

**March &  
April**

**2025**

**Karns Senior Center**  
*The Navigator*

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

Join us for a field trip to the Tennessee Theater to enjoy a free musical performance. Program will be announced at a later date. Transportation provided by CAC free of charge. Limited space available. **RSVP**

**Tuesday, March 4th from 8:00-10:00 am... Beltone**

A representative with Beltone Hearing will be available to assist you with free hearing screenings and hearing aid cleanings by appointment. Call to schedule. **RSVP**

**Tuesday, March 4th at 10:30 am... Iris Folding Card Class**

Cindy Mishtal is back to lead this fun paper craft class. Iris folding is a technique of card making that involves layering multi colored paper for a beautiful finished design. March will feature a four leaf clover. Cost is \$5 per card with all materials provided. **RSVP**

**Thursday, March 6th at 10:30 am... Grief Support Workshop w/ Brandon Cantor**

Join Brandon Cantor, a certified Life & Wellness Coach with an MA in counseling, as he explores the 5 stages of grief and how grief affects our lives. Brandon will discuss practical coping strategies to navigate grief in a healthy way. A Q&A session will follow. **RSVP**

**Friday, March 7th at 12:30 pm... JoAnn Parsley Book Launch Party**

JoAnn and Don Parsley are back to launch the 3rd book in her series. This imaginative story follows Harrel, a King's Ranger and his sorceress companion, on their quest. Come meet the author and enjoy a Dunkin' Donut. No purchase required. **RSVP**

**Monday, March 10th at 1:30 pm... Shoulder Pain w/ Lee Easley**

Join Dr. Lee Easley with Knox Physical Therapy as he discusses possible causes of shoulder pain and treatment options. If you have shoulder pain, don't miss this free presentation. **RSVP**

**Tuesday, March 11th at 10:30 am... Cooking w/ Laurie**

This class features 3 dishes with avocados as the main ingredient: an avocado sauce with pasta, avocado salad, and for dessert, avocado chocolate mousse. Avocados are a superfood! They support overall heart health as a great source of "good fat", are helpful curbing hunger and preventing sugar spikes, as well as benefitting gut health as a source of fiber and prebiotics. Space is limited. **RSVP**

**Wednesday, March 12th thru April 16th at 1:00 pm...Quilts w/ Johnnie Reber**

Join Johnnie Reber, a professional quilter with years of experience sewing and teaching, for this quilting class featuring the Friendship Star pattern. Students may use quilt as you go, or traditional quilt top.

**Classes will last 5 weeks for 2 hours each class. Fee is \$70. You must purchase your material and bring a sewing machine to class. Space is limited. RSVP**

**Holiday closing: April 18th**

**Karns Senior Center**  
**8042 Oak Ridge Highway, Knoxville, TN 37931, Phone: 865-951-2653**

**Tuesday, March 18th at 10:30 am... Medicare 101 w/ Nace Coker**

Do you have questions about how Medicare works, when you can enroll, your prescription drug coverage, and the options available? Nace Coker, an Independent Insurance Broker, is here to help with this informative presentation. **RSVP**

**Wednesday, March 19th at 1:00 pm... Krfty Stamper**

Join Cindy Bogard for this fun paper crafting class ! This month's project is a barn door card, a gift box, and a matchbook treat. All materials provided. Cost is \$13. Class size is limited. **RSVP**



**Thursday, March 20th at 10:30 am... Otoscopy w/ Acuity Hearing**

Do you hear, but not understand? It may be wax! Join Acuity Hearing for this painless and fascinating experience. Hearing Instrument Specialist Amber Simpson will use a tiny video camera called an otoscope to look inside your ear. This allows them to determine if wax is blocking the ear canal, muffling sound. You will see all the way to your eardrum on the monitor! By appointment only. **RSVP**

**Friday, March 21st at 12:30 pm... Walking Club Celebration w/ Linda Staffen**

Have you been walking and counting your steps? Have you been recording your steps ? Please join Core Insurance Advisors and it's sponsors as we celebrate the various milestones met from our walking club members. Snacks, recognition, and giveaways provided. **Please RSVP by March 14th.**

**Monday, March 24th at 1:30 pm... Nutrition & Healthy Eating w/ Chelsea Johnson**

Preparing healthy meals and snacks does not have to be challenging but can seem overwhelming at times. Join Chelsea Johnson, a Registered Dietician, as she shares ways to master basic skills of preparing meals & snacks for 1-2 people, on a budget, and in a timely manner. Chelsea will present creative tips & recipes while highlighting the health benefits of specific foods that fit your lifestyle. **RSVP**

**Tuesday, March 25th at 10:30 am... Social Security Presentation w/ Nace Coker**

Do you have questions about how Social Security works? How does when you file affect your benefits? What about spousal benefits, survivors, and taxation? Come find the answers to these and any other questions you have in this presentation by Nace Coker, a Registered Social Security Analyst. **RSVP**

**Wednesday, March 26th from 9:00 am - 3:00 pm...Nuclear Care Partners**

Nuclear Care Partners is dedicated to the care of former atomic workers who qualify for services through the Energy Employees Occupational Illness Compensation Program. During this event representatives of Nuclear Care Partners will meet with clients. For more information or to schedule an appointment, **contact Nuclear Care Partners at 865-255-6680.**

**Visit our website at [knoxcounty.org/seniors](http://knoxcounty.org/seniors)**

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**8042 Oak Ridge Highway, Knoxville, TN 37931, Phone: 865-951-2653**

**Friday, March 28th at 1:00 pm... Planning your Estate w/ Jennifer Skiles**

Join Jennifer Skiles, a Financial Advisor with Edward Jones, for this informational seminar. Jennifer will discuss how you can take control of your financial legacy by planning your estate. Whether you have started making plans or haven't even begun, there will be something for everyone to learn. **RSVP**

**Monday, March 31st at 1:30 pm... Jeep Trail Adventures**

Join Bruce and Janis Robinson as they show photos and discuss their recent jeep trail adventures on some of the 8,000+ miles of trails in Utah and Colorado. Come see abandoned weathered mine buildings, scary cliff-side roads, and incredible mountain and red rock vistas. Cowboy hats optional! **RSVP**

**Tuesday, April 1st at 10:30 am... Iris Folding Card Class**

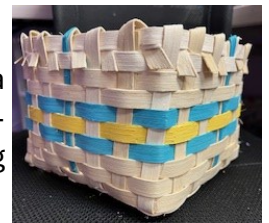
Cindy Mishtal is back to lead this fun paper craft class. Iris folding is a technique of card making that involves layering multi colored paper for a beautiful finished design. April will feature an Easter basket. Cost is \$5 per card with all materials provided. **RSVP**

**Thursday, April 3rd at 10:30 am... Caring for Your Mental Health w/ Brandon Cantor**

Brandon Cantor is back this month to lead a workshop on caring for your mental health. Brandon is a Certified Life & Wellness Coach with an MA in Counseling. His workshops are designed to teach coping skills and self care techniques. **RSVP**

**Friday, April 4th 10:00 am– 3:00 pm... Basket Making w/ Cindy Mishtal**

Join Cindy to learn how to make a napkin basket with a sawtooth rim! You will have a few different colors to choose from to weave along with the natural. Bring an embellishment of your own to add to the completed basket if you'd like! Fee is \$30.00. Bring a sack lunch as this is a 4 hr. class. Limited space. **RSVP**



**Monday, April 7th at 1:00 pm... Medicare Education Class w/ Wendy Blackburn**

Are you getting ready to retire or turning 65 soon? Learn about your options and how to compare plans to make a smooth insurance transition. Join Wendy Blackburn with Senior Financial Group and learn the answers to your important Medicare questions. **RSVP**

**Tuesday, April 8th at 10:30 am... Questions About Cremation w/ Sarah Jane White**

Meet Sara Jayne White, an end-of-life doula and family service counselor with Oak Ridge Memorial Park, as she discusses cremation options and how the handling of cremains differs from traditional ground burial or using a mausoleum. It will not be a sad or dull presentation! *Questions are encouraged and prizes will be awarded.* **RSVP**

**Wednesday, April 9th from 11:00-12:30 pm... Welcome Spring Meal w/ the Butlers**

Join us in this time of food and fellowship as we welcome in Spring! The wonderful Butler ladies will once again be serving us a fantastic, home-cooked meal. Drinks provided by United Real Estate. **Space is limited, so you must RSVP.**

**Visit our website at [knoxcounty.org/seniors](http://knoxcounty.org/seniors)**

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**8042 Oak Ridge Highway, Knoxville, TN 37931, Phone: 865-951-2653**

**Wednesday, April 16th at 1:00 pm... Krfty Stamper**

Join Cindy Bogard for this fun paper crafting class ! This month's project is an Easter card, bunny box, and chick candy box. All materials provided. Cost is \$13.

**RSVP**



**Thursday, April 17th from 10:00 -3:00... Quilts of Valor Sew-In**

If you are a quilter, we invite you to join us for this special program. Quilts of Valor presents quilts to veterans in recognition of their service and sacrifice. Participants will help with sewing blocks and seams. Please bring your own machine. Limited space is available; **RSVP** to the Center or email Vickie Fox at [vefox@aol.com](mailto:vefox@aol.com)

**Monday, April 21st at 1:30 pm... Book Launch Party w/ Carl R. Smith**

Some of you may have met Carl Smith when he taught Self Defense, but you may not have known he is also an author. Carl will be launching the third book in his *Fringe Patriots* Series. Come hear about his life experiences that led him to author these books. Carl will have books available for purchase and to autograph. No purchase necessary. **RSVP**

**Tuesday, April 22nd at 10:30 am... Squeegee Painting w/ Lisa Page**

Squeegee Painting is the newest trend in making ART EASY! Grab some paint, and your basic window squeegee and before you know it, you've created a modern masterpiece. It's fun for everyone and you don't have to be an artist to try it! All materials provided. Class size is limited. **RSVP**

**RSVP**

**Wednesday, April 23rd at 12:15 pm... Diabetes Cooking School w/ Heather**

Come join Heather Kyle Harmon for this class designed for those who are diabetic or prediabetic. We will cover topics such as: What is Diabetes? How do I plan my meals and snacks? When do I seek medical attention during a low or high blood sugar attack? There will be great recipe ideas and a hands on cooking demonstration. Space is limited. **RSVP**

**Friday, April 25th at 1:00 pm... Spring Choir Concert**

Come join the Karns Senior Choir in welcoming Spring with this musical performance entitled "Singin' in the Rain". After the music we will offer refreshments sponsored by Nace Coker, Independent Insurance Broker. **RSVP**

**Monday, April 28th at 12:30 pm... Financial Fraud Awareness w/ TVA Credit Union**

Join us for this informative Lunch & Learn session with Knoxville TVA Employees Credit Union. This class will educate seniors on recognizing and protecting themselves from common financial scams and frauds. Learn valuable tips and tools to safeguard your financial well-being and identify potential threats. Don't miss this opportunity to become more aware and proactive in protecting your finances! Space is limited. **Must RSVP**

**Visit our website at [knoxcounty.org/seniors](http://knoxcounty.org/seniors)**

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## Life Frequency Hearing Health

**Mondays**

**from 8:00– 9:30 am**

Luke Amos with Life Frequency is here once a week offering hearing aid cleaning and hearing check-ups. Please call his office at 865-310-5008 to schedule.

## Iris Folding

**Tuesday, March 4th at 10:30**

**Tuesday, April 1st at 10:30**

## Krfty Stamper

**Wednesday, March 19th  
at 1:00**

**Wednesday, April 16th  
at 1:00**

## Hymn Sing

**Every Third Wednesday  
March 19th at 1:00 pm  
April 16th at 1:00 pm**

Come and sing along with some of your old favorite hymns!

## Music Jam

**Every First Wednesday  
March 5th at 1:00 pm  
April 2nd at 1:00 pm**

Join us for an afternoon of country, bluegrass, and gospel music. Bring your instrument to join in or just come and listen!

**March refreshments:** Christine & Olivia w/ United Real Estate

## Birding

Join Robert Terrell for birding:

**Spring Migration**

**Wed. March 19th at 1:00  
(Feb. reschedule)**

**Bird Guides & Computer  
Birding Applications**

**Wed. April 16th at 1:00 pm.**

**Bingo is on the first and last Thursday of every month at 11:00 am.** Bring a new \$5.00 value gift to participate!

**March 13th** sponsored by: Ja'el Michael w/ United Healthcare

**March 27th** sponsored by: Penny Mayo w/ Humana

**April 10th** sponsored by: Michele w/ The Home Option

**April 24th** sponsored by: Penny Mayo w/ Humana

## Book Club

**March 12th at 2:00 pm**

**The Women** by Kristen Hannah

An intimate portrait of coming of age in a dangerous time and an epic tale of a nation divided.

**April 9th at 2:00 pm**

**In My Dreams I Hold A Knife** by Ashley Winstead

A college reunion turns dark and deadly in this chilling novel about six friends, one unsolved murder, and the secrets they've been hiding from each other—and themselves—for a decade.

## Mystery Book Club

**March 26th at 2:00 pm**

**Raven Black** by Ann Cleeves

On New Year's Eve a lonely outcast named Magnus Tait stays home waiting for visitors who never come. But the next morning the body of a murdered teenage girl is discovered nearby, and suspicion falls on Magnus.

**April 23rd at 2:00 pm**

**12 Months to Live** by Patterson & Lupica

Criminal attorney Jane Smith has received a terminal diagnosis, but she is determined to win her last trial. Jane finds herself fighting the clock and the many enemies who would do her harm.

## Veterans Services

Knox County Veteran Services are here to assist Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. You can schedule an appointment to meet with a representative here on:

**Friday, March 7th  
from 8:00-10:00**

**Friday, April 11th  
from 8:00-10:00**

Please call 865-215-5645 for more information.

## Senior Walks

Knox County Senior Services schedules a monthly walk for seniors. If you would like to receive information about these walks, please email:

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

## Social Worker Outreach

**March 5th, 10:00-12:00**

**April 2nd, 10:00-12:00**

Melinda Bryant with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You may also contact their office at (865) 546-6262.





# Karns Senior Center

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

# March

# 2025

**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)**

Daily Schedule Remains The Same/Special Events Are Listed By Date				
7:30 Ping Pong 9:00 Cardio Class* 10:00 Advanced Art* 11:00 SAIL Exercise* 12:30 Pinochle 1:00 Sit'n'Sew 1:30 Guitar Jam	8:30 Pinochle 10:00 Poker 12:30 Canasta 12:30 Chair Yoga* 1:00 Stability Class* 1:00 Cribbage 2:00 Yoga*	7:30 Ping Pong 9:30 Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oils and Acrylics	9:00 Cardio Class* 11:00 Trivia 12:30 Chair Yoga* 1:00 Stability Class* 1:00 Crafting Social 1:00 Mah Jongg 2:00 Yoga*	7:30 Ping Pong 8:30 Pinochle 10:00 Cardio Drumming 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train 1:00 Euchre 1:00 Choir Practice
<b>3</b> 8:00-9:30 Life Frequency Hearing 10:00-12:00 Wendy Sr. Financial (lobby)  <b>10:45 Field Trip: Mighty Musical</b> 12:15 Line Dance*	<b>4</b> 8:00-10:00 Beltone  <b>10:30 Iris Folding*</b>  1:45 Beg. ASL* 2:45 ASL Part II*	<b>5</b> 10:00-12:00 Social Worker Outreach  1:00 Music Jam Sponsor: Christine w/ United Real Estate 1:30 Genealogy	<b>6</b>  <b>10:30 Grief Support with Brandon Cantor</b>  1:45 Beg. Spanish* 2:45 Inter. Spanish*	<b>7</b> 8:00-10:00 Veterans Services  <b>12:30 Don &amp; JoAnn Parsley Book Launch Party</b>
<b>10</b> 8:00-9:30 Life Frequency Hearing Health Services  12:15 Line Dance*  <b>1:30 Shoulder Pain</b>	<b>11</b> 10:30 Cooking with Laurie  1:45 Beg. ASL* 2:45 ASL Part II*	<b>12</b> 12:30 InstaPot Cooking w/ Rose (Feb. reschedule) <b>1:00 Quilt Class* with Johnnie Reber</b> 1:30 Genealogy 2:00 Book Club	<b>13</b> 11:00 BINGO Sponsor: Ja'el Michael United Healthcare Medicare Q&A (lobby)  1:45 Beg. Spanish* 2:45 Inter. Spanish*	<b>14</b> 11:00-1:00 Ryan Ritter w/ Wisdom Insurance (lobby)
<b>17</b> 8:00-9:30 Life Frequency Hearing  11:00-1:00 Jessica w/ Knoxville TVA Credit Union (lobby)  12:15 Line Dance*	<b>18</b> Senior Walk with Sue at Pellissippi  <b>10:30 Medicare 101 Seminar w/ Nace</b>  1:45 Beg. ASL* 2:45 ASL Part II*	<b>19</b> 1:00 Birding (Feb. reschedule) <b>1:00 Quilt Class</b> <b>1:00 Krfy Stamper*</b> 1:00 Hymn Sing 1:30 Genealogy	<b>20</b> 10:30 Video Otoscopy w/ Acuity Hearing  1:45 Beg. Spanish* 2:45 Inter. Spanish*	<b>21</b> 10:00-12:00 Linda Staffen w/Core Insurance/ Medicare Q&A (lobby) <b>12:30 Walking Group Celebration w/ Core Insurance</b>
<b>24</b> 8:00-9:30 Life Frequency Hearing  12:15 Line Dance*  <b>1:30 Nutrition &amp; Healthy Eating w/ Chelsea Johnson</b>	<b>25</b> 10:30 Soc. Security Presentation w/ Nace  1:45 Beg. ASL* 2:45 ASL Part II*	<b>26</b> Toenail Trimming* <b>9:00-3:00 Nuclear Care Partners</b> <b>1:00 Quilt Class</b> 1:30 Genealogy 2:00 Mystery Book Club	<b>27</b> 11:00 BINGO Sponsor: Penny Mayo Humana Q&A (lobby)  1:45 Beg. Spanish* 2:45 Inter. Spanish*	<b>28</b> Toenail Trimming*  <b>1:00 Estate Planning w/ Jennifer Skiles Edward Jones</b>
<b>31</b> 8:00-9:30 Life Frequency Hearing  12:15 Line Dance*  <b>1:30 Jeep Trail Adventures</b>		<b>Contact Nuclear Care Partners at 865-255-6680 for more info or to schedule an app't on 3/26</b>		<b>Make an appointment to meet with Missy, our Fitness Coordinator, to work on your fitness goals</b>



# Karns Senior Center

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

# April

# 2025

**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)**

## Daily Schedule Remains The Same/ Special Events Are Listed By Date

7:30 Ping Pong 9:00 Cardio Class* 10:00 Advanced Art* 11:00 SAIL Exercise* 12:30 Pinochle 1:00 Sit'n'Sew 1:30 Guitar Jam	8:30 Pinochle 10:00 Poker 12:30 Canasta 12:30 Chair Yoga* 1:00 Stability Class* 1:00 Cribbage 2:00 Yoga*	7:30 Ping Pong 9:30 Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 10:00 Rook 11:00 SAIL Exercise* 1:00 Canasta 1:00 Oils and Acrylics	9:00 Cardio Class* 11:00 Trivia 12:30 Chair Yoga* 1:00 Stability Class* 1:00 Crafting Social 1:00 Mah Jongg 2:00 Yoga*	7:30 Ping Pong 8:30 Pinochle 10:00 Cardio Drumming 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train 1:00 Euchre 1:00 Choir Practice 2:30 Ukulele Practice
<b>Beginning ASL &amp; ASL Part II will start back on Tuesday, April 8th at 1:45 &amp; 2:45 respectively</b>	<b>1</b> 10:30 Iris Folding*	<b>2</b> 10:00-12:00 Social Worker Outreach 1:00 Music Jam Sponsor: <b>1:00 No Quilting</b> 1:30 Genealogy	<b>3</b> <b>10:30 Caring for Your Mental Health w/ Brandon Cantor</b>  1:45 Beg. Spanish* 2:45 Inter. Spanish*	<b>4</b> 10:00-12:00 Linda Staffen w/Core Insurance (lobby) <b>10:00-3:00 Basket Making Class* w/ Cindy Mishtal</b>
<b>7</b> 8:00-9:30 Life Frequency Hearing Health Services 10:00-12:00 Wendy Sr. Financial (lobby) 12:15 Line Dance* <b>1:00 Medicare Education w/ Wendy</b>	<b>8</b> 10:30 Questions about Cremation w/ Sarah Jane  <b>1:45 Beg. ASL*</b> <b>2:45 ASL Part II*</b>	<b>9</b> <b>11:00-12:30 Welcome Spring Meal Sponsored by Butlers United Real Estate</b> 1:00 Quilts w/ Johnnie 1:30 Genealogy 2:00 Book Club	<b>10</b> <b>10:30 Go Anywhere Travel (reschedule)</b> 11:00 BINGO Sponsor: Michele w/ The Home Option 1:45 Beg. Spanish* 2:45 Inter. Spanish*	<b>11</b> <b>8:00-10:00 Veterans Services</b> 11:00-1:00 Ryan Ritter w/ Wisdom Insurance (lobby)
<b>14</b> <b>8:00-9:30 Life Frequency Hearing Health Services</b>  12:15 Line Dance*	<b>15</b>  1:45 Beg. ASL* 2:45 ASL Part II*	<b>16</b>  1:00 Hymn Sing 1:00 Quilts w/ Johnnie <b>1:00 Krfty Stamper*</b> 1:00 Birding 1:30 Genealogy	<b>17</b> <b>10:00-3:00 Quilts of Valor Sew-In</b>  1:45 Beg. Spanish* 2:45 Inter. Spanish*	<b>18</b>  <b>Holiday: Center Closed</b>
<b>21</b> <b>8:00-9:30 Life Frequency Hearing Health Services</b>  12:15 Line Dance* <b>1:30 Carl R. Smith Book Launch Party</b>	<b>22</b> <b>Senior Walk</b>  <b>10:30 Squeegie Painting w/ Lisa</b>  1:45 Beg. ASL* 2:45 ASL Part II*	<b>23</b> <b>Toenail Trimming*</b>  <b>12:15 Cooking for Diabetes w/ Heather</b>  1:30 Genealogy 2:00 Mystery Book Club	<b>24</b> 11:00 BINGO Sponsor: Penny Mayo Humana Q&A (lobby)  1:45 Beg. Spanish* 2:45 Inter. Spanish*	<b>25</b> <b>Toenail Trimming*</b>  <b>1:00 Choir Concert "Singing in the Rain" Sponsor: Nace Coker</b>
<b>28</b> <b>8:00-9:30 Life Frequency Hearing Health Services</b> 12:15 Line Dance* <b>12:30 Fraud Awareness Lunch &amp; Learn w/ Jessica TVA Credit Union</b>	<b>29</b> <b>10:00-2:00 Craft Fair (exercise classes cancelled)</b>  1:45 Beg. ASL* 2:45 ASL Part II*	<b>30</b>  <b>1:00-3:00 Dance w/ DJ John Rutherford* Sponsor: Joy Gartner</b> 1:30 Genealogy	<b>Activities on the calendar followed by an (*) have a fee to participate. Activities listed in bold, please RSVP</b>	

# March Senior Services Walk

## Pellissippi State Hardin Valley Campus

***Tuesday, March 18th, 10:00 AM***

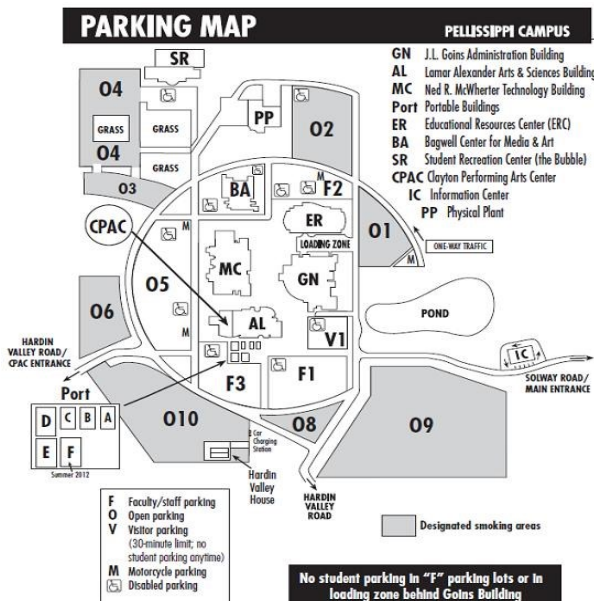
Join Sue and Jessica for a 1.5 mile loop walk on the Pellissippi State College campus. We will meet at the open parking lot (01) overlooking the duck pond. The path is all paved with beautiful views of the pond and greenspace surrounding the campus.

**Where:** 10915 Hardin Valley Rd., Knoxville, TN 37933

**When:** Tuesday, March 18th at 10:00 am

**Lunch:** We will meet for lunch at Double Dogs immediately after at 10639 Hardin Valley Road.

Call 865-288-3761 or email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org) to register!



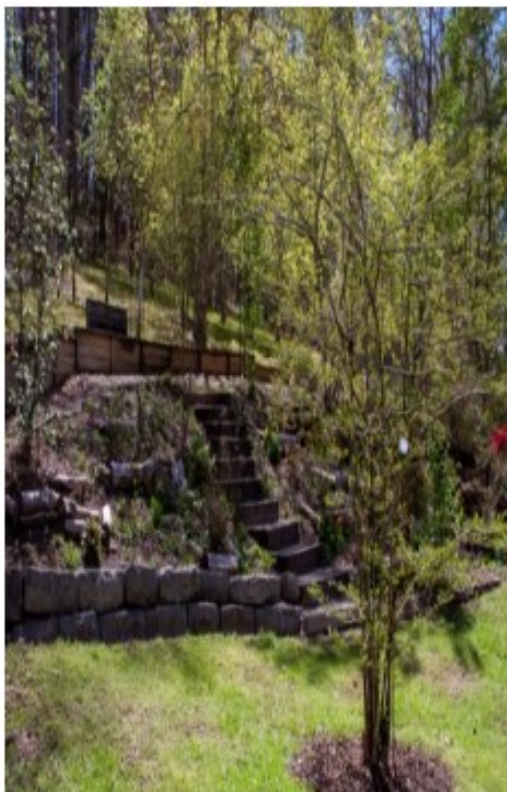


## April Senior Services Walk UT Arboretum at Oak Ridge 901 S Illinois Ave, Oak Ridge, TN 37830

Join us on Tuesday, April 15<sup>th</sup> at 10am. We will meet in the parking lot. There are 7 miles of trails from casual to serious hiking with Butterfly trail of 0.5 miles and rated easy. Come enjoy a short walk with Kim and Cindy.

After you have worked up an appetite, eat with us at the Soup Kitchen, 47 E. Tennessee Ave., Oak Ridge, TN 37830

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



# SPRING CRAFT FAIR

*TUESDAY, APRIL 29TH,*

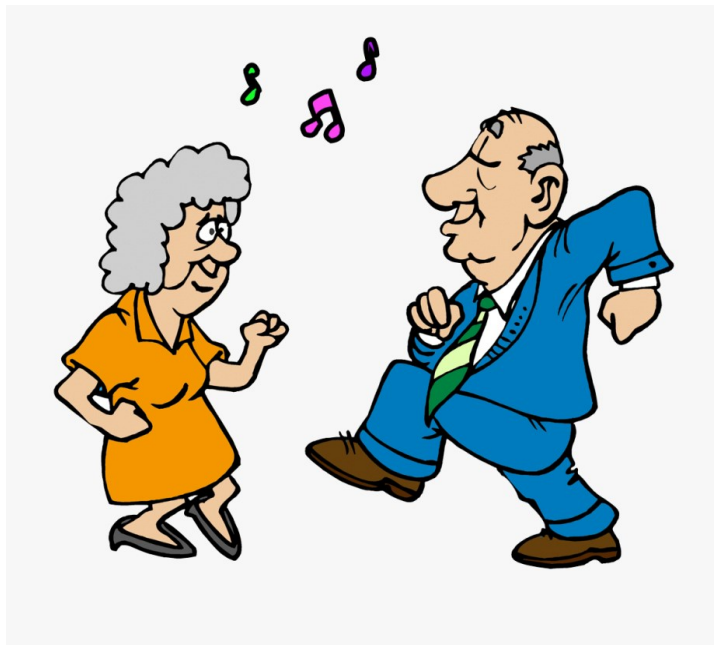
*10:00-2:00*

Looking for the perfect gift or decoration for yourself or someone else? Come join us for our Spring Craft Fair. This event will feature a variety of items such as crafts, baked goods, Décor, jewelry, and so much more! Be sure to mark your calendar and come see us.

Vendors, you may register for this event until available table space has been sold. You must stop by the Center to register and pay your fee in advance. No holds.



**Wednesday, April 30th  
from 1:00-3:00 pm...  
Spring Dance**



**Join us for some music and dancing provided by DJ John Rutherford. He will be playing a variety of music including a combination of ballroom, Latin, line dancing, and country music.**

**We will be providing light Refreshments sponsored by Joy Gaertner. Cost is \$5 at the door to cover our DJ.  
RSVP**





# AARP<sup>SM</sup>

## Tax Aide

### Free Preparation & Filing

#### Tennessee Volunteers(Vols) (In)come (Tax)

Income taxes are prepared by IRS trained and certified volunteers at locations in Knoxville, Clinton, and LaFollette.

To make an appointment, you can call the appointment center phone number at 865-229-4229.

[Bearden Central Baptist Church CORE Building](#) (Thursdays)

[Burlington Branch Library](#) (Wednesdays)

[Campbell County Senior Center](#) - LaFollette (Mondays)

[Clinton Public Library](#) (Mondays) **NEW SITE**

[Grace Lutheran Church](#) - Cedar Bluff area (Tuesdays)

[J. T. O'Connor Senior Center](#) (Wednesdays)

[Pellissippi State Community College](#) - West Knoxville (Saturdays )

[Powell United Methodist Church](#) (Thursdays)

[South Knoxville Senior Center](#) (Mondays)



## **Medicare/Insurance Providers Scheduled for March/April**

- Monday, March 3rd from 10:00-12:00 Wendy Blackburn from Senior Financial Group. Wendy will have a table in the lobby, no appointment necessary.
- Thursday, March 13th from 11:00-1:00 Ja'el Michael from United Healthcare. Ja'el is sponsoring Bingo for us and will be available after for Q&A, no appointment necessary.
- Friday, March 14th from 11:00-1:00 Ryan Ritter from Wisdom Insurance. Ryan will have a table in the lobby, no appointment necessary.
- Tuesday, March 18th at 10:30 Nace Coker, Independent Broker, will make a Medicare 101 Presentation. Nace will host a formal presentation followed by a Q&A session. Kindly RSVP.
- Friday, March 21st from 10:00-12:00 Linda Staffen of Core Insurance. Linda will have a table in the lobby, no appointment necessary.
- Tuesday, March 25th at 10:30 Nace Coker, Independent Broker, will make a presentation on RSSA. Nace will host a formal presentation followed by a Q&A session. Kindly RSVP.
- Thursday, March 27th from 11:00-1:00 Penny Mayo from Humana. Penny is sponsoring Bingo for us and will be available after for Q&A, no appointment necessary.
- Friday, April 4th from 10:00-12:00 Linda Staffen of Core Insurance. Linda will have a table in the lobby, no appointment necessary.
- Monday, April 7th from 10:00-12:00 Wendy Blackburn from Senior Financial Group. Wendy will be in the lobby, no appointment necessary.
- Monday, April 7th from 1:00-2:00 Wendy Blackburn, Senior Financial Group, will make a Medicare Education presentation. Wendy will host a formal presentation. Kindly RSVP.
- Friday, April 11th from 11:00-1:00 Ryan Ritter from Wisdom Insurance. Ryan will have a table in the lobby, no appointment necessary.
- Thursday, April 24th 11:00-1:00 Penny Mayo from Humana. Penny is sponsoring Bingo for us and will be available after for Q&A, no appointment necessary.





presents 14 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

Seymour First Baptist Church  
11621 Chapman Hwy, Seymour 37865

Sevierville First United Methodist Church  
214 Cedar St., Sevierville 37862

Ebenezer United Methodist Church  
1001 Ebenezer Rd, Knoxville 37923

Emerald Ave United Methodist Church  
1620 N. Central St, Knoxville 37917  
Corner of E. Emerald and N. Central St  
Parking in the rear

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

### **Second Saturday**

Hillcrest Community Church  
1615 Price Ave, Knoxville 37920

Knoxville DAV Chapter 24  
2600 Holbrook Dr, Knoxville 37918

Kodak Church  
2923 Bryan Rd, Kodak 37764

Louisville VFW Post 5154  
2561 Hobbs Rd, Louisville 37777

### **Third Saturday**

Community Center  
1708 West Emory Rd, Powell 37849

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

First United Methodist Church  
121 East Meeting St, Dandridge 37725

West End Baptist Church  
116 West End St, Newport 37821