

July &
August

2021

Karns Senior Center

8042 Oak Ridge Hwy., Knoxville, TN 37931

The Navigator

Holiday closings Monday, July 5th, 2021 (Independence Day observance)

Wednesday, July 7th at 1:00 pm . . . Patriotic Trivia

Vicki Worley with Hope Springs Adult Day Care Center, Inc., will be here offering some patriotic trivia where individuals and/or teams will compete in 3 rounds, with 3 questions per round. Prizes awarded for 1st and 2nd place. She will also be providing a light snack. **RSVP**

Wednesday, July 7th at 2:00 pm & August 4th at 1:00 pm . . . Music Jam

Our music jam is back! Judy & Warren will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Please note the calendar as start times are different in July & August! **RSVP**

Tuesday, July 13th at 10:00 am . . . Smartphone or Tablet Camera Class

Learn how to get the most out of your camera in this two hour class offered by Social Media 4 Seniors. You will learn how to take a picture, about the tools on your mobile device camera; how to edit your pics, create albums and much more! Cost is \$20.00 prepaid to Social Media 4 Seniors. **RSVP**

Thursday, July 15th at 11:00 am . . . Krfty Stamper

Join Cindy Bogard with Krfty Stamper as she leads the class in making 4 mini cards with envelopes and a box to store them in. The gift to give away will be an emery board with protective case. Cost is \$13.00 with all materials provided. **RSVP**

Tuesday, July 20th at 11:00 am . . . Essential Oils: Simply Oils

Join Richard & Deborah with Young Living as they discuss 12 basic essential oils to help you with your personal health and well-being. **RSVP**

Wednesday, July 21st & August 11th at 1:00 pm . . . Learn to crochet a Christmas Tree

We are celebrating "Christmas in July" with a two-part class on how to crochet a Christmas tree. Sandy Heinish will be leading this class that will meet about 3 weeks apart. One week will be focusing on making the form or the "cone" of the tree and the next (Wednesday, August 11th) will be learning how to make the branches. Anyone attending this class should already know how to crochet basic stitches. Class size is limited. If you would like to view the video we published, follow this link, <https://studio.youtube.com/video/vBgMNFVarZM/edit>. **RSVP**



Thursday, July 22nd at 11:00 pm . . . Grandchildren: gifts for now and later

We will discuss a unique insurance option grandparents can choose to gift to their grandchildren for them to utilize many years later. Great opportunity for grandparents to prepare early to show their love for years to come! **RSVP**

Monday, July 26th at 1:00 pm . . . Balance & Dizziness with Dr. Lee

Join Dr. Lee Easley with Knox Physical Therapy as he discusses problems associated with balance and dizziness and treatment options. **RSVP**

Like us on our Knox County Senior Services Facebook page!

Tuesday, July 27th at 11:00 am . . . Fraud Awareness Presentation

Paula Liss, recently retired from the Federal Government, has experience in both civil and criminal investigations associated with various financial frauds and money laundering. With the elderly population growing and seniors racking up more than \$3 billion in losses annually, elder fraud is a growing problem. The fraud awareness class will discuss common elder fraud schemes, how victims are contacted and tricked, tips to protect yourself, and how to report. **RSVP**

Monday & Tuesday, August 2nd & 3rd at 10:00 am . . . iPad/iPhone Class

Learn the basics of the iPad/iPhone (apps, contacts, calendar, mail, text and more) in this four-hour class taught over two days by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

Wednesday, August 4th at 1:00 pm . . . Ukulele class

Want to learn how to play the ukulele? Now is your chance! Join instructor, Rick Robb on Wednesdays for six weeks and learn how to play this charming instrument. Participants will need to bring their own instrument. **RSVP**

Thursday, August 5th at 10:30 am . . . New to Medicare Education

Will you soon be 65 or retiring soon? If so, join Wendy Blackburn for a free Medicare Educational Workshop. Topics include How and when to enroll in Medicare, the difference between original Medicare Supplements and Advantage Plans, what to do if you plan to work past 65, an Explanation of the four parts of Medicare (A-D), and costs and tax implications associated with Medicare. **RSVP**

Monday, August 9th at 1:00 pm . . . PT Screenings with Dr. Lee

Dr. Lee Easley with Knox Physical Therapy will be here offering free PT screenings **by appointment only**. If you are having a problem you would like to discuss with Dr. Lee, simply make an appointment. He will meet with you, ask you questions, and offer treatment suggestions. **RSVP**

Thursday, August 12th at 11:00 am . . . Tennessee Jewels

Fourteen ladies ranging in age 60+ affiliated with The Tennessee Senior Pageant known as The Tennessee Jewels. They will present a 45-Minute show with song and dance numbers with audience sing-alongs. Music thru the decades from all across Tennessee. **RSVP**

Tuesday, August 17th at 11:00 am . . . Essential Oils: Toxic Free Living

Join Richard and Deborah as they discuss toxic free living with essential oils, also know as ditch & switch. Ditch the toxic products in your home and switch to healthier and safer essential oils. **RSVP**

Wednesday, August 18th at 1:30 pm . . . Hymn Sing

Our hymn sings are back! Join us as we gather together and enjoy an old-fashioned gospel song sing-a-long. Jane Anderson will be playing the piano and we will have several guest song leaders helping lead us in some favorite hymns. **RSVP**

Thursday, August 19th at 10:30 am . . . Welcome to Medicare

Brooke Thurman with Core Insurance will be here to discuss those that will be new to Medicare in the near future. Are you turning 65 before the end of this year? Are you confused by Medicare? Do you wonder how Medicare works and what it covers? Are you still working and want to compare your benefits to Medicare? Curious about the options you have to get the coverage you need? Are you helping someone who is turning 65? Come learn about the basics of Medicare. **RSVP**

Karns Senior Center
8042 Oak Ridge Highway, Knoxville, TN 37932, Phone: 865-951-2653

Monday, August 23rd at 1:00 pm . . . Shoulder Pain Workshop

Join Lee Easley with Knox Physical Therapy as he discusses the causes and symptoms of shoulder pain and treatment options. **RSVP**

Tuesday, August 24th at 11:00 am . . . Senior Real Estate Specialist & Care Patrol Presentation

Why Turn to a Seniors Real Estate Specialist? Thinking about selling your home? Maybe you're retiring, downsizing, or a major life event has made you consider a move. Christine Chenot has unique training and resources to help make this transition a smooth one. Come learn ways to be better prepared so you are not caught off guard. Also, join Patrick Bowen, Senior Care Consultant, a professional that helps seniors find Independent, Assisted, Memory Care or In-home care. **RSVP**

Thursday, August 26th at 1:00 pm . . . Krfty Stamper

Join Cindy Bogard with Krfty Stamper as she leads the class in making three origami boxes, a greeting card, and a post-it note holder. Cost for the class is \$13.00. **RSVP**

Upcoming Senior Walks

Tuesday, July 20th at 10:00 am . . . Ijams & Forks of the River

Led by Darrell of the West Knox Senior Center, Susanne of the South Knox Senior Center, and April Tomlin, Senior Services Manager, this walk will be at Ijams Nature Center, 2915 Island Home Ave., Knoxville, TN 37920.

Tuesday, August 17th at 10:00 am . . . Song Bird Trail/Norris Dam

Led by Rebecca and Amanda from Halls Senior Center. This walk will be held at 2131 Norris Freeway, 3.8 miles turn left onto Powerhouse Way.

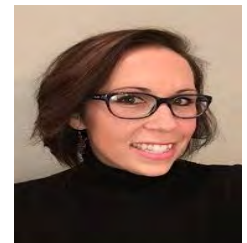
Please RSVP for these walks at seniorservices@knoxcounty.org or call 865-288-3761.



Community Outreach Services

Social Worker Outreach

Sara Mary Wallace with CAC Office on Aging continues to be available to answer your questions and assist you with finding resources and services to meet your needs. Sara Mary is a licensed Master Social Worker and Certified Information and Referral Specialist in Aging/Disability. You can also contact her at (865) 546-6262 or by email at: Saramary.Wallace@knoxseniors.org. Sara Mary will be visiting Karns on Wednesday, July 7th and August 4th, 2021.



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.





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>Workout room open from 7:30 to 4:00 pm By appointment</p> 	<p>Grief Support is meeting on the 1st and 3rd Thursdays at 12:30 pm. Anyone can join the group at any time and stay for as long as needed.</p>	<p>Lee Easley with Knox Physical Therapy will be here on the 2nd Monday from 1:00 to 2:00 pm By appointment only for PT screenings. Call if you are having a problem and would like to find out if PT is right for you.</p>	<p>1 12:30 Grief Support</p>	<p>2</p>
<p>5 <i>Holiday Center Closed</i></p> 	<p>6 10:00 Learn to Play Canasta (in progress)</p>	<p>7 11:30 Social Worker Outreach 1:00 Patriotic Trivia & snacks w/Vicki Worley w/Hope Springs Adult Daycare 2:00 Music Jam</p>	<p>8 11:00 BINGO with Niki Congero (bring a \$5 value wrapped gift)</p> 	<p>9</p>
<p>12 1:00 Mah Jongg Lessons (#5) 1:00 PT Screenings with Dr. Lee (by appointment only)</p>	<p>13 10:00 Smartphone/ Tablet Camera Workshop* (\$20.00) 10:00 Learn to Play Canasta (in progress)</p>	<p>14 2:00 Book Club: <i>Anxious People</i> by Fredrick Bachman</p>	<p>15 12:30 Grief Support 11:00 Krfty Stamper* (\$13.00)</p>	<p>16</p>
<p>19 1:00 Mah Jongg Lessons (#6)</p>	<p>20 10:00 Senior Walk at Ijams & Forks of the River (led by Darrell, April, & Susanne) 11:00 Essential Oils: Simply Oils</p>	<p>21 1:00 Learn to Crochet a Christmas Tree w/Sandy (Part I)</p>	<p>22 11:00 Grandchildren, Gifts for now and Later With Brooke Thurman/ Core Insurance</p>	<p>23</p>
<p>26 1:00 Balance & Dizziness Workshop with Knox PT</p>	<p>27 11:00 Fraud Presentation with Paula Liss</p>	<p>28 2:00 Book Club: <i>Maisie Dobbs</i> by Jacqueline Winspear</p>	<p>29 11:00 BINGO with Johnnie (bring a \$5 value wrapped gift)</p> 	<p>30 10:00 Toenail Trimming</p>
<p>These events occur every week</p>			<p>9:00 Tone & Balance* 9:30 Scrabble 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 2:00 Yoga* 3:10 Chair Yoga</p>	<p>8:00 Ping Pong 10:00 Guitar Practice 11:00 Euchre 12:30 Pinochle 12:30 Mexican Train Dominoes 1:00 Choir Practice</p>
<p>8:00 Ping Pong 10:00 Art Class* 11:00 SAIL with Debbie* 1:00 Sit'n'Sew 1:00 Intermediate Piano*</p>	<p>9:00 Tone & Balance* 9:00 Hand & Foot Cards 10:00 Poker 12:30 Pinochle 1:30 Genealogy Class 2:00 Yoga</p>	<p>8:00 Ping Pong 9:30 Bridge 10:00 Chen Tai Chi 10:20 Tai Chi Swords* 11:00 SAIL with Debbie* 1:00 Rook 1:00 Canasta</p>		



Karns Senior Center
 8042 Oak Ridge Hwy., Knoxville, TN 37931-2317
 Ph: (865) 951-2653, Fax: (865) 951-2530

August 2021

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2 10:00 iPad/iPhone class*	3 10:00-iPad/iPhone class*	4 11:30 Social Worker Outreach 1:00 Ukulele class (#1) 1:00 Music Jam	5 10:30 New to Medicare Education with Wendy Blackburn with Integrity Insurance Associates 12:30 Grief Support	6
9 1:00 PT Screenings with Dr. Lee (by appointment only)	10 11:00 BINGO with Niki Congero (bring a \$5 value wrapped gift) 	11 1:00 Learn to Crochet a Christmas Tree w/Sandy (Part II) 1:00 Ukulele class (#2) 2:00 Book Club: <i>The Red-head by the Side of the Road</i> by Anne Tyler 	12 11:00 TN Jewels	13
16	17 8:30-10:00 Beltone 10:00 Senior Walk to Song Bird Trail/Norris Dam 11:00 Essential Oils: Toxic Free Living	18 1:00 Ukulele class (#3) 1:30 Hymn Sing	19 10:30 Welcome to Medicare with Brooke Thurman/Core Insurance 12:30 Grief Support	20
23 1:00 Shoulder Pain Workshop with Lee Easley/Knox Physical Therapy	24 11:00 Senior Real Estate Specialist & Care Patrol Presentation	25 1:00 Ukulele class (#4) 2:00 Mystery Book Club: <i>Do No Harm</i> by Christina McDonald 	26 11:00 BINGO 1:00 Krfty Stamper* (\$13.00) 	27 10:00 Toenail Trimming*
30	31	Beltone will be back in person on August 17th from 8:30-10:00 for cleaning, check-ups or hearing tests. Please call to schedule your appointment. 	BINGO is back! Look for it on the 2nd and 4th Thursdays in July and 2nd Tuesday and 4th Thursday in August.	Dr. Lee is back with PT Screenings monthly by appointment only. Come see if Physical Therapy can help you! 
These events occur every week				
8:00 Ping Pong 10:00 Art Class* 11:00 SAIL with Debbie* 1:00 Sit'n'Sew 1:00 Intermediate Piano*	9:00 Tone & Balance* 9:00 Hand & Foot Cards 10:00 Poker 12:30 Pinochle 1:30 Genealogy Class 2:00 Yoga	8:00 Ping Pong 9:30 Bridge 10:00 Chen Tai Chi 10:20 Tai Chi Swords* 11:00 SAIL with Debbie* 1:00 Rook 1:00 Canasta	9:00 Tone & Balance* 9:30 Scrabble 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 2:00 Yoga* 3:10 Chair Yoga	8:00 Ping Pong 10:00 Guitar Practice 11:00 Euchre 12:30 Pinochle 12:30 Mexican Train Dominoes 1:00 Choir Practice

THE SUNSHINE LINE

Connecting Seniors with Seniors
The old timey way...by telephone



Why not give our
Sunshine Line a
try? Who knows
you may just find
your own Lucy or
Ethel!!



Email Carole @

carole.conaway@knoxcounty.org

with your full name, phone number and which center you attend. You are welcome to include one or two lines about yourself such as hobbies, interests, past work careers etc. to act as an "icebreaker" to get the conversation started.

Carole will match you with another senior and email you the first name, phone number and icebreaker info of that senior. It will be indicated in your email which senior will make the call and which will be the receiver just to make it easy.



In your email to Carole please authorize to release your phone number and join this program.

We cannot be held responsible for the antics which ensue from said friendships.

