



KNOX COUNTY
TENNESSEE

HALLS SENIOR CENTER

4405 Crippen Road, Knoxville, TN 37918
865-922-0416
www.knoxcounty.org/seniors

NOVEMBER/DECEMBER 2023

Happenings...

Bingo at Halls!

There will be no fee and no gifts needed to play. Our featured sponsor will call Bingo and provide a coverall prize. The winner of each game gets their name put in the pot for a chance to win a prize. Participants can only win one prize and everyone is eligible to win the coverall prize. Prizes and gift cards are donated by a variety of sponsors along with their service information.

Come fill the room and let's have fun playing Bingo!

November 1st at 10 AM
December 6th at 10 AM



Walking Group Social

January 17th, 3-5 PM
Karns Senior Center
8042 Oak Ridge Hwy.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. 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 and there will be carpool signup sheet at the social.

Be sure to register for the event at the front desk.



CAC Office on Aging

SENIOR ANGEL TREE

The Senior Angel Tree
kicks off on Monday,
November 6th.

- Visit the center from **Nov. 6-22.**
- Choose a senior and adopt any of their needs.
- Return gifts to the center by **NOV. 28th!**

Want to volunteer to help wrap presents?
Call RSVP
@ 865-524-2786.



Crafts with Susanne

Join us for Crafts with Susanne either in person or via Zoom.

November 14th, 10 AM
Gnome

Susan will teach in person at Halls



December 5 @ 10 AM
Globe Ornament



Call 865-922-0416
to sign up.

Knox County Senior Centers will be closed on:

November 10th

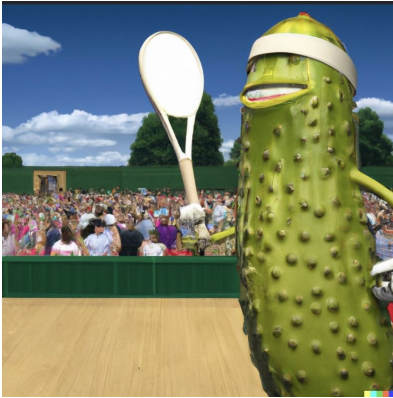
November 23rd & 24th

December 25th & 26th

November/December 2023

Pickleball

Tuesday, Wednesday,
Thursday and
Friday 1:00-4:00 PM



SAIL CLASS
Monday & Wednesday
8:30-9:30 AM

No class on first Wednesday of the month
and will have an additional class on
Friday that week.

SAIL (Stay Active and Independent for
Life) is a strength and balance exercise for
all shapes, sizes and levels of fitness.



**Hosted by The American
Legion Post 2**

Knoxville's 98th Veterans Day Parade

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

**Special guest appearance
Challenger and the
Budweiser Clydesdales**



Veterans Day

is November 11th.

This is a day to honor ALL
Veterans who have served
in the U.S. Armed Forces.

**We would like to
honor your Veterans
by displaying their
photos in our center.**

Please stop by the office or
contact us at 865-922-0416
for more information.

VETERANS please stop by for
coffee and doughnuts.
November 9th @ 11:00 AM

Sponsored by
WoodmenLife



Senior Information and Referral

Wendy Skiles will be here to provide
individual assistance to our seniors. If
you have questions, she would love to
help find the answers!

November 20th, 10-12
and December 18th—10-12

**Senior
Information
& Referral**

Cardio Drumming

Try this fun, half hour, upper body
class to the oldies!

All equipment is supplied, just bring
yourself and be ready for some fun.

**Thursdays
@ 1:00
PM**



Ping Pong and Jazzminton

Monday 1:00-4:25 PM
Tuesday 8-9:30 AM
Thursday 8-9:30 AM
Friday 8:00-Noon



Book Club

Next meeting is on
November 1st
@ 11 AM. Book is:
The Road
by Cormac McCarthy



November/December 2023

Trivial Pursuit
Dec. 27th
@ 10:30 AM

Drop off
your old
serviceable
eyeglasses



and we will get them to a
local eye center to go to
someone in need!

Mexican Train Dominoes
Monday & Friday @ Noon



**Looking for
Canasta players!**
Tuesday 12:30-3:00 PM



NEW

**Seated
Yoga**

We are now offering
SEATED YOGA
@11:15 AM
every other week
and on the alternating
week will be Shabashi.
Stability at 11:45 AM
on Mondays.

**Movie
Matinee**



November 2nd @ 1:30 PM
Invisible

November 27th @ 1:00 PM
Book of Eli

December 11th @ 1:00 p.m.
Last Christmas

December 18th @ 1:00 p.m.
It's A Wonderful Life

Popcorn will be provided.



Beginner Line Dance \$2
Wednesday, 10:00 AM

Intermediate Line Dance \$2
Wednesday at 11:00 AM



Christmas Dessert Contest
December 20th @1:00 PM

Bring your favorite cookie or holiday dessert
to be entered in our contest. Dessert voted as
"the favorite" wins a \$25 gift certificate
for Cracker Barrel.



Pictionary
Nov. 15 & Dec. 21
@ 10:30 AM

November/December 2023

Signs of Dementia?



with Kay Lorick
November 21st
@10:30 AM

Halls Quilters Sale (Quilts & Crafts)

Nov. 16th
9:00 AM—
12:30 PM



Did you know Knox County has SIX Senior Centers you can enjoy?

Carter Senior Center 865-932-2939
Corryton Senior Center 865-688-5882
Halls Senior Center 865-922-0416
Karns Senior Center 865-951-2653
South Knoxville Center Senior 865-573-5843
West Knox County Senior Center 865-288-7805

Medicare Questions?

Core Insurance Advisors
Every 1st Tuesday each month
11:00 AM—1:00 PM



Field Trip Fantasy of Trees

November 22nd
Bus leaves @ 9:30 AM

Cost \$10 Adults,
Seniors \$8.00
(purchased at the door).

Lunch on your own at
Bel-Air Grill.

Register at 865-922-0416.



Lunch and Learn by
American House

Fall Prevention
And
Balance Screening
Nov. 7th
@ 11:00 AM



RSVP to 865-922-0416.

Coming soon!!



Halls Senior Center **FITNESS ROOM**

We hope to have our new fitness room up and running after the first of the year and we would like to get your feedback on what type of equipment you would like to have available. We also will have a fitness coordinator here every Wednesday to work with you on your fitness plan. Please fill out the survey below and return to the center or fill out a survey next time you are in the center.

Thank you!



Halls Senior Center Survey for FITNESS ROOM (October 2023)

What equipment would you like to have in our Fitness Room? (Circle all that apply)

Treadmill

Elliptical

Seated Rowing Machine

Stationary Bicycle

Weights

Stand Alone Press

Stretching Table

Bands

Hand weights/Dumbbells

Aerobic Steps

Digital Floor Scale

Vibroplate (Osteoporosis treatment)

Multi-hip Machine (strengthens hips)

Other: _____

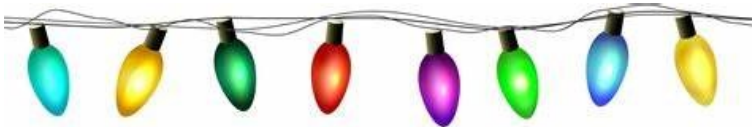
Return to the Halls Senior Center or complete a survey while in the center. Thank you!

November/December 2023

**Music for Seniors 2023 FREE Daytime
Concert Series presents:**

**Thursday, November 16th
10:30-11:30 AM
HALLS Senior Center**

**Sign up in the office or call 865-922-0416
to reserve your spot!**



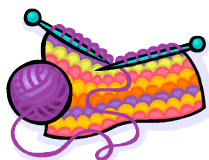
UHC Complete Care Plan for 2024

**This is a Chronic Special Needs plan
specifically designed for those with
Cardiovascular disorders, Chronic
Heart Failure, or Diabetes.**

Nov. 7th, 10-11 AM

Knitting Circle

**December 7th, 1:00-2:00 PM
Beginners welcome!**



Financial Fraud and Scam Awareness Presentation and Workshop

Join April Tomlin, Senior Services Manager on Dec. 12th, 10:00 AM-Noon for this important awareness presentation and workshop on how to spot and avoid SCAMS. This is a critical topic because 1 in 5 seniors have been affected by some type of SCAM. It can happen to anyone and it's only getting worse. We will watch some videos with real life scenarios, discuss the types of SCAMS to watch out for, and even a little quiz at the end. "I hope you will join me in fighting scammers!" April says, "It will be fun and interactive, and you will leave with some great resources." To sign up for this free and informative presentation and workshop call the Center at 865-922-0416 or stop by the front desk.



Halls Senior Center

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Knoxville, TN 37918
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www.knoxcounty.org/seniors/

NOVEMBER 2023



Center Hours—M-F 8:00 AM-4:30 PM

DAILY SCHEDULE REMAINS THE SAME. SPECIAL EVENTS ARE LISTED BY DATE.

Mon	Tue	Wed	Thu	Fri
8:00-4:30 Billiards Darts 8:30-9:30 SAIL Class 9:00 Scrapbooking 10:00 Bridge 10:00 Pinochle 10:00 Exercise Class 11:15 Chair Yoga or Shabashi Class 11:45 Stability Class 12:30 Mahjong 1:00 Rook 1:00-4:30 Ping Pong	8:00-4:30 Billiards & Darts 8:00-9:30 Ping Pong 10:00 Hand & Foot 10:00 Exercise Class 12:00 Mexican Train Dominoes 12:30 Canasta 1:00-4:00 Pickleball 3:00 Virtual Bingo	8:00-4:30 Billiards & Darts 8:30-9:30 SAIL Class 9:30 Rook 10:00 Hand & Foot 10:00 Beginner Line Dance 11:00 Intermediate Line Dance 1:00 Bridge 1:00 Rook 1:00-4:00 Pickleball	8:00-4:30 Billiards 8:00-9:30 Ping Pong 10:00 Quilting 10:00 Exercise Class 11:00 Polynesian Dance 12:00 Rummikub 1:00 Cardio Drumming 1:00-4:00 Pickleball	8:00-4:30 Billiards & Darts 8:00-1:00 Ping Pong (except 1st Friday) 10:00 Euchre 11:00 Art/Craft Social 12:00 Mexican Train Dominoes 12:30 Cribbage 1:00-4:00 Pickleball
<p>Did you know that Halls Senior Center is a drop off point for worn, tattered U.S. flags?</p> <p>You can drop them off Monday-Friday, 8:00 AM to 4:30 PM</p>		<p>1</p> <p>10:00 AM</p> <p>Book Club @ 11:00 AM</p> <p>NO LINE DANCING</p>	<p>2 Movie Matinee 1:30 PM <i>Indivisible</i></p> <p>Popcorn provided.</p>	<p>3 Marine Corp Birthday Nov. 10th</p>
<p>6 SENIOR ANGEL TREE BEGINS</p> <p>Lunch & Learn—Fall Prevention & Balance Screening. NOV 7th @ 11:00 AM RSVP 865-922-0416</p>	<p>7 NEW UHC Medicare CHRONIC SPECIAL NEEDS PLAN 10-11 am, Q&A 11 AM—1 PM with Teja/Core</p>	<p>8</p>	<p>9</p> <p>Doughnuts & Coffee for VETERANS With WoodmenLife</p>	<p>10 Knox County Senior Centers Closed.</p> <p>VETERANS DAY PARADE, Gay Street @ 10:40 AM</p>
<p>13</p> <p>Chair Yoga, Stability and Shabashi classes CANCELLED.</p>	<p>14</p> <p>Crafts with Susanne. She will teach class here at Halls. 10:00 AM</p>	<p>15</p> <p>Pictionary 10:30</p>	<p>16 Music for Seniors presents:</p> <p>Drew Fisher & the Tennessee Stringbusters @ 10:30 AM</p>	<p>17</p>
<p>20</p> <p>Senior Info. & Referral 10-12</p>	<p>21 Signs of Dementia w/Morning Point @ 10:30 AM</p> <p>Senior Walk New Harvest Park @ 10:00 AM and Twisters for lunch. RSVP 865-288-3761.</p>	<p>22 Field Trip to the Fantasy of Trees \$10 Adults, Seniors \$8.00 Bus leaves at 9:30. Lunch at Bel Air Grill on your own. Call 865-922-0416 to sign up!</p>	<p>23 THANKSGIVING DAY</p> <p><i>We are so thankful for each of you!</i></p> <p>Knox County Senior Centers Closed.</p>	<p>24</p> <p>Knox County Senior Centers Closed.</p>
<p>27</p> <p>Monday Movie Matinee 1:00 PM <i>Book of Eli</i> Popcorn provided.</p>	<p>28 LAST DAY TO BRING IN ITEMS FOR SENIOR THE ANGEL TREE.</p>	<p>29</p>	<p>30</p> <p>Hedgehog Craft @ 10 AM</p>	

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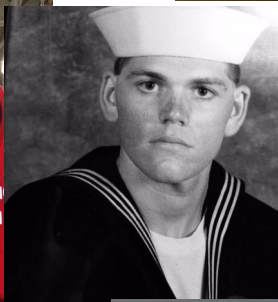
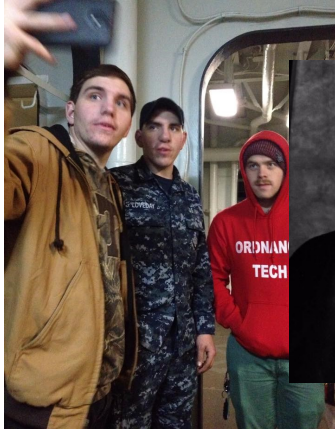
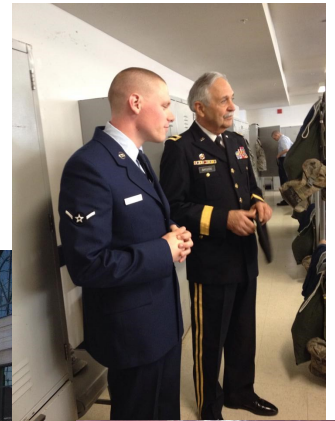
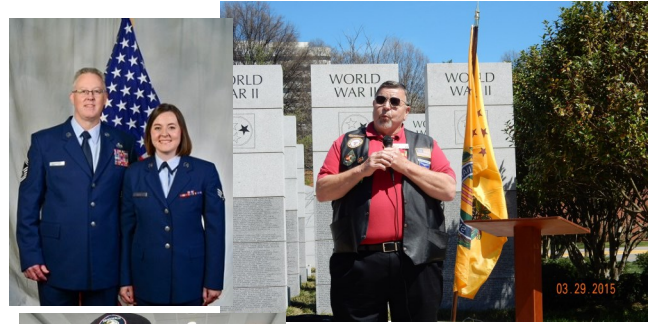
DECEMBER 2023



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4	5 Medicare Q&A with CORE 11 AM—1 PM Crafts with Susanne 10 AM	6  10:00 AM	7 How to Spot and Avoid Scams Workshop 10-12 AM	8 Knitting Circle 1-2 PM (beginners welcome) meets on Thursday, 7th
11 Monday Movie Matinee 1:00 PM Last Christmas Popcorn provided.	12 Field trip Corryton Senior Center for Super Seniors Holiday lunch and program. Bus leaves 9:30 Preregister when paying for lunch \$6.00.	13 	14	15
18 Monday Movie Matinee 1:00 PM It's A Wonderful Life Popcorn provided.	19 Senior Walk Christmas Lights Walk The Cove at Concord Park @ 5:30 p.m. RSVP to 865-288-3761.	20 Holiday Dessert Contest @ 1:00 PM	21 Pictionary 10:30	22
25 Merry Christmas and Happy Holidays! Knox County Senior Centers Closed.	26 Knox County Senior Centers Closed.	27 Trivial Pursuit Winner gets a prize!	28	29 New Years EVE on Sunday! 



Hosted by
American Legion Post 2

**Knoxville's 98th
Veterans Day
Parade**

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

Gay Street

**Special guests: Challenger and the
Budweiser Clydesdales**





**VETERANS please stop by for
coffee and doughnuts.
November 9th @ 11:00 AM**



**Sponsored by
WoodmenLife**



Join April Tomlin, Senior Services Manager on **Dec. 7th, 10:00 AM-Noon** for this important awareness presentation and workshop on how to spot and avoid SCAMS. This is a critical topic because 1 in 5 seniors have been affected by some type of SCAM. It can happen to anyone and it's only getting worse. We will watch some videos with real life scenarios, discuss the types of SCAMS to watch out for, and even a little quiz at the end. "I hope you will join me in fighting scammers!" April says, "It will be fun and interactive, and you will leave with some great resources."

To sign up for this free and informative presentation and workshop call the Center at 865-922-0416 or stop by the front desk.

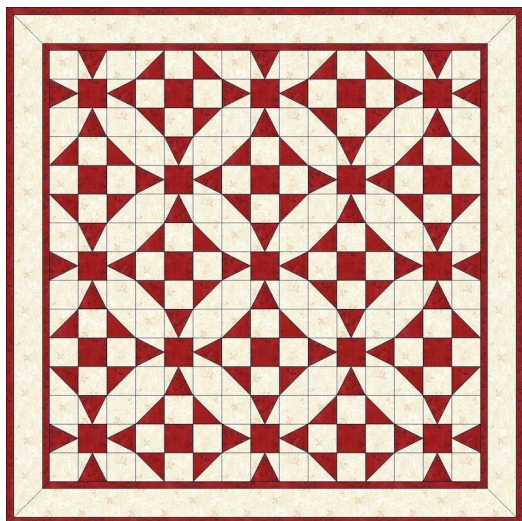
Halls Quilters

Sale

(Quilts and Crafts)

November 16th

9:00 AM—12:30 PM



Crafts with Susanne Presents:



**Fall Gnomes made out of light weight wood. Very versatile.
Make an ornament, fall garland, or add to a wreath
or other fall decor.**

November 7th at 10 AM

RSVP at the front desk or

call 865-922-0416.

**Bring your own fall fabric or paper to mod podge and any
embellishments. All other supplies will be provided!**

Crafts with Susanne Presents:



**Hydro Dipped Ornaments!
Easy to make and so pretty!**

**December 5th at 10 AM
RSVP at the front desk or
call 865-922-0416.**



*Sounds
of the
Season*

Super Seniors Holiday lunch
and music program
at the *Corryton Senior Center*

December 12th
Bus leaves at 9:30 am.

Great time to wear your ugly Christmas sweater
or a Christmas shirt!

Holiday meal is \$6.00 and must
be pre-paid when you
register in the office.



Movie Matinees

November 2nd, 1:30 PM

Indivisible: Based on the extraordinary lives of Army Chaplain Darren Turner and his wife Heather, whose lives are fully devoted to serving God, family, and country.

November 27th, 1:00 PM

The Book of Eli:

Eli (Denzel Washington) walks alone in post-apocalyptic America, carrying the last copy of a book that could become the wellspring of a revived society. Or in the wrong hands, the hammer of despot.

December 11th @ 1:00 PM

Last Christmas: A new Rom-Com classic. Kate works as an elf at a year-round holiday shop and faces an endless streak of bad luck and poor decision-making until she meets Tom, a kindhearted man with a mysterious past. It seems like nothing can keep this mismatched couple together, but sometimes you gotta listen to you heart.....and you gotta have faith. Inspired by the music of George Michael.

December 18th @ 1:00 PM

It's a Wonderful Life: One of the most beloved American films ever made. Join us for our Christmas showing of this classic starring Donna Reed and James Stewart



Stay Active & Independent for Life (SAIL)

A strength, balance, and fitness

- **It works...**you'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls.
- **It's safe..**the instructors are experienced and skilled, and exercises have been tested with seniors.
- **It's fun...**you'll meet other seniors & make new friends

SAIL Class
8:30 — 9:30
Monday & Wednesday

**Build your balance, prevent falls, and be fit
and fall proof.**

Knitting Circle

December 7th

1:00-2:00 PM

Beginners welcome!





November 7th @ 10:00 AM

NEW

Teja Cain with Core Insurance will be presenting a new United Healthcare Complete Care Plan for 2024. This is a Chronic Special Needs plan specifically designed for those with Cardiovascular Disorders, Chronic Heart Failure, or Diabetes.

Signs of Dementia

Presented by Morning Pointe

November 21st

10:30 AM



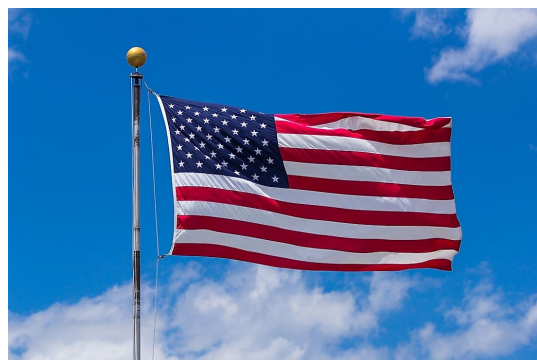
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is November 11th.

This is a day to honor ALL Veterans who have served in the U.S. Armed Forces.

We would like to honor your Veterans by displaying their photos in our center.

Please stop by the office or contact us at 865-922-0416 for more information.



MUSIC *for*
SENIORS

Music for Seniors 2023 FREE Daytime Concert Series



DREW FISHER

& THE TENNESSEE STRINGBUSTERS



Thursday, November 16th
10:30am-11:30am
Halls Senior Center

musicforseniors.org

scan below for free RSVP



NATIONAL
ENTERTAINMENT **ARTS**
COUNCIL



KNOX COUNTY SENIOR SERVICES

SENIOR WALKING GROUP SOCIAL



KARNS SENIOR CENTER
8042 Oak Ridge Hwy
Wednesday,
January 17th, 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





Fantasy of Trees

Bus leaves at 9:30 AM

Cost: \$10 Adults, Seniors \$8.00

Lunch on your own at Bel-Air Grill.

SIGN UP IN THE OFFICE OR

CALL 865-922-0416.



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**

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
or call 865-288-3761





Holiday Dessert Contest December 20th @1:00 PM

Bring your favorite cookie or holiday dessert to be entered in our contest. Dessert voted as “the favorite” wins a \$25 gift certificate for Cracker Barrel. Sign up in the office or call 865-922-0416.

