



September/
October
2011

HALLS SENIOR CENTER *Happenings...*

The Center will be closed on:
Monday, September 5th in observation of Labor Day.



September 13th ... Tailgate Potluck Luncheon

We're having a tailgate potluck luncheon on Tuesday, September 13th at 12:00 noon. Be sure to wear your UT Orange. Bring some of your favorite tailgate fixings whether it's baked beans, veggies, a casserole or dip and chips. There will be some fun door prizes, too. Following Potluck we'll be showing the movie *Remember the Titans* (2000) starring Denzel Washington and Will Patton at 2:00 PM. Length: 113 minutes. Rated: PG.

Special Thanks To Our Picnic Sponsors

Thank you for supporting the 5th annual Mayor's Senior Appreciation Picnic. This is an important event for many Knox County senior citizens. I appreciate your participation and hope you enjoyed the picnic as much as I did. We had an amazing turnout at the picnic, with hundreds of seniors in attendance. Thanks to you, the Department of Senior Services and our sponsors, it was extremely successful.

In addition to the good food, I hope you received helpful information from the mini-health fair. There was also great entertainment, and I want to thank musicians from the South Senior Center for their performance. I hope the 6th Annual Picnic is an even bigger success than this one and look for the date to be announced soon.

I also want to thank the other Knox County departments who volunteered their resources and staff to make this year's picnic so enjoyable.

Again, to our sponsors, seniors, staff and volunteers, thank you so much for your generosity and I look forward to working with you in the future.

Tim Burchett,
Knox County Mayor.

Platinum Sponsors: Mercy Health Systems. Gold Sponsors: AmeriLife. Silver Sponsors: Covenant Health, Hosenfeld Chiropractic, Shepard Exposition Services, Helping Hands Home Assistance, Senior Financial Group, Humana, Senior Home Assistance of Tennessee. Bronze Sponsors: Allergy, Asthma, & Sinus Center, Windsor Gardens, Tennessee Valley Audiology, East Tennessee Personal Care, Corryton Community Club, Health Springs, HomeWatch Caregivers, Aid and Assist at Home, LLC; Clinch River Home Health, Walgreens, NHC Assisted Living (Farragut), Halls Business & Professional Association, Halls Crossroads Women's League, Mayfield, Northaven Health Care, Trinity Hills. Water Sponsors: Harper's, Kroger, Walgreens, Knox County Senior Services: Hemal Tailor, Darrell Gooding, Amanda Patton, Rebecca Kirkland Quarles, Tara Stirone, Janet Word, Danyell Schoene, Jessica McCall, Greg Hill, Martha Chambers, Lauren Monahan, Phyllis Barnes. We would also like to thank Knox County Community Outreach, Health Department, Information Technology and Recreation.



September 19th ... Hiking Club

Join Richard Kilby and the Hiking Club on Monday, September 19th at 11:30 AM. This meeting will be an informational and organizational meeting. There are many areas within a one hour driving distance that offer trails for the hiking enthusiast. Whether you're new to hiking or have enjoyed trails for years feel free to stop in and visit. The first hike will be discussed and planned during the organizational meeting or for additional information contact the center.



September 20th ... Basic Email Class

More and more often seniors probably encounter situations where you're asked for an email address or you find you need one to complete an application process. If you need an email address sign up for this basic Email class which will be on Tuesday, September 20th at 1:00 PM. Class will be approximately 90 minutes in length. Students will learn to set up a free email account and learn the basics of sending and receiving emails. There is no charge for this class. Seating is limited so please pre-register. You can register by calling 922-0416.

September 27th ... Super Seniors Luncheon

Tuesday, September 27th at 12:00 noon we'll be having our Super Seniors Luncheon. Our guest speaker will be Erin McCallum with Covenant Senior Health. Erin will be providing a presentation on Fall Prevention to assist with minimizing injuries and accidents in and outside the home. Statistics show that the risk of falling increases with age and is greater for women than for men, two-thirds of those who experience a fall will fall again within six months. The causes of falls are known as risk factors. Although no single risk factor causes all falls, the greater number of risk factors to which an individual is exposed increases their probability of falling and the more likely the result of the fall will threaten one's independence. Stop in and learn what you can to prevent your involvement in falls and maintain your independence. Lunches will be available for \$6 for those who want to order through the Center or feel free to bring your own lunch or just come and hear the guest speaker. If you choose to order your lunch please place your order no later than noon on September 26th. Call the center at 922-0416 for additional information.

September 29th ... Book Club

On Thursday, September 29th at 1:00 PM, The Book Club will meet to discuss their reading of the New York Times Bestseller *Heaven is for Real* by Todd Burpo. With disarming innocence and plainspoken boldness a four year old begins his extraordinary story to his parents of his near death experience.



Friday Afternoon Westerns

Friday, September 2nd at 1:00 PM ... *Nevada Smith* (1966) starring Steve McQueen. Not Rated. Length: 130 minutes.



Friday, September 9th at 1:00 PM ... *Shane* (1953) starring Alan Ladd and Jean Arthur. Not Rated. Length: 118 minutes.

Friday, September 16th July 15th at 1:00 PM ... *Shenandoah* (1965) starring James Stewart. Not Rated. Length: 106 minutes.

Friday, September 23rd at 1:00 PM ... *Will Penny* (1968) starring Charlton Heston and Joan Hackett. Not Rated. Length: 108 minutes.

Friday, September 30th at 1:00 PM... *Yuma* (1971) starring Clint Walker. Not Rated. Length: 73 minutes.

Friday, October 7th at 1:00 PM ... *Rio Bravo* (1959) starring John Wayne and Dean Martin. Not Rated. Length: 141 minutes.

Friday, October 14th at 1:00 PM ... *Jeremiah Johnson* (1972) starring Robert Redford and Will Geer. Not Rated. Length: 108 minutes.

Friday, October 21st at 1:00 PM ... *The Magnificent Seven* (1960) starring Yul Brynner and Steve McQueen. Not Rated. Length: 128 minutes.

Friday, October 28th at 1:00 PM ... *Return of the Magnificent Seven* (1968) starring Warren Oates and Claude Akins. Not Rated. Length: 96 minutes.

September 30th ... Legal Aid of Tennessee

Legal Aid of East Tennessee provides advice, brief service, and/or referral to Knox County residents age 60 or older. Common problems may include but are not limited to the following: Advance Care Plans and Power of Attorney, Debts and other Consumer Issues, TennCare and Medicare, Housing, Social Security and Food Stamps. To schedule an appointment to speak with a Legal Aid Representative on Friday, September 30th from 9:00—12:00 PM please contact the center at 922-0416 or stop by the office.

October 10th ... Halloween Craft Project

On Monday, October 10th at 10:00 AM we'll be having our Halloween Crafting Project. Learn how to take ordinary clay pots and turn them into decorative candy dishes. Each student will be able to complete one candy dish from a 4.5" clay pot to take home. There will be other samples on hand for additional ideas. We'll also be crafting witches shoes from scrapbooking paper that can be used as candy filled giveaways or as table place-settings. Class fee is \$4 to cover materials. Please call 922-0416 to pre-register.



October 11th ... Halloween Season Potluck

Visit us for our Halloween Potluck on Tuesday, October 11th at 12:00 noon. If you have a favorite Halloween or autumn dish you would like to share please feel free to bring it along. We'll also have some seasonal table centerpieces and crafts on display many of which you can create from things you may already have at home to brighten up your Halloween themed table. Following our Halloween Potluck we'll be watching the horror movie *Insidious* (2010) starring Patrick Wilson and Rose Byrne. Length: 103 minutes. Rated: PG-13.



Movie Time in September & October

September 13th *Remember the Titans* (2000) starring Denzel Washington and Will Patton will be enjoyed at 2:00 PM. Based on a true story. A high school football team becomes a unifying symbol for a community as the boys and adults learn to trust and depend on each other. Length: 113 minutes. Rated: PG.



September 20th ... At 2:00 PM we'll be watching *Facing the Giants* (2006) starring Erin Bethea and James Blackwell. An exhilarating story of hope when a high school football team must face their greatest test of courage and strength. Length: 111 minutes. Rated: PG.

September 27th ... *The Blind Side* (2009) starring Sandra Bullock and Tim McGraw at 2:00 PM. Michael Oher, as a homeless teenager, who finds an adoptive family that nurtures his talents. He went on to become the first-round pick of the Baltimore Ravens in the 2009 NFL draft. Based on a true story. Length: 129 minutes. Rated: PG 13.

October 13th ... *Secretariat* (2010) starring Diane Lane and John Malkovich at 2:00 PM. Based on a true story. Penny Chenery with no racing history and against the odds after she takes over her ailing father's Virginia stables helps produce the first triple crown winner in over twenty-five years. An AARP recommended Movie for Grown Ups. Length: 123 minutes Rated: PG.

October 18th ... At 2:00 PM we'll be watching *Source Code* (2011) starring Jake Gyllenhaal and Michelle Monaghan. A mind bending action thriller about an experimental government program used to prevent a deadly terrorist attack in downtown Chicago. Length: 94 minutes. Rated: PG 13.

October 25th ... *True Grit* (2010) starring Jeff Bridges and Hailee Steinfeld at 2:00 PM. Following the murder of her father, a 14 year old farm girl sets out to ensure justice is done. She hires US Marshall Rooster Cogburn to help track a renegade murderer over treacherous terrain. An AARP recommended Movie for Grown Ups. Length: 110 minutes. Rated: PG 13.

Movie Time

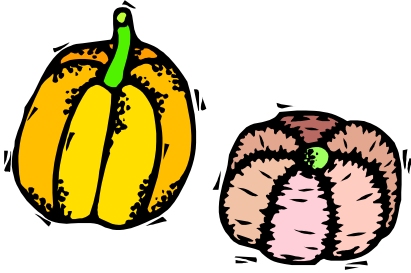


HALLS SENIOR CENTER

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www.knoxcounty.org/seniors



Honorable Tim Burchett, Knox County Mayor
Hemal Tailor, Director, Senior Services
Darrell R. Gooding, Coordinator
Amanda Patton, Assistant

HALLS SENIOR CENTER HOURS:

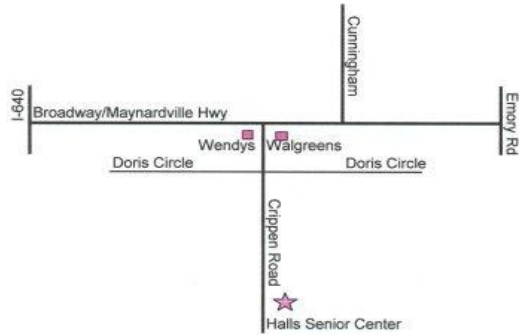
MON: 8:30 am—5 pm

TUES: 8:30 am—5 pm

WED: 8:30 am—5 pm

THURS: 8:30 am — 5 pm

FRI: 8:00 am—4:30 pm



“Happenings...”

is made possible by the generous support of
Mercy Health Partners



BAPTIST

St. Mary's