



July/August West Knox County Senior Center

2024 The Scene

The Senior Center will be closed on Thursday, July 4th for Independence Day.

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- Noteworthy Events:*
- [Grandparents As Parents: School Supply Drive](#)
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 - [Senior Walk: Collier Preserve](#)
 - [Senior Walk: Marine Park Greenway](#)
 - [Senior Job Fair](#)

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934; Phone: 865-288-7805 and visit us online at www.KnoxCounty.org/seniors



West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

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July 2024

Activities on the calendar followed by an "" have a fee to participate. Activities listed below in bold please register to participate.*

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)
7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group 12:00 Mexican Train Dominoes 12:00 MJ Group	7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 9:00 Healing Touch 9:30 Interm. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group 10:15 Spanish II* 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:30 Canasta 12:30 Hand & Foot 12:50 Feldenkrais* 1:00 Portrait Art Group 2:00 Interm. Line Dance*	7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg 1:00 Improvers Line Dance* 1:00 Bridge 1:00 Oil Painting Class* 2:30 Zumba Gold*	7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 7:30—4:00 Caleb Newsome available for health and fitness Consultations 9:30 Cardgame Nickle 9:30 Artist Group Social 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 10:15 Spanish II* 11:15 Tone & Balance* 11:45 Pickleball Lessons 12:00 Rook 12:30 Pickleball 1:00 Cribbage 1:00 Feldenkrais* 2:15 Beginning Line Dance*	7:30—3:45 Fitness Room Open 8:00—12:00 Table Tennis 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/ Stretch* 9:30 Ask Jake 10:00 SAIL Exercise* 11:00 Oil Painting Class* 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group 12:30 Pinochle
1 10:30 Bingo 12:00 Day of Joy Cookout No Music Jam today	2 10:30 Grief Support	3 <div style="border: 1px solid black; background-color: yellow; padding: 5px; text-align: center;"> Sew What has moved to July 10 at 1:30 for the month of July. </div>	4 Center Closed Independence Day	5
8 9:00 Social Worker Outreach 9:00 PEO Meeting <div style="border: 1px solid black; background-color: yellow; padding: 5px; text-align: center;"> No Bingo This Day </div>	9 1:30 Herstory of East Tennessee* (1:3)	10 9:00 Socially Nutritious <small>(1:6)</small> 9:40 Nail Trimming Half Day* 1:30 Sew What	11 1:00 Steel Magnolias Book Club	12 10:00 Nail Trimming* 1:00 Matter of Balance <small>(8:8)</small>
15 10:00 Take Control of Your Blood Pressure Presentation 10:30 Bingo 12:30 American Sewing Guild 1:30 Spine/Back Presentation	16 9:30 Collier Preserve Walk 10:00 Medicare Q&A with Brooke 10:30 Core Insurance Walking Club Info 10:30 Grief Support 1:30 Herstory of East Tennessee* (2:3)	17 9:00 Socially Nutritious <small>(2:6)</small> 10:00 Legal Outreach 10:30 Cornhole Game 1:30 Cyber Security Jake <small>(1:3)</small>	18 9:00 Meet the Physical Therapist 11:00 Exercise & Fibromyalgia Management 12:00 WKCSC Book Club	19 10:00 Android Basics * 12:15 Field Trip: Salty Dog Seafood Festival: 1:00 Japanese Culture: Star Festival Presentation
22 10:00 Paper Wreath Craft Class 10:30 Bingo 11:00 Social Security Presentation 1:30 Writing Workshop	23 11:30 Medicare with Dixie 1:30 Herstory of East Tennessee* (3:3)	24 9:00 Socially Nutritious <small>(3:6)</small> 10:00 Blood Pressure Clinic 10:00 Color Coffee & Chat 1:30 Cyber Security Jake <small>(2:3)</small>	25 9:30 Art Group Social Project with Saraha 10:00 United HealthCare Medicare Q&A Table 11:00 AARP Smart Driver Class* (1:2) 1:30 Vietnam Veterans Social	26 11:00 AARP Safe Smart Driver Class* (2:2)
29 10:30 Bingo 11:00 PeaceCorp Presentation 12:30 Day for Girls: American Sewing Guild 1:00 Hearing Table in the Hallway	30 11:30 Medicare 101 with Kenneth Lefevre 1:30 Downsizing Made Easy Presentation	31 9:00 Socially Nutritious <small>(4:6)</small> 10:30 Cornhole Game 1:30 Cyber Security Jake <small>(3:3)</small>	School Supply Drive throughout July We're helping the CAC Office on Aging's Grandparents as Parents Program collect school supply items. If you would like to donate school supplies bring the items to the Center. For more information call the Center.	



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239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

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Aug 2024

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Activities listed below in **bold** please register to participate.

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Senior Job Fair Friday, August 9th 12:00—3:30 PM Provided by CAC Office on Aging’s Senior Employment Services			1 9:00 Meet the Physical Therapist 1:00 Awesome Apps for Android Users*	2
5 11:00 Field Trip: Mighty Musical Monday 1:30 Music Jam Center’s Art Show this week!	6 10:30 Grief Support 11:00 Medicare Q&A Table 1:30 Recreational History of East Tennessee* (1:3)	7 9:00 Socially Nutritious (5:6) 9:40 Nail Trimming* 10:30 Cornhole Game 1:00 Billiard Lessons (1:4) 1:00 Foods to Boost Digestion 1:30 Sew What	8 1:00 Steel Magnolia’s Book Club	9 10:00 Nail Trimming* 12:00—3:30 Job Fair
12 9:00 Social Worker Outreach 10:00 Intro to Meditation* (1:4)	13 10:00 Medicare Q&A Table with Brooke 10:30 Core Insurance Walking Club Info 1:30 Recreational History of East Tennessee* (2:3)	14 9:00 Socially Nutritious (6:6) 10:00 Color Coffee Chat 1:00 Billiard Lessons (2:4)	15 9:00 Meet the Physical Therapist 11:00 Medicare Q&A Table 12:00 WKCS Book	16 1:00 Super Gut Diet Presentation 10:30 Twirlercise*
19 10:00 Intro to Meditation* (2:4) 11:00 Inflation Reduction Act Presentation 12:30 American Sewing Guild	20 9:00 Marine Park Greenway Walk 10:30 Grief Support 11:30 Medicare with Dixie 1:30 Recreational History of East Tennessee* (3:3)	21 10:00 Legal Aid Outreach 10:30 Cornhole Game 1:00 Billiard Lessons (3:4)	22 10:00 United HealthCare Medicare Q&A Table 11:00 AARP Smart Driver Class* (1:2) 1:30 Vietnam Veterans Social	23 11:00 AARP Smart Driver Class* (2:2) 1:00 Movie Time: The Way
26 10:00 Intro to Meditation* (3:4) 1:00 Hearing Table in the Hallway 1:30 Writing Workshop	27 11:30 Medicare 101 with Kenneth Lefevre	28 10:00 Wine Bottle Craft Class 10:00 Blood Pressure Clinic 1:00 Medicare Q&A Table with Penny Mayo 1:00 Billiard Lessons (4:4)	29 11:00 Exercise and Managing Arthritis Presentation	30 1:30 Importance of Vaccination Presentation 1:30 Linda Staffen’s Experience on the El Camino de Santiago Pilgrimage



Senior Services Mission: To provide community seniors with diverse quality of life programming for their physical, social, and intellectual well being.

About West Knox County Senior Center.

Opening in January 2020, WKCSC is an activity center for individuals fifty years of age or older. The facility includes a fitness room, lending library, computer lab, billiards room, multi-purpose room, arts and crafts rooms. Special programs are offered at the Center throughout the year. Some of the programs offered are exercise classes for various levels of fitness and mobility, pickleball, pickleball lessons, technology classes including iPad and Apple products, educational programs, health and wellness classes, games, crafts, and other leisure activities. Free complimentary fitness room orientation is available and required to use the fitness equipment. We also have access to a Fitness Coordinator who can help you assess choices and develop a routine for improved wellness. Those who want to participate in programs do need to complete a Member-Participant Form which is available at the Center’s reception desk. You can visit www.KnoxCounty.org/seniors to learn more about West Knox County Senior Center and the other Knox County senior centers. Be sure to follow Knox County Senior Services on Facebook.

A Note from Music Jam for July

There will be no Music Jam on Monday, July 1st. Instead, we’ll be hosting the Day of Joy Cookout courtesy of Comfort Keepers. To participate in the Day of Joy Cookout please be reminded to bring your ticket.

Music Jam will return on Monday, August 5th at 1:30 PM. See [page 15](#) on how you could win a door prize at our August Music Jam.

School Supply Drive

CAC Office on Aging’s Grandparents as Parents Program is having a School Supply Drive. Item’s that are requested are: 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, and highlighters.

In August 2000, the Knoxville-Knox County Office on Aging created the Grandparents as Parents Program to address the unique needs of grandparents and relative caregivers raising children whose parents are unable to care for them.

The Grandparent as Parents Program was one of the first in Tennessee to recognize the need for information, support, and resources. By “parenting again,” grandparents and relative caregivers keep families together, providing safe homes, and avoid foster care home placements of children.

If you want to participate in the School Supply Drive by donating items, you can bring your donations to West Knox County Senior Center throughout the month of July. We’ll have a Drop-Off Box in the lobby. See page 30 for the full size flyer and additional information.

Grief Support Group

The Grief Support group at the Senior Center will meet on the following dates from 10:30 AM—12:00 PM:

- Tuesday, July 2nd.,*
- Tuesday, July 16th.,*
- Tuesday, August 6th.,*
- Tuesday, August 20th.*

Grief Support Group is sponsored by [Smoky Mountain Home Health & Hospice](#). Everyone welcome.

Get Your Free Fitness Room Orientation

Want to use the Center’s Fitness Room? It’s equipped with treadmills, an elliptical, recumbent bike, semi-recumbent stepper, and free weights. Call the Center or stop by the reception desk and inquire about your free Fitness Room orientation. Learn to use the machines safely, get the most of your workout, and help you reach, and maintain your health and wellness goals.

Meet the Physical Therapist



Dr. Lee Easley, DPT., with [Knox Physical Therapy](#) will be at West Knox County Senior Center to meet with individuals one-on-one to address their questions and concerns. Call the Center to schedule your free assessment. Appointments are limited to the following days starting at 9:00 AM:

- Thursday, July 18th.,*
- Thursday, August 1st.,*
- Thursday, August 15th.*



You can register for our activities by calling the Center at 865-288-7805



Healing Touch Program Available

Healing Touch, is available at the Center on Tuesdays from 9:00 AM—1:00 PM by appointment only. Healing Touch is a relaxing, nurturing, heart-centered, biofield/energy practice. Gentle, intentional touch assists in balancing physical, mental, emotional, and spiritual well-being. Non-invasive, the practice clears, energizes and balances the human energy field.

Healing Touch works hand in hand with Western medicine, and is used in hospitals, long-term care facilities, private practices, and hospices. Healing touch provides a sense of calm, wholeness, and healing. Brenda Seip, Certified Healing Touch Practitioner, is volunteering her time and service for those who wish to schedule an appointment for Healing Touch. If you would like to schedule your Healing Touch appointment call 865-356-9221 or email brendashobbothouse@gmail.com. Veterans are most welcome.

BINGO Schedule

To participate in our Bingo is easy; be fifty years of age or older, bring a white elephant gift with an approximate value of \$10 in a gift bag for the bingo prize table, and call the Center at 865-288-7805 or stop by the reception desk to sign up to attend. Bingo is offered on the following Mondays at 10:30 AM with the following sponsors:

- July 1st ... Wisdom Insurance Network
- July 8 ... No Bingo this day
- July 15th ... CMC Properties
- July 22nd ... Maxim HealthCare
- July 29th Modern Woodmen
- August 5th ... Amada Senior Care
- August 12th ... CMC Properties
- August 19th ... Family Home Care Services
- August 26th ... Synergy Home Care



A Note from Bingo for July 8th

There will be no Bingo on Monday, July 8th. Bingo will resume on Monday, July 15th at 10:30 AM. See the announcement above for our Bingo schedule and our list of sponsors.



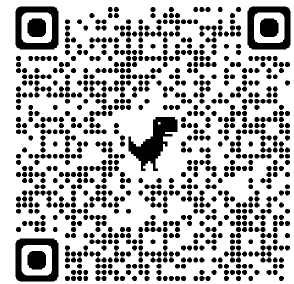
A Note from Yang Style Tai Chi Class for July

The Yang Style Tai Chi class meets on Tuesdays and Thursdays at 9:45 — 11:00 AM. The instructor, Mr. Pat Barbieri will be gone for most of July. He will return to teach the class scheduled for Tuesday, July 30th. During the meantime some of the class participants may gather at their regular class time to practice their Tai Chi moves.

View the e-Newsletter On-Line & More

The West Knox County Senior Center Newsletter is available online. It's easy to see and convenient. To refer friends and family to view the newsletter go to: www.knoxcounty.org/seniors

and click on West Knox County Senior Center. While on the website, you can view newsletters from the other Knox County Senior Centers: Carter, Corryton, Halls, Karns, and South Knoxville. You can also scan the QR code below.



Follow Knox County Senior Services on Facebook

If you're on Facebook you can follow Knox County Senior Services for information on West Knox County Senior Center, the other Senior Centers in Knox County, along with program updates and more. Just simply "Like" Knox County Senior Services on Facebook.





July 9th ... History Class: Herstory of East Tennessee— A focus on Women’s History

Women have been, and continue to be, a vital part of East Tennessee history from sports, science and technology, social activism, education, and so much more. Dr. Henry Wilson, PhD., will be providing this three session class starting on Tuesday, July 9th at 1:30 PM. This class will meet for three consecutive Tuesdays. Class fee is \$3 per each session attended payable to the instructor. Call the Center or visit the reception desk to sign up for the Herstory of East Tennessee.

Herstory Profile: Febb Ensminger Burn

Harry T. Burn was the youngest member of the Tennessee state legislature when he was elected at age twenty-one. He is best remembered for the actions he took to ratify the Nineteenth Amendment during his first term in the legislature. His mother, Febb Ensminger Burn, wrote a letter to her son urging him to vote for the ratification of the Amendment. He held the letter his Mom sent him in his coat pocket during the vote on August 18, 1920. Tennessee’s vote ushered in the right to vote for women. Tennessee Fact Sheet indicates women now account for 55.7% of registered voters of the state’s total population. Join us for Trivia Time on Tuesdays at 11:00 AM for trivia like this and more.



HARRY T. BURN



FEBB BURN

Fitness Room Available

The Center’s Fitness Room is available Monday through Friday from 7:30 AM—3:45 PM. The space is equipped with Recumbent Bikes, Recumbent Stepper, Stepper, Treadmills, Workout Station, and hand-weights. The room is available to anyone fifty years of age or older. A Fitness Room orientation is required to ensure you know how to use the equipment safely. You can schedule your free orientation by calling the Center at 865-288-7805.

You can also schedule your free consultation with Caleb Newsome, Public Health Fitness Coordinator. He is available at no charge to assist you with nutrition, fitness, and exercise guidance. He is at the Center most Thursdays. He is also available for free personal training sessions, and small group trainings. Let Caleb help you achieve your health and fitness goals. Call the Center or stop by the reception desk to schedule.

The Center’s Library

Have you visited the Center’s library lately? We have an impressive collection of books by current and popular authors. The Center’s library is easy to use; find a book you want to read—just take it and bring it back when you’re finished. There’s no checking the book out and no time limits on how long you can keep it. The Center’s library is available Monday through Friday 7:30 AM—4:00 PM. We’re sure there’s a good read waiting for you in the Center’s library located in the Lounge (Room #010).

Please note if you’re returning a book you’ve checked out from Knox County Public Library, it will need to be returned to the Knox County Public Library and not the senior center. The Center is not a designated drop off for books belonging to the Knox County Public Library.

July 10th ... Socially Nutritious Hybrid Program Starts

The goal of Socially Nutritious is to decrease food insecurity and risk of malnutrition among older adults. With the hybrid version participants can gather at WKCSC and engage in the program together. The program is designed for adults over age sixty who want to learn more about foods that support their bodies as they age and are motivated to make changes to support their health. It is also ideal for caregivers of older adults. Some of the topics covered in this program are: maximizing health through food and friendship, maximizing brain health, muscle and bone health, maximizing heart health, hydration, and making the most of your time with planning, shopping, and cooking whether you’re preparing meals for one or two. This six week class will meet on Wednesdays from 9:00—10:30 AM starting on Wednesday, July 10th. Participants can also join via Zoom from their home. Registration is required. Call the Center or stop by the reception desk to sign up for this free, informative and engaging program brought to us by East Tennessee State University, University of Tennessee and UT Extension. If you want to participate from home email Dr. Whitney Bignell at Bignell@ETSU.edu See [page 31](#) for additional information and the full-page flyer.



July 11th ... Card Game Nickle Open House

Want to learn a new and enjoyable card game? Join us for Nickle on Thursdays at 9:30 AM. We'll have our Nickle Open House on Thursday, July 11th with light refreshments. If you've never played Nickle before that's ok—join us and learn. It'll be a game you may just want to play at your next gathering of family and friends, or here at the Center.

July 15th ... Take Control of Your Blood Pressure Presentation

Heart health plays a major role in your overall well-being. Find out how blood pressure affects your body and how it may put you at a greater risk for heart attack or stroke. Learn ways to prevent and manage high blood pressure. This free program brought to us by Humana on Monday, July 15th at 10:00 AM. You don't have to be a Humana member to participate. Everyone welcome. Call the Center or stop by the reception desk to RSVP.

July 15th ... Spine and Back Presentation

You're not spineless— learn how to strengthen and protect your spine and back. Having a healthy spine can make a difference in movement, comfort, and health as you age. Select Physical Therapy will talk about the spine but also share some exercises that can increase strength, reduce pain, and improve flexibility. Your questions are most welcome. To sign up for this free and informative presentation offered on Monday, July 15th at 1:30 PM, please call the Center or stop by the reception desk.

July 16th ... Monthly Senior Walk: Collier Preserve

The Knox County Senior Services monthly walk will be on Tuesday, July 16th starting at 9:30 AM is led by April Tomlin, Senior Services Manager; Tara Stirone, Coordinator at the Carter Senior Center; and Laurie Lebert, floating assistant. The walk will be at the Collier Preserve. The Preserve sits adjacent to the Powell Branch Library. Following the walk, you're welcome to lunch at Southern Kitchen Sandwich Company. Please RSVP by leaving a message (including name, phone number) at 865-288-3761 or you can email SeniorServices@KnoxCounty.org. See [page 32](#) of this eNewsletter for the full page flyer and additional information.

“With every walk with nature, one receives far more than he seeks” John Muir



Above: Carla holds a paintings being done by one of her students.

Carla grew up in a family of artists living in the Hamptons in New York. In 2006, she began studying oil painting under the guidance of David Leffel and drawing as well as painting under Sherri McGraw, both modern Masters in their own rights. Carla's style tends toward Classical realism; she is also influenced by Rembrandt's chiaroscuro style. She believes there is classical beauty in everything. She's also the recipient of numerous awards and Honorable mentions. Her oil painting classes at West Knox County Senior Center are on Wednesdays at 1:00 PM and Fridays at 11:00 AM. Class fee is \$80 per month payable to the instructor. A supply list is available at the reception desk. You're more than welcome to stop in and visit Carla, talk to her about her teaching style, and see some of the paintings her students are currently working on.

You can also visit Carla's website at www.CarlaSanchezArt.com





You can register for our activities by calling the Center at 865-288-7805



Core Insurance Walking Club Information Program

Tuesday, July 16 at 10:30 AM and
Tuesday, August 14 at 10:30 AM.

Join Brooke Thurman with Core Insurance for information on Core Insurance Advisors walking club. Visit when she will explain on how easy it is to join and even easier to participate. Just track your steps whether you're walking in your neighborhood, on greenways, woodland trails, or just around town. They'll even provide you with a free pedometer to keep track of your progress. Record your steps on the walking poster at the Center. Core will even provide prizes. Walking is a great way to help maintain a healthy weight, helps regulate blood pressure and cholesterol, helps ease arthritis and stiffness, strengthens muscles and bones, lowers risk of falls, and much more—and why not receive recognition for those steps you do take. It might even motivate you to do more! To learn more about the Core Insurance Advisors Walking Club visit with Brooke Thurman feel free to drop by on one of the days and times listed above.

July 17th ... Cornhole Tournament: Emoji Party



It's World Emoji Day and we'll be having an Emoji Party at this Cornhole game on Wednesday, July 17th starting at 10:30 AM. No previous experience necessary to play cornhole. It's easy to learn and no partner is required. We'll even have some fun prizes to award. Refreshments served. You can sign up to participate at the reception desk or call the Center.

July 18th ... The Role of Exercise in Fibromyalgia Management

Fibromyalgia is a chronic condition characterized by widespread musculoskeletal pain, fatigue, sleep disturbances, and cognitive difficulties. While it can be challenging to manage, exercise is emerging as a key component of effective treatment of symptoms and management. Caleb Newsome, Public Health Fitness Coordinator, invites you to this program on Thursday, July 18th at 11:00 AM for this informative presentation. For planning purposes call the Center or stop by the reception desk to sign up to attend.



Carol retired as a reading specialist for the Massachusetts School System followed by consulting work for RNC Research as a site coordinator for a writing project. Education and learning has always been a part of Carol's life. After moving to Tennessee, she served as a mentor for the TnAchieves mentorship program. She has been volunteering at West Knox County Senior Center for four years that we've been at our present location, and before at the Frank R. Strang Senior Center. She currently coordinates the monthly meetings of the WKCS Book Club as well as helps with the Center's library. She's continually on the look for newer book titles and large print books for the Center's library. Carol can also be seen at the reception desk on occasion helping with answering phones, giving tours of the Center, and registering people for activities and programs. Special Thanks to Carol for volunteer work she does.

If you're interested in volunteering in your community or even the senior center contact the Retired Senior Volunteer Program (RSVP) with the Office on Aging 865-524-2786 or stop by the reception desk at West Knox County Senior Center and obtain an RSVP application.



*"Those who bring sunshine to the lives of others
cannot keep it from themselves."* JM Barrie





You can register for our activities by calling the Center at 865-288-7805



Cyber Security Classes with Jake

Have you ever received an email that requested a lot of money? Money that you know you don't owe. Or maybe you've encountered a computer virus. Nowadays cybercrimes (crimes committed through the internet) are as prevalent as ever. People are robbed of thousands of dollars and lose important files on their computers. Viruses continue to get more sophisticated with every passing day. Social engineering techniques (convincing people to unknowingly download malicious programs or transfer money) are getting harder to spot. And with social media continuing to increase in popularity, it is being abused for malicious intent as well. In this cybersecurity class you will learn about how these attacks are carried out and how to spot them. Call the Center or stop by the reception desk to sign up for this three part class series. There is no fee for this class. These classes offered on Wednesdays at 1:30 PM are presented below:

Wednesday, July 17 ... Cyber Security Class I

As a participant in this class you will learn the importance of cyber security and how to protect yourself while browsing the web. You will also learn about the different types of malware (malicious software) and how to avoid it. Finally, you will learn to protect your personal information and passwords from cyber criminals.

Wednesday, July 24 ... Cyber Security Class II

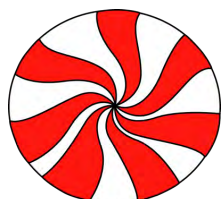
You will learn about different internet and phone call scams and the tactics behind them. The class will also inform you on how to make safe internet purchases.

Wednesday, July 31 ... Cyber Security Class III

This final class, you will learn about good social media etiquette and how to avoid social media scams. You will also learn about different privacy settings to keep your information secure.

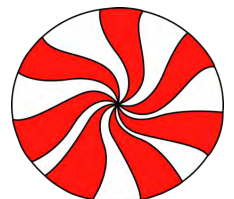
July 19th ... Field Trip: Knoxville Salty Dog Festival

In July, our monthly field trip is on Friday, July 19th for a trip to the World's Fair Park at 12:30 PM, as the event starts at 1:00 PM. This great seafood festival will offer fresh seafood, live music, as well as arts and crafts. Admission is \$10 per person, and the price of food and drink varies from vendor to vendor. There is plenty of seafood and "land lubbers food" for those who don't like seafood! We ask you arrive at the Center no later than 12:15 PM. We will return to the Center at 3:30 PM. If you are interested in attending, please visit the reception desk or call the Center to check on seating availability and to sign up. Transportation seating is limited. Transportation provided courtesy of CAC Transit.



Donation Request

The Center is requesting donation of hard candy. If you would like to donate a bag of hard candy, you can deliver it to the reception desk. Candy will be made available at the sign-in table in the reception area.





You can register for our activities by calling the Center at 865-288-7805



Community Outreach Services

Legal Aid of East Tennessee Outreach

Legal Aid of East Tennessee is available to answer your questions and assist you with finding resources and services to meet your needs. Legal Aid of East Tennessee assists individuals with estate planning documents, power of attorneys, living wills, qualified income trusts for Medicaid, conservatorships, housing issues, consumer law issues, and more. You can also visit the Legal Aid of East Tennessee webpage at www.laet.org. A representative from Legal Aid of East Tennessee will be at the West Knox County Senior Center from 10:00 AM—12:00 PM on the following days; *Wednesday, July 17th and Wednesday, August 21st*. To schedule your consultation with a representative from Legal Aid of East Tennessee call the Center at 865-288-7805.

Social Worker Outreach

The CAC Office on Aging is available to assist you with finding resources and services to meet your needs. You can contact the Social Worker Outreach program at (865) 546-6262. A representative with the Social Worker Outreach program will be at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: *Monday, July 8th and Monday, August 12th*.

Veterans Services Outreach

Knox County Veteran Services Office assists 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. For additional information and to speak with a representative from the Veteran Services Outreach Office, call (865) 215-5645 or email at: Veterans@knoxcounty.org.

United Health Care Medicare Q&A Table With Ja’el Michael

*Thursday, July 25th at 10:00 AM
Thursday, August 22 at 10:00 AM*

If you’ve recently experienced a life change, you may qualify for a Special Enrollment Period. To find a plan that fits your needs, the UnitedHealth Care Q&A table is a great place to start. Stop by when it fits your schedule to speak with Ja’el Michael, a Licensed Sales Agent, and get answers to your Medicare plan questions. No appointment needed.



Medicare Q&A Table with Wisdom Insurance Network



Ryan D. Ritter, Licensed Insurance Agent is offering a Medicare Q&A table in the hallway at the Center on the following dates:

*Tuesday, August 6
at 11:00 AM-12:30 PM
Thursday, August 15
at 11:00 AM—12:30 PM.*



Medicare Q&A Table



Do you have questions about your Medicare plan or Medicare coverage in general? Visit with Brooke Thurman of Core Insurance Advisors of Knoxville. She will be offering free consultations and will explore your questions at West Knox County Senior Center. Brooke’s Medicare Q&A Table will be available on the following days:

*Tuesday, July 16th at 10:00 AM
Tuesday, August 13th at 10:00 AM*



You can register for our activities by calling the Center at 865-288-7805



Above: Ruth Anne receives recognition during a recent luncheon hosted by the RSVP (Retired Senior Volunteer Program) with CAC's Office on Aging. Congratulations to Ruth Anne and also appreciation for her volunteering to support our community.

July 19 ... Japanese Star Festival Presentation

Tanabata, also known as the Star Festival, was introduced to Japan by the Empress Koken in 755. Participants of the festival write wishes on pieces of paper and hang them on specially erected bamboo trees in hopes that their wishes come true. Some of the displays can be elaborate whereas others more simple. It's a festival that also signals that summer has finally arrived. Join Mana Muramatsu, with the [Japan Outreach Initiative](#), on Friday, July 19th at 1:00 PM when she introduces us to this annual Japanese tradition. For planning purposes please call the Center or stop by the reception desk to inquire about seating availability and to sign up to attend.



July 22nd... Paper Wreath Craft Class

Cindy will be teaching how to make an easy paper wreath suitable for any season. Supplies will be provided. There is no cost for this class. It is a fun and easy project that will brighten your home. Supplies are limited. Call the Center or stop by the reception desk to inquire about seating availability for this class offered at 10:00



Trivia Time

Tuesdays at 11:00 AM

No need to feel intimidated. It's not Trivial Pursuit or Jeopardy. We have fun challenging ourselves and learning something new every week! No need to register to participate.

Billiards

The West Knox County Senior Center billiard table is available Monday through Thursday from 7:30 AM—3:45 PM and Fridays 12:30—3:45 PM. Feel free to stop by and practice or play a game with a friend.

Rook Players! Thursdays at 12:00 PM

Do you play Rook or would like to learn to play? Feel free to stop in and join a game or participate in a free lesson on Thursdays at 12:00 PM.



Cribbage Players Wanted!

Do you play Cribbage? Join us on Thursdays from 1:00—3:30 PM.



Knitters Wanted

Join our knitting group Tuesdays at 10:00 AM. They're working on a variety of projects for charity as well as other projects.



You can register for our activities by calling the Center at 865-288-7805



July 22nd Social Security Presentation

Have you ever wondered how Social Security works? How does when you file effect your benefits, spousal benefits, survivors, and taxation? If so, please join Nace Coker, Registered Social Security Analyst (RSSA) for a Social Security presentation with Q and A. Snacks provided. For planning purposes, please call the Center or stop by the reception desk to sign up for this free educational program offered on Monday, July 22nd at 11:00 AM.

July 22nd...Writing Workshop: Journals, Short Stories, and Beyond!

This workshop is for new, aspiring, and experienced writers. The group will explore writing as an exercise of expression and beginning or continuing a writing project of your choice. Writing activities and resources will be shared. The focus includes encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop. Participants will need to bring a notebook for note-taking and are welcome to bring a sample of their writing. This workshop meets at 1:30 PM on Monday, July 22nd.



“Writers give birth to books, readers adopt them.”

Author unknown

July 23rd ... Medicare Presentation with Dixie

AEP (Annual Enrollment Period) and OEP (Medicare Advantage Open Enrollment Period) might be over but don't feel stuck in your current plan! Did you know you might have opportunities throughout the year to make plan changes? Some carriers offer limited underwriting questions for Medicare Supplements and Tennessee does have a 5-Star carrier which allows you to enroll into their Part C plan at anytime throughout the year! Medicare is a big decision and one you should have reviewed annually! Feel secure in your decision by understanding your Medicare rights and entitlements. Join Dixie Curless for a no-cost Medicare 101 presentation! “I do not represent one carrier,” Dixie says, “so you can feel confident that I can offer the plan that best fits your needs.” If you're unable to attend and would like a one on one review, please contact Dixie D. Curless at 931-266-2774 or email DixieDCurless@Gmail.com. Please call the Center or stop by the reception desk to sign-up to attend this program offered on Tuesday, July 23rd at 11:30 AM.

Signing Up via Email

You can contact the Center via email to check on seating availability for activities and program. Email:

West.SeniorCenter@KnoxCounty.org

Be sure to include in your name, your phone number, and the program you're inquiring about or want to sign up for.



Omron Blood Pressure Monitoring System Available for Check-Out

The West Knox County Senior Center has Omron Blood Pressure Monitoring systems available for check-out for two weeks. The program is sponsored in part by the American Heart Association and Cherokee Health Systems.

The program encourages individuals to become more aware of their blood pressure through home monitoring, and speaking with their primary care provider with concerns about blood pressure. If you would like to check-out an Omron Blood Pressure Monitoring kit, see the staff at the reception desk.



Your Announcements

If your Senior Center group has news or announcement you would like to share in the September/October 2024 eNewsletter, please provide information to Darrell before August 2nd. You can drop it off at the Reception Desk or email West.SeniorCenter@KnoxCounty.org





You can register for our activities by calling the Center at 865-288-7805



July 24th Color, Coffee & Chat: Vacations

What was your most memorable vacation? Ready for a brief get-away? Cindy is hosting a vacation themed Color, Coffee, and Chat on Wednesday, July 24th at 10:00 AM. Enjoy good company, good conversation, and laughter at this month's gathering. Light refreshments served. Materials provided. Relax, concentrate, and escape the hassles of a busy week.

July 25th Artist Group Social

Join Saraha for the Artists Group Social on Thursdays at 9:30 AM until noon. You are welcome to bring a project you're currently working on and visit with other artists. To get the group started, Saraha will be demonstrating the art of Block Printing (or "Lino Cutting"). This activity involves hand-carving your own designs and pressing them with ink! Be inspired and encourage others with mutual support during the Artists Group Social. Light refreshments served. Call the Center or stop by the reception desk to sign up for the demonstration. It might lead to your next best project.



July 25th ... AARP Smart Driver Class Starts

AARP is offering a Smart Driver Class at the Center on Thursday, July 25th and Friday, June 26th from 11:00 AM—3:00 PM. This safety driving class will meet on two days (Thursday and Friday) for four hours each day. Class fee is \$20 if you're an AARP member or \$25 if you are not an AARP member. Class fees are payable directly to the instructor. The smart driver class explores effective safe-driving practices, skills and strategies you can use on the road every day. It also covers defensive driving techniques to help you deal with aggressive drivers, and more! Seating is limited for this class. Registration is required. Please call the Center or stop by the reception desk to inquire about available seating and to sign up to attend. Many individuals get a discount on their auto insurance for successfully completing the class. Consult with your auto insurance provider to determine if you are eligible for a discount with successful completion of the class.

July 25th ... Vietnam Veterans Social

Visit with other Vietnam Veterans on the fourth Thursday of each month at West Knox County Senior Center for the Vietnam Veterans Social. It's a welcoming place to share your experiences, chat, and visit with other veterans of the Vietnam War. Registration is not required for this 1:30 PM program.

July 29th ... Peace Corps Presentation

Meet Mr. Terrance Fluker on Monday, July 29th at 11:00 AM at West Knox County Senior Center. Mr. Fluker is the regional recruiter for Peace Corps. The Peace Corps service is a great way for older adults to continue their careers or enjoy retirement in a nontraditional environment, all while making a lasting impact on communities around the world. Many different service opportunities are available, which last from six months to two years. If you or someone you know has thought about volunteering as an older adult, call the Center or stop by the reception desk to sign up for this informative program. Your questions are most welcome.

July 29th ... Hearing Table in the Hallway with Acuity

Do you hear, but not understand? It may just be wax! Acuity Hearing Centers offer a painless and fascinating experience where Hearing Instrument Specialist, Amber Simpson, will use a tiny video camera called a video otoscope to look inside your ear. This tool allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled. You will see all the way to your eardrum on a video monitor! Amber will also be doing hearing aid cleanings to help keep your hearing aid device in the best possible working order. This program is offered Monday, July 29th 1:00—3:00 PM. Sign up for your ear canal exam and/or hearing aid cleaning by calling the Center at 865-288-7805.





July 30 ... Medicare 101

Medicare is a health insurance offered through the federal government for those who are Medicare eligible. It can be consuming to understand if you are new to Medicare. Kenneth Lefevre with Humana invites you on Tuesday, July 30 at 11:30 AM for a presentation on the following: understanding the Medicare program, who's eligible for Medicare, when do you enroll, Medicare Plan options, Other resources available for extra help, Veteran Eligible Medicare Plans. For planning and scheduling purposes, please call the Center to sign up for this free and informative presentation.

July 30th ... Downsizing Made Easy



Are you considering a downsizing move, either now or in the future? If so, please join Suzanne Eaton for a special seminar and find out how others, just like you, have simplified their lives by following a proven system for a successful move. You'll gain valuable insights into today's real estate market, practical solutions for decluttering, preparing your home for sale, best practices for hiring estate liquidators, organizers and more. As a real estate professional dedicated to serving seniors at the highest level, Suzanne Eaton will educate and empower you to navigate the complexities of a downsizing move that promises to leave you overjoyed, not overwhelmed when you think about downsizing! RSVP by calling the Center or stopping by the reception desk. This program is offered on Tuesday, July 30th at 1:30 PM.

July 31st ... Cornhole Tournament: Keeping it Cool

Our theme this cornhole tournament is 'Keeping It Cool' especially in the heat of summer! Sign up at the reception desk or call the Center to participate in our Cornhole Game. You may have seen this game played at tailgate parties or even at family gatherings. It's fun to play and easy to learn. No partner is required to join the toss. We'll have light refreshments and fun prizes to award. This cornhole game is offered on Wednesday, July 31st at 10:30 AM.



August 5th ... Field Trip: Mighty Musical Monday

Monday, August 5th is our field trip to the historic Tennessee Theater in downtown Knoxville for a performance of the Mighty Musical Monday! While the performer is still to be announced, it will be a live instrumental concert. The event is free and begins at 12:00 PM. Transportation is provided from the Center to the Tennessee Theater and back courtesy of CAC Transit. Seating is limited. We ask you arrive at the Center no later than 11:00 AM, as the bus will be leaving around 11:15 AM. We will return to the Center by 3:00 PM following the musical program. Please note the theater does not provide a lunch, but concessions will be available to purchase. If you're interested in attending, please call the Center to check on seating availability for the bus and to sign up.

August 5th ... Music Jam

We welcome you to our Music Jam on Monday, August 5th at 1:30 PM. We'll have a country, bluegrass, and gospel music session. Bring your musical instrument too or just come and listen. We'll be enjoying refreshments sponsored by Holmes Retirement Planning. Please call the Center or stop by the reception desk to sign up to attend. Those who pre-register before Friday, August 2nd are entered into a drawing for a door prize. You must be present at the Music Jam to win the door prize! By registering we can plan for refreshments for the group. We look forward to seeing you. Our refreshment sponsor is Trustwell Living.



August 5th ... Art Show Starts

August is American Artists Appreciation Month. We'll be commemorating it with an Art Show starting Monday, August 5th through Friday, August 9th. We're inviting students of the Center's art classes bring some of their artwork to display. If you're a senior and do artwork on your own, you too, are welcome to participate. Space will be limited. Items cannot be listed for sale. Stop by the reception desk or call the center to sign up for a table in the hallway to share your artwork and inspiration with others.

Let's inspire our hearts with art. To show your artwork stop by the reception desk or call the Center for details.



August 7th ... Cornhole Tournament: County Fair

Cindy invites you to this County Fair themed cornhole game on Wednesday, August 7th at 10:30 AM. We'll have some fun prizes. No partner is required to play and we'll be serving up some light refreshments. It's a fun game and an easy one to play. Call the Center to sign up. You just might prove to be the boss of the toss!



August 6th ... History Class: A Recreational History of East Tennessee

Our state has a rich tapestry of sports throughout its history and our athletes have influenced the country as well as inspired others with their performance on the world stage, and the great outdoors has helped fashion the way many live. Join Dr. Henry Wilson, PhD., starting Tuesday, August 6th at 1:30 PM for Recreational History of East Tennessee. The focus will be on sports and the outdoors. Class fee is \$3 for each session attended payable to the instructor. The class will meet on three consecutive Tuesdays at 1:30 PM. Call the center or stop by the reception desk to sign up to attend.

August 7th ... Foods to Boost Digestion Presentation

Find out about foods that can help keep your digestion system running smoothly and those foods to avoid in this program brought to us by Humana. You don't have to be a Humana member to attend. The program is open to everyone. Call the Center or stop by the reception desk to sign up for this program brought to us on Wednesday, August 7th at 1:00 PM.

August 7th ... Billiard Lessons

Have you ever wanted to play billiards but weren't sure how? Mr. Wayne Naessig will be teaching lessons at the Center. This free class will consist of four lessons taught on Wednesdays at 1:30 PM starting August 7th and concluding on Wednesday, August 28th. Wayne will teach techniques and the different styles of play. Once you get the hang of it, we're sure you'll enjoy it. Call the Center or stop by the Reception Desk to sign up for this free class. Class size is limited.

August 9th ... Job Fair

CAC Office on Aging's Senior Employment Services is having a job fair at West Knox County Senior Center on Friday, August 9th at 12:00—3:30 PM. Employers who want to hire older workers will be on hand to discuss current employment opportunities in a variety of fields. There are full time and part time positions available. Bring your resume and learn more. No need to register to attend. See [page 34](#) for the full flyer and for additional information.





You can register for our activities by calling the Center at 865-288-7805



August 12th ... Introduction to Meditation Class Starts

Developing meditation skills can help anyone to better cope with the ups and downs of daily living. These skills become especially helpful as we face the inevitable changes that occur with aging. This course will give you the tools to start a daily meditation practice. Sitting meditation will be taught and practiced in this four week class. Although this class will be taught in a seating position, you're more than welcome to bring your mat if you prefer. Class fee is \$8 for the entire four sessions. Fees are payable to the instructor Colleen Vaughn. Seating is limited to ten students. Registration is required. You can check on seating availability by calling the Center or stopping by the reception desk. This class starts on Monday, August 12th at 10:00 AM.

August 14th Color, Coffee & Chat: Gardens

Wednesday, August 14th at 10:00 AM Color Coffee and Chat theme is Gardens. What's your favorite plant in the garden? What garden do you remember the most? What's your favorite gardening activity? Coloring created for adults is designed to promote mindfulness, alleviate stress and anxiety, develop and maintain fine motor skills, and help improve and maintain focus, and it allows you to be creative while having fun. Light refreshments served and good chat and laughs are to be shared. All materials provided for this program. For planning purpose let us know you're coming by signing up at the reception desk or calling the Center.



"I grow plants for many reasons: to please my soul, to challenge my patience, for novelty, or for nostalgia, but mostly for the joy of seeing them grow."

David Hobson

August 16th ... Twirlercise Exercise Class Starts

Twirlercise is a new fitness class combining baton twirling and low impact exercise which can be done in a chair if needed. The benefits include; helping with balance, hand-eye coordination, tone and tighten the core, improve stretching, cognitive function, and socializing fun! Class will be once a month for 90 minutes. Class fee is \$25 payable to the instructor Judy Brennan.

Students will need to bring their own baton to class. Participants who are 5'4" or less usually require a 24" baton, 5'5" and over a 26" baton. Batons can be purchased online at such companies as Star Line Baton Company or other companies that sells batons.

Instructor Judy Brennan has thirteen years experience as a competition baton twirler. She has won numerous championships including Miss Southern States Majorette. She also has experience as a lead cheerleader. She is the owner-founder of Models Touch Cosmetics and owner creator of the Orange and White lipstick sport paint sold on UT campus stores.

For planning and scheduling purposes please stop by the reception desk or call the Center to sign up for this new exercise class starting on Friday, August 16th at 10:30 AM.

August 16th ... Super Gut Diet Presentation

A health book you should know about now: Super Gut - the follow-up book by the author of Wheat Belly, William Davis, MD. Our highly processed Standard American Diet (SAD) eliminates entire species of helpful microbes from our guts. This creates health issues that were uncommon even just fifty years ago, and as a result, many of us have lost control of our health, anti-aging, weight loss, mental clarity, and restful sleep. You are invited to this free presentation by wellness practitioner Catherine Strobel of BioAcoustics Health. Sign up for this program offered on Friday, August 16th at 1:00 PM and learn to feed your gut, and once again be able to "trust your gut". For planning purposes, please call the Center or stop by the reception desk to sign up.



You can register for our activities by calling the Center at 865-288-7805



Spanish Practice Class Wednesdays at 11:00 AM

Brush up on your Spanish language skills with a group of intermediate level learners mentored by an expert in Spanish, and make some new friends. Each week you will read short stories, work on grammar, and learn about Latino culture. The group is small, welcoming, and new people have joined recently. Group members are at all levels and come and go as their schedule permits. This group meets on Wednesdays at 11:00 AM. Please attend a meeting or contact Bill.McAdams@live.com to learn more. Nos vemos pronto!

August 19th ... Inflation Reduction Act of 2022 Presentation

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 offered by Nace Coker. Your questions are most welcome. Snacks will be served. For planning and scheduling purposes, please call the Center or stop by the reception desk to attend this free and informative presentation.

August 20th ... Monthly Senior Walk: Marine Park Greenway Walk

The 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 and connects to Neyland Greenway. This senior walk is lead by Susanne Huff, Coordinator at South Knoxville Senior Center and Sue Dolislager, Assistant from Karns Senior Center. Lunch afterwards at SoKno Taco Cantina. Please RSVP by calling 865-288-3761 (leave name, phone number) or email SeniorServices@KnoxCounty.org. For additional information on this senior walk see [page 32](#) for the full flyer.

August 20th ... Medicare Presentation with Dixie

AEP (Annual Enrollment Period) and OEP (Medicare Advantage Open Enrollment Period) might be over but don't feel stuck in your current plan! Did you know you might have opportunities throughout the year to make plan changes? Some carriers offer limited underwriting questions for Medicare Supplements and Tennessee does have a 5-Star carrier which allows you to enroll into their Part C plan at anytime throughout the year! Medicare is a big decision and one you should have reviewed annually! Feel secure in your decision by understanding your Medicare rights and entitlements. Join Dixie Curless for a no-cost Medicare 101 presentation! "I do not represent one carrier," Dixie says, "so you can feel confident that I can offer the plan that best fits your needs." If you're unable to attend and would like a one on one review, please contact Dixie D. Curless at 931-266-2774 or email DixieDCurless@Gmail.com. Please call the Center or stop by the reception desk to sign-up to attend this program offered on Tuesday, August 20th at 11:30 AM.

August 21st ... Cornhole: Shark Attack

Join us on Wednesday, August 21st at 10:30 AM for our last Cornhole Game for the month of August. Our theme is Shark Attack. However, you can attack the cornhole in this game by showing off your most winning toss. We'll be serving some light refreshments and have some fun prizes too. We look forward to seeing you. Stop by the reception desk or call the Center to RSVP.



Cornhole Trivia	<p>Cincinnati, Ohio is considered the Cornhole capital and is where the American Cornhole Capital and is where the American Cornhole Association was founded.</p> <p>Many have laid claim to inventing Cornhole. However, legend has it that a fourteenth century cabinet maker by the name of Matthias Keupermann created the game.</p>
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You can register for our activities by calling the Center at 865-288-7805



August 22nd ... AARP Smart Driver Class Starts

AARP is offering a Smart Driver Class at the Center on Thursday, August 22nd and Friday, August 23rd from 11:00 AM—3:00 PM. This safety driving class will meet on two days (Thursday and Friday) for four hours each day. Class fee is \$20 if you're an AARP member or \$25 if you are not an AARP member. Class fees are payable directly to the instructor. The smart driver class explores effective safe-driving practices, skills and strategies you can use on the road every day. It also covers defensive driving techniques to help you deal with aggressive drivers, and more! Seating is limited for this class. Registration is required. Please call the Center or stop by the reception desk to inquire about available seating and to sign up to attend. Many individuals get a discount on their auto insurance for successfully completing the class. Consult with your auto insurance provider to determine if you are eligible for a discount with successful completion of the class.

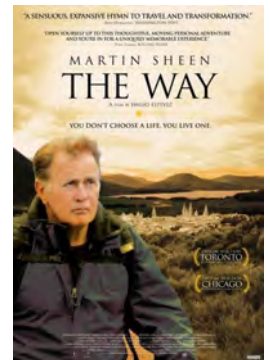


August 22nd ... Vietnam Veterans Social

Join other Vietnam Veterans on the fourth Thursday of each month at West Knox County Senior Center for the Vietnam Veterans Social. It's a welcoming place to share your experiences, chat, and visit with other veterans of the Vietnam War. Registration is not required for this 1:30 PM program.

August 23rd ... Movie Time: The Way

Thomas Avery (Martin Sheen) heads over seas to recover the body of his estranged son who died while traveling the El Camino de Santiago and decides to take the pilgriming himself. He starts out the journey cold to his fellow pilgrims but over the course of their journey realizes their value and their connection in finding a greater meaning to life. The Way (2010) also stars Emilio Estevez, Deborah Kara Unger and James Nesbitt. Run time: 123 minutes. Rated: PG13.



Be sure to sign up when, on Friday, August 30th at 1:30 PM, Linda Staffen shares her experience in walking the El Camino de Santiago Pilgrimage. The full announcement can be seen on [page 20](#) of this eNewsletter.

Billiards

The West Knox County Senior Center billiard table is available Monday through Thursday from 7:30 AM—3:45 PM and Fridays 12:30—3:45 PM. Feel free to stop by and practice or play a game with a friend.

Trivia Time

Tuesdays at 11:00 AM

No need to feel intimidated. It's not Trivial Pursuit or Jeopardy. We have fun challenging ourselves and learning something new every week! No need to register to participate.

Why Sign-up for Programs & Activities?

For many of our programs and activities we request, for planning and scheduling purposes, that you sign-up ahead of time. Why do we request this? It will help us determining what room needs to be set aside for an activity or program since some rooms obviously hold more people than others. Also, in some situations a presenter or instructor will want a minimum number and/or a maximum number of participants in order for a program to be held. If a presenter is providing materials for the class it will help determine how many copies need to be made. In addition, if a program is cancelled or rescheduled we can contact you and let you know of the changes.

Items on the activity calendar in **Bold** require registration. As you read the article and description of the class/program in the eNewsletter it will also indicate whether or not registration is requested. To register call the Center at 865-288-7805 or stop by the reception desk. You can also let us know if you want a reminder phone call. Contact information is also important in the event the program is cancelled or rescheduled, we can let you know.



August 26th ... Hearing Table in the Hallway with Acuity

Do you hear, but not understand? It may just be wax! Join Acuity Hearing Centers for a painless and fascinating experience where Hearing Instrument Specialist, Amber Simpson, will use a tiny video camera called a video otoscope to look inside your ear. This tool allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled. You will see all the way to your eardrum on a video monitor! Amber will also be doing hearing aid cleanings to help keep your hearing aid device in the best possible working order. This program is offered Monday, August 26th 1:00—3:00 PM. Sign up for your ear canal exam and/or hearing aid cleaning by calling the Center.



August 26th...Writing Workshop: Journals, Short Stories, and Beyond!

This workshop is for new, aspiring, and experienced writers. The group will explore writing as an exercise of expression and beginning or continuing a writing project of your choice. Writing activities and resources will be shared. The focus includes encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop. Participants will need to bring a notebook for note-taking and are welcome to bring a sample of their writing. This workshop meets at 1:30 PM on Monday, August 26th.

August 27th ... Medicare 101

Medicare is a health insurance offered through the federal government for those who are Medicare eligible. It can be consuming to understand if you are new to Medicare. Join Kenneth Lefevre with Humana on Tuesday, August 27 at 11:30 AM for a presentation on the following: Understanding Medicare program, who's eligible for Medicare, when do you enroll, Medicare Plan options, Other resources available for extra help, Veteran Eligible Medicare Plans. For planning and scheduling purposes, please call the Center to sign up for this free and informative presentation.



August 28th ... Wine Bottle Craft Class

On Wednesday, August 28th at 10:00 AM Cindy will host a wine bottle craft class. The class will use various types of twine/string, beads, and accessories to decorate and repurpose the bottle. It will be topped off with a string of fairy lights. This will be a fun decoration for the house or patio. Supplies are limited. RSVP required.

Retired Senior Volunteer Program

The Retired Senior Volunteer Program (RSVP), through the Office on Aging, is America's largest volunteer network for people age 55 and over. If you're looking for something to do in giving back to your community, consider RSVP. This program offers a wide range of volunteer opportunities. Volunteers choose how and where they want to serve, the amount of time they want to give, and pick the opportunities that's right for them. Whether you want to volunteer at the senior center or seek other opportunities in the area, RSVP is right for you. If you're interested in making application to be an RSVP Volunteer stop by the Reception Desk at West Knox County Senior Center or inquire about an application with the CAC Office on Aging at 865-546-3500.



You can register for our activities by calling the Center at 865-288-7805



August 29 ... Exercise and Managing Arthritis

Arthritis is a common condition characterized by inflammation and stiffness in the joints, often resulting in pain and reduced mobility. While it may seem counter-intuitive, exercise is actually a crucial component in managing arthritis symptoms and improving overall joint health. Join Caleb Newsome, Public Health Fitness Coordinator on Thursday, August 29th at 11:00 AM for this free and informative program as he explores exercise and the management of arthritis. For planning purposes, please call the Center or stop by the reception desk to sign up for this free program.

August 30th ... Importance of Vaccinations Presentation

August is national immunization awareness month. Pharmacist Sagar Amin with our local Walmart will provide a presentation addressing the importance of vaccinations on Friday, August 30th at 1:30 PM. Your questions are most welcome. RSVP by calling the Center or stopping by the reception desk.

August 30th ... Linda Staffen's experience on the El Camino de Santiago Pilgrimage

The Camino de Santiago is a extensive network of pilgrims' ways leading to the shrine at the cathedral of Santiago de Compostela in Galicia in northwestern Spain. These trails were established in the Middle Ages. Linda Staffen owner of Core Insurance Advisors in Knoxville will be sharing her experience along the pilgrimage routes which she first took several years ago, and at the end of the Way (as it is known in English) was married to her fiancé. It's a romantic story and one filled with wonderful experiences and the people Linda met along the way to make this a trek of a lifetime. She recently returned to walk the Camino de Santiago once more and visits with us on Friday, August 30th at 1:30 PM to share her story. For planning purposes please call the Center at 865-288-7805 or stop by the reception desk to sign up to attend and be entertained by this remarkable story.

Core Insurance Advisors of Knoxville Walking Club

[Core Insurance Advisors](#) of Knoxville has started their Walking Club and you can join at any time. During the month of May there were fourteen individuals participating. The average number of steps reported during the month was equivalent to approximately of 32.7 miles walked!

It's easy to join the Walking Club and even easier to participate. Just track your steps whether you're walking in your neighborhood, on greenways, woodland trails, or just around town. Core Insurance will even provide you with a free pedometer to help you keep track of your progress. Report your steps and be eligible to win prizes.

Walking is a great way to help maintain a healthy weight, helps regulate blood pressure and cholesterol, helps ease arthritis and stiffness, strengthens muscles and bones, lowers risk of falls, and much more—and why not receive recognition for those steps you do take. It might even motivate you to do more! To learn more about the Core Insurance Advisors Walking Club visit with Brooke Thurman at 10:30 AM on the following days:

Tuesday, July 16th at 10:30 AM or
Tuesday, August 13th at 10:30 AM



Huggz and Waggz

To commemorate National Pet Day, the West Knox County Senior Center had a pet food drive to benefit the Feed-a-Pet program with the CAC Office on Aging. This program helps individuals who are sixty years or older, living independently in Knoxville/Knox County with an annual income less than 150% the federal poverty level. Each month, participants in the program are provided with enough pet food to last them an entire month, for all the animals in their home that were originally enrolled in the program. We raised a generous supply of pet food and other items during the week of April 8—April 15. Below a photo of Monica Brown, program manager with Feed-a-Pet shows the items donated by the participants of West Knox County Senior Center.



“A great big thank you from Feed-A-Pet,” Monica writes, “Your generous donations will help to feed the pets of 139 senior clients in our Feed-a-Pet program. Every month nearly 3200 pounds of pet food is delivered to qualified seniors in Knoxville/Knox County.

Without the help of generous donations like yours we would not be able to help many folks.”

Programs I want to sign up for:



Special Thanks to Penny Mayor with Farm Bureau Health Plans for calling Bingo for us on spur of the moment on Monday, June 17th. Penny’s a trooper.



Programs I want to share with a friend:



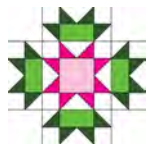


You can register for our activities by calling the Center at 865-288-7805



Sew What?

Join other sewing and fabric enthusiasts for a monthly gathering involving a short demonstration. A new pattern will be highlighted each month. Bring a finished or unfinished project or two you're working on for a Show and Tell. This group meets on the following days at 1:30 PM:

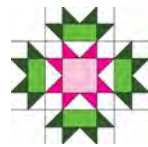


Wednesday, July 10th

Project to be announced

Wednesday, August 7th

Project to be announced



Portrait Drawing Group

Tuesdays 1:00—3:00 PM

Please come and draw with the Barbara West Portrait group. The group meets on Tuesdays from 1:00—3:00 PM. Bring your own supplies and \$5 for a model fee. We have a sitting model every week providing excellent practice for your drawing skills. All skills levels welcome, even if you think you can't draw. Learn in a casual, friendly, and supportive environment.

American Sewing Guild

Monday, July 15th & Monday, August 19th
at 12:30 PM—3:30 PM

The American Sewing Guild—West Knoxville Neighborhood Group plans a wide variety of sewing activities which may include: hands-on sewing projects, demonstrations of specific techniques, quilting, garment fitting and construction, service projects, and more. "Sew and Tell" is their way of kicking off each meeting. They welcome sewists of all levels to come visit their group to see what they're all about. For more information about the national organization you can visit www.asg.org.

They meet at West Knox County Senior Center the third Monday of each month at 12:30 PM.

Knitters & Crocheters Wanted

Knitters and Crocheters wanted to knit and crochet scarves for the Care Packages donated to Operation Gratitude for our deployed military and first responders. The Knitting Group has yarn, needles, and hooks. We just need willing hands to participate in the project. The Knitting Group meets on Tuesdays at 10:00 AM.

For more information on Operation Gratitude visit www.OperationGratitude.com



Artists Group Social Starting July 25th

Thursdays starting at 9:30 AM—12:00 PM

Join other Artists with our weekly social. If you're currently working on an art project, feel free to bring it with you to work on. Receive and share tips, encouragement, and inspiration. Periodically we'll have a special project for those who want to learn or try something new. Light refreshments served. Sarah will be providing a demonstration of Block Printing (or "Lino Cutting") starting July 25th. See

[page 13](#) of our eNewsletter for more information.



Arts & Crafts

Consult the Newsletter for additional Arts & Crafts Classes that are offered periodically or specialty classes offered one-time instead of our ongoing classes as those presented here. Our eNewsletter is available online at: www.knoxcounty.org/seniors

Watercolor & Drawing Class

Wednesdays at 9:30 AM—12:00 PM

You can learn the beauty of water coloring and exploring proportions, light and shadow, value, composition and more in this Watercolor and Drawing class. No previous experience is necessary. Class fee \$12 for each class attended. Fees payable to the instructor, Mr. Nort Horwitz. A supply list is available at the Reception Desk.

Watercolor Group

Mondays at 10:00 AM—12:00 PM

If you enjoy the art of Watercolor, you're more than welcome to join the Watercolor Group on Mondays at 10:00 AM. There's no instructor and there's no fee. It's a gathering of water-color artists working on their own projects, motivating one another, sharing enthusiasm, gaining inspiration, and enjoying socialization. No need to register to participate.

Oil Painting Class

Wednesdays 1:00 PM—3:30 PM
or Fridays 11:00—1:00 PM

With Carla Sanchez

Want to join the oil painting class? You can call the Center and have your name added to the waiting list. We can call you when a seat opens. You're also welcome to stop by and visit the class.



You can register for our activities by calling the Center at 865-288-7805



Book Clubs



Steel Magnolias Book Club

Steel Magnolias Book Club meets on the second Thursday of each month at 1:00 PM. They will be discussing the following books:

Thursday, July 11th ... “EO-N” by Dave Mason

2019: Alison Wiley, a once-idealistic biotech CEO, is processing her new reality: she’s the last bud on the last branch of her family tree. On the heels of her mother’s illness and crushing death, a phone call from Scott Wilcox, a former combat medic turned government investigator, pulls her into a seventy-four year old mystery that begins beneath the surface of a Norwegian glacier.

1945: Squadron Leader Jack Barton, a cocky Royal Canadian Air Force pilot, flies combat missions over occupied Europe. Major Günther Graf, a war-weary and disillusioned Luftwaffe pilot, is trapped in the unspeakable horrors of Nazi Germany. Their paths, so different yet so similar, are connected by a young girl, a victim of appalling cruelty who may carry the promise of a better future.

As these five lives converge in a sweeping arc that takes readers on a tightly woven and gripping journey—from the destruction and cruelty of war to the relentless pressures of corporate greed—EO-N reminds us that individual actions matter, and that courage comes in many forms.

Thursday, August 8th ... TBA

West Knox County Senior Center Book Club

The West Knox County Senior Center Book Club meets on the third Thursday of each month at 1:00 PM. They will be discussing the following books:

Thursday, July 18th ... “The Maid” by Nita Prose

Molly Gray is not like everyone else. She struggles with social skills and misreads the intentions of others. Her gran used to interpret the world for her, codifying it into simple rules that Molly could live by. A Clue-like, locked-room mystery and a heartwarming journey of the spirit, *The Maid* explores what it means to be the same as everyone else and yet entirely different—and reveals that all mysteries can be solved through connection to the human heart.

Thursday, August 15th ... “Small Mercies” by Dennie Lehane

In the summer of 1974 a heatwave blankets Boston and Mary Pat Fennessy is trying to stay one step ahead of the bill collectors. Mary Pat has lived her entire life in the housing projects of “Southie,” the Irish American enclave that stubbornly adheres to old tradition and stands proudly apart. One night Mary Pat’s teenage daughter Jules stays out late and doesn’t come home. That same evening, a young Black man is found dead, struck by a subway train under mysterious circumstances. The two events seem unconnected. But Mary Pat, propelled by a desperate search for her missing daughter, begins turning over stones best left untouched—asking questions that bother Marty Butler, chieftain of the Irish mob, and the men who work for him, men who don’t take kindly to any threat to their business.



Ready City USA

Join Read City for your most exciting challenge yet! For more information on what Read City is offering in 2024, visit:

www.KnoxCountyLibrary.org/read-city



West Knox County Senior Center Library is Available

The Center’s library is open Monday through Friday 7:30 AM—4:00 PM. Feel free to stop in and browse the library. Our check-out system is on the honor system. You take which books you want to read and return them whenever you’re finished. If you have current titles and especially large size print you would like to donate, you can drop those off at the Center’s reception desk. However, do note the Center is not a drop-off location for books checked out from the Knox County Library.



You can inquire about our classes by calling the Center at 865-288-7805



Tech Classes



Cyber Security Classes with Jake

Have you ever received an email that requested a lot of money? Money that you know you don't owe. Or maybe you've encountered a computer virus. Nowadays cybercrimes (crimes committed through the internet) are as prevalent as ever. People are robbed of thousands of dollars and lose important files on their computers. Viruses continue to get more sophisticated with every passing day. Social engineering techniques (convincing people to unknowingly download malicious programs or transfer money) are getting harder to spot. And with social media continuing to increase in popularity, it is being abused for malicious intent as well. In this cybersecurity class you will learn about how these malicious attacks are carried out and how to spot them. Call the Center or stop by the reception desk to sign up for this three part class series. There is no fee for this class. These classes offered on Wednesdays at 1:30 PM are presented below:

Wednesday, July 17 ... Cyber Security Class I

As a participant in this class, you will learn the importance of cyber security and how to protect yourself while browsing the web. You will also learn about the different types of malware (malicious software) and how to avoid it. Finally, you will learn to protect your personal information and passwords from cyber criminals.

Wednesday, July 24 ... Cyber Security Class II

You will learn about different internet and phone call scams and the tactics behind them. The class will also inform you on how to make safe internet purchases.

Wednesday, July 31 ... Cyber Security Class III

This final class, you will learn about good social media etiquette and how to avoid social media scams. You will also learn about different privacy settings to keep your information secure.

Ask Jake!

Need assistance with your smartphone, tablet, laptop, or other electronic device? Free and individual tutoring sessions available most Fridays from 9:30 AM—11:00 AM with Jake. To check on seating availability, and to sign-up for your tutoring session, call the Center or stop by the Reception Desk.

Social Media 4 Seniors classes do require payment in advance. Their classes do require a minimum number of individuals to be paid and registered in order for the class to make. However, if the class is cancelled by Social Media 4 Seniors due to lack of enrollment, a refund will be made to those individuals who have paid for the class. A refund may not be made if a student has prepaid but fails to attend the class.



Tech Classes

July 19th ... Android Basics Workshop

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this four hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. This one class will be taught with four hours of instruction. A lunch break will be provided. You're welcome to bring a brown-bag lunch. A meal will not be included with this class. Workshop fee is \$35 and payable at time of registration. Deadline to register is Wednesday, July 17th. You can register at the reception desk. The class must have a minimum of five students in order to be held. This class will meet on Friday, July 19th from 10:00 AM—3:00 PM. Instructor is Catherine Everhart with [Social Media 4 Seniors](#).

August 1st ... Awesome Apps for Android Users

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this two hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. This one class will be taught for four hours of instruction. A lunch break will be provided and you're welcome to bring a brown-bag lunch. A meal will not be included with this class. Workshop fee is \$20 and payable at time of registration. Deadline to register is Tuesday, July 30th. You can register at the reception desk. This class must have a minimum of five students in order to meet. This class will meet on Thursday, August 1st from 1:00—3:00 PM. Instructor is Catherine Everhart with [Social Media 4 Seniors](#).

Social Media 4 Seniors classes do require payment in advance. Their classes do require a minimum number of individuals to be paid and registered in order for the class to make. However, if the class is cancelled by Social Media 4 Seniors due to lack of enrollment, a refund will be made to those individuals who have paid for the class. A refund may not be made if a student has prepaid but fails to attend the class.

Classes I need to sign up for:



Fitness Activities at West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934
(865) 288-7805



Cardio/Strength/Stretch Class Wednesdays and Fridays 9:00 AM Class fee: \$5 Room #021

This class is a great combination of Cardio (low impact yet energizing), Strength (focus on all major muscle groups), and Stretch (slow and gentle stretches). This class is brought to us by Covenant Bodyworks. Students can start at any time. Class is approximately 60 minutes long.

Feldenkrais—Movement Improvement Tuesdays at 12:50 PM & Thursdays at 1:00 PM. Class fee \$5. Room #021

This class is taught by Debbie Ashton, certified Feldenkrais professional. The class concentrates on small movements, done on mats, and helps flexibility and mobility. Therapeutic sequences help relieve pain and difficulty in daily functioning. Instructor Debbie Ashton worked in physical therapy clinics as a Feldenkrais practitioner for twenty-two years. Students can start at any time.

Line Dance Class for Beginners Thursdays 2:15 PM. Class fee \$5 Room #021

Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Wednesday. It's imperative that new students commit to attending the first seven weeks of the beginning of a new class to learn the steps. Fees payable to the instructor. Please sign up at the reception desk.

Line Dance Improvers Class Wednesday 1:00 PM. Class fee: \$5.00 per class attended Room #021

For those who have completed the beginning line dance class but not advanced enough to move on to the Intermediate class. Class is suited for those who have completed the beginning line dance class or have experience line dancing. Class is approximately 90 minutes long. Class instructor is Diane Hensley.

Line Dance Class Intermediate Tuesdays 2:00 PM Class fee: \$5.00 per class attended Room #021

One of the most fun classes you'll ever do! Great music, from pop to Irish dancing, rock to country line music. The Tuesday class is for those who have learned the dances, or can pick them up quickly. This is the more advanced Line Dance Class. Wear shoes you can dance in and make turns. Class instructor Diane Hensley.

Pickleball Tuesdays 12:00—3:30 PM and Thursdays 12:30 PM—3:30 PM Class fee: Free Room: Gymnasium

Play pickleball or want to be introduced to the sport? Join us in the gymnasium on Tuesday and Thursday afternoons for a friendly and fun game of pickleball. If you're new to pickleball and would like to learn, call the Center and speak with Cindy—she can teach you the basics to help get you started. Beginning Lessons are on Thursdays from 11:45 AM—12:30 PM.

Chair Yoga Strength Tuesdays 11:15 AM Class Fee: \$5 Room: #021

This class utilizes a chair, light hand-held strength training equipment. If you want to work muscles, improve posture, decrease stress and increase your energy level, this class is for you. Students may start at any time. This class is brought to us by Covenant BodyWorks.

Gentle Yoga Wednesdays at 11:15 AM Class fee: \$5 Room: #021

A practice of yoga postures and breath work at a relaxed pace. The intent of this class is improved posture, flexibility, balance, and core strength with the added benefit of enhanced well being. Bring a yoga mat, and a towel for added cushioning. Wear comfortable, stretchy clothing (layers if you are cold natured). You must be able to get down and up from the floor. This class is brought to us by Covenant Bodyworks. Students can start at any time. Class is approximately 60 minutes long.

Fitness Room Availability. The Center's Fitness Room (Room #014) is equipped with treadmills, an elliptical, recumbent bikes, a semi-recumbent stepper, and free weights. The room is open Monday through Friday from 7:30 AM—3:45 PM. We offer free orientations on how to safely use the equipment. You can call the Center to schedule your free orientation.

Fitness Activities at West Knox County Senior Center

SAIL (Stay Active & Independent for Life) Exercise Class Room: Gymnasium

Mondays, Wednesdays, and Fridays at 10:00 AM-11:00 AM Class fee: \$4.00 per each class attended.

Stay Active and Independent for Life (SAIL) is an evidenced-based program designed to lower the risk of falling. SAIL was created for mature adults and includes: aerobic activity, balance, strength, and flexibility. All of these exercises can be done standing or seated depending on the needs of the student. Students can start at any time. This class is offered under the guidance of the Knox County Health Department. Class instructor is Rachel Piotrowski. Class is approximately 60 minutes long. This class is taught in the upstairs Gymnasium.

Tai Chi with Cheryl —Mondays, Wednesdays, Fridays 8:45 AM—9:45 AM Class fee \$2

Join instructor Cheryl Chandler for Tai Chi for Seniors. Tai Chi is a soft martial arts exercise that focuses on balance, flexibility, agility, and stamina. It is an ideal workout for seniors as it can decrease stress, anxiety, and depression. This class will also concentrate on relaxation and comfortable moves. Most of all it is fun and you will meet some wonderful people. The Monday class is taught in the Multi-Purpose Room (Room #021). The Wednesday and Friday classes are taught in the gymnasium. No experience necessary to join the class.

Yang Style Tai Chi For Beginners (Tai Chi I) Tuesdays 9:45 -11:00 AM Class fee: \$3 Room: #021

Join us for improving your health with the widely popular Yang Style Tai Chi. It combines slow graceful movements, meditation and relaxing breathing. The class is led by long-timer instructor Mr. Pat Barbieri, with twenty-three years experience. This class meets once a week. Studies have show that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength. This class includes fifteen minutes of stretching exercises for increasing range of motion and flexibility. New students can start at any time.

Yang Style Tai Chi (Tai Chi II) Thursdays 9:45 AM—11:00 AM Class fee: \$3 Room #021

If you've taken Mr. Barbieri's class before *or* are familiar with Yang Style Tai Chi, feel free to join his class on Thursdays. The class includes fifteen minutes of stretching exercises for increasing range of motion, balance, and flexibility. Class fee is \$3 per student per class attended. Class fees payable to the instructor.

Tone & Balance Thursdays 11:15 AM Class fee \$5 Room: 021 Multipurpose Room #021

This class is designed to improve your balance, increase strength in all major muscle groups and enhance your range of motion, all of which will assist you in performance your daily activities such as lifting, bending, sitting, etc... This class is brought to us by Covenant BodyWORKS. New students can start at any time. No need to pre-register.

Zumba Gold Wednesdays 2:30 PM Class fee \$5 Room: 021 Multipurpose Room

Zumba Gold is the no-impact form of dance where you learn routines from Latin, Bollywood, Belly Dance, and American oldies. Instructor Debbie Ashton, has taught many forms of dance and exercise for forty-seven years and is a Feldenkrais movement therapy specialist. Join the Zumba Gold class on Wednesdays at 2:30 PM.

Personal Fitness Training Available

With the guidance of a personal trainer, you can set and attain realistic fitness goals. Enjoy the benefits of a personal trainer; safety, accountability, encouragement, and individual attention. Personal Training fee is \$25 for a thirty minute session, a one hour session is \$50, for a group it is \$20 per person for a thirty minute session. To schedule your appointment to meet with Rachel call the Center or stop by the reception desk. Rachel will call you to schedule your appointment.

Caleb Newsome Can Help!

Caleb Newsome, Public Health Fitness Coordinator, is available to work with exercise instructors, seniors, and staff to promote health and fitness experiences at all six Knox County Senior Centers including West Knox County Senior Center. He is available free of charge to seniors to assist with nutrition, fitness, and exercise plans. He can provide Fitness Room orientations to guide individuals on the proper and safe way to use the equipment. If you would like to schedule a free consultation with Caleb, call the Center or stop by the reception desk. He can help guide you toward meeting your health, fitness, and wellness goals.

Get Your Free Fitness Room Orientation

Want to use the Center's Fitness Room? It's equipped with treadmills, an elliptical, recumbent bike, semi-recumbent stepper, and free weights. Call the Center or stop by the reception desk and inquire about your free Fitness Room orientation. Learn to use the machines safely, get the most of your workout, and help you reach, and maintain your health and wellness goals.



presents 13 free breakfasts for Veterans and guests monthly
Coffee at 8:00 am - Chow line 8:30 am

First Saturday

Elks Lodge #160
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church
214 Cedar St., Sevierville 37862

Second Saturday

Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

Last Saturday

Oliver Springs DAV
Tri-County Chapter 26
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church
3110 Wears Valley Rd, Sevierville, 37862
Located approximately 7 miles S of
Pigeon Forge and 8 miles NE of Townsend

Starting March 30th
West End Baptist Church
116 West End St, Newport 37821

For more information or to sponsor a
breakfast call 865-604-4443



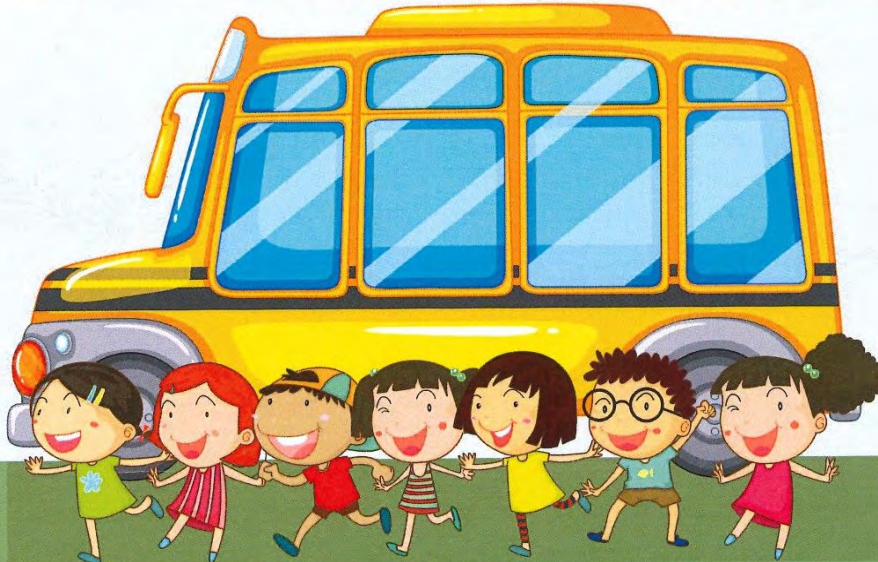
Grandparents as Parents School Supply Drive

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 Knoxville Senior Center | 239 Jamestown Blvd. Suite 101

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

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

Upcoming Workshop

July/August Classes

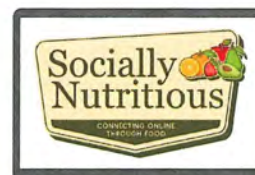
Wednesdays, 9:00 - 10:30 a.m.

Starts **July 10, 2024**

West Knox County Senior Center
239 Jamestowne Boulevard
Knoxville, TN 37934

Call (865) 288-7805 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!

For more information, contact:

Dr. Whitney Bignell

Email: bignell@etsu.edu

Phone: (423) 439-7537

<https://www.sociallynutritious.org>

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.



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



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



SENIOR JOB FAIR

→ for everyone 50+

JOIN US AT THE SENIOR JOB FAIR ON AUGUST 9!



Friday, August 9, 2024

12 pm—3 pm

West Knox County Senior Center

239 Jamestowne Blvd. #101

Knoxville, TN 37934

Employers who want to hire older workers will be on hand to discuss current employment opportunities.

Bring copies of your resume and learn more at the Senior Job Fair!

Join us!

LEARN ABOUT JOB OPPORTUNITIES IN FIELDS SUCH AS:

- ▶ CLERICAL
- ▶ RETAIL
- ▶ SERVICE INDUSTRY
- ▶ HOME HEALTH CARE
- ▶ HOSPITALITY INDUSTRY AND MORE . . .

Questions?
Call 865-524-2786

The Senior Job Fair is sponsored by the Senior Employment Service, a program of the CAC Office on Aging.