



March/April West Knox County Senior Center 2025 The *Scene*

The senior center will be closed on Friday, April 18th in observation of Good Friday.

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- April 11 ... [Comprehensive Oral Health for Seniors](#)
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- April 14 ... [Home Maintenance Preparedness](#)
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- April 16 ... [Legal Aid Outreach](#)
- April 16 ... [Color, Coffee, and Chat](#)
- April 17 ... [Meet the Physical Therapist](#)
- April 17 ... [WKCS Book Club](#)
- April 21 ... [Bingo](#)
- April 21 ... [Social Security Workshop](#)
- April 21 ... [American Sewing Guild](#)
- April 22 ... [Medicare Q&A with Bruce Meek](#)
- April 24 ... [Therapeutic Chair Massage with Tabitha](#)
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- April 24 ... [Lily Tomlin Visit](#)
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- April 30 ... [Apple iPad/iPhone Q&A](#)
- April 30 ... [Welcome Back Cornhole Game](#)
- April 30 ... [Financial Fraud & Scams](#)
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United Veterans Council of East Tennessee presents listing of free breakfast for Veterans and a guest. See [page 31](#) of this eNewsletter for additional information.

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

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Phone: 865-288-7805

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March 2025

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 8:00—3:30 Health Fitness Coordinator 8:45 Universal Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group 10:30 Bingo 12:00 Mexican Train Dominoes 12:00 MJ Group	:30-3:45 Billiards 7:30—3:45 Fitness Room Open 8:00—3:30 Health Fitness Coordinator 9:00 Healing Touch 9:30 Intern. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group 10:15 French* 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:00 Hand & Foot 12:30 Canasta 12:50 Feldenkrais* 1:00 Portrait Art Group	7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Universal Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Beginning Spanish* 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 Oil Painting Class* 1:00 Improvers Line Dance* 1:00 Bridge	7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 9:30 Artist Group Social 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 10:15 French* 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—10:00 G4V 8:00—12:00 Table Tennis 8:45 Universal Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Ask Jake 10:00 Bible Study Group 10:00 SAIL Exercise* 10:30 Oil Painting Class* 12:00 Pinochle 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group
The programs listed above are occur weekly. Programs below are non-weekly or specialty programs.				
3 10:30 Mardi Gras Bingo Bash 11:00 Field Trip: Mighty Musical Monday 1:30 Music Jam	4 10:30 Grief Support 10:00 Core Ins. Medicare Q&A and Walking Club Info Club Information 1:00 Introduction to Spanish 1:00 Lily Tomlin visit	5 1:30 Sew What 3:00—3:45 Cardio Drumming (5:6)	6 9:00 Meet the Physical Therapist 1:00 Introduction to Spanish	7 9:30 Hearing Help with Beltone
10 9:00 Office on Aging Information and Referral Outreach 10:00 Craft Class—All Occasion cards with Dawn	11 10:30 Introduction to Spanish	12 9:40 Nail Trimming* 3:00 Cardio Drumming (6:6)	13 9:30 ATC Meet and Trade 1:00 Introduction to Spanish 1:00 Medicare Q&A Wisdom Insurance Network 1:00 Lily Tomlin visit 1:00 Steel Magnolia's Book Club 1:30 Dementia Outreach	14 9:30 Nail Trimming*
17 10:00 Special Bingo for St. Patrick's Day 12:00 Am. Sewing Guild* 1:00 Lily Tomlin visit No SAIL Exercise class today. St Patrick's Day	18 10:00 Senior Walk: Pellissippi State Hardin Valley Campus 10:30 Grief Support No Pickleball today. No Intro to Spanish at 1:00 PM	19 10:00 Color Coffee Chat 10:00 Legal Aid Outreach 1:00—3:00 Humana Farmer's Market No Universal Tai Chi Class No SAIL Class today	20 9:00 Meet the Physical Therapist 10:00 iOS17 & 18 update Workshop* 1:00 Hearing Screenings Acuity with Q&A Table No Pickleball today. No Intro to Spanish at 1:00 PM	21 10:00 iOS17 & iOS18 update Workshop*
24 11:00 Yellow Dot Program 1:30 Social Security Workshop 1:30 Creative Writing Group	25 1:00 Introduction to Spanish 11:00 Medicare Q&A Table with Bruce Meek	26 10:00 Craft Class: Thank You Cards 1:00 Lily Tomlin visit 1:30 Healthy Eating for Older Adults	27 8:00 Therapeutic Chair Massage* 11:00 AARP Smart Driver Class* 1:30 Veteran Services Outreach 1:30 Vietnam Veterans Social No Intro to Spanish class this day	28 11:00 AARP Smart Driver Class*
31 10:30 Special April Fool's Day Bingo 1:30 Cremation Presentation	Notice On Classes 	Note: There will be no SAIL Exercise class on Monday, March 17th or Wednesday, March 19th at 10:00 AM	Note: There will be no Intro to Spanish class with Cierra on the following days: Tuesday, March 18th Thursday, March 20th	Note: There will be no Pickleball on Tuesday, March 18 Thursday, March 20



West Knox County Senior Center

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

Phone: 865-288-7805

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April 2025

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

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The programs listed above are occur weekly. Programs below are non-weekly or specialty programs.				
Commemorating Volunteers April 30th at 1:00 PM with treats in the lounge.	1 10:30 Grief Support 10:30 Walk Club with Missy starts today! 1:00 Intro to Spanish 1:00 Lily Tomlin Visit	2 1:30 Sew What	3 9:00 Meet the Physical Therapist 1:00 Introduction to Spanish	4 1:30 The Ordered Home Presentation on Decluttering
7 11:00 Estate Planning 1:30 Music Jam 1:30 Estate Planning	8 10:00 Core Ins. Medicare Q&A and Walking Club Info 1:00 Introduction to Spanish	9 9:40 Nail Trimming* 1:00 Lily Tomlin Visit	10 9:30 ATC Meet & Trade 1:00 Medicare Q&A Wisdom Ins. Network 1:00 Introduction to Spanish 1:00 Steel Magnolia's Book Club 1:30 Dementia Support Outreach	11 9:30 Nail Trimming* 11:00 Downsizing Made Easy with Suzanne Eaton 1:30 Comprehensive Oral Health Presentation 12:00 American Sewing Guild/Day for Girls
14 9:00 Office on Aging Information and Referral Outreach 10:00 Craft Class: Post-It Note Holder with Dawn 1:30 Home Maintenance Preparedness Presentation	15 10:30 Grief Support 1:00 Introduction to Spanish	16 10:00 Color Coffee Chat 10:00 Legal Aid Outreach 1:30 No More Worries-Let Go of Stress	17 9:00 Meet the Physical Therapist 12:00 WKCS Book Club No Intro to Spanish class with Cierra Huff this day	18 <i>Center Closed</i> <i>Good Friday</i>
21 12:30 American Sewing Guild* 1:30 Social Security Workshop	22 11:00 Medicare Q&A Table with Bruce Meek 1:00 Introduction to Spanish	23 10:00 Craft Class: Book Marks with Cindy <i>World Book Day</i>	24 8:00 Therapeutic Chair Massage* 11:00 AARP Smart Driver Class* 1:00 Lily Tomlin Visit 1:30 Veteran Services Outreach 1:30 Vietnam Veterans Social	25 9:30 Field Trip: Dogwoods Art Festival 11:00 AARP Smart Driver Class* 1:00 Hearing Screenings with Acuity 1:30 Writing your name in Japanese with Mana
28 11:00 Grief Workshop 1:30 Creative Writing Group	29 1:00 Introduction to Spanish last class	30 10:00 Apple iPad/iPhone Q&A* 10:30 Welcome Back Cornhole Game 1:00 Lily Tomlin Visit 1:30 Fraud & Scams Presentation	Note: There will be no Introduction to Spanish class with Cierra Huff on Thursday, April 17 Thursday, April 24	Special Cinco de Mayo Bingo on Monday, May 5th at 10:30 AM RSVP at reception desk.



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, room for billiards and table tennis, multi-purpose room, and an art and crafts room. 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 Apple and Android 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. 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.

BINGO Schedule

To participate in our Bingo is easy; be fifty years or older, bring a white elephant gift with an approximate value of \$5—\$10 in a gift bag for the bingo prize table, call the Center at 865-288-7805 or stop by the reception desk to register. Bingo is offered on the following Mondays at 10:30 AM with the following sponsors:

- March 3rd ... Mardi Gras Bingo Party with Michele Mahoney of Addus HomeCare.
- March 10th ... Shannon and Kellee with Gentivah Hospice.
- March 17th ... Christine Chenot with CMC properties for our special St. Patrick's Day Bingo Bash.
- March 24th ... Matilda Oyedele with Caring Hearts.
- March 31st ... Christine Chenot with CMC properties for our April Fool's Day Bingo Bash.
- April 7th ... Shannon and Kellee with Gentivah Hospice.
- April 14th ... Jessica Baker with Knoxville TVA Employees Credit Union.
- April 21st ... Matilda Oyedele with Caring Hearts.
- April 28th ... Connie Warford with Buckeye Home Medical.
- May 5th ... Michele Mahoney with Addus HomeCare for our special themed Cinco de Mayo Bingo.

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

Art Class Models Wanted

The portrait art group at West Knox County Senior Center meets on Tuesdays from 1:00—3:00 PM. They are looking for individuals who are willing to model for class. If you would like to have more information call Carrie-Ellen Barnes at 865-661-1927.



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, March 4th.,
- Tuesday, March 18th.,
- Tuesday, April 1st.,
- Tuesday, April 15th.

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

Everyone welcome.
Registration not required.



Meet the Physical Therapist

A physical therapist with [Knox PT](#) 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, March 6th.,
- Thursday, March 20th.,
- Thursday, April 3rd.,
- Thursday, April 17th.



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



Congratulations to April Tomlin

April Tomlin was recently promoted from Senior Services Manager to Deputy Director of Knox County Senior and Veteran Services. Many of you know April, she's a guiding force behind Knox County Senior Centers and has worked tirelessly to shape our Centers into some of the best in the area. April began her career with Knox County when she oversaw the transition from Mayor Ragsdale's to Mayor Burchett's administration. Prior to her appointment as Senior Services Manager, she was Mayor Burchett's Community Outreach Coordinator. Congratulations April.

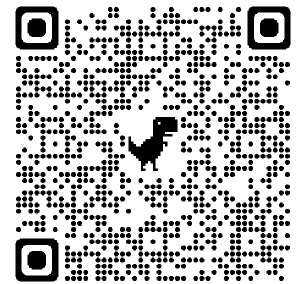


View the e-Newsletter On-Line & More

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.



March 3rd to April 30th You Could Win a \$25 gift card to Calhoun's Restaurant!

When you visit the West Knox County Senior Center, or stop in to participate in one of our many programs, be sure to sign-in at the reception area each time you visit. By signing in during the months of March and April you have a chance to win a \$25 gift card to Calhoun's restaurant. The winner will be announced the first of May and it could be you! Also, make sure we have an updated Membership/Participant Form on file, so we will know how to contact you if you're the winner!

Spanish Practice Group

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 and welcoming. Group members are at all levels and come and go as their schedule permits. This group meets on Wednesdays at 11:00 AM for an hour. Please attend or contact Bill.McAdams@live.com to learn more. Nos vemos pronto!

March 3rd ... Bingo with a Mardi Gras Flair

It's going to be a Mardi Gras themed Bingo on Monday, March 3rd at 10:30 AM and sponsored by [Addus Home Care](#). We'll have King Cake to enjoy and some Mardi Gras themed prizes to win. If you want to participate in our Bingo it's easy to do; be fifty years or older, call the Center and sign up to attend so we can plan on making sure there's enough refreshments. Also, bring a white elephant gift value \$5-\$10 in a gift bag for the White Elephant table. Everyone plays for the white elephant gifts and as mentioned, we'll have some special Mardi Gras themed prizes, too! Join us on Monday, March 3rd at 10:30 AM. *Laissez Les bon temps rouler!*

March 3rd ... Music Jam

Enjoy an afternoon of country, bluegrass, gospel, and music on Monday, March 3rd at 1:30 PM. If you play a musical instrument—bring it along or just come and listen to the music. No need to sign up to participate. This month's Music Jam is sponsored by [Knoxville Rehabilitation Hospital](#). Light refreshments will be served courtesy of our sponsor.



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

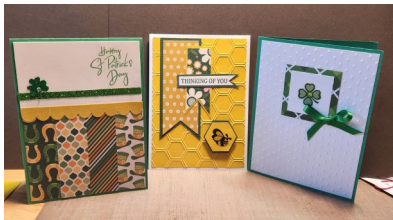


March 7th ... Hearing Help with Beltone

One in four people experience hearing loss. It can be natural progression as we age to experience some hearing loss. Severity of loss can vary from person to person. Mr. Michael Murphy, BC-HIS., from [Beltone Hearing Center](#) will be offering hearing screenings and hearing aid cleanings at West Knox County Senior Center on Friday, March 7th at 9:30 AM. You can sign up for a free consultation, hearing aid cleaning, or hearing test at the reception desk or phone the Senior Center. Appointment times are limited.

March 10th ... Craft Class: All Occasion Cards with Dawn

Join Dawn on Monday, March 10th at 10:00 AM for an all-occasion card crafting class. You'll make, at least, three cards that will be ideal for family and friends to let them know you're thinking about them - and they'll be cards you created yourself! There is no fee for this class. Supplies provided. Check on seating availability and sign up to participate at the reception desk.



Artist Trading Cards Meet & Trade

Thursday, March 13th at 9:30 AM &
Thursday, April 10th at 9:30 AM

Join other Artist Trading Card (ATC) enthusiasts for card trading on the dates and times listed above. ATC artists, revealing their latest miniature creations, work on projects, and offer mutual support to one another. Bring some cards to trade with other ATC enthusiasts.

Artist Trading Cards are miniature pieces of art created on a piece of paper that measures 2.5 inches by 3.5 inches. Feel free to bring an art project you're currently working on whether it be watercolor, pastels, oils, acrylic, collage or other medium as seen below.



Meet Bonnie



Bonnie has been a volunteer and member of RSVP (Retired Senior Volunteer Program) several years. You'll see her helping out during special events such as holiday meals, modeling in the Fashion Show, and also sitting for the portrait group. Bonnie is a life-long volunteer and has volunteered in many capacities for her community for over fifty years whether it has been in Church or the education system.

Bonnie also participates in our SAIL (Stay Active and Independent for Life) exercise class and Line Dance class. Keeping active and staying busy is part of Bonnie's philosophy toward life.

"I always welcome newcomers with a hello and a big smile," Bonnie says of her volunteer work and participating in classes and activities at the senior center. "The shortest distance between two people is a smile."

For information on the [Retired Senior Volunteer Program](#) and how you can contribute whether you volunteer at the Center or other locations in our community, call the Center or stop by the reception desk. You can also contact the CAC Office on Aging at 865-524-2786.



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



Guitars 4 Vets: The Healing Power of Music in the Hands of Heroes.

[Guitars for Vets](http://www.guitars4Vets.org) is coming to Knoxville! West Knox County Senior Center is hoping to be a location for this wonderful program. To learn more about the program visit their website at www.guitars4Vets.org and also to find out how you can help feel free to email Tammy Raifsnider at:

tn.knoxville@GuitarsForVets.org

They're looking for donations of gently used guitars, monetary donations, instructors, and of course veterans who want to participate in the program to learn to play the guitar. You can also call the Knoxville Vet Center at 865-633-0000.

March 17th ... St Patrick's Day Bingo Bash

Join Christine Chenot with [CMC Properties](http://CMCProperties.com) on Monday, March 17th as she hosts our St. Patrick's Day Bingo Bash at 10:30 AM. Participating in our Bingo is easy bring a white elephant gift with an approximate value of \$5 to \$10 for the prize table. Please include your white elephant gift with a gift bag. Everyone plays for the white elephant gifts. This will be our special St. Patrick's Day Bingo so wear your most festive green. Light refreshments served. Call the Center at 865-288-7805 to sign up to participate.

Spring Break Class Cancellations

March 17 ... No SAIL Exercise Class
 March 18 ... No Intro to Spanish with Cierra Huff
 March 18 ... No Pickleball in the Gymnasium
 March 19 ... No Universal Tai Chi
 March 19 ... No SAIL Exercise class
 March 20 ... No Pickleball in the Gymnasium
 March 20 ... No Intro to Spanish with Cierra

March 19th ... Color, Coffee, and Chat

Coloring for adults helps promote mindfulness, alleviate stress, decreases anxiety, develop and maintain fine motor skills, as well as help improve and maintain focus. Enjoying the benefits of coloring is easy- just join Cindy on Wednesday, March 19th at 10:00 AM. This month's theme is Spring and participants can also create a small inspiration card to gift to another senior who would appreciate a positive pick-me-up. Join us for lively conversation and light refreshments courtesy of [Arosa In-Home Senior Care](http://ArosaIn-HomeSeniorCare.com). It's also a welcoming environment to meet and make new friends. Supplies provided. Seating limited. RSVP.



Instructor Spotlight
Introducing

Missy Worley



We welcome Missy Worley as the Public Health Fitness Coordinator. She is at West Knox County Senior Center on Mondays and Tuesdays. Her goal is to help you reach your fitness goals. She can assist with nutrition, fitness, dietary guidance, and help you develop a plan that's right for you. She will also be providing Fitness Room orientations to show you the safe and proper way to use the Fitness Room equipment for safety and also to get the most out of your workout—and all at no charge!

"I was born in Washington, Georgia and attended young Harris College before transferring to the University of Georgia," Missy says, "I fell in love with fitness while taking boot camps which led me to teaching them. Fitness became a passion for me."

Missy has nineteen years experience teaching many different fitness classes and doing personal training. She lived in Chattanooga for the past few years and now calls Knoxville home. On her days off, she enjoys hiking, attending sports events, and going to live music shows. She has two adult children; one who resides in Birmingham and the other in Chattanooga.

To schedule your orientation and consultation with Missy call 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 brendashobbitthouse@gmail.com. Veterans are most welcome.

Lily Tomlin Returns!

Although you may be thinking of the comedian and actress Lily Tomlin, this Lily is of a different breed. Lily is approximately eleven years old. She was found on the interstate downtown clinging to a retaining wall terrified of the oncoming traffic. She had just had puppies, and no one knows what happened to them. She is lucky to be alive and definitely a miracle. She is especially sweet and loving. She also likes attention. Fortunately, Lily’s story continues on a brighter path since her adoption by Deputy Director of Senior and Veteran Services, April Tomlin. Lily completed the [HABIT](#) (Human-Animal Bond in Tennessee) program training in 2024 and is an approved therapy dog. As an approved therapy dog she can visit nursing homes, assisted-living residences, retirement centers, rehabilitation facilities, senior centers, and more. If you would like to meet Lily Tomlin she will be visiting West Knox County Senior Center on the following dates from 1:00 PM—4:00 PM:



Tuesday, March 4th
Thursday, March 13th
Monday, March 17th
Wednesday, March 26th

Tuesday, April 1st
Wednesday, April 9th
Monday, April 14th
Thursday, April 24th
Wednesday, April 30th

Beginning Spanish

Join our introduction to the Spanish language class on Wednesdays at 9:30 AM with Dr. Michael Smith, PhD., retired college language instructor. Class fee is \$5 per each class attended payable to the instructor.

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 or by stopping by the reception desk.

Follow us on Facebook

For updated information, announcement of programs and classes, as well as changes. It’s simple to do; log into your Facebook account, search for Knox County Senior Services and click on like. You’ll see posts from West Knox County Senior Center and the other five Knox County Senior Centers.

The Center’s Library

Have you visited the Center’s library lately? We have an impressive collection of books by current and popular authors. With new books introduced weekly. It’s 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.



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



March 19th ... Humana Farmer's Market

Join Penny Mayo with Humana on Wednesday, March 19th from 1:00 –3:00 PM for a Farmers Market event to promote health and wellness. Humana is providing a variety of complimentary fruits and vegetables. It's open to everyone to everyone to enjoy. No need to register to participate in this program commemorating National Nutrition Month.

March 20th & 21st ... Apple iOS 17 and iOS 18 Update Workshop

Are you frustrated with the latest Apple updates on your iPhone or iPad? If so, register for this four hour workshop that will cover the biggest changes in both iOS 17 & 18! You must bring an Apple device with you to the workshop offered on Thursday, March 20th and Friday, March 21st from 10:00—12:00 PM for four hours of instruction. You must also know how to use this device confidently as this is not a workshop on how to use your iPad or iPhone. Also, bring your Apple ID and password as well along with your device. Class fee is \$35 payable at time of registration. Deadline to register is Tuesday, March 18th. You can register at the Center's reception desk. The class must have a minimum of three paid participants to make and no more than five participants. This class brought to us by [Tech Ed 4 All](#) (formerly known as Social Media 4 Seniors). Instructor will be Barbara Edwards.

March 20th ...Acuity Hearing Assessments and Q&A Table in the Hallway

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! This program offered on Thursday, March 20th from 1:00—3:00 PM. Sign up for your ear canal exam by calling the Center at 865-288-7805 or stopping by the reception desk.



Trivia Time

Tuesdays at 11:00 AM

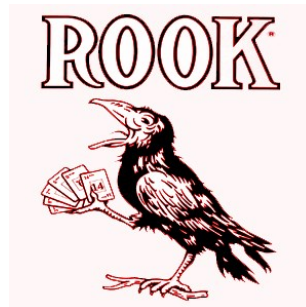
No need to feel intimidated. It's not Trivial Pursuit or Jeopardy. We have fun challenging ourselves and learning something new every week! No need to register to participate.

Billiards & Table Tennis

The West Knox County Senior Center billiard table and Table Tennis is available Monday through Friday from 7:30 AM—3:45 PM. We have a table top Table Tennis Conversion Top that can sit atop the Billiard table when the Billiard table is not in use.

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 interests. Yarn donations appreciated.



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



March 24th ... Yellow Dot Program Presentation

Christy Haynes with the Tennessee Department of Transportation will be visiting with us on Monday, March 24th at 11:00 AM to provide an informative presentation on our state's [Yellow Dot Program](#). This program was designed to help first responders with an individual's medical information in the event of an emergency on Tennessee roadways. The information can mean the difference between life and death in the "Golden Hour" immediately following a serious incident. Learn how the Yellow Dot program can possibly help save your life or the life of a loved one and aid in swift treatment in the event of an emergency. Yellow Dot packets will be available at the program free of charge. For planning purposes, please contact the Center or stop by the reception desk to inquire about seating availability and to sign up.



March 24th ...Creative Writing Group

Are you working on a writing project whether it's a short story, journaling, or a more in-depth endeavor? Are you looking for inspiration, motivation, peer-to-peer support with constructive feedback then feel free to participate in the Writing Group at West Knox County Senior Center. Get advice, grow your craft, boost your confidence, as well as set and achieve writing goals. The group meets the fourth Monday of each month at 1:30 PM. Their next meeting is scheduled for Monday, April 28th. The group is also looking for an individual with an enthusiasm for creative writing who would like to facilitate the group. If you would like to facilitate visit the group and meet the participants. No need to register to participate.

March 24th ...Social Security Workshop

Join Alex Dalton, Financial Advisor with [Eagle Strategies, LLC](#) on Monday, March 24 at 1:30 PM for an educational financial Workshop, detailing the who, what, when, and how of Social Security followed by a brief discussion of pertinent retirement risks and how to alleviate them. For planning purposes, please call the Center or stop by the reception desk to inquire on seating availability and to sign up. This program will be offered again on Monday, April 21st at 1:30 PM for your convenience.

Medicare Q&A Table with Core Insurance Advisors



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 at 10:00 AM on the following days:

*Tuesday, March 4th.,
Tuesday, April 8th.*

Medicare Q&A Table with Meek Insurance

Bruce Meek with [Meek Insurance](#) will have a table in the hallway to explore your Medicare questions on the dates below at 11:00 AM. No appointment is necessary.

*Tuesday, March 25th.,
Tuesday, April 22nd.*



Medicare Q&A Table with [Wisdom Insurance Network](#)



Ryan D. Ritter, Licensed Insurance Agent welcomes your Medicare questions at his Medicare Q&A table in the hallway at the Center on the following days at 1:00 PM.

*Thursday, March 13th.,
Thursday, April 10th.*





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



March 26th ... Craft Class: Thank You Cards

Join Cindy on Wednesday, March 26th at 10:00 AM to create an easy-to-make Thank You card. We will use cardstock and stamps to fashion a Spring theme card of thanks. All supplies will be provided and the class is free. Call the Center or stop by the reception desk to inquire on seating availability and to sign up.



“A thankful heart is not only the greatest virtue, but the parent of all the others.” Cicero

March 26th ... General Guidelines for Healthy Eating for Older Adults

March is National Nutrition Month. As we age, it is important to prioritize our nutritional needs. Alyssa Ussery, Knox CAC Food Distribution Coordinator, will be presenting on General guidelines on Healthy Eating for Older Adults on Wednesday, March 26th at 1:30 PM. During this program we will be learning about nutrient-dense foods, essential vitamins and minerals, and tips for effective meal planning. Alyssa will also provide insight into how the Mobile Meals Kitchen creates their menus. To participate in this educational program call the Center or stop by the reception desk to check on seating availability and to sign up.

Therapeutic Chair Massage with Tabitha

Thursday, March 27th starting at 8:00 AM

Thursday, April 24 starting at 8:00 AM

Schedule your therapeutic chair massage with Tabitha Travis, licensed Physical Therapy Assistant. This therapeutic chair massage will target the neck, shoulders, upper and lower back. Therapeutic massage helps alleviate muscle and joint pain, reduce stiffness and aids in restoring flexibility and range of motion. It also improves circulation and expedites healing and recovery and can be used in conjunction with other treatment regiments. Furthermore, therapeutic back massage can reduce tension, stress, and help posture by releasing tense muscles. Consult with your physician to determine if therapeutic back massage is a good choice for you. Tabitha is offering thirty minute sessions on the dates listed above at \$30 for thirty minute session. Call the Center or stop by the reception desk to check on appointment availability and to schedule your therapeutic back massage. Appointments are required.

March 27th & 28th ... AARP Smart Driver Class Starts

This safety driving class will meet on two days (Thursday and Friday) for four hours each day from 11:00 AM—3:00 PM. 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.

Notice on Spanish Class with Cierra on Thursday, March 27th.

There will be no Intro. to Spanish Language Class with Cierra Huff on Thursday, March 27th. Class will resume on Tuesday, April 1st at 1:00 PM.



March 27th ... Vietnam Veterans Social

Join other Vietnam Veterans 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 social on Thursday, March 27th and also on Thursday, April 24th.

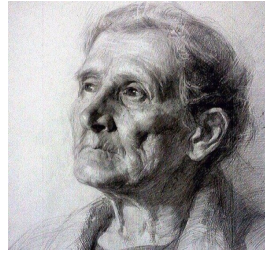


You can register for our activities by calling the Center at 865-288-7805



Portrait Sketch Class Models Wanted

The portrait art group at West Knox County Senior Center meets on Tuesdays from 1:00—3:00 PM. They are looking for individuals who are willing to model for the class. If you would like to have more information call Carrie-Ellen Barnes at 865-661-1927.



Signing Up via Email

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

West.SeniorCenter@KnoxCounty.org

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



March 31st ... April Fool's Day Bingo Bash

Join Christine Chenot with [CMC Properties](#) on Monday, March 31st at 10:30 AM for our April Fool's Bingo Bash. It's easy to participate in the Center's bingo game. Bring a white elephant gift of approximate value of \$5 to \$10 in a gift bag for the prize table. Everyone plays for the white elephant gifts. For planning purposes please call the Center or stop by the reception desk to sign up to participate in our special April Fool's Day Bingo Bash.

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.

March 31st ... Cremation Presentation

Over half of the people who died in the US were cremated this past year, and families are often uncertain what to do with their loved ones' ashes. On Monday, March 31 at 1:30 PM, meet Cody Speers and Anastasia Dodson, family service counselors with [Oak Ridge Memorial Park](#), for a discussion on cremation options and how the handling of cremains differs from traditional ground burial, or using a mausoleum. Cody and Anastasia promise it will be a discussion that is anything but sad and dull. Your questions are most welcome and encouraged. Prizes will be given! For planning purposes please call the Center to sign up to attend this informative program. RSVP at the reception desk.

Teachers Wanted

Are you a retired educator or an individual with a passion for teaching? The Center is often looking for individuals who are willing to offer limited time classes (one to three sessions) whether they be a specialty art classes, craft classes, travel experiences, cultural studies, history, or more.

Some of our volunteer instructors offer their classes without charge, while others charge a nominal fee for their classes. Class fees are paid by participants to the instructor.

If this sounds like something you would like to offer, feel free to contact the Center at 865-288-7805 or email West.SeniorCenter@KnoxCounty.org for more information.



Your Announcements

If your Senior Center group has news or announcement you would like to share in the May/June 2025 eNewsletter, please provide information to Darrell before April 4th. You can drop it off at the reception desk or email West.SeniorCenter@KnoxCounty.org





Community Outreach Services

Dementia Care Support Outreach

[Dementia Care Solutions of East Tennessee](#) offers support to families dealing with memory loss and help them navigate the complex care system. Consultations may encompass dementia education, referrals to local resources, support, and discussions about future care planning, financial and legal assistance, and safety measures. Kim Warnick, a certified dementia practitioner, will be at the Center from 1:30—3:00 PM on the following *Thursdays: March 13th and April 10th from 1:30—3:00 PM*. To schedule your consultation appointment call the Center.

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, March 19th and Wednesday, April 16th*. To schedule your consultation with a representative from Legal Aid of East Tennessee call the Center at 865-288-7805. Appointment times are limited.

Office on Aging Information & Referral Outreach

The CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You can contact the [Office on Aging Information and Referral Program](#) at (865) 546-6262. A representative with the Office on Aging will be at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: *Monday, March 10th and Monday, April 14th*. No appointment is necessary.

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. Heidi Paumen with Knox County Veteran Services will be visiting the Center at 1:30 PM on: *Thursday, March 27th and Thursday, April 24th*. You will need to schedule an appointment. You can schedule your appointment by calling the Center or stop by the reception desk.

Thank You For Your Contributions

We want to thank everyone who contributed donations to the Center. You made a difference.

The Center will continue to take donations of current books by popular authors for the Center's library. Large print books are most welcome.

Hard candy donations are also appreciated for the candy dish at the reception desk and sign-in table.

Thank you for making a difference and thank you for being a part of our community.

Technology Classes

We have Computer and Technology classes scheduled on the following days at 10:00 AM. You can click on the page number below to obtain more information.

Thursday and Friday, March 20th and 21st Apple iOS 17 and iOS 18 Updates Workshop with Tech Ed 4 All. See [page 25](#) for additional information

Wednesday, April 30th Apple Products Q&A session with Tech Ed 4 All see [page 25](#) for additional information.



April is National Pickleball Month

Pickleball has been growing in popularity in Knoxville and the surrounding area. It's considered the fastest growing sports in the country. It's easy to learn and also is an inexpensive sport combining elements of ping pong, tennis, and badminton. With any sport injuries can occur especially sprains and muscle strains, as well as flare-ups of underlying arthritis. West Knox County Senior Center is one location in Knoxville that offers Pickleball to those age fifty or older. The Center's pickleball is offered on Tuesday and Thursday afternoons. You can even take beginning Pickleball lessons at the Center on Thursdays. If you would like to sign up to join the group Pickleball lessons call the Center at 865-288-7805 or stop by the reception desk.

April 1st ... Walk with Missy Walking Club Start

Missy Worley, Public Health and Fitness Coordinator is excited to announce the start of a Walking Club at West Knox County Senior Center. If you would like to join, be at the Center on Tuesday, April 1st at 10:30 AM. The group will be meeting on Tuesdays and Thursdays and walking the Village Green neighborhood adjacent to the Center.

Walking is one of the most effective forms of exercise, offering numerous physical, mental, and social benefits. Some of these include improving heart health, enhancing joint health, boosting immune functions, decreasing stress, improving sleep, and encouraging social interaction. Missy is looking forward to seeing you participate in the Walking Club. Please call the Center and sign up to participate.

"It is springtime again. The earth is like a child that knows poems by heart." Rainer Maria Rilke

April 4th ... The Ordered Home Presentation

Please join Taryn McLean and Jeanette Fuller with [Help You Dwell](#) on Friday, April 4th at 1:30 PM for a discussion on decluttering and organizing your home in preparing for downsizing or to simply help you love where you live! RSVP at the reception desk.



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Monthly Senior Walks

Knox County Senior Services has a monthly walking group. The group meets up the third Tuesday of each month. You're more than welcome to join. You can click on the following to obtain information on our March and April walks. It's a great way to meet people, visit some of our surrounding walk-friendly locations that you may not otherwise visit on your own, or scout a walkway to introduce to friends and family.

Some of the places we have walked are: [Seven Island Birding Park](#), [UT Arboretum](#), [Baxter Gardens](#), [Marine Park Greenway trail](#), [Sequoyah Park](#), [Third Creek Greenway](#), [Halls Greenway](#), and other locations.

If you would like to be added to the email list to receive information on the upcoming walks and how to participate you can email:

SeniorServices@KnoxCounty.org or phone 865-288-3761 and request to be added to the Walking Group.

Information on our [March](#) and [April](#) walks are presented on pages [29](#) and [30](#) of this newsletter.

Win a \$25 gift card to Calhoun's!

When you visit the West Knox County Senior Center, or stop in to participate in one of our many programs, be sure to sign-in at the reception area each time you visit. By signing in, during the months of March and April you have a chance to win a \$25 gift card to Calhoun's restaurant. The winner will be announced the first of May and it could be you! Also, make sure we have an updated Membership/Participant Form on file, so we will know how to contact you if you're the winner!



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



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 Friday. Call ahead or stop by the reception desk to see if the Billiards table is available.

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. 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.

April 7thEstate Planning

If you're considering a Will, Trust, or another Estate Plan solution, the best way to decide your situation is to be armed with the facts.

If you have a family, spouse/partner, home, and financial accounts, having an Estate Plan in place may benefit you and your heirs. When done correctly, an Estate Plan can help individuals resolve everything from designating a guardian for children to passing on a family-owned small business and mitigating intra-family conflicts.

We know family changes are all but guaranteed, including marriage, divorce, births, and deaths. These life events can render an Estate Plan obsolete, unaligned with your wishes, and problematic if not updated.

Some of the questions that will be answered in this program are: What's a Will, a Trust, and Powers of Attorney? How you can avoid the cost and delays of Probate Court, how you can reduce estate taxes, and leave more money for your loved ones? Who will care for any underaged children in your custody? How to keep your heirs from frivolously spending their inheritance?

Join Mr. Jay Kadlec for a free and informative presentation offered at 11:00 AM and again at 1:30 PM on Monday, April 7th. For planning purposes please call the Center or stop by the reception desk to sign up for the session that is most convenient for you.

April 7th ... Music Jam

Visit with us for an afternoon of country, bluegrass, gospel, and music for everyone to enjoy on Monday, April 7th at 1:30 PM. Bring your instrument too or just come and listen to the music. Light refreshments provided by this month's sponsor [Buckeye Home Medical Equipment](#).

A Look at Estate Planning

64% of Americans say having a Will is essential, but only 32% have one.

Only 43% of those fifty-five or older have a Will or Living Trust.

43% of US adults blame procrastination as the most common barrier to estate planning.

Information provided by Jay Kadlec.

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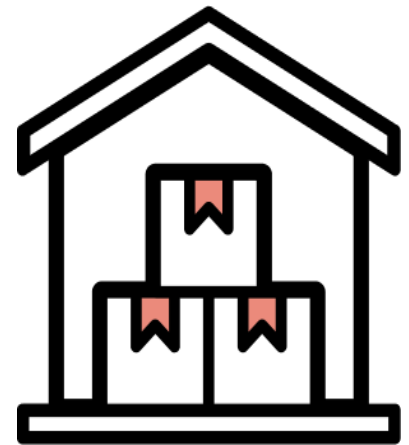


April 10th ... Artist Trading Card Meet & Trade

Join us for the Artist Group Social on Thursdays at 9:30 AM—12:00 PM when Artist Trading Card (ATC) enthusiasts will gather to trade cards, reveal their latest miniature creations, work on projects, and offer mutual support to one another. Artist Trading Cards are miniature pieces of art created on a piece of paper that measures 2.5 inches by 3.5 inches. You don't have to be an ATC enthusiast to join the Artist Group Social on Thursdays. Feel free to bring any art project you're currently working on whether it be watercolor, pastels, oils, acrylic, collage, or other.

April 11th ... Downsizing Made Easy

Are you stressed as you consider a possible 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 Friday, April 11th at 11:00 AM.



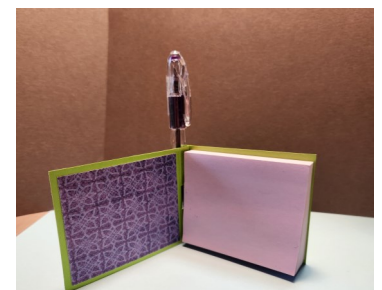
April 11th ... Comprehensive Oral Health Presentation for Seniors

Join Angela Wittenberg, RDH on Friday, April 11th at 1:30 PM for a presentation on Comprehensive Oral Health for seniors. Topics covered will be the importance of oral hygiene in maintaining overall health, common dental challenges faced by older adults, practical care recommendations, and prevention of dental complications. Call the Center or stop by the reception desk to check on seating availability and to sign up for this free and informative program.

In addition, Angela is looking for volunteers for participation in a case study. This would involve a comprehensive oral health assessment which would include: detailed medical and dental history review, visual oral examination, personal oral home care recommendations, profession referrals if clinically indicated, and follow up visit. If you're interested in participating in Angela's case study feel free to talk to her at the presentation on Friday, April 11th at 1:30 PM.

April 14th ... Craft Class: Post It Note Holder

Join Dawn on Monday, April 14th for this 10:00 AM craft class and learn to make a handy Post-it Note Holder. You will have three colors to choose from to craft your stylish holder. All materials provided—including the 3 inch by 3 inch Post-it notes. There is no fee for this craft class. For planning purposes, please call the Center or stop by the reception desk to check on seating availability and to sign up.



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April 14th ... Home Maintenance Preparedness Presentation

Do you have questions about what the best home maintenance practices are, what you should be doing and how often? Sign up for this program and find out! You will receive a handout with a checklist of items that are categorized by water issues, interior items, attic items, exterior items. The handout will contain helpful internet links to “how to” websites to help you better understand each one of checklist items. Feel free to bring a list of your own questions. For planning purposes, please call the Center or stop by the reception desk to check on seating availability and to sign up. This program brought to us on Monday, April 14th at 1:30 PM courtesy of Mr. John Mills.

April 16th ... No More Worries—Let Go of Stress

With April being Stress Awareness Month, Humana is offering a presentation to help with stress management. Learn about the symptoms of stress and anxiety such as fatigue, avoidance, sleep issues, and more. Learn what you need to know to develop some coping skills to better aid you or a loved one with stress management. Humana wants to assist by providing you with strategies and skills to help get you through challenges you may face. For planning purposes please call the Center or stop by the reception desk to sign up for this free and informative program offered on Wednesday, April 16th at 1:30 PM.

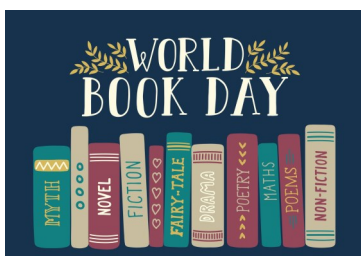
April 16th ... Color, Coffee, and Chat

According to WebMD.com coloring goes beyond a fun activity for relaxation. It can help alleviate anxiety, and worries. It requires use of both hemispheres of the brain and can help improve creativity. Join Cindy on Wednesday, April 16th at 10:00 AM for Color, Coffee, and Chat. The theme this month is Easter. Participants will also create and color a small inspiration card to gift to someone who would appreciate a positive pick-me-up. Supplies provided. Light refreshments served courtesy of Arosa In-Home Senior Care. For planning purposes, please call the Center or stop by the reception desk to inquire about seating availability and to sign up. We look forward to you joining us for April’s Color, Coffee, and Chat.



April 21stSocial Security Workshop

Join Alex Dalton, Financial Advisor with Eagle Strategies, LLC on Monday, April 21st at 1:30 PM for an educational financial Workshop, detailing the who, what, when, and how of Social Security followed by a brief discussion of pertinent retirement risks and how to alleviate them. For planning purposes, please call the Center or stop by the reception desk to inquire on seating availability and to sign up.



April 23rd ... Craft Class: Bookmarks

Wednesday April 23rd commemorates National Book Day. Cindy will be offering a craft class at 10:00 AM to make a bookmark using cardstock, text, and flower punches. Create a bookmark to commemorate National Book Day. All supplies provided but space is limited. Call the Center or stop by the reception desk to inquire on seating availability and to sign up for this class.

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



April 24th & 25th ... AARP Smart Driver Class Starts

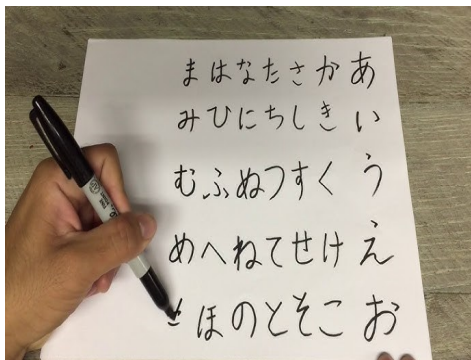
This safety driving class will meet on two days (Thursday and Friday) for four hours each day from 11:00 AM—3:00 PM. Class fee is \$20 if you're an AARP member or \$25 if you are not an AARP member. Class fees are payable directly to the instructor. The smart driver class explores effective safe-driving 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.

April 24th ...Vietnam Veterans Social

Join other Vietnam Veterans 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 social on Thursday, April 24th.

United Veterans Council of East Tennessee presents a listing of free breakfast for Veterans and a guest. [See page 31](#) of this eNewsletter for additional information.

April 25th ...Acuity Hearing Q&A Table in the Hallway 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! This program offered on Friday, April 25th from 1:00—3:00 PM. Sign up for your ear canal exam by calling the Center at 865-288-7805 or stopping by the reception desk.



April 25th ... Learn to Write Your Name in Japanese

Learn the intriguing blend of phonetics, aesthetics, and culture in the process of writing your name in the Japanese language. This program is brought to us by Mana Muramatsu with the [Japanese Outreach Initiative in Knoxville](#). The past year, Mana has offered some intriguing and enjoyable programs on Japanese culture. We look forward to her return for this program offered on Friday, April 25th at 1:30 PM. Call the Center or stop by the reception desk to inquire on seating availability and to sign up for this Cultural program.

Notice on Intro to Spanish with Cierra Huff

There will be no Introduction to Spanish class with Cierra Huff on the following dates:

Tuesday, April 17 & Thursday, April 24

Class will resume on Tuesday, April 29th at 1:00 PM for the last class.

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

April 28th ...Grief Workshop

Brandon Canter, MA., will be offering a Grief Workshop on Monday, April 28th at 11:00 AM. The Workshop will explore the nature of grief and its five stages, aiming to deepen our understanding of how grief affects our emotions and our lives. Participants will learn practical coping skills to navigate grief healthily, with ample opportunities for group discussion and sharing insights. Your questions will be most welcome in the Q&A session at the end of the workshop. Call the Center or stop by the reception desk to inquire on seating availability and to sign up to participate. There must be a minimum of four participants for this workshop to happen.

"Grief is the last act of love we have to give to those we loved. Where there is deep grief, there was great love."
Author Unknown

Who is Brandon Canter

Brandon Canter is a Certified Life and Wellness Coach with a master's degree in counseling and personal understanding of grief and loss. Having navigated his own journey through grief, Brandon deeply empathizes with the challenges of starting the path to healing. His experience as a pastor, where he primarily served older senior adults, has further fueled his passion for supporting others through life's most difficult transitions.

Brandon's approach centers on meeting people where they are and empowering them to discover the keys to resilience, joy, and personal growth. He is dedicated to helping individuals find peace, purpose, and happiness in their everyday lives and guiding them toward a brighter, more fulfilling future.

April 28th ...Creative Writing Group

Are you working on a writing project whether it's a short story, journaling, or a more in-depth endeavor? Are you looking for inspiration, motivation, peer-to-peer support with constructive feedback then feel free to participate in the Writing Group at West Knox County Senior Center. Get advice, grow your craft, boost your confidence, as well as set and achieve writing goals. The group meets the fourth Monday of each month at 1:30 PM. No need to register to participate.

April 30th ... Financial Fraud and Scams

Fraud and Scams are on the rise and they may have impacted people you know or you yourself was an unwilling victim. Join Donnie M. Henry, Senior financial Center Manager with [First Bank](#) on Wednesday, April 30th at 1:30 PM at the senior center for a free and informative presentation covering online scams, charity scams, IRS scams, and Medicare Fraud. Learn how to better protect yourself. Your questions most welcome. For planning purposes please call the Center or stop by the reception desk to inquire on seating availability and to sign up.

[Tennessee Department of Commerce and Insurance](#) reports that scammers, identification thieves, and fraudsters cheated Tennesseans out of a reported \$133.6 million of their hard-earned money in 2023 placing our state as the 16th highest rate of fraud in the US. Click [here](#) to learn more about fraud and scams in Tennessee. You can also attend the Financial Fraud and Scams presentation offered on Wednesday, April 30th at 1:30 PM.

[SafeSeniorTN](#) offers common-sense advice to protect your finances and personal security including information on HealthCare Fraud, cell phone safety, financial exploitation, and tips for social media safety, and what you can do if you suspect you're a victim or you're a target for fraud. To learn more visit the Tennessee Bureau of Investigation fraud website at [SafeSeniorTN](#).

April 30th ... Apple Product Q&A Session with Barbara

Join Barbara Edwards with [Tech Ed 4 All](#) on Wednesday, April 30th at 10:00 AM for a two hour Question and Answer session. This Q&A program will only deal with Apple products (e.g. iPad and iPhone).

Program fee is \$20 payable at time of registration. There must be, at least, three registered participants for this program to make and no more than five participants. Deadline to register is on Monday, April 28th. Payment is due at time of registration. Individuals are not considered registered until payment is made. Checks can be made

payable to [Tech Ed 4 All](#). Payment can be made at the senior center's reception desk. Barbara asks when you sign up to have, at least, a couple of questions you want answered or problems to explore regarding your Apple product. When you sign up, let us know what questions you have and we will pass them along to the instructor before the class so she can prepare.



April 30th ... Welcome Back Cornhole Game

We're breaking out the Cornhole game on Wednesday, April 30th at 10:30 AM as we kick off our 2025 Cornhole Welcome Back game. No need to feel you've lost your game during the Winter. You can still show everyone whose boss of the toss. We'll have light refreshments and prizes. You're welcome to join even if you've never played. We'll show you how to play—it's fun and easy. For planning purposes, please call the Center or stop by the reception desk to sign up to participate.



April 30th ... Volunteer Appreciation Treats in the Lounge

To commemorate Volunteer Appreciation Week, we'll be having treats in the lounge on Wednesday, April 30th starting at 1:00 PM. Volunteers make a difference in the many ways they serve in our community including here at West Knox County Senior Center. Stop in and enjoy some special treats in the lounge. We thank you for all you do.

May 5th ... Bingo Cinco de Mayo

Join us for a special Cinco de Mayo Bingo sponsored by [Addus Home Care](#). We'll have some Cinco de Mayo themed prizes and treats. If you want to participate it's easy; be fifty years or older, call the Center and sign up to participate, and bring a White Elephant Gift approximately value \$5-\$10 in a gift bag for the White Elephant Prize table. Everyone plays for the white elephant gifts! Feliz Cinco de Mayo!



The 2024 Senior Angel Tree volunteer effort was a spectacular success!

The staff at the Office on Aging was appreciative of our participation in the Senior Angel Tree. We received the following message to share with you:

[The Office on Aging](#) was able to supply basic necessities to vulnerable seniors in the community, while delivering a sleigh load of cheer.

But more importantly, they could not do any of this without the solid, heart-felt help they receive from the Knox County Senior Centers.

We are continually amazed at the genuine desire to help and give back to the community that we see in you.

You are the reason the CAC Office on Aging outreach to senior needs is so successful and so valuable.

We are deeply grateful for your service and charitable spirit.

We look forward to working with you on future community needs.



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



To the left: Art instructor Carla Sanchez (left) is seen with her student Peg Gravelle (right) who recently won third place at an Art Show at the Fountain City Art Center for her painting entitled “Summer Solstice”- painting seen held by instructor Carla Sanches.

Carla teaches oil painting at West Knox County Senior Center on Wednesdays at 1:00 PM and Fridays at 10:30 AM.

Below: Participants in the Artist Trading Card Introduction class on Thursday, February 13th. Everyone made, at least, one Artist Trading Card (ATC). ATCs, as they are commonly called, are miniature 2.5” x 3.5” works of art for free exchange between participants. The group is scheduled to meet up again for an Artist Trading Card Meet and Trade on Thursday, March 13th and Thursday, April 19th starting at 9:30 AM. If you would like to know more about Artist Trading Cards feel free to join us.



Above: Participants get cozy and comfortable during our Danish inspired Hygge Experience on January 24th. Enjoying and appreciating life’s quieter pleasures.



To the left: several gathered for Game Time on January 17th when we invited participants from Karns Senior Center to join us for some enjoyable game playing. We played Boggle, Farkle, Shut the Box, and Tapple just to name a few. Refreshments were sponsored by Penny Mayo with Humana.



Other Places, Other Things

Want to visit the other Knox County Senior Center but don't know where to start? Below is a listing of highlighted programs the other Knox County Senior Centers have. Including the John T. O'Connor Senior Center which is managed by the CAC Office on Aging and the South Knoxville Community Center operated by the city of Knoxville. You can also view the other Knox County senior centers eNewsletters and activity calendars by going to www.KnoxCounty.org/seniors.

Carter Senior Center

9040 Asheville Hwy.,
Knoxville, TN 37924;
Phone: 865-932-2939

Got Bags?

Carter Senior Center is asking for donations of your grocery bags. They can be dropped off at the Carter Senior Center. They are collecting them to help with the [Finders Keepers Thrift Store](#). It's a volunteer based thrift store where all profits go back into the community.

Corryton Senior Center

9331 Davis Dr.,
Corryton, TN 37721;
Phone: 865-688-5882

The Price Is Right!

Corryton Senior Center invites you to participate in their Price Is Right Game on Friday, March 14th at 10:00 AM. Guess the price of the prize most closely and win that prize! Prizes provided by Knoxville TVA Employees Credit Union.

John T. O'Connor Senior Center

611 Winona St., Knoxville, TN 37917
Phone: 865-523-1135

O'Connor Senior Center Annual Pancake Fest & Senior Expo

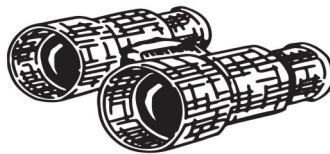
Friday, April 4th
7:00 AM—12:00 PM
\$5 all-you-can-eat pancakes, sausage, juice and coffee.

Karns Senior Center

8042 Oak Ridge Hwy.,
Knoxville, TN 37931;
Phone: 865-951-2653

Music Jam

Music Jam the first Wednesday of the month from 1:00—3:00 PM. Open to anyone who plays an instrument and likes bluegrass and Americana. Open audience.



South Knoxville Senior Center

6729 Martel Ln.,
Knoxville, TN 37920;
Phone: 865-573-5843

Time for a 3D Mammogram?

UT Medical Center's Mobile Mammography Unit will be at South Knoxville Senior Center on Thursday, March 21 from 9:00 AM—2:15 PM. Insurance is filed for each participant. Women age 40 plus without insurance, can call UT Breast Health Outreach Program at 865-839-7426 or email MKMatzek@utmck.edu. You can also use those contacts to schedule your Mammogram.

Halls Senior Center

4405 Crippen Rd., Knoxville, Tn 37918
865-922-0416

Polynesian Dance Class

Every Thursday, 10:00—11:00 AM starting Thursday, January 2nd. Class fee is \$2 per each class attended payable to the instructor

South Knoxville Community Center

522 Maryville Pike.,
Knoxville, TN 37920
865-573-3575

Sustainable Fabric Workshop

The Sustainable Fabric Workshop at South Knoxville Community Center connects people with their passion of creating with various forms of fabric and provides opportunities to learn new skills. Classes are also offered. The group often makes items and donates them to organizations like Quilts of Valor, for shelters, and more. To learn more click on the [Sustainable Fabric Workshop link](#).



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



Book Clubs



Steel Magnolia Book Club

This book club meets on the second Thursday of every month at 1:00PM. You may join at any time. No need to sign up to participate.

March 13th ... *The Magician's Assistant* by Ann Patchett

Sabine-- twenty years a magician's assistant to her handsome, charming husband-- is suddenly a widow. In the wake of his death, she finds he has left a final trick; a false identity and a family allegedly lost in a tragic accident but now revealed as very much alive and well. Named as heirs in his will, they enter Sabine's life and set her on an adventure of unraveling his secrets, from sunny Los Angeles to the windswept plains of Nebraska, that will work its own sort of magic on her.

April 10th... *The Situation Room* by George Stephanopoulos

No room better defines American power and its role in the world than the White House Situation Room. And yet, none is more shrouded in secrecy and mystery. Created under President Kennedy, the Sit Room has been the epicenter of crisis management for presidents for more than six decades. Time and again, the decisions made within the Sit Room complex affect the lives of every person on this planet.

West Knox Senior Center Book Club

This book club meets on the third Thursday of every month at 12:00PM. You may join at any time!

March 20th ... *The First Ladies* by Marie Benedict

The daughter of formerly enslaved parents, Mary McLeod Bethune refuses to back down as white supremacists attempt to thwart her work. She marches on as an activist and an educator, and as her reputation grows she becomes a celebrity, revered by titans of business and recognized by U.S. Presidents. Eleanor Roosevelt herself is awestruck and eager to make her acquaintance. Initially drawn together because of their shared belief in women's rights and the power of education, Mary and Eleanor become fast friends confiding their secrets, hopes and dreams—and holding each other's hands through tragedy and triumph.

April 17th ... *The Reading List* by Sara Nisha Adams

Widower Mukesh lives a quiet life in the London Borough of Ealing after losing his beloved wife. He shops every Wednesday, goes to Temple, and worries about his granddaughter, Priya, who hides in her room reading while he spends his evenings watching nature documentaries. Aleisha is a bright but anxious teenager working at the local library for the summer when she discovers a crumpled-up piece of paper in the back of *To Kill a Mockingbird*. It's a list of novels that she's never heard of before. When Mukesh arrives at the library, desperate to forge a connection with his bookworm granddaughter, Aleisha passes along the reading list... hoping that it will be a lifeline for him too. Slowly, the shared books create a connection between two lonely souls, as fiction helps them escape their grief and everyday troubles and find joy again.



Read City USA

Join Read City for your most exciting challenge yet! For more information on what Read City is offering in 2025, 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 you would like to donate, you can drop those off at the Senior Center's Reception Desk.

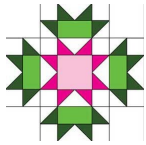


You can register for our activities by calling the Center at 865-288-7805

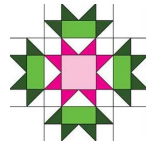


Sew What

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 the first Wednesday of each month at 1:30 PM. are presented below:



*Wednesday, March 5th.,
Wednesday, April 2nd.*



Portrait Drawing Group

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

American Sewing Guild

Monday, March 17th and Monday, April 21st
at 12:30 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. Normally, they meet on the third Monday of each month.

Knitters & Crocheters Wanted

Knitters and Crocheters 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 come along to meet the group. The Knitting Group meets on Tuesdays at 10:00 AM at West Knox County Senior Center.

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

Arts & Crafts

Artists Group Social **BS FB**

Thursdays at 9:30 AM—12:00 PM

Bring an art project you're working on or come for inspiration on your next creation. The Art Group Social offers the opportunity for artist to get together. It's a welcoming, encouraging, and inspiring environment. No fee to participate.

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 \$15 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 water-coloring, 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 10:30 AM -1:00 PM

with [Carla Sanchez](#)

Want to join the oil painting class? ***There are openings for new students!*** Class fee is \$80 per month payable to the instructor. Feel free to visit the class, meet the instructor, observe the class, and obtain a supply list. Visit Carla's website at CarlaSancezArt.com.



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



Tech Classes

Apple iOS 17 & iOS 18 updates Workshop

Thursday, March 20 & Friday, March 21

10:00 AM—12:00 PM

Are you frustrated with the latest Apple updates on your iPhone or iPad? If so, register for this four hour workshop that will cover the biggest changes in both iOS 17 & 18! You must bring an Apple device with you to the workshop. You must also know how to use this device confidently as this is not a workshop on how to use your iPad or iPhone. Also, bring your Apple ID and password as well along with your device. Class fee is \$35 payable at time of registration. Deadline to register is Tuesday, March 18th. You can register at the Center's reception desk. The class must have a minimum of three paid participants to make and no more than five participants. This class brought to us by [Tech Ed 4 All](#) (formerly known as Social Media 4 Seniors). Instructor will be Barbara Edwards.

Apple Q&A Session with Tech Ed 4 All

Wednesday, April 30th

10:00 AM—12:00 PM

Join Barbara Edwards with [Tech Ed 4 All](#) on Wednesday, April 30th at 10:00 AM for a two hour Question and Answer session. This Q&A program will only deal with Apple products (e.g. iPad and iPhone). Program fee is \$20 payable at time of registration. There must be, at least, three registered participants for this program to make and no more than five participants. Deadline to register is on Monday, April 28th. Payment is due at time of registration. Individuals are not considered registered until payment is made. Checks can be made payable to [Tech Ed 4 All](#). Payment can be made at the senior center's reception desk. Barbara asks when you sign up to have, at least, a couple of questions you want answered or problems to explore. When you sign up, let us know what questions you have and we will pass them along to the instructor before the class so she can prepare.



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.

[Tech Ed 4 All](#) (formerly 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 [Tech Ed 4 All](#) 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.

Fitness Activities at West Knox County Senior Center

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

(865) 288-7805

03/2025-04/2025



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 Thursday. 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 Sherri Barrett.

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 and required orientations on how to safely use the equipment. You can call the Center or stop by the reception desk to schedule your free orientation.

Fitness Activities at West Knox County Senior Center

03/2025-04/2025

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

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.

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

Join instructor Cheryl Chandler for Universal Tai Chi. This 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 (Community Center level). 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

Start your New Years resolution to improve your health by using the widely popular Yang Style Tai Chi. A new class starts on Tuesday, January 7th at 9:45 AM. This ancient practice combines slow graceful movements, meditation, and relaxed breathing. The class is led by long-time instructor, Mr. Pat Barbieri, with twenty-four years experience. Studies have shown that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increased muscle strength. This lass includes fifteen minutes of stretching exercises for increasing range of motion and flexibility. No need to sign up for this starting class on January 7th.

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

This class is wonderful for increasing the health benefits of Tai Chi. If you've taken Mr. Barbieri's class before or are familiar with Yang Style Tai Chi, feel free to join the class on Thursdays. The class also includes fifteen minutes of strengthening exercises for increasing range of motion, balance, and flexibility.

Walking Club with Missy Tuesdays and Thursday 10:30 AM—11:30 AM Class fee: Free class

The Walking Club meets on Tuesdays and Thursdays at 10:30 AM starting on Tuesday, April 1st. Tuesdays the groups will meet on Tuesdays with Missy and walk on their own on Thursdays. Missy will introduce you to some walking the Village Green neighborhood adjacent to the Center. No fee to participate. Meet up at the Senior Center in the lobby.

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

Personal Fitness Training & Consultations Available

With the guidance of a personal trainer, you can set and attain realistic health and fitness goals. Enjoy the benefits of a personal trainer; safety, accountability, encouragement, and individual attention. To schedule your free thirty minute session with Missy Worley, Public Health Fitness Coordinator call the Center at 865-288-7805. Missy is at West Knox County Senior Center on Mondays and Tuesdays.

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. The orientation takes approximately fifteen minutes to complete.

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 to register!



April Senior Services Walk

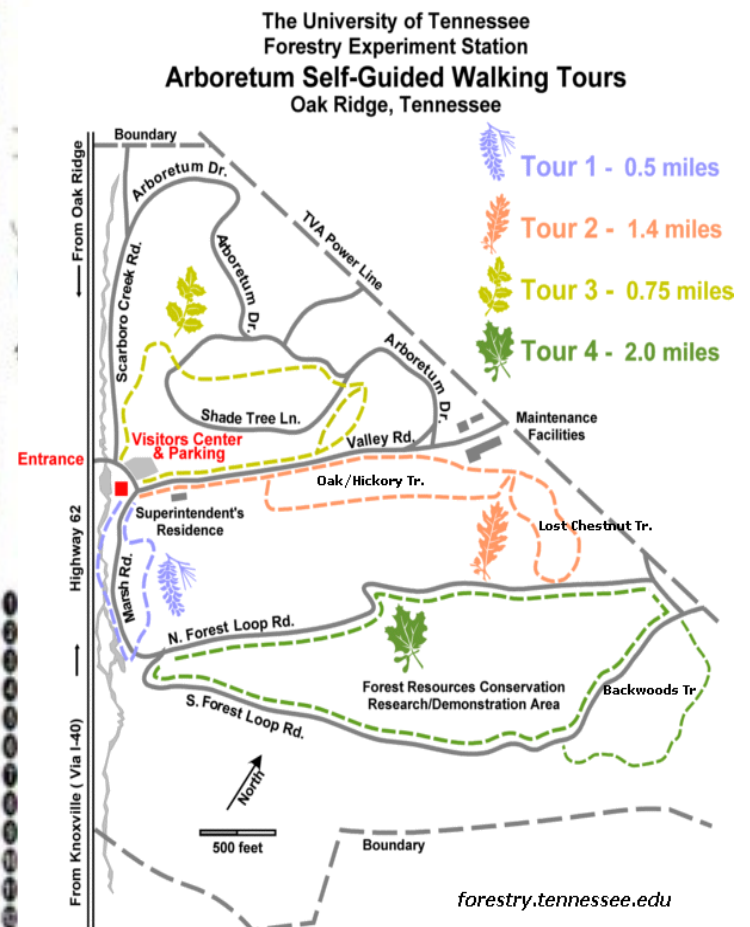
UT Arboretum at Oak Ridge

901 S Illinois Ave, Oak Ridge, TN 37830

Join us on Tuesday, April 15th 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 or call 865-288-3761





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.

March

Karns- March 7th, 2025 8:00 am to 10:00 am

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

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

Carter- March 26th, 2025 2:00 pm to 4:00 pm

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

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

April

Corryton- April 8th, 2025 2:00 pm to 4:00 pm

Karns - April 11th, 2025 8:00 am to 10:00 am

Halls- April 16th, 2025 2:00 pm to 4:00 pm

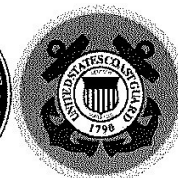
Carter- April 23rd, 2025 2:00 pm to 4:00 pm

West- April 24th, 2025 1:30 pm to 4:00 pm

South- April 25th, 2025 8:30 am to 11:00 am

CALL THE KNOX COUNTY SENIOR CENTER TO

SCHEDULE AN APPOINTMENT





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

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



At the Last Minute



March 3rd ... Field Trip: Mighty Musical Monday

On Monday, March 3rd we will be visiting the historic [Tennessee Theater](#) in downtown Knoxville for a showing of the Mighty Musical Monday! While a performer is still to be announced, it will be a live instrumental concert. The event is free and gets at 12:00 PM. We ask you arrive at the Center no later than 11:00 AM, as the van will be leaving around 11:15 AM. Please note that the theater does not provide a lunch, but concessions will be available to purchase. If you're interested in attending, please call the Center at 865-288-7805 or stop by the reception desk to inquire about seating availability for the van. Seating is limited to fourteen participants. Transportation provided courtesy of [Knoxville-Knox County CAC Transit](#).

April 25th ... Field Trip: Dogwood Arts Festival

Established in 1961, the [Dogwood Arts Festival](#) is one of the most celebrated cultural events in Knoxville. The festival is held on the beautiful redesigned Performance Lawn at the [World's Fair Park](#). It will feature over one hundred fine art vendors, entertainment, children's activities, food and beverage vendors, and more. To join us for this Friday, April 25, 9:30 AM Field Trip call the Center or stop by the reception desk to check on seating availability. Seating is limited to fourteen participants. We ask you arrive no later than 9:15 AM. The van will depart at 9:30 AM. We will return to the Center by 2:30 PM. Transportation provided courtesy of [Knoxville-Knox County CAC Transit](#).