

**July &
August**

2024

Karns Senior Center
The Navigator

Holiday closings: July 4th, Independence Day

Tuesday, July 2nd at 11:00 am . . . Summer 9th Anniversary Cookout

Join us for a cookout to commemorate the 4th of July, and our 9 year anniversary of the center's opening this month. Sponsors include Butler Brothers Excavating, Farm Bureau, and Luke of Life Frequency Hearing. **RSVP**

Tuesday, July 9th at 10:00 am . . . Japanese Tea Ceremony

Let's learn about the Japanese tea ceremony together. You will learn the basics and see demonstrations of the tea ceremony. Matcha green tea and Japanese sweets will be served. Space is limited. Please **RSVP**

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

Caris Healthcare, a partner of the We Honor Veterans program recognizes 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, July 16th at 10:30 am . . . Tennessee Jewels

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 called "Main Street USA." **RSVP**

Wednesday, July 17th & August 21st at 1:00 pm . . . Krfty Stamper

Join Cindy as she teaches how to make paper crafts for home use or gift-giving. July's project is a chirpie doodle card, square candy box and strawberry gift box. August's project is a scraps card, flat top milk carton and sunflower candy basket. Cost is \$13.00 **each class** with materials provided.

Thursday, July 18th at 10:30 am . . . Give Your Brain a Boost

How is your brain health? Do brain supplements work? Can certain foods boost my brain? We will be debunking myths in this class and giving the facts of simple tips you can apply to boost your brain health! **RSVP**

Friday, July 19th at 9:30 am . . . Reading Nutrition Labels

Have you felt unsure or confused when you look at the Nutrition Facts Label for a food item? Have you ever wanted an easy way to cut through all the confusing and sometimes complicated product labeling? Organic, natural, % daily value, calories, free range, and cage free are all labels that can cause misunderstanding. I can help! The Nutrition Facts Label contains vital information that is easy to understand once we know what to look for and are empowered with a few definitions. **RSVP**

Monday, July 22nd at 1:30 pm . . . Shoulder Pain Workshop

Join Dr. Lee Easley with Knox PT as he discusses causes of shoulder pain and treatment. **RSVP**

Tuesday, July 23rd at 10:30 am . . . Fibromyalgia Presentation

Did you know there is more to FMS than just meds? Join Marino Physical Therapy to learn simple steps for pain relief, as well as strategies for sleep, breathing, inflammation control, pelvic/spine/ and shoulder management, and much more! **RSVP**

Wednesday, July 24th & August 28th at 1:00 pm . . . History Class

Dr. Henry Wilson will continue the decade by decade sequence that was recently started in history class. July's class will focus on the decade of the 40's, and then move on to the 50's in August! **RSVP**

Visit our website at knoxcounty.org/seniors

Tuesday, July 30th at 9:15 am . . . Field Trip: Jewelry TV

Get a glimpse of how JTV has grown since they began in 1993. The tour will feature their gemstones, garden, broadcast studios, intricate fulfillment and shipping center, and call center. The tour is a decent amount of walking; however, they do have elevators if needed! **RSVP**

Tuesday, July 30th at 10:00 am . . . Mortgage Options for Seniors

Reverse mortgages, the good, bad and the ugly." Betsie Hughes from Movement Mortgage will be speaking to the housing and financing needs of seniors in East Tennessee discussing options for "aging in place" through safety and upgrades to existing residences to downsizing and she will explore the pros and cons of Reverse Mortgages. **RSVP**

Tuesday, July 30th & Thursday, August 22nd at 10:30 am . . . Iris Folding

Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for July is a wedding dress (bring a hankie), August's project is a fish. Cost is \$5.00 per class. **RSVP**

Wednesday, July 31st at 1:00 pm . . . Summer Dance

Join us for dancing with music provided by DJ John Rutherford. Dance to a combination of ballroom, Latin, line dancing, and country music. Light refreshments will be served, compliments of Jennifer w/New York Life. Cost is \$5.00. **RSVP**

Thursday, August 1st at 10:30 am . . . Long-term Care

Learn how Long-Term Care provides financial relief while protecting assets and gives you the ability to stay in your own home verses going into a nursing home. **RSVP**

Friday, August 2nd, 10-12 & 1-3 . . . 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 5th at 1:30 pm . . . Field Trip: Mighty Musical Monday

Join us for a field trip to the Tennessee Theater to enjoy a live concert. Program to be announced at a later date. Transportation provided by CAC free of charge. Concessions are available. **RSVP**

Monday, August 5th at 1:30 pm . . . Medicare 101

Are you getting ready to retire from a job or just turning 65 in the next few months? Learn about your options and how to compare plans to make a smooth insurance transition. Join Wendy Blackburn with Integrity Insurance and learn the elements of Medicare, how to apply, timelines, tax consequences and more. Ask your questions, get your answers. No sales, no pressure. **RSVP**

Tuesday, August 6th at 10:00 am . . . Fall Prevention Workshop

Join us for the Staying Strong and Independent for Life mini health fair and presentations. Guest speaker, Kimberly L. Warnick, CDP, SHSS, Dementia Care Solutions of East Tennessee will present, "Healthy Living for Your Brain and Body" at 10:45 am. The second presenter is Rachel Frazier, Knox County Health Department will present "Staying Strong and Independent for Life: Preventing Falls and Promoting Brain Health" at 11:45 am. Vendors with information and giveaways will be available. Free balance screenings from UTMCK and Benchmark Physical Therapy. Lunch will be provided by KCHD but registration is required. **RSVP**

Thursday, August 8th at 10:30 am . . . Inflation Reduction Act of 2022

Most people do not realize the effect that this law will have on Medicare and your prescription coverage going forward. If you have drug coverage included in your plan or a separate drug plan you should attend this presentation by Nace Coker with Q and A. Snacks Provided. **RSVP**

Friday, August 9th at 9:30 am . . . Balance & Stability Class w/Caleb

Balance and stability are foundational elements of functional movement that play a crucial role in enabling seniors to maintain mobility, independence, and overall well-being. As individuals age, declines in muscle strength, joint flexibility, sensory function, and cognitive abilities can increase the risk of falls and impair balance control. Join Caleb for this interactive class. **RSVP**

Monday, August 12-16 & 19 12:30-3:30 pm . . . Tech Smart Class

If you are 50 or older and interested in learning practical computer skills to meet your needs in this current electronic age, sign up for the training today. CAC will offer 18 hours of training, 3 hours a day for 6 days, and after the completion of this training you will go home with a new Chromebook, bag and mouse pad for only \$25. **RSVP**

Tuesday, August 13th at 10:00 am . . . Spark a Conversation

A representative from Spark Durable Medical equipment program will discuss how they can benefit you and the community. They will be discussing their pediatric events Knoxville. Please bring any ideas you may have for trainings you would be interested in attending. **RSVP**

Tuesday, August 20th at 10:00 am . . . The Aging Brain

With age every part of us is changing but what about your brain? Salae Jenkins of Humana will discuss normal signs of brain aging, signs of potential dementia and easy tips you can apply to help keep your brain in it's best shape! **RSVP**

Tuesday, August 20th at 11:00 am . . . Essential Oils: Diffuser Jewelry

Start your holiday shopping early by making your own diffuser jewelry. Attendees will make diffuser jewelry, such as color-beaded bracelets, to use with fragrant, essential oils. There is a nominal charge for supplies, typically in the range of \$8 to \$15. **RSVP**

Thursday, August 22nd at 10:30 am . . . Pedaling Through Retirement

Join John LaMacchia of Senior Financial Group to hear about his incredible journey of courage and adventure. His cycling expedition totaled 93 days, 10 states, and 4100 miles. His solo trip will inspire you to not leave this earth without pursuing your own personal adventure. Come and hear his hesitations, and considerations. If you are an adventurer at heart, his story will inspire you! **RSVP**

Friday, August 23rd at 2:00 pm . . . Making a Fairy Gnome Garden

Come join the UT Gardens staff in creating a miniature landscape consisting of small plants and small accessories designed to spark creativity and bring a small enchanted world to life. Cost is \$12.00 (cash only) to include all materials. **RSVP**

Monday, August 26th at 1:30 pm . . . Lower Back Pain Workshop

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

Monday, August 26th at 1:30 pm . . . Quilting Class—Fall Project

Join Johnnie Reber, professional long-arm quilter with 30 years of experience to learn how to make four quilted placemats and a table runner or topper. These are traditional quilting patterns, so you will be learning how to piece, quilt, and bind. Placemats are the maple leaf pattern and topper is a four patch and block to match placemats. Cost is \$60.00 which includes both patterns. **RSVP**

Tuesday, August 27th at 10:00 am . . . VR Technology

Casey Parker of Shalom Hospice will discuss customized reminiscence therapy tools that will allow your residents to take a stroll down memory lane by revisiting their childhood home, wedding location or anywhere else from their past. Family members have access to a custom platform, where they can upload photos and videos and create personal life stories, all of which are automatically available on our system at their loved one's community. This means that residents are able to not only travel around the world, but also travel back in time and relive memories in a whole new way. **RSVP**

Tuesday, August 27th at 2:00 pm . . . ASL Classes

ASL is a language that has the same linguistic properties as spoken languages, with grammar that differs from English and is expressed by hand and face movements. Beginning ASL at 2:00 is for beginners, Part II at 3:00 must have some experience. Cost is \$25.00/8 weeks. **RSVP**

Ask Brandon

**Thursday, July 11th, 18th
August 1st, 29th, 2:00-3:00**

If you need assistance with some basic computer questions or help with your iPad/iPhone or Android devices, please call 865-951-2653 and make an appointment to meet with Brandon of Senior Financial Group during one of these times. Make sure you bring your device with you.

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 is July 11th and August 8th. Second BINGO is July 25th and August 29th.

Life Frequency Hearing Health Mondays

From 8:00– 9:30 am

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

Senior Walks

Senior Services schedules a walk monthly (usually third Tuesday).

If you would like to be on the email listing to receive information about these walks, please email seniorservices@knoxcounty.org.

Social Worker Outreach

Tuesday, July 2nd, 10:30

Thursday, August 15th, 10:30

Melinda Bryant 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.

Coming up . . .

**Tuesday, September 24th, 10:00 am-2:00 pm . . .
Fall Craft Fair**

We will have 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 shop! Mark the date!

Birding

**Third Wednesday,
No Birding scheduled for
July. Next meeting is
August 21st at 1:00.**

Birding meets on Wednesdays bimonthly as scheduled.

Grief Support

If you are in need of grief support, please contact us and we will reach out to a provider.

Need Fitness Help?

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

Medicare Q & A In the hallway

Linda Staffen, Core Insurance will be here July 12th & August 16th from 10:00-12:00 for a Questions & Answers session on Medicare & Walking Club update. Just stop in.

Penny Mayo of Farm Bureau Healthcare/Medicare plans will be here Wednesday, July 17th & August 21st, 12:00-1:30.

Wendy Blackburn of Senior Financial Group will be here Monday, July 1st, 10-12 to answer your Medicare questions.

Ryan Ritter of Wisdom Ins. Will be here 11-1 for a Q&A on Tuesday, July 16th & Wednesday, August 7th in the hallway.

Hymn Sing

**Wednesday, August 21st
at 1:00 pm**

Join us as we gather together and enjoy an old-fashioned gospel song sing-a-long. **No Hymn Sing in July.**

Music Jam

**First Wednesdays of the
month**

**July 2nd at 11:00 (special
time)**

August 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

Knox County Veteran Services are 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 865-215-5645 to make an appointment. **RSVP**





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

July

2024

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>1 8:00-9:30 Life Frequency Hearing Health Services 10:00 Medicare Q&A w/ Wendy Blackburn of Senior Financial Group 1:30 T-Shirt Quilting Class* (\$60.00 entire cls) Last Day Line Dance</p>	<p>2 10:30-12:30 Social Worker Outreach 11:00 Summer cookout sponsored by Butler Brothers, Penny of Farm Bureau, Nace Coker, and Luke Amos of Life Frequency MUST RSVP! 11:00 Music Jam</p>	<p>3 1:00 Music Jam will play at the cookout on July 2nd instead</p> 	<p>4 Holiday Center Closed</p> 	<p>5 No Caleb today</p>
<p>8 8:00-9:30 Life Frequency Hearing Health Services 1:30 T-Shirt Quilting Class*</p>	<p>9 10:00 Japanese Tea Ceremony w/Mana Caleb, Fitness Coordinator here today End 8 weeks ASL class</p>	<p>10 10:00-1:00 Katie Vogel w/ New Day Diagnostics table in the hallway 2:00 Book Club: To Rescue the Constitution: George Washington and the Fragile American Experiment by Brett Baier Early Voting Set-up</p>	<p>11 11:00 BINGO with Niki sponsored by Cindy w/ Tennova Hospice (bring a \$5 value new/unused gift) 2:00-3:00 Ask Brandon (Basic computer, iPad/ iPhone & Android help) w/Sr. Financial Group</p>	<p>12 8:30 Vet to Vet Café 10:00-12:00 Medicare Q&A/ Walking Group update w/ Linda Staffen, Core Ins. Caleb at Corryton Early Voting begins</p>
<p>15 8:00-9:30 Life Frequency Hearing Health Services 1:30 T-Shirt Quilting Class* Early Voting</p>	<p>16 10:30 Tennessee Jewels: Main Street USA 11:00 Medicare Q&A w/ Ryan Ritter of Wisdom Insurance Senior Walk Early Voting</p>	<p>17 12:00 Q & A w/Penny Mayo of Farm Bureau Health Plans 1:00 Krfty Stamper* (\$13.00) No Hymn Sing Early Voting</p>	<p>18 10:30 Give Your Brain a Boost w/Salae Jenkins of Humana 2:00-3:00 Ask Brandon (Basic computer, iPad/ iPhone & Android help) w/Sr. Financial Group Early Voting</p>	<p>19 9:30 Reading Nutrition Labels Class w/Caleb Early Voting</p>
<p>22 8:00-9:30 Life Frequency Hearing Health Services 1:30 T-Shirt Quilting Class* 1:30 Shoulder Pain Workshop w/Knox PT Early Voting</p>	<p>23 10:30 Fibromyalgia Presentation w/Marino Physical Therapy Early Voting</p>	<p>24 10:00 Toenail Trimming* 1:00 History Class w/Dr. Wilson: The 40's 2:00 Mystery Book Club: <i>The Big Sleep</i> by Raymond Chandler Early Voting</p>	<p>25 11:00 BINGO sponsored by Kendall Clark of Autumn Care (Bring a \$5 value new/unused gift to play) Early Voting</p>	<p>26 10:00 Toenail Trimming* Early Voting</p>
<p>29 8:00-9:30 Life Frequency Hearing Health Services 1:30 T-Shirt Quilting Class* Early Voting breakdown</p>	<p>30 9:15 Field Trip: Jewelry TV 10:00 Mortgage Options for Seniors w/Betsie of Movement Mortgage 10:30 Iris Folding*(\$5.00 -Project: wedding dress)</p>	<p>31 1:00 Dance* w/DJ John Rutherford (\$5.00) Drinks sponsored by Jennifer Robbins</p>	<p>Weekly recurring programs are listed at the very bottom of the calendar. Special programs are listed on the dates they occur. If you have any questions, please contact us at 865-951-2653</p>	<p>Spanish Class Thursdays 1:45 Beginning 2:45 Intermediate Join instructor Beverly Burdette at any time. \$2.00 per class</p>
<p>These events occur every week</p>				
7:30 Ping Pong 9:00 Cardio Class* 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 Chair Yoga 12:30 Canasta 1:00 Cribbage 1:00 Stability Class 1:30 Genealogy Class 2:00 Yoga* 2:00 Beginning ASL* 3:00 ASL, Part II*	7:30 Ping Pong 9:30 Enerchi 9:30 Bridge 10:00 Flow Yoga 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting	9:00 Cardio Class* 11:00 Trivia Time 12:30 Chair Yoga 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability Class 2:00 Yoga* 1:45 Beginning Spanish* 2:45 Intermed. Spanish*	7:30 Ping Pong 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Euchre Card Game 1:00 No Choir Practice in July 2:30 Ukulele Practice



Karns Senior Center

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



2024

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>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>Workout room open from 7:30 to 4:00 pm</p> 	<p>Find more information about our programs and the other five Knox County Senior Centers at Knoxcounty.org/Seniors</p>	<p>1 10:30 Long-term care w/ Jennifer Robbins of New York Life 2:00-3:00 Ask Brandon (Basic computer, iPad/iPhone & Android help) w/Sr. Financial Group</p>	<p>2 10:00-12:00 & 1:00-3:00 Android Basics Class* (\$35.00)</p>
<p>5 8:00-9:30 Life Frequency Hearing Health 11:00 Field Trip: Mighty Musical Monday 1:30 Medicare 101 w/ Wendy Blackburn of Senior Financial Group</p> <p>Line Dance begins</p>	<p>6 10:00 Fall Prevention Workshop w/Rachel Frazier</p> <p>ASL Class Begins</p>	<p>7 11:00 Medicare Q&A w/ Ryan Ritter of Wisdom Insurance 1:00 Music Jam</p>	<p>8 10:30 Inflation Reduction Act of 2022 w/Nace Coker of Humana 11:00 BINGO sponsored by Penny Mayo of Farm Bureau (Bring a \$5 value new/unused gift to play)</p>	<p>9 9:30 Balance & Stability Class w/Caleb 12:30-2:00 JoAnn Parsley Book Launch party (Please RSVP)</p>
<p>12 8:00-9:30 Life Frequency Hearing Health 12:30-3:30 Tech Class</p>	<p>13 10:00 Spark a Conversation w/Spark Durable Medical Equipment 12:30-3:30 Tech Class</p>	<p>14 12:30-3:30 Tech Class 2:00 Book Club: Snow Falling on Cedars by David Guterson</p> 	<p>15 10:30-12:30 Social Worker Outreach 12:30-3:30 Tech Class</p>	<p>16 10:00-12:00 Medicare Q&A/Walking Group update w/Linda Staffen, Core Ins. 12:30-3:30 Tech Class</p>
<p>19 8:00-9:30 Life Frequency Hearing Health Services 12:30-3:30 Tech Class</p>	<p>20 10:00 The Aging Brain w/Salae Jenking of Humana 11:00 Essential Oils: Making Diffuser Jewelry* (\$8-\$15)</p>	<p>21 12:00 Q & A w/Penny Mayo of Farm Bureau Health Plans 1:00 Birding: Fall Migration 1:00 Krfty Stamper* (\$13.00) 1:00 Hymn Sing</p>	<p>22 10:30 Pedaling Through Retirement w/John LaMacchia of Sr. Financial Group 10:30 Iris Folding* (\$5.00) - Project: fish</p>	<p>23 2:00 Making a Fairy Gnome Garden w/Deb Wolfe* (\$12.00)</p>
<p>26 1:30 Lower Back Pain Workshop w/Knox PT 1:30 New Quilting Class w/Johnnie Reber* (Class 1)</p>	<p>27 10:00 Virtual Reality Technology for Seniors w/Casey Duncan, Shalom Hospice ASL Class Begins</p>	<p>28 10:00 Toenail Trimming* 1:00 History w/Dr. Wilson: The 50's 2:00 Mystery Book Club: Everyone in My Family has Killed Someone by Benjamin Stevenson</p>	<p>29 11:00 BINGO sponsored by Suzanne of Olympus (Bring a \$5 value new/unused gift to play) 2:00-3:00 Ask Brandon (Basic computer, iPad/iPhone & Android help) w/Sr. Financial Group</p>	<p>30 10:00 Toenail Trimming*</p>
These events occur every week				
<p>7:30 Ping Pong 9:00 Cardio Class* 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew</p>	<p>10:00 Poker 10:00 Pinochle 12:30 Chair Yoga 12:30 Canasta 1:00 Cribbage 1:00 Stability Class 1:30 Genealogy Class 2:00 Yoga* 2:00 Beginning ASL* 3:00 ASL, Part II*</p>	<p>7:30 Ping Pong 9:30 Enerchi 9:30 Bridge 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 Class* 11:00 Trivia Time 12:30 Chair Yoga 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability Class 2:00 Yoga* 1:45 Beginning Spanish* 2:45 Intermed. Spanish*</p>	<p>7:30 Ping Pong 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Euchre Card Game 1:00 Choir Practice 2:30 Ukulele Practice</p>

**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**





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

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





BOOK LAUNCH PIZZA PARTY

JOANN PARSLEY

PLEASE RSVP

ON FRIDAY, AUGUST 9TH FROM 1230 TO 200

COPIES OF THE BOOK AT REDUCED PRICE WILL BE AVAILABLE.

THERE IS NO OBLIGATION TO PURCHASE AND THE EVENT IS FREE TO EVERYONE.

TO PREVIEW A VIDEO OF THE BOOK, SEARCH ON YOUTUBE UNDER JOANN PARSLEY, AND SELECT "THE HAFLING" OR CLICK ON THE LINK:

<https://www.youtube.com/watch?v=ULLsAeKl4nA>