



SEPTEMBER/  
OCTOBER  
2008

## HALLS SENIOR CENTER

4410 Crippen Rd., Knoxville, TN 37918;  
Ph: 865-922-0416; Fax: 865-922-0432

# Happenings ...



### September 1 ... **Center Closed**

Halls Senior Center will be closed on Monday, September 1st in observance of Labor Day.

### Farewell To Our Interns

Just as we say goodbye to summer, we also must say farewell to our interns. They have been enjoyable to have around the center with their enthusiastic energy, their willingness to offer a helping hand, and their ideas and creative spirits. They have become an enjoyable part of our summer days. The interns worked very hard to ensure that such events as the Mayor's Third Annual Senior Appreciation Picnic and our own Independence Day Cook-out at the center was a success. We wish these special young adults all the best. We are hoping that they will be joining us next year for more activities and hope they leave us with a better understanding of how senior services is an integral part of their community.

Seen here are Interns Carlous Quince, Jr. and Jennifer Cox. Jennifer, a resident of the Powell Community, is a student at UTC. Carlous, a Knoxville, is looking forward to beginning his career with UPS where he began just a few weeks ago.



### Celebrating the Arrival of the Wii

Like some of us, you may have wondered when it would arrive, what it would look like, would it be larger than a breadbox, would it speak, who would it challenge first. We soon, however, witnessed, with the arrival of the Wii on 07/21/2008, that there was more fun to be enjoyed than anticipated! Halls Senior Center celebrated the arrival of the Wii with a bowling and softball game demonstration by the summer interns.

The Wii is not only popular with youth but is gaining increasing popularity among adults and especially seniors. It's proven to be an effective way to maintain and even increase one's activity level, participate in sporting activities that may be too difficult to engage in physically due to age or medical conditions. With the Wii a player can enjoy playing baseball, bowling, tennis, target shooting and a variety of other games without the level of physical exertion that would normally be required, but yet still find the activity to be healthy by providing exercise, hand-eye coordination and it's also just fun to play.



Halls Staff Member Crystal Buchanan receives tips from Intern Mary Hinson on pitching a Wii softball while other staff observe.

As one senior said when bowling "It's just like being at the bowling alley but without all the noise, the distractions, and hefting a heavy ball around."

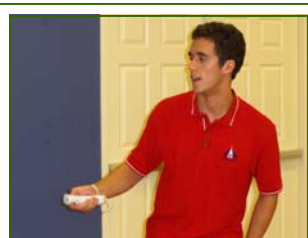
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### Celebrating the Arrival of the Wii

Bowling has become one of the more popular Wii sports enjoyed by seniors across the country. There's also baseball, golf, tennis, boxing and other sports. These sports can now be enjoyed at Halls Senior Center.

With the Wii now being available, please feel free to ask Crystel, Joe or Darrell for a demonstration. We're sure you, too, will find it not only fun but easy to play. If you're already familiar with the Wii stop in for a game. The Wii is available for play on most days.



Intern Travis Tillman is seen here demonstrating the Wii at Halls Senior Center.

### September 9th ... Senior's Day

Mercy Health Partners Senior Citizen's Day at Tennessee Valley Fair will be held on 09/09/2008 from 10:00 am until 3:00 pm. At 10:00 am registration for Recognition Awards will begin. Register for the oldest woman, oldest man, couple married the longest, largest group, group that traveled the farthest. Prizes will be awarded at 1:30 PM. You and/or your group must be present to win. 11:00 AM the O'Conner Center Silver Stage Players Perform, 11:30 am there's a talent show and prizes to be won, at 12:30 pm there's a Password Game with prizes, 1:00 Twin Creek Band will be playing country music, 2:00 pm Bingo will be played with prizes to be won. If you plan on participating in either the Talent Show or the Password Game please pre-register by calling 545-6741. There will also be exhibition booths providing valuable information to seniors.

### Pinochle & Euchre Await

You're invited to join the table at Halls Senior Center for a game of Pinochle on Mondays at 10:00 AM and Euchre on Fridays at 10:00 AM.. Join the table for a game of cards, some good laughs and great company. We're hoping to see you soon.



### Learn To Play Chess!

On Fridays at 1:00 PM join us for a lesson on chess or just come by to play. To sign up for chess lessons please contact the center at 922-0416.

### September 4th ..... Ballroom Dance Classes Begin

*Beginning* Ballroom Dance classes start at Halls Senior Center on Thursday, September 4 at 6:00 PM with *Intermediate* ballroom dance classes following at 7:00 PM. The fee is \$25.00 for seven classes. Classes meet on Thursdays. To sign up for Ballroom Dance classes call the center at 922-0416, or call Georgia Engle at 686-1284 or stop by the office to sign up.

### September 10th...

#### Eight Ball Double Elimination Tournament Rescheduled

Halls Senior Center will be hosting an Eight Ball Double Elimination Tournament on Wednesday, September 10th. Registration begins at 9:00 AM and games begin at 9:30 AM. There is a \$5.00 registration fee to play. Fees are due no later than Friday, September 5th. If you're interested in participating please call 922-0416 to pre-register.

### September 17th ...

#### Billiard Class Offered at Halls

Mr. James Auger, Certified Billiards Instructor, will be at Halls Senior Center on Wednesday, September 17th from 9:00 AM until 12:00 PM to offer a free billiards class for seniors.

### September 22nd

#### Book Club

The Book Club will meet on Monday, 09/22/2008 at 2:00 PM at the Senior Center. This month participants are picking a book of choice by author Sharyn McCrumb to read and report on. The Book Club is anticipating to have local authors in within the coming months to speak with the group. Please feel free to join.

**September 23rd ...****Movie Time**

Welcome an Autumn evening with movie. Tuesday, September 23rd at 5:30 PM we'll be showing *The Bucket List* (2007), a blend of drama and comedy, starring Jack Nicholson and Morgan Freeman as two terminally ill cancer patients who break out of the hospital to fulfill their list of things they want to do in living life to its fullest in their last remaining days. Join us at the Center for a good movie.

**September 26th...****Estate Planning Presentation**

Attorney Rebecca Abbott will be at Halls Senior Center on Friday, September 26th at 10:00 AM to discuss and explore issues in Estate Planning. There will be a question and answer session to address your concerns regarding your own estate planning. Please call the Center at 922-0416 to sign up to attend this free presentation. We look forward to seeing you.

**Jam Session Announced**

If you enjoy getting with others and jamming with your favorite musical instrument, then mark your calendar for the second Friday of each month at 10:00 AM for a jamming session at Halls Senior Center. Please be sure to bring your musical instrument(s) and get ready to have a good ol' time!

**October 14th .... Harrah's Casino Trip**

Frankie and Jim Hicks are planning a trip to Harrah's Casino in Cherokee, NC on Tuesday, October 14th. The cost is \$30.00 per person and will be leaving Halls Senior Center at 8:00 AM and returning by 8:00 PM. To obtain additional information and make your reservations contact Frankie or Jim Hicks at 525-1475.

**October 15th ....****Senior Discount Travel Presentation**

Come meet Teri LeFrois, a 30 year travel industry veteran, with All Starr Travel, who will teach you the secrets on how to book travel for senior citizens at discount rates. Also meet Starr Lawson with All Starr Travel who will introduce her special travel adventures designed especially for senior citizens! Don't miss this exciting and informative program beginning at 11:30 AM. Door prizes available and refreshments will be served!

**Quilting Group News**

The quilting group at Halls Senior Center completed their first quilt which was donated to Walter Reid Hospital for delivery to an injured soldier. We commend the quilting group on their talent and generosity.



The Quilters would like to acknowledge the Quiltin' Garden of Halls with a special thanks. The Quilting group meets every Thursday beginning at 5:30 pm at Halls Senior Center.

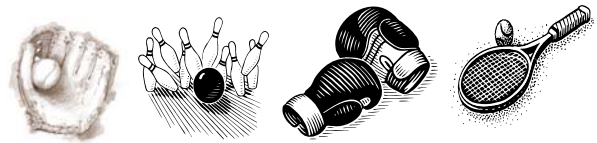
**We wish to extend a very special thanks**

to the sponsors of this year's Mayor's Senior Appreciation Picnic. Platinum Sponsors: Mayfield Ice Cream, Secure Horizons by United Healthcare, Kroger, Harvest Tent Rental and Inflatables;

Gold Sponsors: Shephard Exposition Services, Priority Healthcare, Halls Crossroads Women's League, Harman Ice, Covenant Senior Health, Mercy Health Partners, Elmcroft of Halls and Knoxville, Cariten Senior Health, Northaven Health Care Systems, Williamsburg Villas, Dignity Memorial, Halls Business & Professional Association, Humana; Silver Sponsors: Pit Stop, Bridges Funeral Home. In addition special thanks to; Knox County Parks and Recreation, Knox County Library, Public Works, Coke-Cola, American Red Cross, Kohls, Waste Connections, Capital Finance, and last but not least our summer interns; Cetera Davis, Bryan LeGrande, Mary Hinson, Jennifer Cox, Travis Tillman, Carlous Quince, Jr. This years Picnic was a great success with almost 800 seniors in attendance. Together, with your gracious support and involvement in our community, we have made this the best Picnic yet. Your interest and assistance is very much appreciation.

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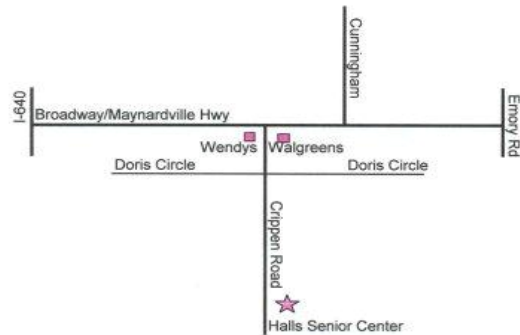
# It's Wii Time



Honorable Mike Ragsdale, Knox County Mayor  
 Hemal Tailor, Director, Senior & Volunteer Svcs  
 Darrell R. Gooding, Coordinator  
 Crystel Buchanan, Assistant  
 Joe Addante, Assistant

**HALLS SENIOR CENTER HOURS:**

MON: 9 am—4 pm  
 TUES: (1st & 3rd) 9am—5pm ♦ (2nd & 4th) 9am—8pm  
 WED: 9 am—5 pm  
 THURS: 9 am to 8 pm  
 FRI: 9 am—4 pm



**“Happenings...”**  
 is made possible by the generous support of  
 Mercy Health Partners

