



KNOX COUNTY
TENNESSEE

HALLS SENIOR CENTER

4405 Crippen Road, Knoxville, TN 37918

865-922-0416

www.knoxcounty.org/seniors

MAY/JUNE 2024

Happenings...

Your are invited!



*A night to
REMEMBER*

Senior Prom Celebration!

All Seniors Welcome

**Light Refreshments
and a DJ**

**Friday, May 10th,
1-3 PM, \$5.00**

**Halls Senior Center
4405 Crippen Road**

**Dress in your best or
come as your are!**



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. 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!

May 1st @ 10 AM

May 22 @ 10 AM

June 5th @ 10 AM

June 13 @ 2 PM



Crafts with Susanne

Join us for Crafts with Susanne.

May 7th @ 10 AM

Marble Coffee Mug

**Bring your own mug and
fingernail polish colors you
would like to use.**



June 4th @ 10 AM

Patriotic Cork Heart

**Bring a hot glue gun if you
have one. All other supplies
are provided.**



**Call 865-922-0416
to sign up.**

Knox County Senior Centers will be closed:

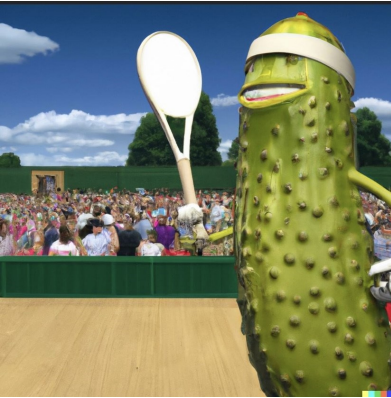
**May 27th—Memorial Day and
June 19th—Juneteenth**



May/June 2024

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.



Mahjong

Monday & Friday
@ 12:30 PM



Walking Club

Walk when you want/at
your own pace. Walkers
receive a free pedometer
to track their steps and
will be awarded prizes
for miles walked.

Take that first step to
better health!

It's always more fun to
walk with a friend.

Senior Information and Referral

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

May 14th @ 10 AM
and June 11th @ 10 AM

**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



Book Club

Never Lie
by Freida McFadder



May 8th @ 11:00 AM

May/June 2024

Want to stay independent as long as possible and have a good quality life?

Come and find out how by attending a presentation on
Fall Prevention and Brain Health by Rachel Frazier,
Knox County Health Department.



A light breakfast will be served.
Thursday, May 22, 10:00-11:30 AM



Senior Q & A with Core Insurance
Every 1st Thursday of the month @ 11:00 AM

May 2nd & June 6th



Lunch Cruise on the
Star of Knoxville Riverboat
Wednesday, May 29th
@ 11:00 AM, Cost \$39.88

*SOLD OUT! Knox County Senior Centers have
booked the entire boat!*

**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

Movie Matinee

May 20thth
@ 1:00 PM
Captain Ron



June 10th
@ 1:00 PM
Nights in Rodanthe

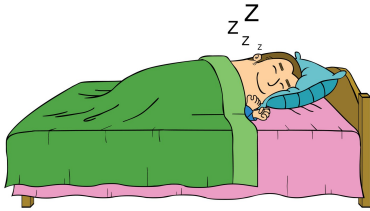
Popcorn will be provided.

May/June 2024

Presentations by

Humana

**Fall Asleep, Stay Asleep
May 23 @ 11:30 AM**



**Give Your Brain a Boost
June 25th @ 2:00 PM**



**Register in the office
or call 865-922-0416.**

Mexican Train Dominoes Tuesday & Friday @ Noon



**Drop off your worn or
tattered flags to the Halls
Senior Center and will
make sure there are
disposed of properly.**



**Monday-Friday,
8:00 AM to
4:30 PM**



Seated Yoga

**SEATED YOGA
@11:15 AM**

every other week
and on the alternating
week will be Shabashi.
Stability @ 11:45 AM

**Market Square
Farmers Market and
lunch on your own.**

**June 26th
Bus leaves @ 9:45 AM**

**Register at
865-922-0416.**



Field trip with Caleb to ALDI

We all desire to live our best life. We read and hear about healthy food choices but are often left with more questions. When we walk the aisles at the grocery store, how do we know which foods are the best for us? How do we use the information we have learned to make healthful choices? Join me on a field trip to ALDI and let's discover together how to make healthier, more nutritious choices in the real world of the grocery store.



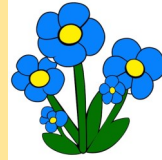
**May 15th @ 1:30 PM
Meet us at ALDI
4109 East Emory Road
Register in the office or call 865-922-0416.**



Halls Senior Center

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

MAY
2024



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
<p>8:00-4:30 Fitness Room 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</p>	<p>8:00-4:30 Fitness Room 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 Mat Class 1:00-4:00 Pickleball 3:00 Virtual Bingo</p>	<p>8:00-4:30 Fitness Room/ Caleb is here! 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 Intermed Line Dance 1:00 Bridge 1:00 Rook 1:00-4:00 Pickleball</p>	<p>8:00-4:30 Fitness Room 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</p>	<p>8:00-4:30 Fitness Room 8:00-4:30 GAMES ALL DAY 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 Mahjong 1:00-4:00 Pickleball</p>
		<p>1 10:00 AM Book Club at 11:00 </p>	<p>2 QUILTERS Class—@ 8:30 AM Senior Q& A with CORE Noon-2 PM</p>	<p>3</p>
<p>6</p>	<p>7 Crafts w/Susanne @ 10 AM Water Color Coffee Cups</p>	<p>8 PICTIONARY @ 1:00 PM</p>	<p>9</p>	<p>10 SENIOR PROM <i>A night to</i> REMEMBER 1-3 PM</p>
<p>13 Mother's Day Sunday 12th</p>	<p>14 Senior Info. & Referral @ 10 AM ALDI field trip w/Caleb (15th) @ 1:30 PM Register at 865-922-0416. </p>	<p>15 National Peace Officers Day— Remember those who have died or been injured. </p>	<p>16</p>	<p>17</p>
<p>20 Monday Movie Matinee 1:00 PM Captain Ron Popcorn provided.</p>	<p>21 Senior Walk Seven Island Birding Park 2809 Kelly Lane, Kodak, TN @ 9:30 AM Bring a brown bag lunch. RSVP 865-288-3761.</p>	<p>22 10:00 AM Fall Prevention and Brain Health @ 10:00 AM</p>	<p>23 Fall Asleep, Stay Asleep @ 11:30 AM w/Humana</p>	<p>24 Backgammon @ 1:00 (beginners welcome)</p>
<p>27 KNOX COUNTY SENIOR CENTERS CLOSED FOR MEMORIAL DAY</p>	<p>28</p>	<p>29 Star of Knoxville Riverboat Cruise Bus leaves @ 9:30 AM (SOLD OUT)</p>	<p>30</p>	<p>31</p>

Halls Senior Center






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

June
2024



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
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<p>3</p>	<p>4 Senior Q & A w/Teja @ 11:00  Crafts w/Susanne @ 10 AM Corks Craft</p>	<p>5  @ 10:00 AM</p>	<p>6 Senior Q&A with CORE Noon-2 PM QUILTERS Class @ 8:30 AM </p>	<p>7 CORN HOLE 8:00 AM - 1:00 PM</p>
<p>10 Monday Movie Matinee 1:00 PM Nights in Rodanthe Popcorn provided.</p>	<p>11 Senior Info. & and Referral 10-12 KISMET @ 11:00 AM </p>	<p>12 Shut the Box Game @ 1:00 PM</p>	<p>13  @ 2:00 PM</p>	<p>14 Flag Day United States Army Birthday </p>
<p>17 Father's Day Sunday, June 6th</p>	<p>18 Senior Walk UT Arboretum Walk 901 S. Illinois Ave., Oak Ridge @ 9:00AM Lunch @ Woody's 114 Union Valley Dr. RSVP 865-288-3761.</p>	<p>19 KNOX COUNTY SENIOR CENTERS CLOSED FOR JUNETEENTH</p>	<p>20 Knitting Circle @ 1:00 PM</p>	<p>21 CORN HOLE 8:00 AM - 1:00 PM</p>
<p>24</p>	<p>25 Give your brain a boost! @ 2:00 PM w/Humana KISMET @ 11:00 AM </p>	<p>26 Market Square Farmers Market—Bus leaves @ 9:45 AM Register at 865- 922-0416.</p>	<p>27 Pictionary 10:30 AM Bean Bag Baseball 1:30 PM</p>	<p>28 </p>

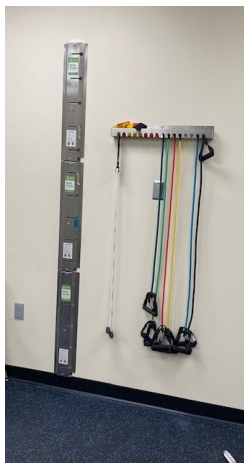
FITNESS ROOM IS NOW OPEN!

FITNESS ROOM ORIENTATION IS MANDATORY

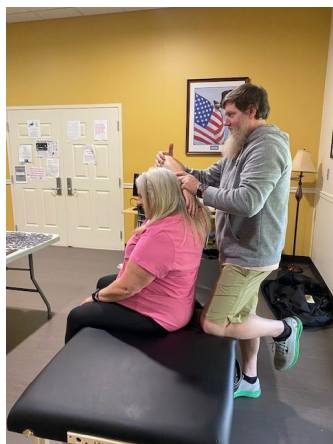
Stop by to see the new fitness room and schedule your orientation or call 865-922-0416.



personal training



fitness consultation



stretching



Exploring the Benefits of Assisted Stretching

Caleb Newsome, NASM-CPT, CES

In the realm of fitness and wellness, stretching often takes a back seat to more vigorous forms of exercise. However, the importance of flexibility cannot be overstated, as it plays a crucial role in overall health and physical performance. While self-stretching routines have long been advocated, assisted stretching is emerging as a powerful tool for enhancing flexibility, improving mobility, and preventing injury. Let's look at a few benefits of assisted stretching and why it's becoming increasingly popular among fitness enthusiasts and athletes alike.

Enhanced Flexibility and Range of Motion

By assisting individuals in achieving deeper stretches, assisted stretching can significantly enhance flexibility and increase range of motion. Improved flexibility not only enhances performance but also reduces the risk of injury by allowing muscles and joints to move more freely.

Improved Posture and Alignment

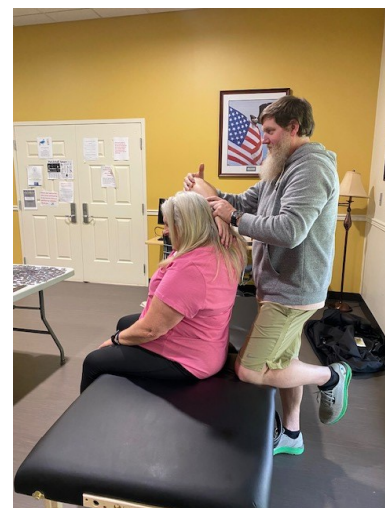
Many people suffer from poor posture due to sedentary lifestyles, prolonged sitting, or muscle imbalances. Assisted stretching can help address these issues by targeting specific muscle groups that may be tight or restricted, leading to improved posture and alignment. Through targeted stretching techniques, assisted stretching can release tension in tight muscles, alleviate muscle imbalances, and promote proper alignment of the spine and joints. This not only improves overall posture but also reduces the risk of chronic pain and injuries associated with poor posture, such as back pain, neck pain, and sciatica.

Relaxation and Stress Relief

In addition to its physical benefits, assisted stretching also provides a profound sense of relaxation and stress relief. The gentle, controlled movements involved in assisted stretching help stimulate the parasympathetic nervous system, promoting a state of relaxation and reducing stress levels.

Customized Approach to Stretching

One of the greatest advantages of assisted stretching is its ability to provide a customized approach to stretching based on individual needs and goals. Unlike generic stretching routines, which may not address specific areas of tightness or restriction, assisted stretching allows for tailored stretching protocols that address everyone's unique imbalances and limitations. In conclusion, assisted stretching offers a wealth of benefits for individuals looking to enhance their flexibility, improve mobility, and prevent injury. From increased range of motion and improved posture to relaxation and stress relief, the advantages of assisted stretching extend far beyond the physical realm. By incorporating assisted stretching into their wellness routines, individuals can unlock their full potential and achieve a greater sense of overall well-being.



Memorial Day

A day to honor and mourn the U.S. Military personnel who died while serving in the United States Armed Forces.



**Monday, May 27th—World's Fair Site at
the East Tennessee Veterans Memorial**

Reading of names at sunrise—6:00 AM

**American Legion Post 2
Memorial Day Service
11:30 AM**

<https://etvma.org>

Crafts with Susanne Presents:



Patriotic Cork Heart!

June 4th at 10 AM

RSVP at the front desk or

call 865-922-0416

Space is limited!

Please bring a hot glue gun if you have one.

All other supplies are provided.

Crafts with Susanne Presents:



Marble Coffee Mug!

Beautiful crafting with nail polish!

May 7th at 10 AM

RSVP at the front desk or

call 865-922-0416

**Please bring your own white coffee mug and
nail polish colors you'd like to use!**

Seven Island Birding Park Walk

Date: Tuesday, May 21, 2024

Time: 9:30 AM

Location: 2809 Kelly Ln., Kodak, TN 37764

Join us for a senior walk and birding tour at one of Tennessee's premier birding destinations, Seven Island Birding Park (2809 Kelly Ln., Kodak, TN 37764). Birding enthusiast, Mr. Robert Terrell will be leading our tour. We will meet at 9:30 AM at the parking lot at Seven Islands Birding Park and begin our walk at 9:45 AM.

Anticipate a four mile walk with some inclines and declines as well as uneven earthen paths through wooded and open terrain. Bring a brown bag lunch and enjoy lunch at the Bluebird Barn which is located adjacent to the parking entrance. Remember to wear comfortable shoes, snacks if desired, and bring your binoculars! This walk is brought to you by Darrell Gooding, Coordinator and Cindy Petty, Assistant Coordinator, from West Knox County Senior Center. To RSVP call 865-288-3761 or email SeniorServices@knoxcounty.org.



UT Arboretum Walk

901 S Illinois Ave, Oak Ridge, TN 37830

JUNE 18th at 9AM

Join us at the UT Arboretum for a fun walk! We will meet in the parking lot and then walk a couple of miles on one of the trails. Make sure to bring your water!



For lunch we will eat at Woody's, located on 114 Union Valley Rd, Oak Ridge, TN 37830. This is a 2 minute drive from the Arboretum.



Make sure to RSVP to 865-288-3761 or email

seniorservices@knoxcounty.org

Field trip with Caleb to ALDI

We all desire to live our best life. We read and hear about healthy food choices but are often left with more questions. When we walk the aisles at the grocery store, how do we know which foods are the best for us? How do we use the information we have learned to make healthful choices? Join me on a field trip to ALDI and let's discover together how to make healthier, more nutritious choices in the real world of the grocery store.

May 15th @ 1:30 PM
Meet us at ALDI
4109 East Emory Road

Register in the office
or call 865-922-0416.



Market Square Farmers Market

Lunch on your own.

**June 26th
Bus leaves @ 9:45 AM**

**Register at
865-922-0416.**





VETERAN URGENT CARE RESOURCES



Veterans enrolled in VA health care can use over 4,000 urgent care locations.

Care is available to treat non-life threatening conditions.

When to choose VA urgent care:

- If you're a Veteran enrolled in VA health care, and
- You received care at a VA or in-network provider sometime in the past 24 months.
- VA and in-network urgent care providers can meet many of your health care needs. They may be able to provide some diagnostic tests, like certain blood and urine tests.
- You can often get care for minor illnesses or injuries much faster than in an emergency room.



When using urgent care at a community provider:

You can also show the card on your mobile device.

What do to when you arrive at a community urgent care provider:

- Confirm that the provider is in VA's network. If you go to an out-of-network urgent care provider, you may have to pay for the full cost of care.
- Show your VA Health Identification Card and fill out the provider's intake form.
- Tell the provider you want to use your VA urgent care benefit. Show the provider your urgent care assistance card if requested.



Do you need help using your VA urgent care benefits?

Call **888-901-6609** if the provider is in Puerto Rico, Washington, D.C., or any of these states:

- AL, AR, CT, DE, FL, GA, IA, IL, IN, KS, KY, LA, MA, MD, ME, MI, MN, MO, MS, NC, ND, NE, NH, NJ, NY, OH, OK, PA, RI, SC, SD, TN, VA, VI, VT, WI, or WV.

Call **866-620-2071** if the provider is in any of these states:

- AK, AS, AZ, CA, CO, GU, HI, ID, MP, MT, NM, NV, OR, TX, UT, WA, or WY.

Your region listed on the card to check your eligibility.



CHECK YOUR ELIGIBILITY!

FIRST, CALL:
1-800-MyVA411
(1-800-698-2411)
(TTY: 711).

SELECT:

OPTION 1

THEN

OPTION 3

AND THEN

OPTION 1

Family members are not authorized to use urgent care benefits.



DOWNLOAD VA URGENT CARE BILLING INFORMATION CARD

<https://www.va.gov/COMMUNITYCARE/docs/programs/OCC-Billing-Information-Card.pdf>



FIND VA-APPROVED PROVIDERS AND PHARMACIES

<https://www.va.gov/find-locations>

Choosing VA means getting everything you need in one spot. Learn more about VA urgent care, eligibility requirements and examples of urgent care services by visiting VA's dedicated urgent care benefit page at <https://www.va.gov/resources/getting-urgent-care-at-va-or-in-network-community-providers/>.

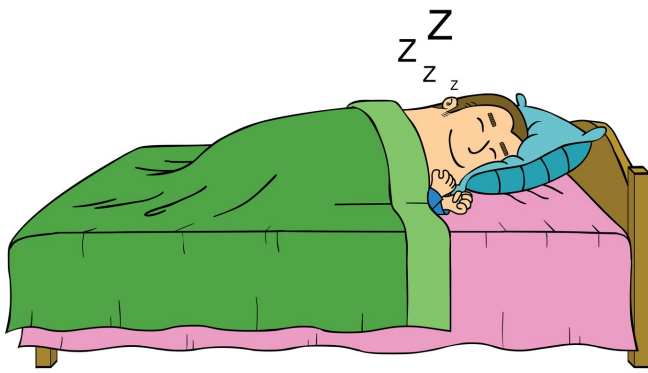
Have Questions? 1-800-MyVA411 (1-800-698-2411) is always the right number.

For more information, visit <https://www.VA.gov>.

Presentations by **Humana**

Fall Asleep, Stay Asleep

May 23 @ 11:30 AM



Give Your Brain a Boost

June 25th @ 2:00 PM



**Register in the office
or call 865-922-0416.**



Movie Matinees

May 20th @ 1:00 PM

Captain Ron

In an outrageously wild comedy that's sure to drive you overboard! Kurt Russell plays hilariously laid back Captain Ron—a vagabond seaman who charts a course for comedy when he skips the newly inherited Caribbean yacht of corporate executive Martin Harvey (Martin Short) and his family.

June 10th @ 1:00 PM

Nights in Rodanthe

Richard Gere is Paul, a surgeon who long ago unwittingly traded family for career. Diane Lane is Adrienne, a devoted mother trying to move on after her husband's infidelity and struggling with his desire to return to their marriage. .



A Night To
REMEMBER
SENIOR PROM CELEBRATION!

ALL SENIORS WELCOME!

LIGHT REFRESHMENTS & A DJ

FRI, MAY 10TH FROM 1PM-3PM

HALLS SENIOR CENTER

4405 CRIPPEN RD,

KNOXVILLE, TN 37918

AT THE DOOR

\$5

\$5

AT THE DOOR

DRESS CODE: DRESS IN YOUR BEST.

May/June 2024

Happy Mother's
Day



Sunday, May 12th

To the world you are a mother
but to your family
you are the world.

"Grandmother: A wonderful mother
with lots of practice."

– Unknown

What all moms should
be doing this weekend.....



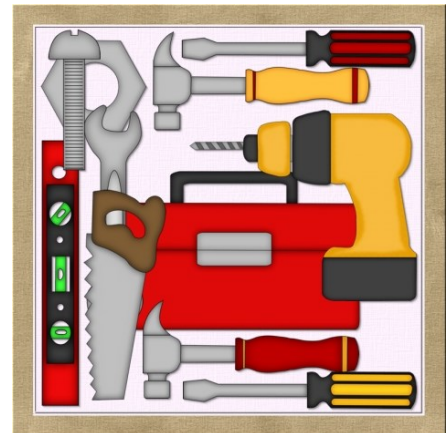
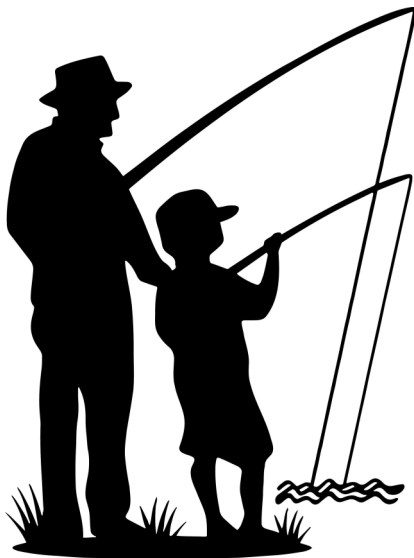


Sunday, June 16th



Any man can be a Father,
but it takes someone special
to be a Dad.

A Grandfather is a man is
someone with silver in his hair
and gold in his heart!



Grief Recovery Resources



*Mynatt Funeral Home is proud to partner with **Walking with Joy~ Loss & Grief Recovery** to provide the best resources and information available to you during this period of grief and healing. The Grief Recovery Method® is the only grief support program shown to be evidence-based. Our certified Grief Recovery specialists provide expert grief support to empower you with knowledge and strengthen you with a step-by-step guide using actions proven to heal your heart.*



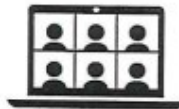
In-Person & Online Grief Recovery Support Group.

The Grief Recovery Method® gives a step-by-step guide of actions that are proven to heal your heart. In these Support Groups you will be given a process that can be used for a lifetime to help you move beyond the pain caused by death, loss and any lifestyle change.



Facebook Group. Hope-Help-Healing

Join this Grief Recovery based group to receive daily quotes, hopeful encouragements and grief healing videos.



Online Zoom Support. Hope Circle

This weekly Circle gathers a community of griever together in an open share format to journey through grief. Videos, panel discussions, guest speakers and a plethora of resources will be included to introduce new tools. **Meeting ID: 829 0028 2226 Passcode: HOPE**



Monthly Newsletter.

The Grief Recovery Monthly free newsletter offers timely inspiration and event reminders delivered right to your inbox.



Community Events.

Special events focused around holidays are held to support you on your grief recovery journey. They will provide opportunities to build community as well as equip you with new tools to find a path of healing.

For more information or to register for Grief Recovery Support Groups or upcoming events.
www.mynattfh.com ~ 865-407-0214 ~ GriefRecoveryJoy-Chelsi@mynattfh.com

Want to stay independent as long as possible and have a good quality life?

Come and find out how by attending a presentation
on **Fall Prevention and Brain Health** by Rachel Frazier,
Knox County Health Department.

A light breakfast will be served.
Thursday, May 22, 10:00-11:30 AM





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.**

NOW HIRING

Foster Families

Make a difference in a child's life today

KNOXVILLE

865.689.4022



Kids & Adults are Hoping for a home away from home. Fostering thru Evergreen Life Services can be a rewarding experience for you, while giving Hope and a Home to someone who desperately needs it.

Call 865. 689. 4022 today &

"Be The Hope Someone Is Hoping For" ❤️ Thank You ❤️

**KNOX COUNTY SENIOR SERVICES
2024 MONTHLY SENIOR WALKS**

For information or to RSVP

seniorservices@knoxcounty.org



865-288-3761

Join us for some fun walks, nature, socializing and good food

JANUARY 16th at 10:00 am

Join Carole, Laurie, and Eilene

WEST TOWN MALL (INDOORS)

7600 Kingston Pike 37919

Lunch-Many Options in Food Court

FEBRUARY 20th at 9:30 am

Join Robyn and Sue

FORT SANDERS HEALTH AND FITNESS (Indoors)

270 Fort Sanders Blvd. 37922

Lunch at Sami's Cafe

MARCH 19th at 10:00 am

Join Tara, Patty, and Eilene

BEVERLY PARK INTERGENERATIONAL PARK

5311 Beverly Park Circle 37918

Lunch at Henry's Deli

APRIL 16th at 9:30 am

Join Judy and Carole

BAXTER GARDENS

3901 Sam Cooper Lane 37918

Lunch at Litton's

MAY 21st at 9:30 am

Join Darrell and Cindy

SEVEN ISLANDS BIRDING PARK

2809 Kelly Lane, Kodak, 37764

Bring brown bag lunch at the park

JUNE 18th at 9:00 am

Join Robyn and Aliyete

UT ARBORETUM OAK RIDGE

901 South Illinois Avenue 37830

Lunch at Woody's 114 Union Rd., Oak Ridge

JULY 16th at 9:30 am

Join April, Tara, and Laurie
COLLIER PRESERVE BEAVER CREEK DUO (Angora Frog Farm)
330 West Emory Road 37849
Lunch at Southern Kitchen Sandwich Co.

AUGUST 20th at 9:00 am

Join Susanne, Dustin, and Sue
MARINE PARK GREENWAY TRAIL
2201 Alcoa Hwy 37920
Lunch at SoKno Tacos

SEPTEMBER 17th at 10:00 am

Join Judy and April
HALLS GREENWAY & SENIOR CENTER TOUR
4405 Crippen Road 37918
Lunch at Bel Air Grill

OCTOBER 15th at 10:00 am

Join Sarah, Jessica, and Kim
SEQUOYAH PARK
1400 Cherokee Blvd. 37919
Lunch at Holly's Gourmet Market

NOVEMBER 19th at 10:00 am

Join Susanne and Jessica
HIGH GROUND PARK
1000 Cherokee Trail 37920
Lunch at The Round Up

DECEMBER 17th at 5:30 pm

Join Saraha, April, and Judy
CHRISTMAS LIGHTS WALK
Founders Park
405 N. Campbell Station Road 37934

Knoxcounty.org/seniors/

Feel free to join us for
the dutch treat lunches

JOIN OUR EMAIL LIST FOR FINAL DETAILS & UPDATES ABOUT THE WALKS

