

KNOX COUNTY

SENIOR CENTERS

VIRTUAL PROGRAMMING

SEPTEMBER/OCTOBER



BETTER TOGETHER

Welcome to our catalog of virtual programming for Knox County Senior Services. We have stayed in touch through emails and phone calls but ***we still miss seeing you!*** We hope you will enjoy seeing all the diverse virtual programs we have created with you in mind.

It's quite simple to participate. Pick a program of interest and email the contact listed for that event. You will receive a Zoom invitation which will let you join in with the fun! Any additional information such as recipe ingredients, craft supplies or instructions will be included in your email. If you are new to Zoom and need a little help, just say so in your email and we will give you some pointers. We are still learning too!



Be sure to visit us @
[knoxcounty.org/seniors](https://www.knoxcounty.org/seniors)
to stay informed.

We also will be posting
up to date programming
and informational
segments on our Knox
County Senior Services
Facebook Page.

<https://www.facebook.com/Knox-County-Senior-Services-118513268181423>

COOKING/RECIPES WITH TARA TUESDAYS @12:00-1:00PM

**Join Tara as she whips up
mouthwatering recipes!**

**Classes are interactive, so
you can ask questions as
they come up or just enjoy
the company of others.**

On the menu:

Sept. 8th

Cinnamon Bun Ring

Sept 15th

**Fluffy Pineapple Cream
Cheese Dessert**

September 22nd-

Chicken Gnocchi Soup

September 29th

Broccoli Bread

And

Chicken Divan

October Recipes-TBA

Email Tara @

tara.stirone@knoxcounty.org

**to receive your Zoom link
and recipe ingredient
information.**



LINE DANCING WITH TARA AND REBECCA

Shine those boots and get your boot scootin' boogie on!

Dances in Beginner Classes are perfect if you are just starting out. Patterns are basic and easy to memorize.

MONDAYS @12:00-1:00PM

Let Tara know that you're coming!

Email Tara.Stirone@knoxcounty.org



ACHY BREAKY HEART

**Grapevine to the Right
and SHAKE, SHAKE,
SHAKE**

**Grapevine to the Left and
SHAKE, SHAKE, SHAKE**

**Kick out to the Right with
toe**

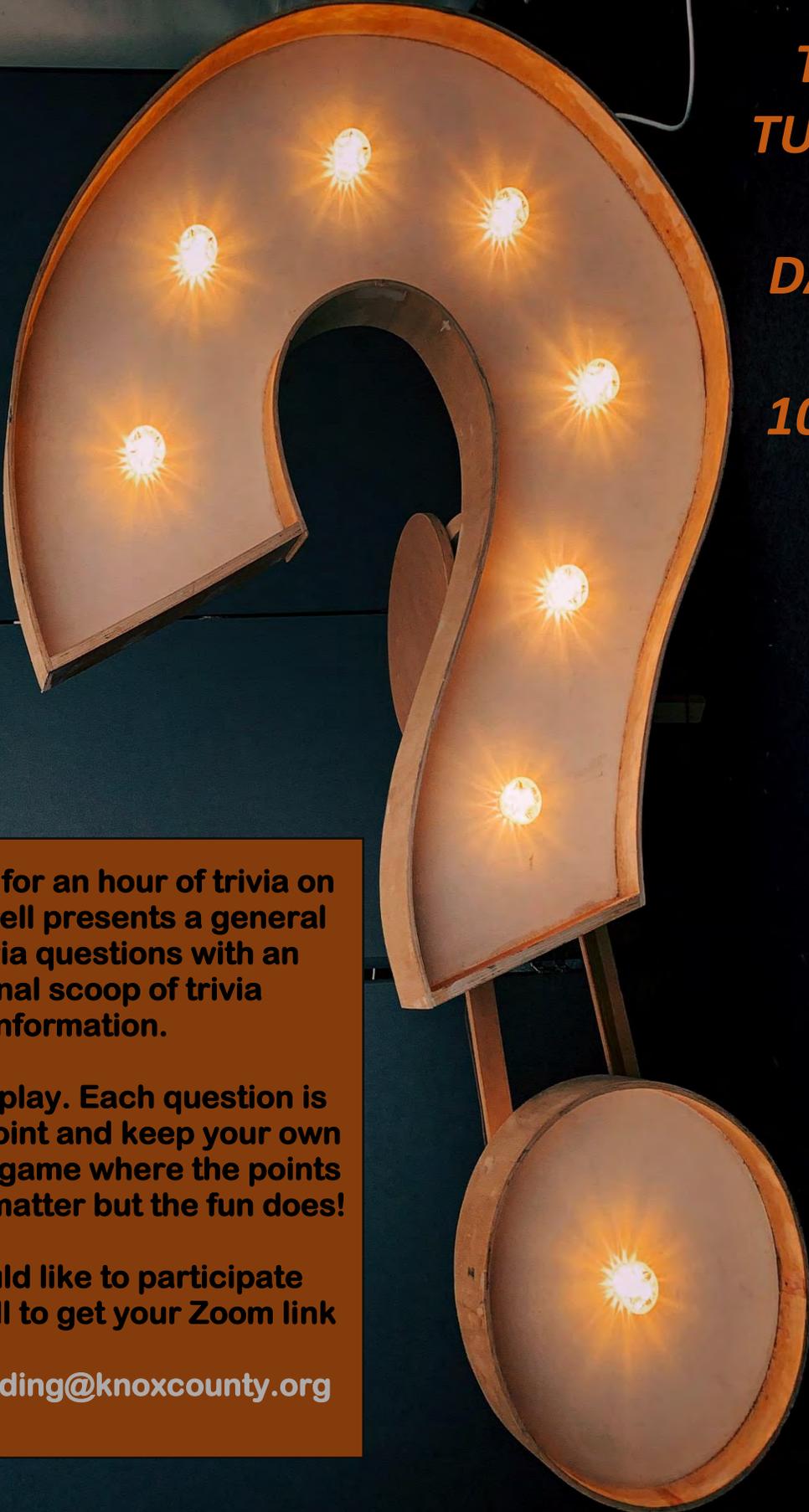
**Kick back with the Right
toe**

**Kick forward with the
Left and ¼ turn to the
Right**

**Shuffle to the Right 2
times**

**Shuffle to the Left 2
times**

**REPEAT FROM THE
BEGINNING**



**TRIVIA
TUESDAYS
WITH
DARRELL
10:00AM**

Join Darrell for an hour of trivia on Zoom. Darrell presents a general mix of trivia questions with an additional scoop of trivia information.

It's easy to play. Each question is worth one point and keep your own score. It's a game where the points really don't matter but the fun does!

If you would like to participate email Darrell to get your Zoom link

Darrell.Gooding@knoxcounty.org

WHAT ARE YOU WATCHING WEDNESDAYS?

~With Lisa



What have you been watching to keep yourself entertained during this extended time at home? Do you have a favorite movie, mini-series, television series or special? Share your recommendations and possibly even get some ideas of things you might like to watch as well. To participate email Lisa for your invite to the Zoom program which will be held on **Wednesdays @10:30-11:30.**

Lisa.Cooper@knoxcounty.org



JAUNTS WITH JANET THURSDAYS at 10:00 AM

Come with Janet Word, Coordinator at the South Knoxville Senior Center, as she visits familiar or maybe even not so familiar places for you to enjoy, even if it is just "virtually"!

Janet's Jaunts will be sure to entertain you and maybe even let you reminisce a little.

**Join in the fun and RSVP to:
janet.word@knoxcounty.org**

BACK PAIN & SCIATICA WORKSHOP

TUESDAY, SEPTEMBER 29th @8:45



Join Dr. Lee Easley with Knox Physical Therapy as he discusses back pain and sciatica and treatment options.

Email Robyn @ robyn.trostle@knoxcounty.org to obtain your Zoom link for the workshop.

**COFFEE AND CONVERSATION
WITH APRIL TOMLIN**

**FRIDAYS IN SEPTEMBER @9:00 AM
AND
FRIDAYS @9:00 AM ON OCTOBER 9th
and 23rd**

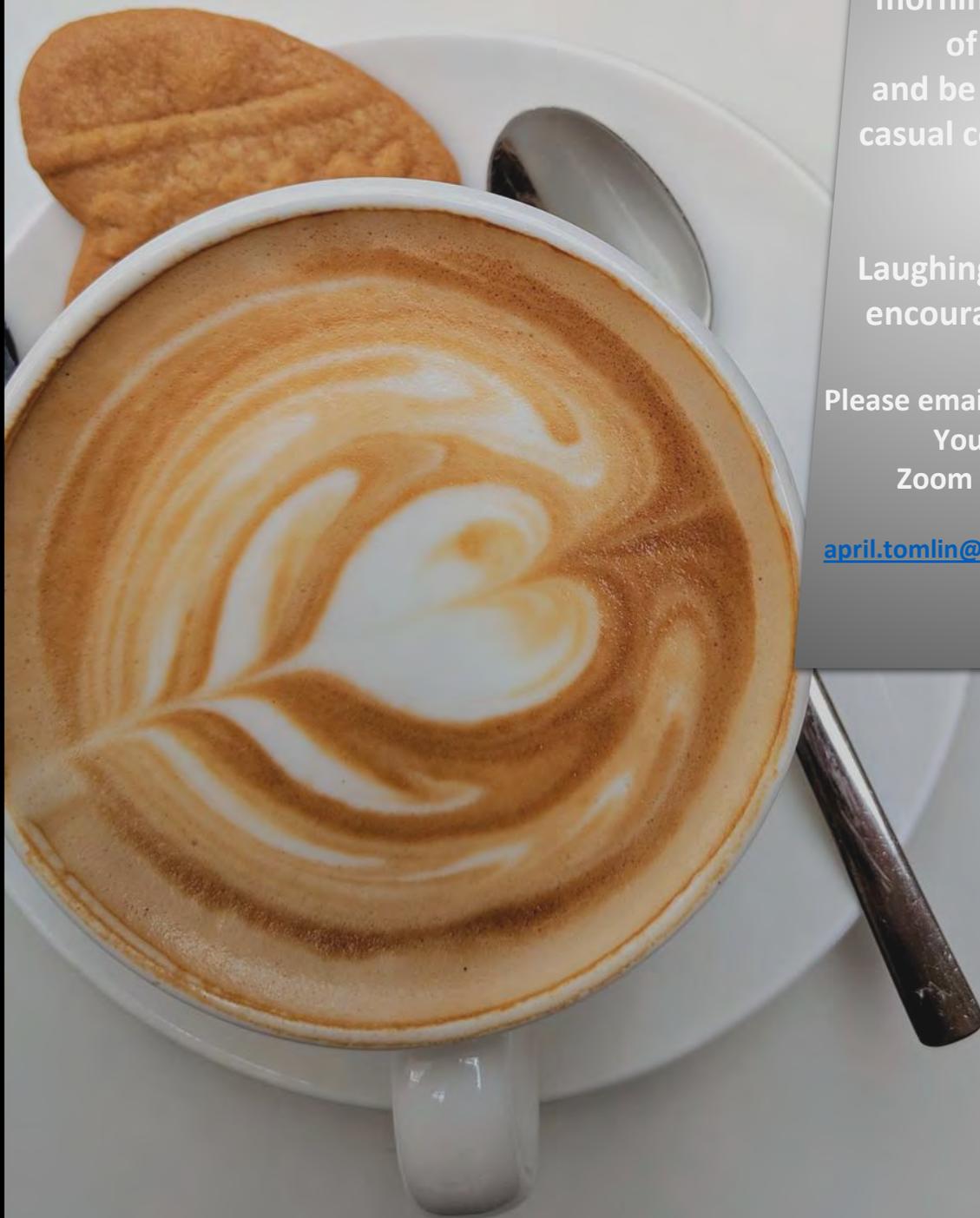
**Join
Senior Services
Manager
April Tomlin for a
morning chat.**

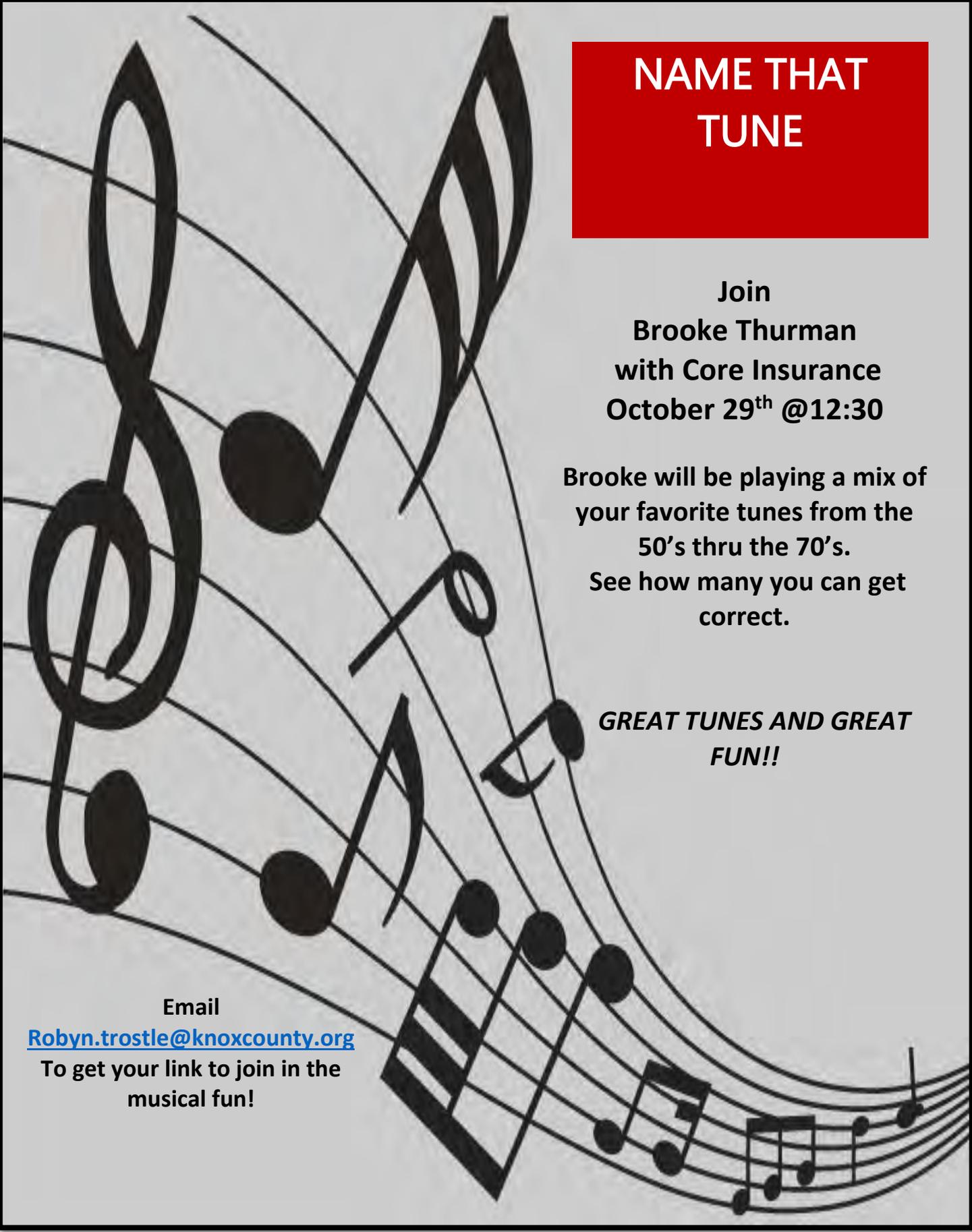
**Bring your coffee or
morning beverage
of choice
and be a part of the
casual conversation.**

**Laughing is highly
encouraged!**

**Please email to receive
Your
Zoom link**

april.tomlin@knoxcounty.org



A large graphic of a musical staff with various notes and symbols, including a treble clef, a bass clef, and several eighth and quarter notes, set against a light gray background.

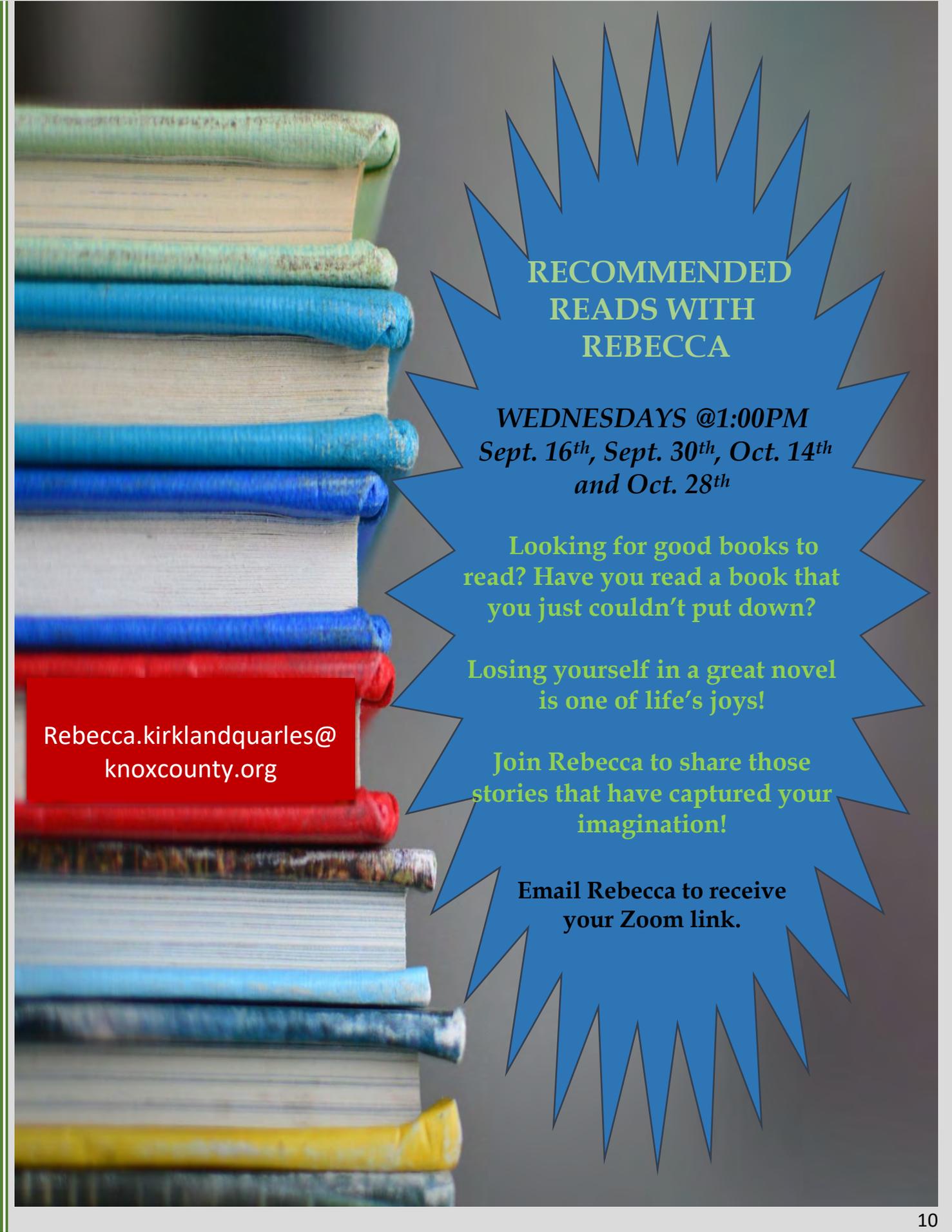
NAME THAT TUNE

Join
Brooke Thurman
with Core Insurance
October 29th @12:30

Brooke will be playing a mix of
your favorite tunes from the
50's thru the 70's.
See how many you can get
correct.

***GREAT TUNES AND GREAT
FUN!!***

Email
Robyn.trostle@knoxcounty.org
To get your link to join in the
musical fun!



**RECOMMENDED
READS WITH
REBECCA**

WEDNESDAYS @1:00PM
*Sept. 16th, Sept. 30th, Oct. 14th
and Oct. 28th*

Looking for good books to
read? Have you read a book that
you just couldn't put down?

Losing yourself in a great novel
is one of life's joys!

Join Rebecca to share those
stories that have captured your
imagination!

Email Rebecca to receive
your Zoom link.

Rebecca.kirklandquarles@
knoxcounty.org

CRAFTS WITH SUSANNE
9:00 AM ON THE FOLLOWING FRIDAYS

OCTOBER 2nd
MOD PODGE CRAFT



OCTOBER 16TH
HALLOWEEN CRAFT



OCTOBER 30TH
PUMPKIN CRAFT



JOIN SUSANNE
ON THESE DATES IN OCTOBER FOR SOME CRAFTING FUN!

Several items needed for these crafts you may already have at your home. A supply list and ZOOM meeting link will be provided once you email Susanne to tell her you will be joining in the fun!

Email: Susanne.huff@knoxcounty.org



BINGO HAPPY HOUR

w/ April and Jill

Starting Tuesday, September 22nd @ 3:00pm

Come join April Tomlin, Knox County Senior Services Manager and Jill Green, Corryton Senior Center Coordinator for some “good ole fashion” bingo starting September 22nd and every Tuesday through October. Please RSVP

jill.green@knoxcounty.org

to receive your Zoom invitation

and a bingo card. JOIN THE FUN!

HAPPINESS IS YELLING ...



**GUITAR JAM
FRIDAYS
2:00-3:00 PM**

Our Friday Guitar Jam would love the opportunity to entertain you virtually!

Whether you're looking to play, sing or just sit and listen, be sure to join us every Friday from 2PM-3PM for an afternoon of music!

Email

Lindsey.iddins@knoxcounty.org

To register and receive your Zoom link.



GAME SOCIAL AND CONVERSATION ON ZOOM
WEDNESDAY OCTOBER 21st
@ 1:30 PM



**JOIN THE STAFF OF WEST KNOX
COUNTY SENIOR CENTER ON**

WEDNESDAY OCTOBER 21ST
AT
1:30 PM

**FOR “GAME SOCIAL AND
CONVERSATIONS” ON ZOOM.**

**VISIT WITH *DARRELL, LISA* AND
BRITTNEY AND HAVE FUN PLAYING
SCATTERGORIES WHILE ENJOYING
SOME FRIENDLY CONVERSATIONS.**

**TO OBTAIN YOUR PERSONAL ZOOM
INVITE EMAIL DARRELL @**

DARRELL.GOODING2KNOXCOUNTY.ORG

TRIVIA THURSDAYS WITH SCOT

11:00AM

Are you ready to put your
"Jeopardy!" watching to the
test?

Join Scot from Karns Senior
Center on Zoom for a live
competition.

You'll be teamed up with others
around the County to prove
you're one of the know-it-alls!

Zoom's made it easy to play
virtually, almost like playing in
person.

Study up and we'll see you
online at 11:00 on Thursdays!

Email

Scot.bellavia@knoxcounty.org

To get your Zoom link



**CRAFTING SOCIAL WITH SUSANNE @12:30 ON THE FOLLOWING THURSDAYS:
SEPTEMBER 10th, SEPTEMBER 24th, OCTOBER 8th and OCTOBER 22nd**



GRAB YOUR KNITTING, PAINTS, BEADS, COLORS OR WHATEVER YOU ENJOY CRAFTING WITH AND JOIN SUSANNE FOR A VIRTUAL CRAFTING SOCIAL!

THIS WILL BE A TIME OF SWEET FELLOWSHIP AND CREATIVITY.

LET SUSANNE KNOW THAT YOU ARE COMING!

SEND AN EMAIL TO:

Susanne.huff@knoxcounty.org

Susanne will send you an invitation with the Zoom link.





MACRAME WITH AMANDA

SEPTEMBER 29th

@2:00PM

Macramé is making a comeback!

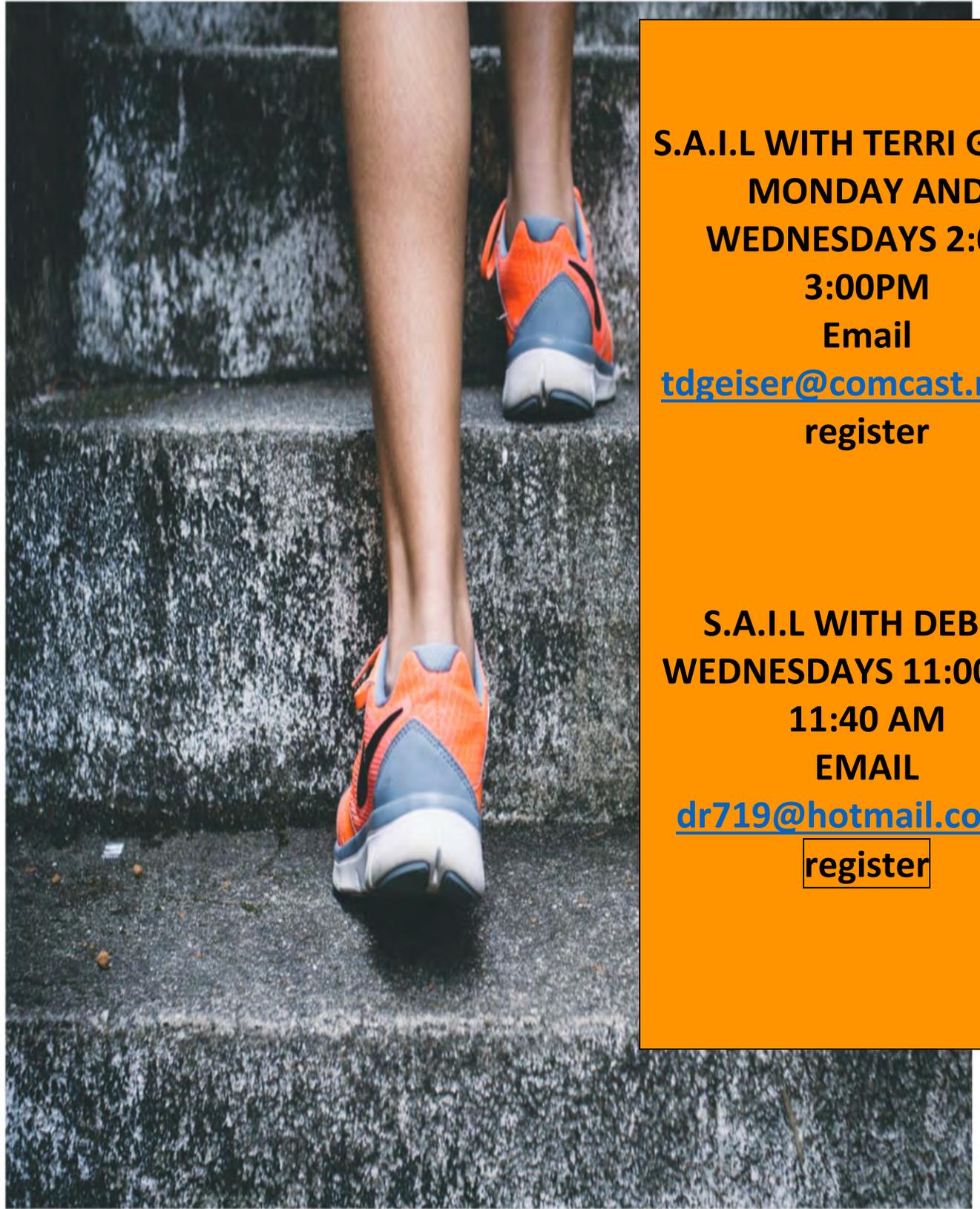
You may remember this knotting craft from the 1970's. It's coming back hotter than ever!

Join Amanda to learn how to make a macramé plant holder. You will need scissors, measuring tape, and macramé cord. (yarn, twine, cord)

RSVP to:

Amanda.Patton@knoxcounty.org

EXERCISE CLASSES OFFERED BY INSTRUCTORS VIA ZOOM



**S.A.I.L WITH TERRI GEISER
MONDAY AND
WEDNESDAYS 2:00-
3:00PM
Email
tdgeiser@comcast.net to
register**

**S.A.I.L WITH DEBBIE
WEDNESDAYS 11:00 AM-
11:40 AM
EMAIL
dr719@hotmail.com to
register**

TAI CHI, YOGA AND CIRCUIT WITH DON PARSLEY

**TUESDAYS 12:00 SILVER SNEAKERS
CLASSIC (light exercise)**

1:00 CHEN STYLE TAI CHI (8 MOVES)

2:00 SILVER SNEAKERS ENERCHI

THURSDAYS: SAME AS ABOVE

**FRIDAYS: 1:00 SILVER SNEAKERS
CIRCUIT (Moderate)**

2:15 SILVER SNEAKERS CHAIR YOGA

**FOR MORE INFORMATION AND TO
REGISTER EMAIL DONALD PARSLEY
Spiritofthedragon01@gmail.com**

***You do not have to be a Silver
Sneaker member to attend and the
classes are free.**



S.A.I.L WITH KAT AT LAKESHORE PARK!

Enjoy the beauty of Fall and get some exercise too!

Join Kat at Lakeshore Park every Monday, Wednesday and Fridays at 9:00 AM.

Text Kat @ kat354@tds.net for more information.

(All Knox County Health Department COVID guidelines are observed)



VIRTUAL HOMEMADE HALLOWEEN COSTUME CONTEST

Stay home and be safe by using items available to create a special Halloween costume!

Take a picture of you in your costume and email it to jill.green@knoxcounty.org by **4:00 Friday, October 23rd**.

The winners and prizes will be awarded on **Friday Oct 30th at 2:00 on ZOOM**.

Thank you to our Sponsors and Judges:

Kim Olen- Mac's Pharmacy

Ashley Wolard- Quality Home Health

Teja Cain-
Core Insurance Advisors.

The categories are: ***Scariest, Funniest and Most Creative.***

Contact Jill for any further information



fall harvest DECORATION CONTEST

We all LOVE the Fall colors in East Tennessee! Some of us love decorating around our homes! Let's share the beauty with others and have a little fun at the same time!

Just take a picture of your 'Fall décor', and email it to janet.word@knoxcounty.org by Friday, Oct. 23rd.

***TWO CATEGORIES: 1.COOLEST/PRETTIEST
OUTSIDE DECORATIONS**

2. COOLEST/PRETTIEST INSIDE DECORATIONS

THANK YOU TO OUR SPONSOR AND JUDGES:

RYAN FLATT- PHARMACIST &

JEFF OLSEN

RIGGS DRUG STORE

604 E. EMORY RD.

POWELL, TN 37849

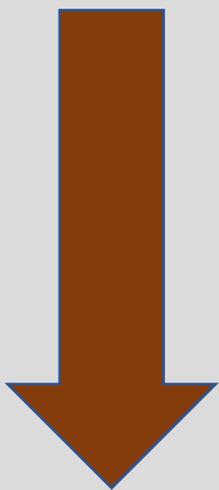
(865)947-5235

**FREE DELIVERY TO ANYWHERE!
GIVE US A CALL!**

**WINNERS & THEIR PICTURES WILL
BE ANNOUNCED ON ZOOM ON FRI.,
OCT. 30TH AT 8:45 A .M.**



**BE ON THE
LOOKOUT
FOR THE
FOLLOWING
POSTINGS
ON
FACEBOOK**



CHECK THIS OUT...



Virtual Musicals

Come join us every week as we enjoy a variety of different musicals! Bring along your favorite snacks, best singing voices (doesn't have to be good) and your dancing shoes. Just click the link posted every week on the Knox County Senior Services Facebook page to see what Brittney has found for you to watch. It could be Frank Sinatra, Judy Garland and a host of other performers. No need to pre-register just check Facebook.

CROCHET PUMPKINS

Watch Facebook for a link to view one of Karns Favorites, Sandy Heinish teaching how to crochet pumpkins. Perfect for Fall!



MUSIC JAM with WARREN & JUDY FROM KARNs

Be sure to look for a link on our Facebook page to enjoy some singing, fiddling and guitar!

Judy and Warren are sure to entertain you with a selection of country music favorites!

