



November/  
December  
2023

# West Knox County Senior Center

## The *Scene*

The Senior Center will be closed on Friday, November 20th in observance of Veterans Day; Thursday and Friday, November 23 and 24th for Thanksgiving holiday. Monday and Tuesday, December 25th and 26th for Christmas Holiday.

### Inside This Edition:

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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](http://www.KnoxCounty.org/seniors)

# West Knox County Senior Center

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

Phone: 865-288-7805

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

# Nov. 2023

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)
<p>The programs listed below occur weekly:</p>				
<p>7:30-3:45 Billiards 8:45 Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group <b>10:30 Bingo</b> 12:00 Mexican Train Dominoes 12:00 MJ Group</p>	<p>7:30-3:45 Billiards <b>9:00 French*</b> 9:30 Intern. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group <b>10:15 Spanish*</b> 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:30 Canasta 12:30 Hand &amp; Foot 12:50 Feldenkrais* 1:00 Portrait Art Group 2:00 Intern. Line Dance*</p>	<p>7:30-3:45 Billiards 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg <b>1:00 Beginning Line Dance*</b> 1:00 Bridge 1:00 Oil Painting Class* 2:30 Zuma Gold*</p>	<p>7:30-3:45 Billiards <b>9:00 French*</b> 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge <b>10:15 Spanish*</b> 11:15 Pilates* <b>11:45 Pickleball Lessons</b> 12:00 Rook 12:30 Pickleball 1:00 Feldenkrais* 2:15 Improvers Line Dance*</p>	<p><b>8:00 –12:00 Table Tennis</b> 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/ Stretch* <b>9:30 Ask Jake</b> 10:00 SAIL Exercise* 10:15 Beginning Tai Chi with Cheryl* 11:00 Oil Painting Class* 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group 12:30 Pinochle</p>
<p>The programs listed below are non-weekly or specialty programs:</p>				
<p><b>Medicare Open Enrollment</b> Medicare Open Enrollment is from October 14—December 7</p>		<p><b>1</b> 1:30 Sew What</p>	<p><b>2</b> 9:00 Meet the Physical Therapist 1:30 Medicare 101 with Dixie and Antonio</p>	<p><b>3</b> 10:00 Nail Trimming*</p>
<p><b>6</b> 10:00 Jim Sikes Medicare <b>10:30 BINGO</b> 1:00 Jim Sikes Medicare <b>1:30 Music Jam sponsored by First Light Home Care</b> 1:30 Perspective Drawing Class* (1:8)</p>	<p><b>7</b> Senior Angel Tree in the Lobby until November 28th.</p>	<p><b>8</b> 1:30 Perspective Drawing Class* (2:8)</p>	<p><b>9</b> 8:00 Aging A Family Affair at Rothchild Center 1:00 Steel Magnolias Book Club</p>	<p><b>10</b> Center Closed Veterans Day</p>
<p><b>13</b> 9:00 Social Worker Outreach 10:00 Humana MarketPoint 2024 Benefits <b>10:30 BINGO</b> 1:30 United HealthCare Chronic Conditions Health Plan 2024 1:30 Dementia Care Social 1:30 Perspective Drawing Class* (3:8) 1:30 Writing Workshop</p>	<p><b>14</b> 10:00 Android Basics* 10:00 Medicare Q&amp;A Table with Brooke Thurman 10:00 Senior Walk at New Harvest Park</p>	<p><b>15</b> 10:00 Color, Coffee &amp; Chat 10:00 Legal Outreach 1:30 Perspective Drawing Class* (4:8)</p>	<p><b>16</b> 9:00 Meet the Physical Therapist 9:30 Field Trip: JTV Studio 11:00 AARP Smart Driver Class*</p>	<p><b>17</b> 10:00 Art with Durga* 11:00 AARP Smart Driving Class*</p>
<p><b>20</b> 10:30 Bingo 12:30 American Sewing Guild 1:30 Perspective Drawing Class* (5:8) 1:00 Acuity Hearing Assessments</p>	<p><b>21</b> 10:30 Grief Support 1:30 American Indian Cultures Class* (1:10)</p>	<p><b>22</b> 10:00 Blood Pressure Clinic 1:00 Medicare Q&amp;A Table with Penny Mayo 1:30 Perspective Drawing Class* (6:8)</p>	<p><b>23</b> Center Closed Thanksgiving Holiday</p>	<p><b>24</b> Center Closed Thanksgiving Holiday</p>
<p><b>27</b> 10:00 Jim Sikes Medicare <b>10:30 BINGO</b> 1:00 Jim Sikes Medicare 1:00 Cooking with Laurie 1:30 Perspective Drawing Class* (7:8)</p>	<p><b>28</b> 1:30 American Indian Cultures Class* (2:10)  Deliver Senior Angel Tree gifts to the Center no later than today.</p>	<p><b>29</b> 1:30 Perspective Drawing Class* (8:8)</p>	<p><b>30</b>  No pickleball today. Gymnasium closed.</p>	<p><b>Craft Fair</b> Friday, December 1 12:00—3:30 PM</p>



# West Knox County Senior Center

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

Phone: 865-288-7805

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

# Dec. 2023

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)
<p>The programs listed below occur weekly:</p>				
<p>7:30—3:45 Billiards 8:45 Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group <b>10:30 Bingo</b> 12:00 Mexican Train Dominoes 12:00 MJ Group</p>	<p>7:30-3:45 Billiards 9:30 Intern. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:30 Canasta 12:30 Hand &amp; Foot 12:50 Feldenkrais* 1:00 Portrait Art Group 2:00 Intern. Line Dance*</p>	<p>7:30—3:45 Billiards 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg <b>1:00 Beginning Line Dance*</b> 1:00 Bridge 1:00 Oil Painting Class* 2:30 Zuma Gold*</p>	<p>7:30-3:45 Billiards 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 11:15 Pilates* <b>11:45 Pickleball Lessons</b> 12:00 Rook 12:30 Pickleball 1:00 Feldenkrais* 2:15 Improvers Line Dance*</p>	<p><b>8:00 –12:00 Table Tennis</b> 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/ Stretch* <b>9:30 Ask Jake</b> 10:00 SAIL Exercise* 10:15 Beginning Tai Chi with Cheryl* 11:00 Oil Painting Class* 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group 12:30 Pinochle</p>
<p>The programs listed below are non-weekly or specialty programs:</p>				
				<p><b>1</b> <b>Craft Fair</b> 12:00—3:30 PM</p>
<p><b>4</b> 10:00 Humana MarketPoint 2024 Benefits Presentation <b>10:30 BINGO</b> 11:00 Field Trip: Peppermint Trail <b>1:30 Music Jam</b> 1:30 Last Minute Medicare Enrollment Questions</p>	<p><b>5</b> <b>10:00 Financial Presentation</b> 10:30 Grief Support <b>1:30 American Indian Cultures*</b> (3:10)</p>	<p><b>6</b> <b>10:00 iPad/iPhone Basics*</b> 1:30 Sew What</p>	<p><b>7</b> 9:00 Meet the Physical Therapist <b>10:00 iPad/iPhone Basics*</b> <b>1:30 Medicare 101 with Dixie and Antonio</b></p>	<p><b>8</b> <b>8:30 Hearing Help with Beltone</b> <b>10:00 Nail Trimming*</b> <b>11:30 Cole Center for Parkinson's Singers</b></p>
<p><b>11</b> 9:00 Social Worker Outreach 9:30 Medicare Q&amp;A table <b>10:30 Axonics Presentation</b> <b>10:30 BINGO with Brooke</b> 1:30 Dementia Social 1:30 Writing Workshop</p>	<p><b>12</b> <b>10:00 Android Basics*</b> <b>1:30 American Indian Cultures*</b> (4:10)</p>	<p><b>13</b> <b>10:00 Beaded Snowflake Ornament</b> <b>1:30 Retirement Income Style Awareness Program</b></p>	<p><b>14</b> <b>1:30 Music Therapy with Marcy*</b></p>	<p><b>15</b> 1:00 Holiday Luncheon.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Pickup tickets for Holiday Luncheon November 20— December 15 at reception desk while supplies last.</p> </div>
<p><b>18</b> <b>9:00 Tech Smart Seniors*</b> (1:5) <b>10:00 Art with Durga*</b> <b>10:30 Bingo</b> 10:00 Am Sewing Guild</p>	<p><b>19</b> <b>9:00 Tech Smart Seniors*</b> (2:5) 10:30 Grief Support <b>1:30 American Indian Cultures*</b> (5:10) <b>5:30 Senior Walk—The Cove at Concord Park</b></p>	<p><b>20</b> <b>9:00 Tech Smart Seniors*</b> (3:5) <b>10:00 Color Coffee Chat</b> <b>10:00 Legal Outreach</b></p>	<p><b>21</b> 9:00 Meet the Physical Therapist <b>9:00 Tech Smart Seniors*</b> (4:5)</p>	<p><b>22</b> <b>9:00 Tech Smart Seniors*</b> (5:5) 9:00—11:00 Treats in the Lobby</p>
<p><b>25</b> Center Closed Christmas Holiday</p>	<p><b>26</b> Center Closed Christmas Holiday</p>	<p><b>27</b> 10:00 Blood Pressure Clinic 1:00 Medicare Q&amp;A Table with Farm Bureau Health Plans</p>	<p><b>28</b> 1:30 Vietnam Veterans Social</p>	<p><b>29</b></p> 



### November 6th ... Senior Angel Tree

The Senior Angel Tree kicks off Monday, November 6th. Last year, with your support, CAC Office on Aging provided 241 Knox County residents with 1,602 gifts. Thank you!

How does it work?

- Visit West Knox County Senior Center from November 6th—22nd.
- Choose a senior and adopt any of their needs!
- Return unwrapped gifts to the Center no later than Tuesday, November 28th.



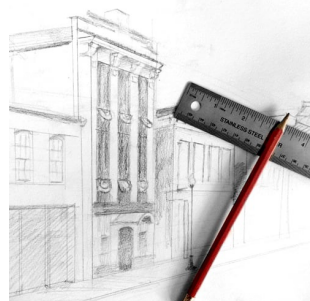
The seniors served by the Senior Angel Tree experience a variety of circumstances with some being victims of crime, have little to no community support, have recently suffered a loss, are frail, homeless, or experienced a recent and significant decline in health. Visit the West Knox County Senior Center and take a name from the Senior Angel Tree and help make the holidays more special for a senior in need. For additional information you can email [SeniorAngelTree@KnoxSeniors.org](mailto:SeniorAngelTree@KnoxSeniors.org). You can make a difference this holiday season in the life of a senior.

This enormous effort is only possibly through the help of volunteers. The Retired & Senior Volunteer Program (RSVP) puts in hundreds of hours to make the Senior Angel Tree happen. What can you do? Volunteers help the Office on Aging wrap all the presents in December when they start arriving. For additional information contact RSVP by emailing [RSVP@KnoxSeniors.org](mailto:RSVP@KnoxSeniors.org) or by phoning 865-524-2786.



### November 6th ... Perspective Drawing Class

Join instructor Ann Mabry on Mondays and Wednesdays at 1:30 PM for a Perspective Drawing Class. This class will meet for a total of eight sessions starting on Monday, November 6th and will conclude on Wednesday, November 29th. If you're interested in taking this class call the Center or stop by the reception desk to inquire about seating availability. Seating is limited. There is no class fee and students are required to provide a drawing triangle, T-square, pencil, and eraser—items which can be obtain at Hobby Lobby, Michael's, Jerry's Artarama, or other stores where art supplies are sold.



### 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, November 21st.,  
Tuesday, December 5th.,  
Tuesday, December 19th.*

Grief Support Group is sponsored by Smoky Mountain Home Health & Hospice. Everyone welcome.

### Meet the Physical Therapist



Dr. Lee Easley, DPT., with [Knox Physical Therapy](http://KnoxPhysicalTherapy.com) 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, November 2nd.,  
Thursday, November 16th.,  
Thursday, December 7th.,  
Thursday, December 21st.*

### Signing Up via Email

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

[West.SeniorCenter@KnoxCounty.org](mailto:West.SeniorCenter@KnoxCounty.org)

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





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



### Socks for the Winter Drive

You can help the local homeless population this Winter season. West Knox County Senior Center is sponsoring a sock drive for those who are served by the Knox Area Rescue Ministries. During the months of November and December, you can donate pairs of warm winter socks. It's easy to participate; bring your newly purchased socks to the Center and place them in the Sock Drive Donation Box in the lobby. Socks for any ages; children, youth, and adults are welcome. We will coordinate with Knox Area Rescue Ministries and deliver the donations to KARM the week of December 20th. The Rescue Ministries shelters more than three hundred men, women, and children each night, and serve nearly one thousand meals each day—serving not only the homeless but many individuals in crisis. To learn more about the Knox Area Rescue Ministries, visit [www.KARM.org](http://www.KARM.org).

### Medicare Open Enrollment Programs

Looking for guidance and answers to your Medicare questions during Open Enrollment season? See our Medicare pages **15 and 16** for a listing of agencies and services that will be available to you at West Knox County Senior Center during November and December.

### 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 in a gift bag for the bingo prize table, and call the Center at 865-288-7805 or stop by the reception desk to register. Our sponsors, listed below, will have some prizes too. Bingo is offered on the following Mondays at 10:30 AM:

- November 6th ... Leigh Parker with Trustwell Living,
- November 13th ... Kelly Bergerson with Josh Ellis State Farm,
- November 20th ... Danika Bull with First Light Home Care,
- November 27th ... Kelly Bergerson with Josh Ellis State Farm,
- December 4th ... Leigh Parker with Trustwell Living,
- December 11th ... Brooke Thurman with Core Insurance,
- December 18th ... Danika Bull with First Light Home Care.



### Blood Pressure Clinic

Karen Russell, LPN with SR Medical, has over thirty years experience in the health care industry helping seniors. She will provide a Blood Pressure Clinic at the Center on the following dates at 10:00 AM:

*Wednesday, November 22nd.,  
Wednesday, December 27th.*

No appointment necessary.



### Nail Trimming



West Knox County Senior Center will be offering toenail trimming with Michelle on the following dates:

*Friday, November 3rd.,  
Starting at 10:00 AM.,  
Friday, December 8th.,  
Starting at 10:00 AM.,*

Please call the Center to check on appointment availability. Fee is \$13 payable to Michelle.

### Medicare Q&A Table



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 on the following days:

*Tuesday, November 14th.,  
at 10:00 AM.,  
Monday, December 11th.,  
at 9:30 AM.*



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



### November 6th ... Music Jam

We welcome our veterans to our country, bluegrass, and gospel music jam session on Monday, November 6 at 1:30 PM. Bring your musical instrument too or just come and listen. Wear your red, white and blue to commemorate upcoming Veterans Day. We'll be enjoying refreshments sponsored by FirstLight Home Care. For planning purposes, please call the Center or stop by the reception desk to sign up to attend. We want to make sure there's refreshments for everyone! We look forward to seeing you.

### November 9th ... Fitness Fusion Exercise Class

Discover a rejuvenating exercise experience tailored for seniors in our versatile fitness fusion class! Each session introduces a mix of engaging activities aimed at enhancing mobility, strength, and balance, ensuring a holistic approach to your well-being. Whether you're a seasoned exerciser or just starting, this class offers a refreshing routine to keep you active and connected. Join Dustin Parker, Fitness Coordinator, for a blend of gentle stretches, light aerobics, and strength training exercises, all design to keep you moving comfortably at your own pace. Your journey toward a healthier, more vibrant life begins here! This class will meet on Thursdays from 8:30 AM—9:30 AM. There is no charge to participate in this class. Participants need to bring a floor mat and a towel. Please call the Center to sign up to participate.

### The Center's Library

Have you visited the Center's library lately? We have an impressive collection of books by current and popular authors. The Center's library is 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 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).



The goal . . .  
A wreath on each Veterans' headstone in the three Veterans' cemeteries in Knox County. There is no Federal or State funding for this effort.

You can help with a donation of \$17 per wreath.

Please donate at [knoxwreaths.org](http://knoxwreaths.org) • click on  
Optimist Club of Knoxville

or

mail **this flyer** and check payable to  
Wreaths Across America  
KNOXWREATHS  
PO Box 50054, Knoxville, TN 37950



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### Aging: A Family Affair 2023 Thursday, November 9th

The 38th annual Aging: A Family Affair special event of the Knoxville-Knox County CAC Office on Aging will be on Thursday, November 9th from 8:00 AM—3:45 PM and will be held at the Rothchild Conference Center (8807 Kingston Pike). There will be three workshop sessions bringing you practical information related to aging including such workshops as Medicare and Social Security updates, Updating Your Legal Documents, grief and loss, housing issues and the older adult, and much more. Registration fee also includes a continental breakfast and lunch. There will also be door prizes. For more information and to register contact the Office on Aging at 865-524-2786 or visit [www.KnoxSeniors.org/afa](http://www.KnoxSeniors.org/afa).



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



### November 13th ...Writing Workshop Journals, Short Stories, and Beyond!

This workshop is for new, aspiring, and experienced writers. The group will explore writing as an exercise of expression and beginning or continue a writing project of your choice. Writing activities and resources will be shared. The focus includes encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop offered on Monday, November 13th at 1:30 PM. Participants will need to bring a notebook to for note-taking and are welcome to bring a sample of their own writing.

### Dementia Care & Support

*Monday, November 13th  
at 1:30 PM*

*Monday, December 11th  
at 1:30 PM*

The Dementia Care & Support program is facilitated by Kim Warnick with Dementia Care Solutions of East Tennessee.

### November 15th ... Color, Coffee, and Chat

Children’s coloring books are usually designed to teach children to color between the lines while still being creative. Coloring created for adults, on the other hand, is designed to promote mindfulness, alleviate stress and anxiety, develop and maintain fine motor skills, and help those who want to improve focus, as well as allow for creativity and fun. Join Cindy on Wednesday, November 15th at 10:00 AM when our theme is Thanksgiving. For planning purposes, please call the Center or stop by the reception desk to let us know you’re coming. All materials provided. Light refreshments served. We look forward to having you join us.



## Community Outreach Services

### 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](http://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, November 15th* and *Wednesday, December 20th*. To schedule your consultation with a representative from Legal Aid of East Tennessee the Center at 865-288-7805.

### Social Worker Outreach

Wendy Skiles with 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 her at (865) 546-6262 or by email at: [Wendy.Skiles@KnoxSeniors.org](mailto:Wendy.Skiles@KnoxSeniors.org). She will be at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: *November 13th* and *Monday, December 11th*.

### 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](mailto:Veterans@knoxcounty.org).





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



### November 16th ... Field Trip: Jewelry TV Studio

On Thursday, November 16th at 9:30 AM we will be visiting the JTV Studio here in Knoxville! The tour stops include the Rock Specimen Garden at the entrance, fully functional Theater, Broadcast operations control room, Production studios and control rooms, automated fulfillment and shipping operations, and the customer care call center, live production studios include green room and pre-show production areas. Transportation from the Center to the JTV Studio is provided courtesy of CAC Transit. Seating is limited. We ask that you arrive no later than 9:15 AM. We will return to the Center by 11:45 AM. If you are interested in attending registration is required. Call the Center or stop by the reception desk to check on seating availability and to sign up to participate.

### November 16 & 17th... AARP Smart Driver Class

AARP is offering a Smart Driver Class at the Center on Thursday, November 16th and Friday, November 17th from 11:00 AM—3:00 PM. This safety driving class will meet on two days (Thursday and Friday) for four hours each day. 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.

### November 17th ... Art with Durga—Snowman

Join Durga on Friday, November 17th at 10:00 AM for a journey into Winter with the painting of a Snowman. It will be a great Winter decoration in the weeks to come either for yourself or as a gift for a friend or family member. Canvas board size to choose from: 8x10 is \$20; 11x14" is \$30; and 16x20 is \$40. Class fee is payable at time of registration. You can inquire on seating availability and register by visiting the reception desk. Deadline to register for this art class is Tuesday, November 14th. Durga will provide the canvas board, brushes, paints, and instruction.



### Your Announcements

If your Senior Center group has news or announcement you would like to share in the January/February 2024 eNewsletter, please provide information to Darrell before December 1st. You can drop it off at the Reception Desk or email

[West.SeniorCenter@KnoxCounty.org](mailto:West.SeniorCenter@KnoxCounty.org)

## Hearing Help

Friday, December 8th  
8:30—10:00

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. You can sign up for a free consultation, hearing aid cleaning, or hearing test at the reception desk or phone the Senior Center.

### 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.







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



### November 20th ... Hearing 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 is offered Monday, November 20th from 1:00—3:00 PM. Sign up for your ear canal exam at the reception desk or call the Center.



### November 21st ... American Indian Cultures class

Join Karen NoLand, PhD., starting Tuesday, November 21st at 1:30 PM for a series on American Indian Cultures. This ten week series class will cover Northeastern Woodland American Indian cultures, Southwestern cultures, Great Plains, traditional American Indian view of death, male and female stereotypes, medicine, and other related topics. The final class topic will be traditional American Indian food and we will have a traditional feast. Recommended book is Killers of the Flower Moon by David Grann. The movie will be released mid October! Class fee is \$10 for first class and \$8 per each session attended thereafter, payable to the instructor. Seating is limited. Call the Center at 865-288-7805 or stop by the reception desk to check on seating availability and to sign up for this class.

### November 27th ... Cooking with Laurie: Chickpea Chowder and Vegan Chickpea Tuna

This class is designed for those who want to add “life to their years,” not years to your life. A plant based diet is a secret weapon to help with age related diseases and illnesses. We will make two simple, quick, and nutritious meals. Chickpeas will help with weight loss, the fiber in chickpeas keeps us satiated. People who incorporate beans and legumes in their diet are 53% less likely to have a body mass index (BMI) over thirty and more likely to have a lower waist circumference than those who don’t eat beans and legumes. Also, blood sugar regulations are more controlled, preventing sugar spikes for diabetics. Chickpeas contribute good gut bacteria and reduce the risk of irritable bowel by improving bowel habits. There are so many good reasons to participate in this class. Laurie looks forward to seeing you. This class is offer on Monday, November 27th at 1:00 PM. For planning purposes, please call the Center to check on seating availability and to sign up for this free and informative class.

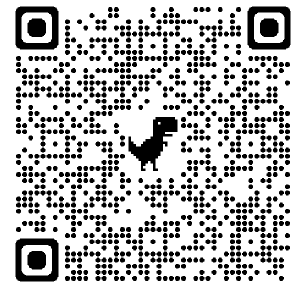
“The color of springtime is in the flowers; the color of Winter is in the imagination.”

Terri Guillemets

### 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](http://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. You can easily find it by scanning the QR code with your phone below.





## **December 1st ... Craft Fair**

Join us on Friday, December 1st from 12:00 PM to 3:30 PM for our third annual end-of-the-year, just-in-time-for-the-holidays, Craft Fair! Whether you would like to be a vendor or simply browse the homemade creations, everyone is welcome to attend. If you would like to participate as a vendor in our Craft Fair, please call 865-288-7805 to reserve a spot as tables and space availability is limited. Each vendor will be limited to a maximum of two tables. There's a \$2 fee to participate as a vendor.

## **December 4th ... Music Jam**

There will be country, bluegrass, and gospel music for everyone to enjoy on Monday, December 4th at 1:30 PM. Bring your musical instrument too or just come and listen. Wear your festive holiday colors of good cheer. For planning purposes, please call the Center or stop by the reception desk to sign up to attend. We want to make sure there's refreshments for everyone at our December Music Jam! Refreshments sponsored by Gentiva Hospice of Knoxville.

## **December 4th ... Field Trip: Peppermint Trail**

Join us on Monday, December 4th with a visit to downtown Knoxville for the Peppermint Trail and Elf on the Shelf Scavenger Hunt! Follow the trail of peppermints on the sidewalks of downtown Knoxville to discover all sorts of treats featuring the favorite red-and-white candy. You'll find peppermint treats round almost every corner—along with plenty of holiday-themed favors and surprises. As part of the hunt, you can pick up a "North Pole Pass" at Mast General Store or Knoxville Visitors Center to guide you through the adventure. Find twenty or more Scout Elves and register to win prizes. Transportation provided from the Center to Market Square courtesy of CAC Transit. Seating is limited. We ask you arrive at the Center no later than 11:00 AM as the bus will be leaving at 11:15 AM. We will return to the Center by 3:00 PM, providing ample time to grab lunch while downtown. If you're interested in attending, please call the Center to check on seating availability.



## **December 5th ... Financial Presentation**

Join Durga Bezawada, Financial Services Professional, on Tuesday, December 5th starting at 10:00 AM. You will obtain an over-view of Will and Trust (online forms), Life Insurance (Term and Cash Value), college planning for children and grandchildren, and risk free retirement solutions. Their mission is the create more financially independent families with a system that will allow you to achieve. For planning purposes, please call the Center to check on seating availability and sign up for this free presentation.

## **December 8th ... Musical Performance Cole Center**

Visit West Knox County Senior Center on Friday, December 8th at 11:30 AM to hear a holiday performance. It's going to be holiday cheer in this program featuring a special performance by the Cole Center Therapeutic Singing Group, a group for both individuals with Parkinson's and their care partners! This program will be offered at the Center on Friday, December 8th from 11:30 AM to 12:00 PM. This program is brought to us by the University of Tennessee Medical Center and The Cole Center for Parkinson's & Movement Disorders. Please call the Center or stop by the reception desk to sign up.



### **December 11th ... Axonic Sacral Neuromodulation Therapy Presentation**

Do you struggle with bladder or bowel control? A life with less accidents is possible, without the pads, the pills, and the planning. Katie Davis, Clinical Specialist invites you to attend this interactive event to learn more about Axonic Sacral Neuromodulation (SNM) Therapy and if it could be right for you. Don't let bladder and bowel dysfunction impact the rest of your life. This presentation is offered on Monday, December 11th at 10:30 AM. For planning purposes please RSVP by calling the Center or stopping by the reception desk. Light refreshments served.

### **December 11th ... Writing Workshop: Journals, Short Stories, and Beyond!**

This workshop is for new, aspiring, and experienced writers. The group will explore writing as an exercise of expression and beginning or continue a writing project of your choice. Writing activities and resources will be shared. The focus includes encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop offered on Monday, December 11th at 1:30 PM. Participants will need to bring a notebook to for notetaking and are welcome to bring a sample of their own writing.

### **December 13th ... Craft Class: Beaded Snowflake Ornament**

Decorate your home with a beaded snowflake ornament. Join Cindy on Wednesday, December 13th at 10:00 AM for a crafting good time. This easy-to-make fun snowflake can be an ornament for the Christmas tree, a hanging in a window, decoration for holiday gift, and enjoyed throughout the Winter. They make a great gift as well. This class is free and all supplies provided. Space is limited, call the Center or stop by the reception desk to inquire about seating availability and to sign up.



### **December 13th ... Retirement Income Style Awareness Presentation**

Retire with a smile! The Retirement Income Style Awareness (or RISA) is the first financial personality assessment that identifies your retirement income style and implementation approach. When you attend the presentation you'll be provided with a link to open an account to take the RISA questionnaire which takes 15-20 minutes. Your answers to the research-backed questions produces a free RISA report that will help you understand how you'll be most comfortable funding your retirement. You will be able to identify which "style" matches best to your preferences and how that can translate into personalized retirement income strategy. The presenters are Caroline Friedrich, CPA, CFP® and Lee Sherbakoff, CPA/PFS, CFP, RICP. Caroline and Lee work together at the Nalls Sherbakoff Group, LLC., a fee-only fiduciary investment firm located in West Knoxville. Call the Center to sign up for this informative program offered on Wednesday, December 13th at 1:30 PM.

### **December 14th... Music Therapy: Play the Bells**

Have you ever wanted to play a musical instrument? Now is your chance, without even needing any musical background. Visit with us and play the bells with musical therapist, Darcy Schrider in this fun filled program on Thursday, December 14th at 1:30 PM. There's a \$5 fee to participate payable to Darcy. Music therapy is beneficial in improving memory recall, reduction of anxiety, heart rate, blood pressure, along with many other benefits. For planning purposes please call the Center to inquire about seating availability and to sign up for this musical program.





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



## December 15th ... Holiday Luncheon

The holiday luncheon is scheduled for Friday, December 15th starting at 1:00 PM. To attend this years holiday luncheon you will need a ticket for admission. Tickets will be available at the reception desk starting on Monday, November 20th. There are only one hundred tickets available. You must pick up your ticket in person while supplies last. You cannot reserve tickets and only two tickets are permitted per person. Tickets will no longer be available after Friday, December 8th. You will need to present your ticket at the time of the Luncheon on Friday, December 15th in order to obtain your seat.



## December 18th ...Tech Smart Knox Seniors Class Starts

The CAC Office on Aging is offering a Tech Smart Knox Seniors Class starting on Monday, December 18th from 9:00 AM—12:00 PM at West Knox County Senior Center. The class will meet Monday through Friday for a total of fifteen hours of instruction. Participants need to be, at least, sixty years of age, be a Knox County resident, each household that participates will receive one Chromebook for \$25 with the successful completion of this week long class. You will learn how to use a Chromebook, explore the internet and so much more, and you may be eligible for assistance with home internet with the successful completion of the class along with a year of free tech support. Participants need to make a commitment to attend all five days of instruction. Last day of class will be Friday, December 22nd. The class can take twelve students. Registration is required. To check on seating availability and to register call Mr. Dylan Scott with the Office on Aging at 865-524-2786 or email [TechSmart@KnoxSeniors.org](mailto:TechSmart@KnoxSeniors.org)

### Billiards

The West Knox County Senior Center billiard table is available Monday through Thursday from 7:30 AM—3:45 PM and Fridays 12:30—3:45 PM. Feel free to stop by and practice or play a game with a friend.



### 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. In December we'll have a mix holiday trivia covering movies, music, traditions, and more.

## 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 contact you and 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.



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



### December 18th ... Art with Durga—Winter Bird

Join Durga on Monday, December 18th at 10:00 AM for a journey into Winter with the painting of a Bird in Winter. It'll make a great gift for the holidays or use in your own home decor in the months to come. A canvas board size 8x10 is \$20; 11x14 is \$30; and 16x20 is \$40. Class fee is payable at time of registration. You can stop by the reception desk to inquire on seating availability and to register for this class. Deadline to register for this art class is Wednesday, December 13th. Durga will provide the canvas board, brushes, paints, and instruction.



### December 20th ... Color, Coffee, and Chat

Join Cindy on Wednesday, December 20th at 10:00 AM for Color, Coffee, and Chat. It's an opportunity to sit back and relax, chat, make friends and new acquaintances while being creative and reminiscing about the season. This month's theme is Christmas. Light refreshments will be served. All materials provided. For planning purposes, please call the Center or stop by the reception desk to check on seating availability and to sign up for this enjoyable and free program.

### December 22nd ... Refreshments in the Lounge

Stop in and visit on Friday, December 22nd from 9:00—11:00 AM when we'll have refreshments in the lounge. It'll be a time to visit and chat, escape the holiday rush, or gear up for that last minute shopping. Visit with your friends and acquaintances at the Center and share some holiday cheer.

### December 28th .... Vietnam Veterans Social

Join other Vietnam Veterans on the last Thursday of each month West Knox County Senior Center for the Vietnam Veterans Social. It's a welcoming place to share your experiences and chatting with other veterans of the Vietnam War. Registration is not required for this 1:30 PM program.

## 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 in the Craft Room at West Knox County Senior Center.

For more information on Operation Gratitude visit [www.OperationGratitude.com](http://www.OperationGratitude.com)

### Table Tennis

Interested in playing Table Tennis?

If so, we offer this game every Friday from 8:00 AM—12:00 PM.

If you need a partner to play with, feel free to leave your name and phone number at the reception desk. Once we find a potential playing partner, we can reach out and team you up with this player.

To sign-up for this program, call the Center at 865-288-7805 or stop by the reception desk.

### Cribbage Players Wanted

Interested in playing Cribbage?

We're hoping to get a Cribbage group together in the coming months. Call the Center at 865-288-7805 and have your name placed on the Cribbage Interest List.



# MEDICARE



## November 2nd ... Medicare 101

“Medicare can be so confusing but don’t let it be. Come join us for a no-cost, no-obligation Medicare 101 presentation on Thursday, November 2nd at 1:30 PM. Learn about the different parts of Medicare and the changes for 2024! Are you unsure of which path to take? Feel confident in your decision by understanding your Medicare rights and entitlements” says Dixie Curless. “We do not represent one carrier, so you can feel confident that we can offer the plan that best fits your needs. Did you know that you might be able to change your Medicare plan year round? With Medicare underwriting for Supplements and 5 star enrollments for MAPD plans, you have options!” Annual Election Period is October 15th—December 7th come and ask any questions you might have about the upcoming year and what’s changed! If you're unable to attend and would like a one-on-one review, please contact Dixie Curless at 931-266-2774 or Antonio Gillespie at 901-220-0656. They’ll be returning to West Knox County Senior Center on Thursday, December 7th at 1:30 PM if you can’t attend the Thursday, November 2nd presentation.

## November 6th ... Special Medicare Seminar

Jim Sikes with Sikes and Associates will be presenting a Medicare Annual Enrollment Period seminar to discuss your eligibility and Medicare plan options for the 2023 Medicare Benefit Year (January 1—December 31, 2023). He will be at West Knox County Senior Center on Monday, November 6 at 10:00 AM and at 1:00 PM. Mr. Sikes is a license/certified Medicare Products Specialist who can assist you with multiple carriers, most notably Humana and Blue-Cross BlueShield of Tennessee. It is not necessary to make an appointment, just attend any one of the meetings, and he will be returning on Monday, November 27th at 10:00 AM and at 1:00 PM. Mr. Sikes is also a resident in Farragut, he will be happy to schedule a one-on-one meeting with you at your convenience. You can reach him at 865-566-8502 or email at [CortsDad@charter.net](mailto:CortsDad@charter.net)

## Medicare Q&A Table With Brooke Thurman 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 on the following days:

*Tuesday, November 14th.,  
at 10:00 AM.,  
Monday, December 11th.,  
at 9:30 AM.*

Open Enrollment is  
October 14th—December 7th

## November 13th ... Medicare Presentation 2024 Benefits

Nace Coker with Humana MarketPoint will be presenting 2024 benefits on Monday, November 13th at 10:00 AM. Presentation will be following by Q&A. No need to sign up for this program.

## November 13th ... United HealthCare Chronic Condition Plan Presentation

Brooke Thurman will be presenting a United HealthCare Medicare plan with you. If you have a chronic condition and want to know if you may qualify to a special UHC Chronic Condition plan in 2024, please join Brooke Thurman with Core Insurance Advisors to learn more on Monday, November 13th at 1:30 PM. She will discuss this plan in detail and answer any questions you might have.





# MEDICARE



## November 27th ... Special Medicare Seminar

Jim Sikes with Sikes and Associates will be presenting a Medicare Annual Enrollment Period seminar to discuss your eligibility and Medicare plan options for the 2023 Medicare Benefit Year (January 1—December 31, 2023). He will be at West Knox County Senior Center on Monday, November 27 at 10:00 AM and at 1:00 PM. Mr. Sikes is a license/certified Medicare Products Specialist who can assist you with multiple carriers, most notably Humana and Blue-Cross BlueShield of Tennessee. It is not necessary to make an appointment, just attend any one of the meetings. Mr. Sikes is also a resident in Farragut, he will be happy to schedule a one-on-one meeting with you at your convenience. You can reach him at 865-566-8502 or email at [CortsDad@charter.net](mailto:CortsDad@charter.net)

## December 4th ... Medicare Presentation 2024 Benefits

Nace Coker with Humana MarketPoint will be presenting 2024 benefits on Monday, December 4th at 10:00 AM. Presentation will be following by Q&A. No need to sign up for this program.

## December 4th ... Last Minute Medicare Enrollment Questions

Are you still confused over whether you have the right Medicare plan? Are you still considering making a change to your plan? Do you have questions about how your plan will cover you in 2024? Bring your questions and join Brooke Thurman with Core Insurance Advisors on Monday, December 4th at 1:30 PM. No need to pre-register.

## December 7th ... Medicare 101

“Medicare can be so confusing but don’t let it be. Come join us for a no-cost, no-obligation Medicare 101 presentation on Thursday, December 7th at 1:30 PM. Learn about the different parts of Medicare and the changes for 2024! Are you unsure of which path to take? Feel confident in your decision by understanding your Medicare rights and entitlements.” says Dixie Curless. “We do not represent one carrier, so you can feel confident that we can offer the plan that best fits your needs. Did you know that you might be able to change your Medicare plan year round? With Medicare underwriting for Supplements and 5 star enrollments for MAPD plans, you have options! Annual Election Period is October 15th—December 7th, come and ask any questions you might have about the upcoming year and what’s changed!” If you're unable to attend and would like a one-on-one review, please contact Dixie Curless at 931-266-2774 or Antonio Gillespie at 901-220-0656.

## Medicare Q&A Table with Penny Mayo with Farm Bureau Health Plans

Visit with Penny Mayo with your Medicare Questions. Medicare can sound like an alphabet soup with it’s A, B, C, and D. Penny can help you understand your policy and answer your questions. Penny will be at the Center on the following days:

*Wednesday November 22nd  
at 1:00 PM.,*

*Wednesday, December 27th  
at 1:00 PM.*

## Medicare Part D Option Review

Medicare Open Enrollment runs October 15—December 7th. Open Enrollment is the time when Medicare beneficiaries can make changes to their plans, especially when it comes to Part D—Prescription Drug Plans. It is important to review your Part D coverage every year because premiums, co-pays and the drug coverage can change from year to year, even within the same plan. Also, a change in the medication you’re taking can affect if a plan is right for you.

A State Health Insurance Assistance Program (SHIP) Counselor does have available appointments on limited days (November 9th and December 6th). To inquire about appointment availability you can call East Tennessee Human Resource Agency at 1-844-887-7447 or 865-691-2551, ext. 4308.





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



# At the Last Minute



## Adopt A Christmas Tree

Christmas season is coming. It will be here before we know it. We would like to extend an opportunity to our vendors and to our different activity groups at the Center to adopt a Christmas tree for decorating. We will put up our trees on Monday, November 27. We have seven trees. If you adopt a tree, you may decorated it starting Tuesday, November 28. For vendors, this would be a great marketing opportunity to decorate in a way that features your brand while making a festive holiday statement. For our activity groups, this would be an opportunity to promote your group whether it be a card group, art group, or exercise class. You can also decorate a tree using the Center's decorations or use your own decorations. We invite you to help decorate the Center for a festive holiday season. Our Christmas trees will remain up until the first week of January. Call the Center no later than Monday, November 21st to inquire about tree availability.

## Pickleball News & Such

Cindy continues to offer pickleball lessons on Thursdays from 11:45 AM—12:30 PM. To participate in lessons you can call 865-288-7805, stop by the Reception Desk, or email Cindy at: [Cindy.Petty@knoxcounty.org](mailto:Cindy.Petty@knoxcounty.org)



## Snap Shots

### Autumn Wreath Class



### Billiard Lessons



Decorative Autumn Pumpkins handcrafted in the Fabric Pumpkin Craft Class with Susanne.





**KNOX COUNTY SENIOR SERVICES**

**SENIOR WALKING GROUP SOCIAL**



**KARNS SENIOR CENTER**  
8042 Oak Ridge Hwy  
Wednesday,  
January 17<sup>th</sup>, 3:00 to 5:00pm

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available. Coordinators from our six senior centers will also be on hand to answer any questions you may have.

**BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.**

Scan the QR code to find the closest senior center to you as well as their events!



Questions? Call (865) 288-3761 or email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)







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. Their projects for the next two months are presented below:

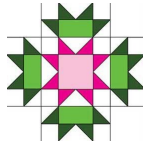


*Wednesday, November 1st*

Project to be announced

*Wednesday, December 6th*

Project to be announced



# Arts & Crafts

Consult the Newsletter for additional Arts & Crafts Classes that are offered periodically or specialty classes offered one-time instead of our ongoing classes as those presented here.

Our eNewsletter is available online at:

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

## Knitting Group

The West Knox County Senior Center Knitting Group meets on Tuesdays at 10:00 AM. All knitters are welcome whether you knit a little or a lot, or want to learn how to knit. The group continues to work on the Operation Gratitude Project; knitting scarves for care packages for our men and women in the military and our first responders. If you would like to participate, feel free to come to the knitting group and see what it's all about.

## American Sewing Guild

Monday, November 20th and Monday, December 18th  
at 12:30 PM—3:30 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](http://www.asg.org). They meet at West Knox County Senior Center the third Monday of each month at 12:30 PM.

## Perspective Drawing Class

Starting Monday, November 6th

Join instructor Ann Mabry on Mondays and Wednesdays at 1:30 PM for a Perspective Drawing Class. This class will meet for a total of eight sessions starting on Monday, November 6th and will conclude on Wednesday, November 29th. If you're interested in taking this class contact the Center to inquire about seating availability. Seating is limited. There is no class fee and students are required to provide a drawing triangle, T-square, pencil, and eraser—items which can be obtain at stores where art supplies are sold.

## 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 \$12 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 Watercolor, 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 11:00—1:00 PM

With Carla Sanchez

Want to join the oil painting class? You can call the Center and have your name added to the waiting list. We can call you when a seat opens.



# Book Clubs



## Steel Magnolias Book Club

The Steele Magnolias Book Club meets on the second Thursday of each month at 1:00 PM. The Book Club will not meet in the month of December.

### November 9th ... *“The Lost Apothecary”* by Sarah Penner

Hidden in the depths of eighteenth-century London, a secret apothecary shop caters to an unusual kind of clientele. Women across the city whisper of a mysterious figure named Nella who sells well-disguised poisons to use against the oppressive men in their lives. But the apothecary’s fate is jeopardized when her newest patron, a precocious twelve-year-old, makes a fatal mistake, sparking a string of consequences that echo through the centuries. Meanwhile in present-day London, aspiring historian Caroline Parcellwell spends her tenth wedding anniversary alone, running from her own demons. When she stumbles upon a clue to the unsolved apothecary murders that haunted London two hundred years ago, her life collides with the apothecary’s in a stunning twist of fate—and not everyone will survive.

## West Knox County Senior Center Book Club

The West Knox County Senior Center Book Club meets on the third Thursday of each month at 12:00 PM. They will resume their meetings in 2024.

**\*\* This Book Club will not be meeting to review a book for November or December. Meetings will resume in 2024. \*\***



## 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.

## Read City USA

Knox County Mayor Glenn Jacobs has challenged our community to go platinum by reading in 2023. Everybody has a part to play in the “All Together Now” tour. Join by logging the time you read (or listen) this year. Every minute counts to help establish reading habits, to make reading a priority, and most importantly to encourage reading in our community.

Our first gig of 2023 is the “Find Your Voice” challenge. Pick up a reading log at your local Knox County Public Library, print your own from [www.ReadCityUSA.com](http://www.ReadCityUSA.com) or log online with the Beanstack Tracker app. Read just 36 hours then return to your library for your prize.





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



# Tech Classes



**November 14th ... Android Basics Class** Do you have an Android Smartphone and would like to get the most of its many features and learn how to use its many organizational tools and apps? During this four hour Android Workshop, you will learn the following: different Android options, understanding settings, changing wallpaper and managing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. Note this class is for Android devices only and not Apple products. This one class will be taught on Tuesday, November 14th., 10:00 AM—3:00 PM for four hours of instruction. A meal will not be included with this class. A lunch break will be provided, and you're more than welcome to bring a brown-bag lunch. Class fee is \$35 and payable at time of registration. Deadline to register is Thursday, November 9th. You can register at the reception desk at West Knox County Senior Center. Instructor is Catherine Everhart with Social Media 4 Seniors.

## **December 6th & 7th ... iPad/iPhone Beyond the Basics**

Have you had your iPhone or iPad for awhile now and feel comfortable with it but know there's more you could be doing with it? During this four hour iPad/iPhone Beyond the Basics Workshop taught over two days: Wednesday, December 6th and Thursday, December 7th., 10:00 AM—12:00 PM on both days, you will learn the following: photo transfer between iPad and other devices, e-mail/Internet use, adding email accounts, deleting emails, and moving emails. In addition, the class will cover ways to free up space on your device, security features, customizing your device, using Safari, cloud servers, and more. You must have taken the iPad/iPhone Basics Workshop before you register for this Beyond the Basics class or have equivalent knowledge of basic iPad/iPhone functions. You must bring your iPhone or iPad with you to this workshop as well as your Apple ID and password. Class fee is \$35 payable at time of registration. You can register for this class by visiting the reception desk at West Knox County Senior Center. Deadline to register is Friday, December 1st. This class is brought to us by Social Media 4 Seniors with instructor Barbara Edwards

**December 12th ... Android Basics Class** Do you have an Android Smartphone and would like to get the most of its many features and learn how to use its many organizational tools and apps? During this four hour Android Workshop, you will learn the following: different Android options, understanding settings, changing wallpaper and managing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. Note this class is for Android devices only and not Apple products. This one class will be taught on Tuesday, December 12th., 10:00 AM—3:00 PM for four hours of instruction. A meal will not be included with this class. A lunch break will be provided, and you're more than welcome to bring a brown-bag lunch. Class fee is \$35 and payable at time of registration. Deadline to register is Friday, December 8th. You can register at the reception desk at West Knox County Senior Center. Instructor is Catherine Everhart with Social Media 4 Seniors.

## **Ask Jake!**

Need assistance with your smartphone, tablet, laptop, or other electronic device? Free and individual tutoring sessions available on 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.

*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 Social Media 4 Seniors 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.*





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



# Tech Classes



## December 18th ...Tech Smart Knox Seniors Class Starts

The CAC Office on Aging is offering a Tech Smart Knox Seniors Class starting on Monday, December 18th from 9:00 AM—12:00 PM at West Knox County Senior Center. The class will meet Monday through Friday for a total of fifteen hours of instruction. Participants need to be, at least, sixty years of age, be a Knox County resident, each household that participates will receive one Chromebook for \$25 with the successful completion of this week long class. You will learn how to use a Chromebook, explore the internet and so much more, and you may be eligible for assistance with home internet with the successful completion of the class along with a year of free tech support. Participants need to make a commitment to attend all five days of instruction. Last day of class will be Friday, December 22nd. The class can take twelve students. Registration is required. To check on seating availability and to register call Mr. Dylan Scott with the Office on Aging at 865-524-2786 or email [TechSmart@KnoxSeniors.org](mailto:TechSmart@KnoxSeniors.org)



Classes/Programs I want to sign up for:



*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 Social Media 4 Seniors 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



**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** Wednesdays at 1:00 PM. Class fee \$5 Room #021

Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Wednesday. 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** Thursdays at 2:15 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 Diane Hensley.

**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 orientations on how to safely use the equipment. You can call the Center to schedule your free orientation.

## Fitness Activities at West Knox County Senior Center

### **SAIL (Stay Active & Independent for Life) Exercise Class** Room: Gymnasium

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.

### **Tai Chi with Cheryl**—Mondays, Wednesdays, Fridays 8:45 AM—9:45 AM Class fee \$2

Join instructor Cheryl Chandler for Tai Chi for Seniors. Tai Chi 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. The Wednesday and Friday classes are taught in the gymnasium. 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

Join us for improving your health with the widely popular Yang Style Tai Chi. It combines slow graceful movements, meditation and relaxing breathing. The class is led by long-timer instructor Mr. Pat Barbieri, with twenty-three years experience. This class meets once a week. Studies have show than Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength. This class includes fifteen minutes of stretching exercises for increasing range of motion and flexibility. New students can start at any time.

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

If you've taken Mr. Barbieri's class before *or* are familiar with Yang Style Tai Chi, feel free to join his class on Thursdays. The class includes fifteen minutes of stretching exercises for increasing range of motion, balance, and flexibility. Class fee is \$3 per student per class attended. Class fees payable to the instructor.

### **Pilates** Thursdays 11:15 AM Class fee \$5 Room: 021 Multipurpose Room

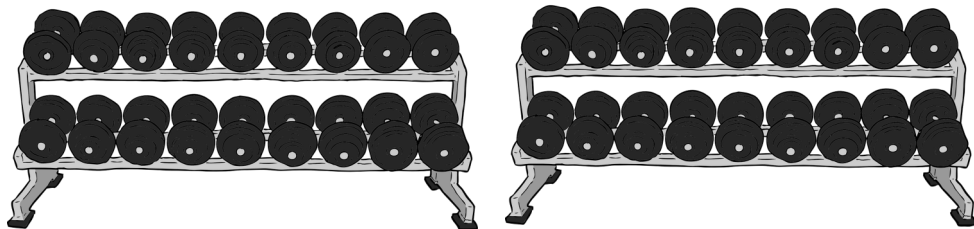
Pilates is a mind-body class for core strength and stability working all of the muscles surrounding the spine (and then some!). This is a mat/floor class best practiced on a thick cushioned mat for comfort. Bring you own mat or towel for extra cushion and bottled water. We will use various equipment which will be provided. This class is brought to us by Covenant BodyWORKS. New students can start at any time. No need to pre-register.

### **Zumba Gold** Wednesdays 2:30 PM Class fee \$5 Room: 021 Multipurpose Room

Zumba Gold is the no-impact form of dance where you learn routines from Latin, Bollywood, Belly Dance, and American oldies. Instructor Debbie Ashton, has taught many forms of dance and exercise for forty-seven years and is a Feldenkrais movement therapy specialist. Join the Zumba Gold class on Wednesdays at 2:30 PM.

### **Personal Fitness Training Available**

With the guidance of a personal trainer, you can set and attain realistic fitness goals. Enjoy the benefits of a personal trainer; safety, accountability, encouragement, and individual attention. Personal Training fee is \$25 for a thirty minute session, a one hour session is \$50, for a group it is \$20 per person for a thirty minute session. To schedule your appointment to meet with Rachel call the Center or stop by the reception desk. Rachel will call you to schedule your appointment.

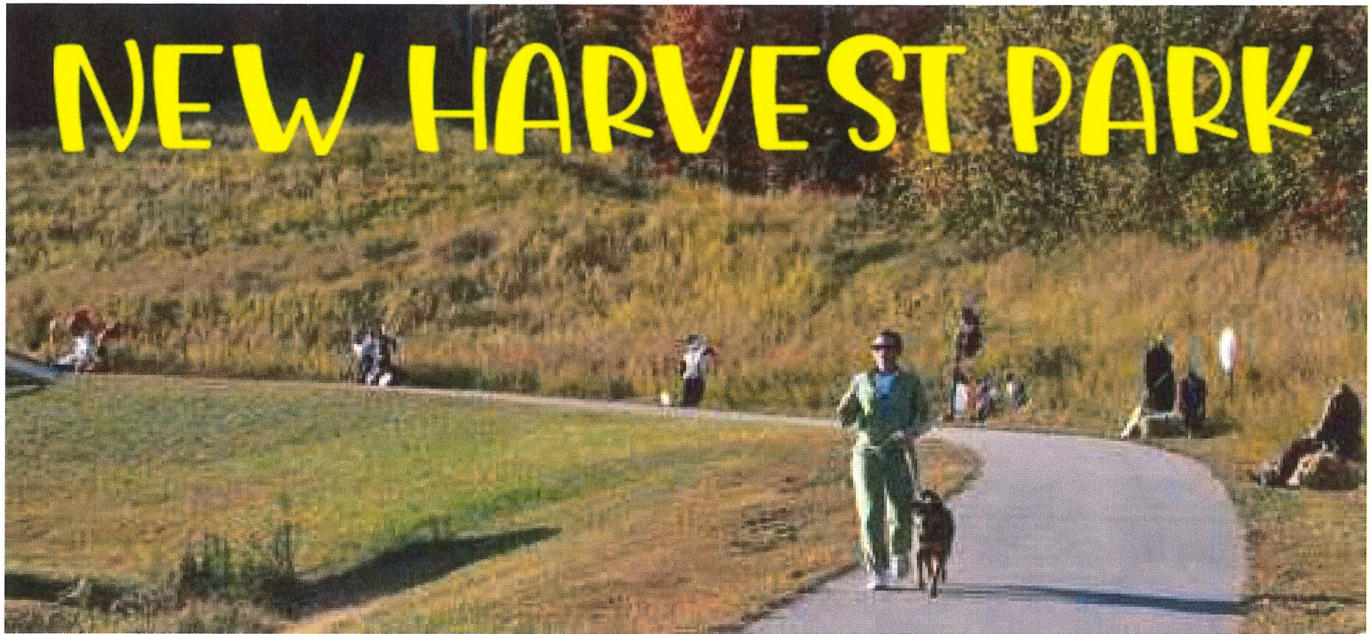


### **Get Your Free Fitness Room Orientation**

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.



## Senior Walk for November 2023



## KNOX COUNTY SENIOR SERVICES SENIOR WALK

**TUESDAY, NOVEMBER 21 @ 10AM**

**Join us at New Harvest Park (4775 New Harvest Lane, Knoxville 37918) for the walking group's monthly walk. New Harvest Park features a 1.1-mile scenic walking loop that is both on paved and natural surfaces. The greenway skirts along the wooded hillside and loops back to the parking area. Water and snacks will be provided by Teja Cain with Core Insurance Advisors. Following our walk, join us for some lunch at The Diner at Twister's (5831 Washington Pike, Knoxville 37918). Be sure to RSVP by leaving a message at **865-288-3761** or you can email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)**



# Senior Walk for December 2023

Join Susanne, April and Judy for our  
**Senior Christmas Lights Walk**  
The Cove at Concord Park  
11808 S. Northshore Drive, 37922

**December 19th, 5:30 p.m.**

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



CAC OFFICE ON AGING

# Senior Angel Tree

2023



## Coming soon!

The Senior Angel Tree kicks off **Monday, November 6**. Last year, with your support, we provided 241 Knox County residents with 1,602 gifts. Thank you!

How does it work?

- Visit your local senior center from Nov. 6th - 22nd
- Choose a senior and adopt any of their needs!
- Return gifts to the same center by Tues, Nov. 28th

Want to volunteer? Help us call participants in October to get their wish list, and help us wrap presents in December!

Contact RSVP at 865-524-2786 or [rsvp@knoxseniors.org](mailto:rsvp@knoxseniors.org)





CAC OFFICE ON AGING

# Senior Angel Tree

Last year, the CAC Office on Aging provided over 1,600 gifts to local seniors in need, brightening their holiday season with a little cheer from caring neighbors. This year's Senior Angel Tree will begin on Monday, November 6.



This enormous effort is only possible through the help of volunteers. The Retired & Senior Volunteer Program (RSVP) puts in hundreds of hours to make the Senior Angel Tree happen. What can you do?

Volunteers help us call each recipient in October to confirm their wish list and develop a short bio. They also help us wrap all the presents in December when they start arriving!

Contact RSVP to volunteer:  
[rsvp@knoxseniors.org](mailto:rsvp@knoxseniors.org)  
865-524-2786

Hosted by  
**American Legion Post 2**  
**Knoxville's 98th**  
**Veterans Day**  
**Parade**

**Friday, Nov. 10th, 2023**  
**10:40 AM**  
**Gay Street**

**Special guest appearance near the reviewing stand: Challenger**

