



KNOX COUNTY  
TENNESSEE

# HALLS SENIOR CENTER

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

**JANUARY/FEBRUARY 2025**

## Happenings...



**Jan. 22nd @ 11:30 AM**

**Join us for a bowl of delicious chili that will tantalize your taste buds and warm you up on a cold winter day!**

**Register @ 865-922-0416.**

Sponsored by: Local Retirement Group  
Morning Pointe  
Knoxville Rehabilitation Hospital

## Bingo at Halls!

There will be no fee and no gifts needed to play. Our featured sponsor will call Bingo and provide a coverall prize. Participants can only win one prize and everyone is eligible to win the coverall prize. Prizes are donated by a variety of sponsors along with their service information. Come fill the room and let's have fun playing Bingo!

**Jan. 8th @ 10:00 AM**  
**Jan. 21st @ 10:00 AM**  
**Feb. 5th @ 10:00 AM**  
**Feb. 19th @ 10:00 AM**

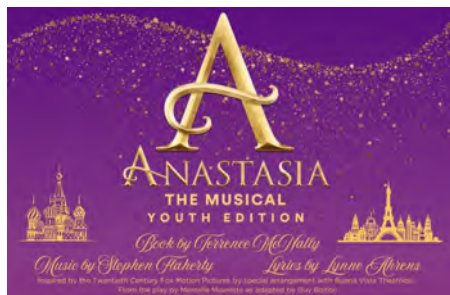


## Professional Therapeutic Chair Massage offered at Halls Senior Center!

Tabitha Travis will be offering 30 minute therapeutic chair massage to help alleviate muscle and joint pain, reduce stiffness, restore mobility, improve circulation, and expedite healing and recovery.

**January 30th, 8:00 AM-Noon**  
**Cost \$30.00**

Schedule your appointment at the front desk or call 865-922-0416.



**Field trip—Anastasia**  
**At the Clayton Center for**  
**Performing Arts—Feb. 6th**

Penny Mayo with Humana is providing us free tickets. Bus cost \$10.00. Lunch on your own at Kickback Jacks in Alcoa.

Bus leaves @ 9:00 AM

Limited Seating.

**Sign up @ 865-922-0416.**

## Genealogy Class

**Feb. 11th and Feb. 14th**  
**10:00 AM-Noon**

Ron Jones has twenty-five years experience in researching Genealogy. You will learn how to use genealogy software and how to access public records. This is a wonderful way to connect with your heritage and then be able to share your stories with your family.

Register for this class by calling 865-922-0416.

**You will need to bring your laptop or iPad.**



**Knox County Veteran Services** will have an information table and be available for questions in the lobby at Halls Senior Center on the third Wednesday of every month.

**Jan. 15th—2-4 PM**  
**Feb. 19th—2-4 PM**

**Knox County Senior Centers will be closed:**

**Jan. 1st**  
**Jan. 20th**  
**Feb. 17th**

# January/February 2025

## Pickleball

Tuesday, Wednesday,  
Thursday and  
Friday 1:00-4:30 PM



**SAIL CLASS**  
Monday, Wednesday, & Friday  
8:30-9:30 AM  
**NEW additional class on**  
Friday has been added.  
8:30-9:30 AM

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



## Mahjong

Monday and Friday  
@ 12:30 PM



## Tai Chi Gung

Every Monday (two classes)  
11:00 AM (standing)  
11:50 PM (seated)  
Begins Jan. 6th - \$2.00 per class

You may have heard of Tai Chi before, or maybe you taken a class in the past. This practice is somewhat different. It is less complicated and easier on your body, yet the benefits are the same.

One class is standing, the other is seated. Both classes are 45 minutes long and focus on leg strength, flexibility, balance, and learning to breathe more deeply and efficiently. They are very gentle yet calming and energizing all at the same time.

If you can walk for 10 to 20 minutes, the standing class is best for you. If you have less endurance the seated class is perfect for you. Also, the seated class is a wonderful place to begin exercising again if you have back issues, neurological problems, and/or are recovering from a surgery or a stroke.



## Cardio Drumming

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

Thursdays  
@ 1:00 PM



## Senior Information and Referral

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

January 27th @ 10 AM  
and February 24th @ 10 AM

Senior  
Information  
& Referral



## Walking Club

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

Take that first step to  
better health!

It's always more fun to walk with a friend. Call 865-922-0416.



Jan. 15th  
@ 11:00 AM  
Information Session

Evaluations, hearing aids, and tinnitus management. We are passionate about helping you live life to the fullest with better hearing health. Wondering what to expect with a hearing test? We want your time with us to be smooth and easy so you can relax as we listen to your concerns and symptoms as we test your hearing. Our team is made up of thoroughly trained audiologists who want the best solution for you.

Sign up at 865-922-0416.



# January/February 2025



**Come Play With AARP!**



**February 20, 2025**

10:00 AM—2:00 PM

Join us for fun board games and enjoy refreshments. Bring your friends or come and make new ones. This event is free—AARP membership is NOT required.

Note: Photos will be taken at this event, by participating you agree to have your photo taken.

**Call 865-922-0416 to Register!**



## *Dementia*

**Lunch and Learn**

**Feb. 25th @ 11:30 AM**

**Soup and Sandwiches provided.**

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

**Senior Q & A with Core Insurance**

**Every 1st Thursday of the month @ Noon—2:00 PM**

**January 2nd**

**February 6th**



## ***Monday Movie Matinee***



**January 13th**

**@ 1:00 PM**

***Dreamer***

**February 10th**

**@ 1:00 PM**

***Must Love Dogs***

**Popcorn will be provided.**

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

**Carter Senior Center 865-932-2939**

**Corryton Senior Center 865-688-5882**

**Halls Senior Center 865-922-0416**

**Karns Senior Center 865-951-2653**

**South Knoxville Center Senior 865-573-5843**

**West Knox County Senior Center 865-288-7805**



# January/February 2025

## Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze

Applications are open  
Oct. 1, 2024 though April 5, 2025  
You must sign up every year.

Knox County Trustee Justin Biggs  
and his team will be at the  
Halls Senior Center on  
January 16th 1:00-2:30 PM



## Mexican Train Dominoes Tuesday & Friday @ Noon



Our Euchre group is  
growing but we would  
love to have more  
players. Join us every  
Friday @ 10:00 AM or call  
865-922-0416 for more  
information.



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

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

## Crafts with Susanne

Join us for Crafts with Susanne.

Jan. 7th @ 10 AM  
Coaster Snowman



Feb. 4th @ 10 AM  
Scarf Wreath



Call 865-922-0416  
to sign up.



### 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 you sign-up?

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 let you know of the changes.



# January/February 2025



## Getting Your Home in Order

Getting your affairs in order and sharing your decisions can help your loved ones during a stressful time and best ensure your wishes are understood and respected.

## Lunch & Learn With Smoky Mountain Hospice Feb. 26th @ 11:30 AM

Sign up @ 865-922-0416.



**Jan. 22nd  
@ 11:00 AM**

Prescription for Love by Brandi Kennedy is the book for January.

**Feb. 26th  
@ 11:00 AM**



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

West End Baptist Church  
116 West End St, Newport 37821

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

Knox County Government and Senior Centers do not endorse any commercial product, service or viewpoint expressed by Third Party Vendors. Activities, trips, and services provided by any Knox County Senior Center are educational in nature and only meant to inform.

# Halls Senior Center

4405 Crippen Road,  
Knoxville, TN 37918

Phone: 865-922-0416


www.knoxcounty.org/seniors/

January  
2025



Center Hours—M-F  
8:00 AM-4:30 PM

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

Mon	Tue	Wed	Thu	Fri
8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:00 Scrapbooking 10:00 Bridge 9:30 Pinochle 10:00 Exercise Class 11:00 Tai Chi Gung (standing) 11:50 Tai Chi Gung (seated) 12:30 Mahjong 1:00 Rook	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Hand & Foot 10:00 Exercise Class 12:00 Mexican Train Dominoes 1:00 Mat Class 1:00-4:00 Pickleball	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:30 Rook 10:00 Hand & Foot 10:00 Beginner Line Dance 11:00 Intermed Line Dance 1:00 Bridge 1:00 Rook 1:00-4:00 Pickleball	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Quilting 10:00 Polynesian Dance 12:00 Rummikub 1:00 Cardio Drumming 1:00-4:00 Pickleball	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:30-1:00 Ping Pong 10:00 Euchre 11:00 Art/Craft Social 12:00 Mexican Train Dominoes 12:30 Mahjong 1:00-4:00 Pickleball
		1 Knox County Senior Centers are CLOSED	2 Quilting Sew-In @ 8:30 AM Senior Q & A w/CORE Noon-2 PM	3
6 Tai Chi Gung (NEW class begins this week) Every Monday 11:00 AM (standing) 11:50 PM (seated)	7 Crafts w/Susanne @ 10 AM Coaster Snowman	8  @ 10:00 AM	9	10
13 Monday Movie 1:00 PM Dreamer Popcorn provided.	14	15 Veteran Services 2:00-4:00 PM Volunteer Hearing @ 11:00 AM	16 Tax Relief 1:00-2:30 PM	17
20 Knox County Senior Centers are CLOSED	21 Senior Walk West Town Mall (indoors), 7600 Kingston Pike, 37919. Lunch at the Food Court, RSVP 865-288-3761.  @ 10:00 AM	22  @ 11:30 AM You must sign up 865-922-0416 Book Club @ 11:00 AM	23	24
27 Sr. Info. & Referral 10 AM—Noon	28	29	30 Professional Therapeutic Chair Massage (30 min.) \$30.00 8:00 AM—Noon CALL for appt. 865-922-0416	31 National Hot Chocolate Day— Join us in the lobby. 

# Halls Senior Center

4405 Crippen Road,  
Knoxville, TN 37918

Phone: 865-922-0416

www.knoxcounty.org/seniors/

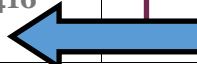
February  
2025



Center Hours—M-F  
8:00 AM-4:30 PM

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

Mon	Tue	Wed	Thu	Fri
8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:00 Scrapbooking 10:00 Bridge 9:30 Pinochle 10:00 Exercise Class 11:00 Tai Chi Gung (standing) 11:50 Tai Chi Gung (seated) 12:30 Mahjong 1:00 Rook	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Hand & Foot 10:00 Exercise Class 12:00 Mexican Train Dominoes 1:00 Mat Class 1:00-4:00 Pickleball	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 10:00 Hand & Foot 10:00 Beginner Line Dance 11:00 Intermed Line Dance 1:00 Bridge 1:00 Rook 1:00-4:00 Pickleball	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Quilting 10:00 Polynesian Dance 12:00 Rummikub 1:00 Cardio Drumming 1:00-4:00 Pickleball	8:00-4:30 Fitness Room 8:00-4:30 Billiards 8:30-9:30 SAIL Class 9:30-1:00 Ping Pong 10:00 Euchre 11:00 Art/Craft Social 12:00 Mexican Train Dominoes 12:30 Mahjong 1:00-4:00 Pickleball
3	4 Crafts w/Susanne @ 10 AM Scarf Wreath	5  @ 10:00 AM	6 QUILTERS Class @ 8:30 AM Senior Q & A with Core Noon-2 PM Field Trip/Anatasia, bus leaves at @ 9:00 AM	7 <i>National Send a Friend a Card Day. Free cards in the Lobby!</i>
10 Monday Movie Matinee 1:00 PM Must Love Dogs Popcorn provided	11 Genealogy Class 10:00 AM-Noon	12 	13 KISMET @ 11:00 AM 	14  Genealogy Class 10:00 AM-Noon
17 Knox County Senior Centers are CLOSED	18 Senior Walk First Creek Greenway & Caswell Park, 620 Winona Street @ 10:00 AM Lunch at Ale' Rae's RSVP 865-288-3761.	19  @ 10:00 AM Veteran Services 2:00-4:00 PM	20 AARP Games 10 AM—2 PM	21
24 Sr. Info. & Referral 10 AM—Noon	25 Dementia—Lunch/Learn w/ Morning Pointe @ 11:30 AM Signup 865-922-0416	26 Getting Your Home in Order—Lunch/Learn w/ Smoky Mtn. Hospice. @ 11:30 AM Call 865-922-0416 to register.	27 Book Club @ 11:00 AM Wed. 26th	28



# Chili

## Cook-off



**January 22nd @ 11:30 AM**

**Join us for a delicious bowl of tantalizing  
chili on a cold winter day!**

**Register at 865-922-0416.**





## KNOX COUNTY SENIOR SERVICES 2025 MONTHLY SENIOR WALKS

For information or to RSVP

[seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)



**865-288-3761**

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

**JANUARY 21<sup>st</sup> at 10:00 am**

Join Judy and Susanne  
WEST TOWN MALL (INDOORS)  
7600 Kingston Pike 37919  
Lunch-Many Options in Food Court

**FEBRUARY 18<sup>th</sup> at 10:00 am**

Join Susanne and Tara  
FIRST CREEK GREENWAY @ CASWELL PARK

620 Winona Street  
Lunch at Ale'Rae's

**MARCH 18<sup>th</sup> at 10:00 am**

Join Jessica and Sue  
PELLISSIPPI STATE COMMUNITY COLLEGE CAMPUS

10915 Hardin Valley Road  
Lunch at Double Dogs (Hardin Valley)

**APRIL 15<sup>th</sup> at 10:00 am**

Join Kim and Cindy  
UT ARBORETUM  
901 S Illinois Ave  
Lunch at Soup Kitchen (Oak Ridge)

**MAY 20<sup>th</sup> 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 17<sup>th</sup> at 9:30 am**

Join Judy and Sue  
HALLS GREENWAY  
4405 Crippen Road  
Lunch at Litton's

**JULY 15<sup>th</sup> at 9:30 am**

Join Darrell and Lisa  
VILLAGE GREEN NEIGHBORHOOD FARRAGUT  
Meet at West Senior Center 239 Jamestowne Blvd.

Lunch at 35 North Grill

**AUGUST 19<sup>th</sup> at 9:00 am**

Join Laurie and Carole  
VICTOR ASHE PARK

4901 Bradshaw Road

Lunch at Caza Brava

**SEPTEMBER 16<sup>th</sup> at 9:30 am**

Join Tara and Sarah  
WORLD'S FAIR PARK  
1060 World's Fair Park Drive  
Lunch at Calhoun's on the River

**OCTOBER 21<sup>st</sup> at 10:00 am**

Join Eilene and Aliyete  
WEST HILL PARK/JEAN TEAGUE GREENWAY

421 North Winston Road

Lunch at The Tomato Head

**NOVEMBER 18<sup>th</sup> at 10:00 am**

Join Sarah and Jessica  
CORRYTON SENIOR CENTER WALKING TRAIL

9331 Davis Drive

Chili Lunch at Center

**DECEMBER 16<sup>th</sup> at 5:00 pm**

Join Sarah, Carole and Laurie  
CHRISTMAS LIGHTS WALK

Lakeshore Park

5930 Lyons View Pike

Hot Chocolate provided

[Knoxcounty.org/seniors/](https://www.knoxcounty.org/seniors/)

Feel free to join us for  
the dutch treat lunches

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



WANT QUICK,  
AFFORDABLE RELIEF  
THAT WORKS?



**SCHEDULE A 30 MINUTE THERAPEUTIC CHAIR MASSAGE**



Alleviate Muscle & Joint Pain  
Reduce Stiffness & Restore Mobility  
Improve Circulation & Expedite Healing & Recovery

**\$30**

8:00 AM—12:00 PM

**Call 865-922-0416 to schedule an appointment.**



# Tai Chi Gung

**Every Monday (two classes)**  
**11:00 AM (standing) & 11:50 AM (seated)**  
(Begins Jan. 6th) \$2.00 per class

Hello Everyone!

My name is Carrie Murray. I am privileged and excited to begin teaching a life giving series of exercises called TAI CHI GUNG. It means: "Give Power to Peace" and it can also mean: "Grand Supreme Energy for the body temple."

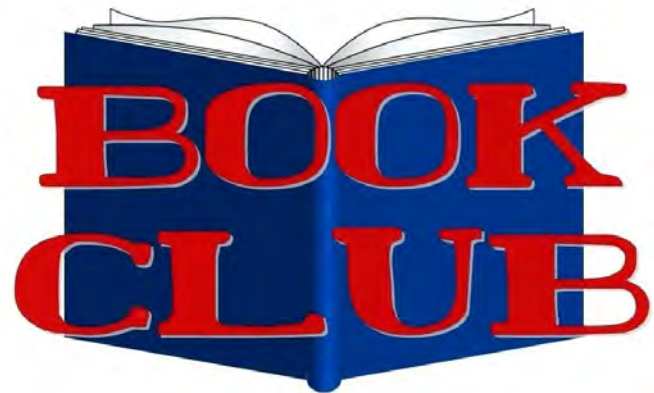
You may have heard of Tai Chi before, or maybe you taken a class in the past. This practice is somewhat different. It is less complicated and easier on your body, yet the benefits are the same. I will be teaching 2 classes. One is standing, the other is seated. Both classes are 45 minutes long and focus on leg strength, flexibility, balance, and learning to breathe more deeply and efficiently. They are very gentle yet calming and energizing all at the same time.

If you can walk for 10 to 20 minutes, the standing class is best for you. If you have less endurance the seated class is perfect for you. Also, the seated class is a wonderful place to begin exercising again if you have back issues, neurological problems, and/or are recovering from a surgery or a stroke.

As we begin a new year, I would love to be part of creating a new, healthier you. These simple exercises will enhance everything else you do to take care of yourself. They have done it for me, so I know they can do it for you too. Come and check it out!

I send Blessings Galore,  
Carrie





**Upcoming meetings...**  
(4th Wednesday of the month)

**Jan. 22nd @ 11:00 AM**

Prescription for Love, second book in the series by  
Brandi Kennedy is the book for January.

**Feb. 26th @ 11:00 AM**





## **Come Play With AARP!**

Join us for fun board games and enjoy refreshments. Bring your friends or come and make new ones. This event is free—AARP membership is NOT required.



**February 20, 2025**

10:00 AM—2:00 PM

Halls Senior Center

4405 Crippen Road

Knoxville, TN 37918

Note: Photos will be taken at this event, by participating you agree to have your photo taken. **Call 865-922-0416 to Register!**



# Genealogy Class

**Feb. 11th and Feb. 14th  
10:00 AM-Noon**

Ron Jones has twenty-five years experience in researching Genealogy. You will learn how to use genealogy software and how to access public records. This is a wonderful way to connect with your heritage and then be able to share your stories with your family.

Register for this class by calling 865-922-0416.

**You will need to bring your laptop or iPad.**



**Primary Players**

Children's Theatre Group

is proud to present

**A**

**ANASTASIA**

**THE MUSICAL  
YOUTH EDITION**



*Book by Terrence McNally*

*Music by Stephen Flaherty*

*Lyrics by Lynne Ahrens*

Inspired by the Twentieth Century Fox Motion Pictures by special arrangement with Buena Vista Theatrical.

From the play by Marcelle Maurette as adapted by Guy Bolton

**Sensory Friendly Show: 10am Thursday, Feb 6th**

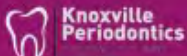
**All Performances At  
The Clayton Center For The Arts  
In Maryville**

**Tickets: \$5 per person**

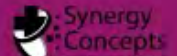
**60 minute runtime, No Intermission**

Penny Mayo with Humana is providing us free tickets. Cost for bus \$10.00.

Lunch is own your own at Kickback Jacks.



**LeConte Wealth  
Management**



ANASTASIA is presented by arrangement with Concord Theatricals. [www.concordtheatricals.com](http://www.concordtheatricals.com)



# Volunteer Hearing

*We come to you!*

Volunteer Hearing  
Information Session  
with Brittany Arnold

Jan. 15th @ 11:00 AM

Evaluations, hearing aids, and tinnitus management. We are passionate about helping you live life to the fullest with better hearing health.

Wondering what to expect with a hearing test? We want your time with us to be smooth and easy so you can relax as we listen to your concerns and symptoms as we test your hearing. Our team is made up of thoroughly trained audiologists who want the best solution for you.

Sign up at 865-922-0416.





# TECH SMART KNOX SENIORS

KNOXSENIORS.ORG  
A PROGRAM OF THE CAC OFFICE ON AGING

**Are you age 60+ & live in Knox County?**

**Interested in learning how  
to use a laptop computer?**

**Need help purchasing an  
affordable laptop computer?**

***We can help!***



After completing this 15-hour training, you are eligible to purchase a laptop computer called a Chromebook for \$25 (Retail value \$150).

Classes are Monday—Friday; 3 hours per day.

Call for class locations.

***Give us a call to learn more!***  
**865-524-2786**

This project is funded under a Grant Contract with the State of Tennessee.



## Getting Your Home in Order

Getting your affairs in order and sharing your decisions can help your loved ones during a stressful time and best ensure your wishes are understood and respected.

# **Lunch & Learn With Smoky Mountain Hospice Feb. 26th @ 11:30 AM**

**Sign up @ 865-922-0416.**

## **Crafts with Susanne Presents:**



### **Coaster Snowman**

**Learn how to make this adorable coaster snowman. Supplies will be provided.**

**January 7th @ 10 AM  
RSVP at the front desk or  
call 865-922-0416**

## **Crafts with Susanne Presents:**



### **Scarf Wreath**

**Learn how to make this beautiful wreath. Bring your own scarf and the wreath will be provided.**

**February 4th @ 10 AM  
RSVP at the front desk or  
call 865-922-0416**



# Dementia

**Lunch and Learn Presented by  
Morning Pointe  
Assisted Living & Memory Care**

**Feb. 25th  
@ 11:30 AM**

Sandwiches and Soup Provided.

**Register for by calling 865-922-0416.**



# VETERAN URGENT CARE RESOURCES

URGENT CARE

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

Care is available to treat non-life threatening conditions.

When to choose VA urgent care:

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



When using urgent care at a community provider:

You can also show the card on your mobile device.

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

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



Do you need help using your VA urgent care benefits?

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

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

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

- AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, or WY.
- Your region listed on the card to check your eligibility.



DOWNLOAD VA URGENT CARE BILLING INFORMATION CARD

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



FIND VA-APPROVED PROVIDERS AND PHARMACIES

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



CHECK YOUR ELIGIBILITY!

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

SELECT:

OPTION 1

THEN

OPTION 3

AND THEN

OPTION 1

Family members are not authorized to use urgent care benefits.

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

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

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



# KNOX COUNTY

## VETERANS SERVICES OFFICE

THE KNOX COUNTY VETERANS SERVICES OFFICE WILL BE AT THE SENIOR CENTERS TO PROVIDE ONE-ON-ONE ASSISTANCE TO VETERANS AND FAMILY MEMBERS.

WE WILL EXPLAIN VA BENEFITS, ANSWER QUESTIONS, AND ASSIST VETERANS AND FAMILY MEMBERS WITH FILING FOR THEIR VA BENEFITS.

### January

Corryton- January 7th, 2025 2:00 pm to 4:00 pm

Halls- January 15th, 2025 2:00 pm to 4:00 pm

West - January 23rd, 2025 1:30 pm to 4:00 pm

Karns- January 24th, 2025 8:00 am to 10:00 am

Carter- January 29th, 2025 2:00 pm to 4:00 pm

### February

Corryton- February 11th, 2025 2:00 pm to 4:00 pm

Karns - February 14, 2025 8:00 am to 10:00 am

Halls- February 19th, 2025 2:00 pm to 4:00 pm

Carter- February 26, 2025 2:00 pm to 4:00 pm

West- February 27, 2025 1:30 pm to 4:00 pm

South- February 28, 2025 8:30 am to 11:00 am

CALL THE KNOX COUNTY SENIOR CENTER TO SCHEDULE AN APPOINTMENT





# ***Movie Matinees***

**January 13th @ 1:00 PM**

## ***Dreamer***

You'll cheer all the way to the finish line for this feel good film. Kurt Russell and Dakota Fanning star as a horse trainer and his inspiring young daughter, Cale, whose determination to help an injured racehorse changes their lives forever.

**February 10th @ 1:00 PM**

## ***Must Love Dogs***

Pretty pre-school teacher Sara Nolan (Diane Lane) is divorced, demoralized and dateless—until her sister posts her profile at perfectmatch.com. Now she has lots of dates. With weirdos, weepers, lechers, jocks—and Jake (John Cusack), a soulful boat builder whose idea of a true love comes straight out of Doctor Zhivago. Jake is attractive, smart and maybe a bit too intense. So Sarah passes him by and maybe passes up her one real chance for love.



# FITNESS ROOM IS NOW OPEN!

**FITNESS ROOM ORIENTATION IS MANDATORY**

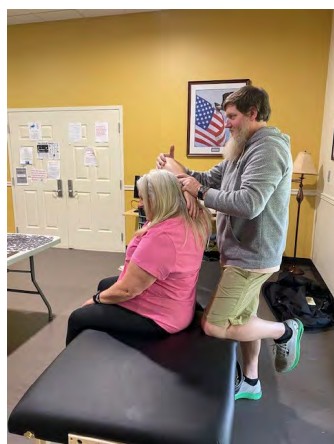
**Stop by to see the new fitness room and schedule your orientation or call 865-922-0416.**



**personal training**



**fitness consultation**



**stretching**



*Too cold or snowy for an outdoor walk?*  
**Walk at your local mall!**



**Jan. 21st @ 10:00 AM**  
**West Town Mall (indoors)**  
**7600 Kingston Pike 37919**

Join Susanne and Judy at West Town Mall for  
an indoor walk and window shopping!  
Meet us just inside the mall entrance near  
The Cheesecake Factory (East side of the mall)  
@ 10:00 AM. After our walk we will have  
Lunch in the food court.

**Please RSVP for the walk by calling 865-288-3761  
or email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)**

# February Senior Services Walk

First Creek Greenway at Caswell Park

620 Winona St, Knoxville 37919

Meet at the back parking lot of the O'Connor Senior Center

Tuesday, February 18th at 10:00am

Come enjoy a short, brisk walk with Tara and Susanne and then warm up with a yummy lunch at

Ale' Rae's

Located at

937 N Broadway

RSVP at [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org) or 865-288-3761



## **Attention Pickers, Grinners, and Fans alike:**

**Did you know that Knox County Senior Centers have multiple “Jam” options just for you? Check out the list below, put in day of the week order, and start making your rounds to fill your need to JAM!**

**Guitar Jam Mondays 1:30-3:30** Open to anyone who can play guitar who likes music from the 60s and 70s. No open audience (KARNS)

**Music Jam first Mondays of every month 1:30** (WEST)

**Gospel Singing fourth Monday of every month 1:00-3:00** Open to anyone who plays an acoustic instrument and has an open audience (SOUTH)

**Corryton Jam Tuesdays at 1:30** Open to anyone who plays acoustic instruments and has an open audience (CORRYTON)

**Music Jam first Wednesday of every month 1:00-3:00** Open to anyone who plays an instrument and likes bluegrass or Americana. Open Audience (KARNS)

**South Knox Opry Thursdays 9:00-12:00** Country, Gospel, and Bluegrass music open to anyone who plays acoustic instruments and has an open audience (SOUTH)

**Guitar Jam Fridays at 2:00** Open to anyone who plays acoustic instruments and has an open audience (CARTER)

### **Knox County Senior Centers:**

- Carter - 9040 Asheville Highway Knoxville TN 37924 \* 865-932-2939
- Corryton - 9331 Davis Drive Corryton TN 37721 \* 865-688-5882
- Halls - 4405 Crippen Road Knoxville TN 37918 \* 865-922-0416
- Karns - 8042 Oak Ridge Highway Knoxville TN 37931 \* 865-951-2653
- South - 6729 Martel Lane Knoxville TN 37920 \* 865-573-5843
- West - 239 Jamestowne Road Suite 101 Knoxville TN 37934 \* 865-288-7805

# Grief Recovery Resources



*Mynatt Funeral Home is proud to partner with Walking with Joy~ Loss & Grief Recovery to provide the best resources and information available to you during this period of grief and healing. The Grief Recovery Method® is the only grief support program shown to be evidence-based. Our certified Grief Recovery specialists provide expert grief support to empower you with knowledge and strengthen you with a step-by-step guide using actions proven to heal your heart.*



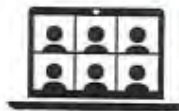
## **In-Person & Online Grief Recovery Support Group.**

The Grief Recovery Method® gives a step-by-step guide of actions that are proven to heal your heart. In these Support Groups you will be given a process that can be used for a lifetime to help you move beyond the pain caused by death, loss and any lifestyle change.



## **Facebook Group. Hope-Help-Healing**

Join this Grief Recovery based group to receive daily quotes, hopeful encouragements and grief healing videos.



## **Online Zoom Support. Hope Circle**

This weekly Circle gathers a community of griever together in an open share format to journey through grief. Videos, panel discussions, guest speakers and a plethora of resources will be included to introduce new tools. **Meeting ID:** 829 0028 2226 **Passcode:** HOPE



## **Monthly Newsletter.**

The Grief Recovery Monthly free newsletter offers timely inspiration and event reminders delivered right to your inbox.



## **Community Events.**

Special events focused around holidays are held to support you on your grief recovery journey. They will provide opportunities to build community as well as equip you with new tools to find a path of healing.

For more information or to register for Grief Recovery Support Groups or upcoming events.  
[www.mynattfh.com](http://www.mynattfh.com) ~ 865-407-0214 ~ [GriefRecoveryJoy-Chelsi@mynattfh.com](mailto:GriefRecoveryJoy-Chelsi@mynattfh.com)