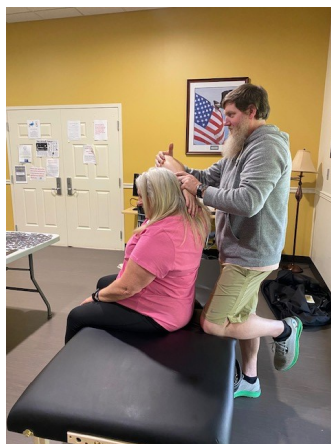
Stop by to see the new fitness room and schedule your orientation or call 865-922-0416.



personal training



fitness consultation



stretching





Movie Matinees

July 15th @ 1:00 PM

Paulie

When a little bird with a big personality sets out to find the loving girl who raised him, he discovers his way with words has a way of landing him in big trouble. But as fast as he can talk himself into a fix, he finds his gift of gab, a heart full of hope, and an odd menagerie of human friends can help him realize his most important dream—to be home at last!

August 19th @ 1:00 PM

Nanny McPhee

In this wickedly charming tale, Emma Thompson portrays a mysterious woman with special powers who enters the household of the recently widowed Mr. Brown (Colin Firth) and attempts to tame his several naughty children. The children have managed to drive away 17 previous nannies, but as Nanny McPhee takes control, they begin to notice their misbehaving has magical and startling circumstances.

Marine Park Greenway Walk

Date: Tuesday, August 20th at 9:00 am

Address: 2201 Alcoa Highway, 37920

Marine Park offers a peaceful setting alongside the Tennessee River. The Knox/Blount Greenway spans from Marine Park, along the shore of the Tennessee River, passes the Cherokee Farm Innovation campus and connects to the Neyland Greenway via the J.E. "Buck" Karnes Bridge. The paved, out-and-back walk features views of the river on one side and grassy areas on the other. **Be aware, there are no restrooms on site.**

Join us for lunch after at SoKno Tacos at 3701 Sevierville Pike

Make sure to RSVP to 865-288-3761 or email seniorservices@knoxcounty.org





Knox County Senior Services Monthly Senior Walk

Tuesday, July 16 @ 9:30am

Join us for the walking group's monthly walk at Collier Preserve Beaver Creek Duo (330 West Emory Road, Powell 37849). This 12-acre park features a soft trail along with an ADA walkway, nature path, native plants garden, arboretum, birding platform and a tranquil natural setting for observing wildlife.

Collier Preserve sits adjacent to the Powell Branch Library, and we ask that those participating in the walk, park in that lot at the Library.

Following our walk, feel free to join us for lunch (dutch treat) at Southern Kitchen Sandwich Co. (2307 West Emory Road, Powell 37849). Be sure to RSVP by leaving a message at **865-288-3761 or you can email seniorservices@knoxcounty.org**

*Sometimes you just have to
live a little .*

Ice Cream before lunch!



Ice Cream Social in the Lobby

**Sponsored by Smoky
Mountain Hospice**

**August 8th
@ 11:00 AM**





Shopping and Lunch field trip to
Yoder's County Market in Bulls Gap

August 23rd—Bus leaves @9:30 a.m.

Lunch on your own at Yoder's.

NON-REFUNDABLE bus fee (\$???.??)
will be collected no later
than August 12th.



Crafts with Susanne Presents:



Tissue Paper Flower!

Beautiful flowers of all sizes!

July 2nd at 10 AM

**RSVP at the front desk or
call 865-922-0416.**

All supplies provided.

Crafts with Susanne Presents:



Dream Catcher Craft!

Fun craft with lots of options!

August 6th at 10 AM

RSVP at the front desk or

call 865-922-0416.

You will need to bring your own ring and any special embellishments desired.

All other supplies provided.

Exploring the Benefits of Assisted Stretching

Caleb Newsome, NASM-CPT, CES

In the realm of fitness and wellness, stretching often takes a back seat to more vigorous forms of exercise. However, the importance of flexibility cannot be overstated, as it plays a crucial role in overall health and physical performance. While self-stretching routines have long been advocated, assisted stretching is emerging as a powerful tool for enhancing flexibility, improving mobility, and preventing injury. Let's look at a few benefits of assisted stretching and why it's becoming increasingly popular among fitness enthusiasts and athletes alike.

Enhanced Flexibility and Range of Motion

By assisting individuals in achieving deeper stretches, assisted stretching can significantly enhance flexibility and increase range of motion. Improved flexibility not only enhances performance but also reduces the risk of injury by allowing muscles and joints to move more freely.

Improved Posture and Alignment

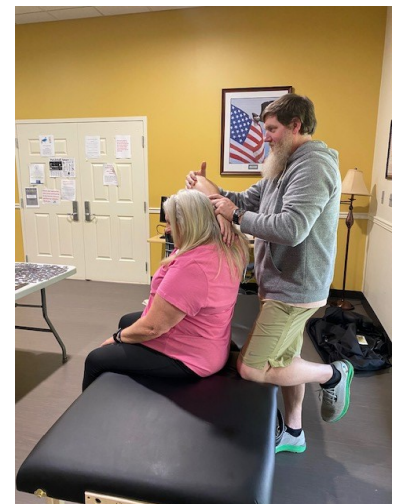
Many people suffer from poor posture due to sedentary lifestyles, prolonged sitting, or muscle imbalances. Assisted stretching can help address these issues by targeting specific muscle groups that may be tight or restricted, leading to improved posture and alignment. Through targeted stretching techniques, assisted stretching can release tension in tight muscles, alleviate muscle imbalances, and promote proper alignment of the spine and joints. This not only improves overall posture but also reduces the risk of chronic pain and injuries associated with poor posture, such as back pain, neck pain, and sciatica.

Relaxation and Stress Relief

In addition to its physical benefits, assisted stretching also provides a profound sense of relaxation and stress relief. The gentle, controlled movements involved in assisted stretching help stimulate the parasympathetic nervous system, promoting a state of relaxation and reducing stress levels.

Customized Approach to Stretching

One of the greatest advantages of assisted stretching is its ability to provide a customized approach to stretching based on individual needs and goals. Unlike generic stretching routines, which may not address specific areas of tightness or restriction, assisted stretching allows for tailored stretching protocols that address everyone's unique imbalances and limitations. In conclusion, assisted stretching offers a wealth of benefits for individuals looking to enhance their flexibility, improve mobility, and prevent injury. From increased range of motion and improved posture to relaxation and stress relief, the advantages of assisted stretching extend far beyond the physical realm. By incorporating assisted stretching into their wellness routines, individuals can unlock their full potential and achieve a greater sense of overall well-being.



When Father's Day isn't Happy



MYNATT FUNERAL HOME | (865) 688-2331

- Do Father's Day posts on social media make you want to crawl under the covers until the day is over?
- Do Father's Day commercials make you feel sad or angry?
- Do you wish Father's Day would be over already, so you would stop being reminded about your dad?

Father's Day is a joyous occasion for many, but it may elicit painful emotions for others. It might evoke memories of a beloved deceased father, an absent or unsupportive father, or it could be a challenging day for fathers who are unable to be with their children for various reasons. These losses may make Father's Day a difficult time for some, possibly indicating unresolved grief.

Unresolved grief can have enduring negative effects on one's life. Grief accumulates over time, impacting not only current relationships but also future ones, work, health, and leisure activities. While the intensity of grief may diminish with time, it does not resolve itself.



Here are some signs you might have unresolved grief around your dad:

- Do you refuse to talk about him?
- Do you feel angry or sad when you think about him?
- Do you avoid places that remind you of him?
- Do you put your dad on a pedestal or only see his negative qualities?
- Do you avoid watching movies, eating foods, or going to places that remind you of him?
- Do you avoid contact with him?

You don't have to suffer in silence. There are steps you can take to change your perception of this time of year.

“WAYS TO REMEMBER

1. **Buy a card.** Serious or funny, the card you choose can help put your emotions and thoughts into words.
2. **Share his stories.** Keep your own father's stories alive for future generations by recording some of your favorites in a journal or at the dinner table ask each family member to share their favorite story of Dad's or Grandpa's or a special memory of their own
3. **Bring flowers to his grave.** Choose flowers in the colors of his favorite college or pro team, like bright yellow daisies with greenery for the die-hard Packers fan. Or select an arrangement in the logo of Dad's favorite team or include an image to represent a hobby like a fishing lure.
4. **Visit another father.** Consider visiting a senior in a nursing home or senior center who might not otherwise have any visitors on Father's Day. Use the day to bring joy to another father's afternoon.
5. **What would Dad do?** Spend the day in tribute to your father by taking part in activities he would have enjoyed. Take the family to a ballgame,

Lunch

BRAVE HEARTS
Community Widows Network
You are not alone.
June 20
Let's Do Lunch!

3rd Thursday of Month
May 16
June 20
July 18
Light Refreshments.

RSVPs are Nice
but not Essential:
865-318-6278

1:00 pm
at You're Invited
to Join us for
Lunch

Facilitated by
Joy Gaertner
Advanced Loss & Grief
Recovery Specialist

MEET AT... **Lunch at LuLu's Tea Room**
3703 W Beaver Creek Dr.
Powell, TN

BRAVE HEARTS
Community Widows Network
You are not alone.
June 20
Let's Eat Out!

3rd Thursday of Month
May 16
June 20
July 18
Light Refreshments.

RSVPs are Nice
but not Essential:
865-318-6278

6:00 p.m.
Join us for
Supper/Dessert

Facilitated by
Joy Gaertner
Advanced Loss & Grief
Recovery Specialist

MEET AT... **Litton's Restaurant**
2803 Essary Dr.
Fountain City, TN

Dinner



Jan McCoy
Saturday PM Speaker

Real emotional pain can become a catalyst for life change and reassessment - personal growth and transformation - whether you want it or not.

This is where you intentionally make that plan.

Finding Hope..in the Beautiful, Terrible Days

Life can get messy and rarely turns out the way we plan. Sometimes we get stuck in our emotions or busyness. We don't know how to be kind to ourselves or quiet our minds. No matter what your loss is, come & rest awhile. *Connect* invites you to a playful & purposeful weekend.

Choose to be active or choose to rest & reflect. *Connect* with others who share this journey **Together, we make the way easier. We all need friendship & laughter no matter how dark the way.**

Experience a memorable & meaningful weekend! *Find your Smile Again!*

ATTEND IF YOU'VE EVER EXPERIENCED:

- Death of a loved one
- Divorce or Relationship Break-ups
- Loss of health, job, dreams, finances
- Lifestyle changes like retirement or caregiving
- Disappointments, Lost Hope or Dreams

CHOOSE FROM THESE ACTIVITIES:

- Fellowship & Community Building
- Selfcare & REST;, Rope Course, Hike, Walks
- Workshops & **Candlelight Memorial**
- Campfire & S'mores
- Create a Vision Board & Healing Art

Connect is for **YOU!** Discover how to **live life forward** after loss!

- Located in the Great Smoky Mountains, at **Eagle Rock Retreat Center** –outside Maryville, TN
- **COST:** \$225 for lodging, food, programming, workshops, fun & friendship.
- **Registration Deadline:** August 2

For Registration Info: Call 865-318-6278



Sponsored by: *Walking with Joy* - **Joy Gaertner**, Advanced Grief Recovery Specialist - **865-405-7575**

The logo for the HOPE Circle Live Support Group is a circular emblem. It features a white center with the word "HOPE" in large, bold, blue capital letters. Below "HOPE", the word "Circle" is written in a smaller, blue, sans-serif font. Underneath "Circle", the words "Live Support Group" are written in a smaller, blue, sans-serif font. The entire text is surrounded by a pattern of small blue dots. The emblem is set against a background of concentric circles in shades of blue and green, with a yellow border at the bottom.

HOPE
Circle
Live Support Group

- **Online**
- **Every Wednesday**
- **7:30-8:30 pm, EST**

ID#: 829 0028 2226
Passcode: HOPE

Open Share Discussion group
facilitated by:

Joy Gaertner

Advanced Loss & Grief Recovery Specialist

June 5: *Remembering Dad on Father's Day*

June 12: *Healing Art: Build Your Resilience*

June 19: ***A Widow's Perspective***

June 26: *Guest Speaker: Looking at our End of Life Documents*

**KNOX COUNTY SENIOR SERVICES
2024 MONTHLY SENIOR WALKS**

For information or to RSVP

seniorservices@knoxcounty.org



865-288-3761

Join us for some fun walks, nature, socializing and good food

JANUARY 16th at 10:00 am

Join Carole, Laurie, and Eilene

WEST TOWN MALL (INDOORS)

7600 Kingston Pike 37919

Lunch-Many Options in Food Court

FEBRUARY 20th at 9:30 am

Join Robyn and Sue

FORT SANDERS HEALTH AND FITNESS (Indoors)

270 Fort Sanders Blvd. 37922

Lunch at Sami's Cafe

MARCH 19th at 10:00 am

Join Tara, Patty, and Eilene

BEVERLY PARK INTERGENERATIONAL PARK

5311 Beverly Park Circle 37918

Lunch at Henry's Deli

APRIL 16th at 9:30 am

Join Judy and Carole

BAXTER GARDENS

3901 Sam Cooper Lane 37918

Lunch at Litton's

MAY 21st at 9:30 am

Join Darrell and Cindy

SEVEN ISLANDS BIRDING PARK

2809 Kelly Lane, Kodak, 37764

Bring brown bag lunch at the park

JUNE 18th at 9:00 am

Join Robyn and Aliyete

UT ARBORETUM OAK RIDGE

901 South Illinois Avenue 37830

Lunch at Woody's 114 Union Rd., Oak Ridge

JULY 16th at 9:30 am

Join April, Tara, and Laurie
COLLIER PRESERVE BEAVER CREEK DUO (Angora Frog Farm)
330 West Emory Road 37849
Lunch at Southern Kitchen Sandwich Co.

AUGUST 20th at 9:00 am

Join Susanne, Dustin, and Sue
MARINE PARK GREENWAY TRAIL
2201 Alcoa Hwy 37920
Lunch at SoKno Tacos

SEPTEMBER 17th at 10:00 am

Join Judy and April
HALLS GREENWAY & SENIOR CENTER TOUR
4405 Crippen Road 37918
Lunch at Bel Air Grill

OCTOBER 15th at 10:00 am

Join Sarah, Jessica, and Kim
SEQUOYAH PARK
1400 Cherokee Blvd. 37919
Lunch at Holly's Gourmet Market

NOVEMBER 19th at 10:00 am

Join Susanne and Jessica
HIGH GROUND PARK
1000 Cherokee Trail 37920
Lunch at The Round Up

DECEMBER 17th at 5:30 pm

Join Saraha, April, and Judy
CHRISTMAS LIGHTS WALK
Founders Park
405 N. Campbell Station Road 37934

Knoxcounty.org/seniors/
Feel free to join us for
the dutch treat lunches

JOIN OUR EMAIL LIST FOR FINAL DETAILS & UPDATES ABOUT THE WALKS

