March & April 2020

HALLS SENIOR CENTER
4405 Crippen Road, Knoxville, TN 37918
865-922-0416

Happenings...

Closed on Friday, April 10th - Good Friday

Field Trips

**Monday, March 2nd at 11:00 am - Mighty Musical Monday at the Historic Tennessee Theatre**

Americana folk singer, Sarah Pirkle will be featured this month along with performances on the Mighty Wurlitzer Organ. Box lunch and concessions are available at the theatre.

*Free Trip, so sign up early.*

**Monday, April 6th at 11:00 am - Mighty Musical Monday at the Historic Tennessee Theatre**

Classical vocalist, Mark Fox will be featured this month along with performances on the Mighty Wurlitzer Organ. Box lunch and concessions are available at the theatre.

*Free Trip. Sign up today, space is limited.*

**Friday, April 24th at 10:00 am - Dogwood Arts Festival on Market Square - RSVP**

Take a fun trip to downtown Knoxville! At the Market Square, they host a festival for fine arts and crafts, live entertainment, a culinary arts demonstration, and festive food.

*Sign up today for this free trip!*

**Monday, April 27th at 9:00 am - Harrah’s Casino**

- Are you feeling Lucky? The luxurious Rocky Tops Tour bus will leave from the Carter Senior Center at 9040 Asheville Highway and travel to Cherokee, North Carolina. **Cost is $30.00 per person,** and you will receive $30.00 in casino money to play. We will leave the Casino at 3:30pm to return. **Space is limited, save your spot!**

**Tuesday, March 31st - 12:00 pm - “Put a Spring in your Step” Event**

Let’s celebrate the awakening of Spring and get the spring back in your step! There are so many benefits that adding in some extra steps to your day can give you - higher energy, stress relief, weight loss, etc. Whether you have a daily walking route already or you are just getting started on a walking program, our special guests with East Tennessee Personal Care and Amedysis will be here with Health, Safety, and Wellness information and some light refreshments to help get us up and going. Then, weather permitting we can walk on the Greenway.

**Monday, April 6th thru Thursday, April 9th at 12pm -**

Every day this week at 12:00 pm, the following sponsors will be here with some EGGS-STRA special Easter treats and information:

**Monday, April 6th** - “Eggs-cellent Living” with Prime Independent Living.

**Tuesday, April 7th** - “Hoppy Easter” with Westmoreland Health/Rehabilitation.

**Wednesday, April 8th** - “Some Bunny’s getting Sweets” with Help You Dwell.

**Thursday, April 9th** - “Eggs-specially for You” with Always Best Care.

**Congratulations to our “Soup-er Chef” winner Norma Richardson!**
<table>
<thead>
<tr>
<th>Date</th>
<th>Mon (8:00 - 4:30)</th>
<th>Tue (8:00 - 4:30)</th>
<th>Wed (8:00 - 4:30)</th>
<th>Thu (8:00 - 4:30)</th>
<th>Fri (8:00 - 4:30)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Field Trip to MMM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:00 S.A.I.L. *</td>
<td>10:00 Canasta</td>
<td>10:00 Bingo</td>
<td>10:00 Pinochle</td>
<td>9:00 S.A.I.L. *</td>
</tr>
<tr>
<td></td>
<td>9:00 Scapbooking</td>
<td>11:00 Exercise *</td>
<td>10:00 Hand &amp; Foot</td>
<td>10:00 Quilting</td>
<td>10:00 Euchre</td>
</tr>
<tr>
<td></td>
<td>10:00 Pinochle</td>
<td>12:00 Mexican Train</td>
<td>1:00 Rook</td>
<td>11:00 Exercise *</td>
<td>10:00 Morning Movie</td>
</tr>
<tr>
<td></td>
<td>10:00 Bridge</td>
<td>Dominoes</td>
<td>1:00 Scrabble</td>
<td>12:15 Yoga - Seated</td>
<td>11:00 Exercise Class*</td>
</tr>
<tr>
<td></td>
<td>* 11:00 Exercise Class</td>
<td>1:00 Snack and Learn</td>
<td>* 12:00 Mexican Train</td>
<td>12:00 Mexican Train</td>
<td>12:00 Mexican Train</td>
</tr>
<tr>
<td></td>
<td>* 12:15 Yoga - Seated</td>
<td>* 12:00 Snack and Learn</td>
<td>Dominoes</td>
<td>Dominoes</td>
<td>Dominoes</td>
</tr>
<tr>
<td></td>
<td>1:00 Rook</td>
<td>1:00 Scrabble</td>
<td>1:00 Rook</td>
<td>1:00 Scrabble</td>
<td>1:00 Movie Matinee</td>
</tr>
<tr>
<td></td>
<td>* 2:30 Line Dance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>9:00 S.A.I.L. *</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9:00 Scapbooking</td>
<td>10:00 Canasta</td>
<td>10:00 Bingo</td>
<td>10:00 Pinochle</td>
<td>9:00 S.A.I.L. *</td>
</tr>
<tr>
<td></td>
<td>10:00 Pinochle</td>
<td>11:00 Exercise *</td>
<td>10:00 Hand &amp; Foot</td>
<td>10:00 Quilting</td>
<td>10:00 Euchre</td>
</tr>
<tr>
<td></td>
<td>10:00 Bridge</td>
<td>12:00 Mexican Train</td>
<td>1:00 Rook</td>
<td>11:00 Exercise *</td>
<td>10:00 Morning Movie</td>
</tr>
<tr>
<td></td>
<td>* 11:00 Exercise Class</td>
<td>* 12:00 Mexican Train</td>
<td>1:00 Scrabble</td>
<td>12:15 Yoga - Seated</td>
<td>11:00 Exercise Class*</td>
</tr>
<tr>
<td></td>
<td>* 12:15 Yoga - Seated</td>
<td>* 12:00 Mexican Train</td>
<td>1:00 Rook</td>
<td>12:15 Yoga - Seated</td>
<td>12:00 Mexican Train</td>
</tr>
<tr>
<td></td>
<td>1:00 Rook</td>
<td>1:00 Scrabble</td>
<td>1:00 Rook</td>
<td>1:00 Scrabble</td>
<td>1:00 Movie Matinee</td>
</tr>
<tr>
<td></td>
<td>* 2:30 Line Dance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>9am SR Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Info. Specialists</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Weekend Dance:**
Saturday, March 28th
Ballroom Dance from 7pm to 9pm.
Live music provided. $6

Classes with an "**" have a fee to participate.
### April 2020

#### Mon (8:00 - 4:30)
- 10:00 Bingo
- 10:00 Hand & Foot Card Game
- 1:00 Rook
- 1:00 Scrabble

#### Tue (8:00 - 4:30)
- 10:00 Pinochle
- 10:00 Quilting
- 11:00 Exercise *
- 12:15 Yoga - Seated *
- 1:00 Seated Tai Chi
- 1:30 Standing Tai Chi
- 1:00 Billiards
- 1:00 Movie Matinee

#### Wed (8:00 - 4:30)
- 10:00 Bingo
- 10:00 Hand & Foot Card Game
- 1:00 Rook
- 1:00 Scrabble

#### Thu (8:00 - 4:30)
- 10:00 Pinochle
- 10:00 Quilting
- 11:00 Exercise *
- 12:15 Yoga - Seated *
- 1:00 Seated Tai Chi
- 1:30 Standing Tai Chi
- 1:00 Billiards
- 1:00 Movie Matinee

#### Fri (8:00 - 4:30)
- 10:00 Bingo
- 10:00 Hand & Foot Card Game
- 1:00 Rook
- 1:00 Scrabble

---

### Field Trip to MMM
- 9:00 S.A.I.L. *
- 9:00 Scrapbooking
- 10:00 Pinochle
- 10:00 Bridge
- 11:00 Exercise Class *
- 12:15 Yoga - Seated *
- 12:30 Sweet Treats
- 1:00 Rook
- 2:30 Line Dance

### 8am to 12pm Census 2020 Assist.
- 10:00 Bingo
- 10:00 Hand & Foot Card Game
- 12:00 Sweet Treats

### 10:00 Grief Group
- 10:00 Quilting Class
- 11:00 Exercise *
- 12:15 Yoga - Seated *
- 1:00 Seated Tai Chi
- 1:30 Standing Tai Chi
- 1:00 Billiards
- 1:00 Movie Matinee

### Field Trip to Dogwood Arts
- 10:00 Euchre
- 10:00 Morning Movie
- 11:00 Exercise Class*
- 12:00 Mexican Train Dominos
- 12:15 Knit and Crochet Class
- 12:30 Adult Color

### Classes with an ** ” have a fee to participate.

---

### Halls Senior Center, 4405 Crippen Rd., Knoxville, TN 37918 Ph: 865-922-0416

**Weekend Dance:**
- Saturday, April 25th
- Ballroom Dance from 7pm to 9pm.
- Live music provided. $6
Movie Matinees - Thursdays at 1:00 pm

March 5th...**Dora & the Lost City of Gold** (PG) 1:42. *Family.* A teenage explorer leads her friends on an adventure to save her parents and solve the mystery behind a lost city of gold.

March 12th...**Overcomer** (PG) 1:59. *Inspirational.* A high-school basketball coach volunteers to coach a troubled teen in long-distance running.

March 19th...**The Public** (PG13). 2:02. *Drama.* An act of civil disobedience turns into a stand off with police when homeless people take over the public library to seek shelter from the bitter cold.

March 26th...**Gemini Man** (PG13) 1:57. *Action.* An over-the-hill hitman faces off against a younger clone of himself.

**Wednesdays at 1:00 pm - Scrabble**
Please note the new time for Scrabble on Wednesdays at 1pm. We would love for you to join us!

**Fridays in March and April at 12:15 pm - Crochet and Knitting Class**
We have had such a great response to this class that we have had to move to a bigger room and therefore have had to adjust our meeting time to 12:15pm. If you are a beginner or are experienced, please make plans to join us for this free class.

**Tuesday, March 10th at 12:00 pm – Potluck: Easy-Peasy and Oh So Cheesy!**
It’s a general rule of thumb that cheese makes everything better! From appetizers to desserts, cheese can certainly elevate a dish. So, add a sprinkle or a cup and we will be sure and eat it up. Bring your appetite and a dish to share.

**Wednesday, March 11th from 8:30am to 10:30am - Senior Information**
Sara Mary Wallace is here if you have questions about Medicare, transportation, home help, grief support, volunteer opportunities, she can help you find what you need!

**Second Thursdays of the Month: March 12th at 10:00 am - Halls Quilting Guild Classes**
As we continue with our teaching series, we will be offering our March 12th class on the 8” Scrappy Heart Pattern which makes a beautiful table runner. Beginners are welcome!
Fabric Requirements for one Block: One red, and one white fat quarter.

2nd and 4th Thursdays starting March 12th at 10:00 am - Avalon Hospice - Grief Group
Everyone experiences loss and grief at some point in their lives. How do those left behind deal with the loss of their loved ones? This presentation will cover some of the myths associated with grief and grieving; what is grief, some common feelings experienced by those who are grieving, how to live with grief, and how to move forward with the “new normal” they find themselves now living. This information is a great resource for yourself, family, and friends. **For planning purposes, please call 922-0416.**

**Tuesday, March 17th at 12:00 pm – Snack and Learn: Hope Springs Adult Day Care Center**
Please join us to learn about a new nonprofit organization that provides daily help for families managing the challenges and responsibilities of caring for the disabled or elderly loved ones. Director, Vicki Worley, will be here with a traditional Irish stew to enjoy while we learn about all that Hope Springs can do for you. **Space is limited. So, please sign up today - 922-0416**

**Monday, March 23rd at 1:00 pm - Young Living Essential Oils: Educational Program**
**Presented by Mary Jo.** Learn about the benefits of essential oils. The Make and Take this month is bath salts and a wake-up roller bottle. **$5. Please RSVP.**

**Tuesday, March 24th at 1:00 pm - Bookworms Book Club:** “**The Oysterville Sewing Circle**” by Susan Wiggs. A story stitched together with love, Wiggs delivers an intricate patchwork of old wounds and new beginnings and the healing power of friendship.
Movie Matinees - Thursdays at 1:00 pm

April 2nd... **The Big Trip** (G) 1:24. *Animated.* A goofy stork mistakenly delivers a baby panda to the wrong door.

April 9th... *Maleficent: Mistress of Evil* (PG) 1:59. *Family.* Complex family ties that bind pull a family in different directions by impending nuptials, unexpected allies, and dark new forces at play.

April 16th... *Harriet* (PG13) 2:05. *Biography.* The extraordinary tale of Harriet Tubman’s escape from slavery and transformation into one of America’s greatest heroines.

April 23rd... *Playing with Fire* (PG) 1:36. *Comedy.* A crew of rugged firefighters meet their match when attempting to rescue three rambunctious kids.

April 30th... *Charlie’s Angels* (PG13) 1:58. *Adventure.* When a young systems engineer blows the whistle on a dangerous technology, Charlie’s Angels are called into action.

**Tuesday, April 7th at 12:30 pm - Craft Class: Macrame Planter**
Macrame is making a come back. You may remember this knotting craft from the 1970’s and now it is coming back hotter than ever! All you will need to bring for this plant hanger is scissors. We will provide the macramé cord and jar to make this craft. **Please register if you plan on attending.**

**Wednesday, April 8th from 8am to 12pm - Census 2020 Assistance Day**
Sara Mary Wallace with the Senior Information Referral Services will be here to help with online responses. Census data is used to allocate federal funds for schools, roads, public transportation, senior centers and more. No appointment necessary.

**Second Thursdays of the Month: April 9th at 10:00 am - Halls Quilting Guild Classes**
Our project for this month is a Jelly Roll Log Cabin Block. You will need a jelly roll or 2 1/2 inch strips and one 3/4 yard for the first border, second border is a half a yard, third border is one yard, and 3/4 yard binding to make a log cabin quilt of 62”x76”.

**Tuesday, April 14th at 12:00 pm – Potluck: Easter**
Mind your biscuits and life will be gravy! Let’s celebrate with breakfast for dinner as Jeff with Riggs Pharmacy will be cooking up his Southern recipe for biscuits and gravy. Bring a breakfast dish to share - eggs, hash browns, bacon, coffee cake, donuts...YUM!

**Thursday, April 16th at 2:00 pm - Brain Games Begins**
Dust off the cobwebs of winter and get ready for some friendly trivia competition! If you yell out all the answers to Jeopardy, or your friends say “you are a know-it-all”, then this is the game for you. Join us as we start putting together a Halls Team for the upcoming Brain Games Competition!

**Tuesday, April 21st at 1:00 pm - Bookworms Book Club: “The Secret Life of Bees” by Sue Monk Kidd.** The 1964 story is shaped around the blurred memory of the South. A remarkable novel about divine female power. Join us after book club at 2:00 pm to watch the movie that is based on the book.

**Monday, April 27th at 1:00 pm - Young Living Essential Oils: Educational Program presented by Mary Jo.** The Make and Take for this month is a foot soak and relax roller. **Cost is $5. Please RSVP.**

**Tuesday, April 28th at 12:00 pm - Snack and Learn: Quality Home Health - Birth Order**
Our birth position can tell us a great deal about our personal characteristics, so can it help us to better understand our family and ourselves? Find out if birth order has an effect on your family dynamic!
Glenn Jacobs, Knox County Mayor
Robert “Buzz” Buswell, Director of Veteran & Senior Services
April Tomlin, Senior Services Manager
Rebecca Kirkland Quarles, Coordinator
Amanda Patton, Assistant