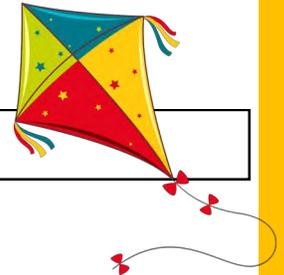




July/
August
2021

West Knox County Senior Center The *Scene*



The Senior Center will be closed on Monday, July 5th for Independence Day.

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Congratulations to Martha Woodward for winning the Sudden Fiction Competition. Her winning entry "Star Witness" can be read starting on Page 18 of the eNewsletter.



Meet Cindy Petty

You may have seen Cindy at the West Knox County Senior Center during the past few weeks. Cindy is the newly hired part-time assistant. Feel free to say, "hello" and welcome Cindy to our Center. Five Fun Facts About Cindy: she loves to travel and has visited all fifty states! She is a Librarian and loves books. She is a Hoosier having been born and raised in Indiana. She is a Boilermaker having graduated from Purdue University. She's also married to a Boilermaker and they met through a mutual friend while attending Purdue. She loves Pickleball. Before working at the Senior Center, she played Pickleball at least four times a week. Welcome to West Knox County Senior Center, Cindy.

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934
Phone: 865-288-7805 and visit us online at www.knoxcounty.org/seniors



You can register for our activities by calling the Center at 865-288-7805



Meet the Physical Therapist

Dr. Lee Easley, DPT., with Knox Physical Therapy will be at West Knox County Senior Center to meet with individuals one-on-one to address your questions. He will be offering free assessments. To schedule your free consultation call the Center. Appointments are limited to the following days:

Thursday, July 1st.,
starting at 9:00 AM.

Thursday, July 15th.,
starting at 9:00 AM.

Thursday, August 5th.,
Starting at 9:00 AM.

Thursday, August 19th.,
Starting at 9:00 AM.



Grief Support Group

The Grief Support group at the Senior Center will meet on the following dates from 10:00 AM—11:00 AM
Tuesday, July 6th.,
Tuesday, July 20th.,
Tuesday, August 3rd.,
Tuesday, August 17th.

Grief Support group is sponsored by Smoky Mountain Home Health & Hospice.
Anyone welcome.

July 7th ... Sew What Group

Join other sewing and fabric enthusiasts for a monthly gathering involving a short demonstration and show and tell. Each month a new sewing, quilting, or notion demonstration will be provided—along with a joyful show and tell of individual fabric projects. No need to bring your machine—just bring your current projects and a smile. Those new to sewing and quilting are welcome and invited to join in the fun! This group meets the first Wednesday of each month at 1:30 PM until 3:30 PM. To register to attend please call the Center. We look forward to seeing you.



Community Outreach Services

Social Worker Outreach

Sara Mary Wallace with CAC Office on Aging is 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 contact her at (865) 546-6262 or by email at: Saramary.Wallace@knoxseniors.org. She will be at West Knox County Senior Center on the following dates: Monday, July 12th., from 9:00 AM—11:00 AM and Monday, August 9th., from 9:00 AM—11:00 AM.

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. A representative from Knox County Veterans Services will be at West Knox County Senior on Thursday, August 12th from 11:00 AM—11:30 AM.



You can register for our activities by calling the Center at 865-288-7805

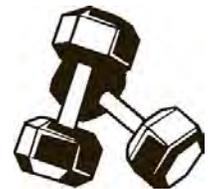


A Personal Note From Lisa

For the past two years, Lisa has been the friendly face and the welcoming voice in the Reception area at West Knox County Senior Center. She has been a delight to work with and her support and contributions have been most welcome. With that said, Lisa has decided to move on. She will be missed and she wanted to share the following message with everyone at West Knox County Senior Center:
 “As you may have heard, my last day with the West Knox County Senior Center was Friday, June 11th. I want to let you all know how much I have enjoyed my time working for Knox County Senior Services. This is an incredible group of people, both co-workers and clients, and I feel fortunate to have been a part of it for these past two years. I will miss seeing all the familiar faces at the Center and hearing the laughter and stories being told. I wish you all nothing but the best. I am sure that whomever is hired to fill my position will be a great addition to the senior center. Thank you all of your kindness and acceptance, and for making this California transplant feel at home here in Tennessee.”

Fitness Room is Available

The Fitness Room is open and available by appointment Monday through Friday from 7:30 AM—3:00 PM. The Fitness Room features treadmills, elliptical, recumbent bike, semi-recumbent stepper and free weights. To schedule your appointment and check on availability of the fitness room, please call the Center.



Complimentary Fitness Room Introduction

Not sure how to use the equipment? A thirty-minute consultation gives you a quick overview of the Fitness room equipment. Rachel Piotrowski (certified personal trainer) will guide you through the weight room to demonstrate how to adjust and use various pieces of equipment safely and effectively. To register for your Complimentary Weight Room Introduction please call the Center or stop by the Reception Desk.

July 9th ... Mindfulness Meditation Class

Join Nancy Wilson on Fridays starting July 9th at 1:00 PM for this new Mindful Meditation Class. Class will begin with Simple Stretching Exercises. It’s a great way to start your weekend and unwind from the week. Class fee is \$7 per class attended. Fees payable to the instructor. For planning purposes please call the Center or stop by the Reception Desk to sign up for this new class. Class will be offered every Friday at 1:00 PM.

July 14th ... The Addictive Nature of Sugar and Junk Food

Join Mr. Andy Houck on Wednesday, July 14th at 11:15 AM when he will review the physiological and logical additive nature of sugar and junk food. He will help define what is included in the terms, “Sugar and Junk Food” as well as hidden sources of sugar. The group will also review the US sugar consumption statistics and associated impacts. Ever wonder why it’s so hard to stop consuming sugar and what the hidden addictive triggers may be? The group will also explore the benefits of reducing sugar intake and maintaining a healthy lifestyle. To join this free discussion please call the Center to register.



Follow Knox County Senior Services on Facebook

If you’re on Facebook you can follow Knox County Senior Services for information on West Knox County Senior Center, the other Senior Centers in Knox County, along with program updates and more. Just simply “Like” Knox County Senior Services on Facebook.



July 19th Retirement Income

Retirees are often overwhelmed with decisions regarding their retirement and investment accounts when they reach the golden years they have worked so hard to enjoy. Many who are age 55 and older share the common goals of wanting to make sure they have enough income in retirement, as well as wanting to make sure that income lasts the rest of their lives. They also desire to leave money to their children and grandchildren in the most tax efficient way possible. Though this can seem like a daunting task, Mr. Charles Pratt with Modern Woodmen is offering a free presentation that will explore strategies to accomplish these goals in a variety of ways. He will also provide an overview of how working with a financial professional can take the stress away from folks who simply want to enjoy retirement. To sign up for this presentation offered on Monday, July 19th at 10:30 AM call the Center or stop by the Reception Desk.

July 20th ... Vikings and Their Impact on History

Mr. Ronald Jones will be visiting with us on Tuesday, July 20th at 1:30 PM to provide a presentation on Viking origins, culture (language, society, and religion) system of laws, travels as plunderers and traders, settlements, and influence on the inhabitants of the areas where they settled, and finally their legacy and contribution to history. For planning purposes please call the Center if you plan on attending.

July 21st ... Pain Management Presentation

Are you one of the millions of Americans suffering from chronic pain? Statistically, you or someone you know suffers from pain as a result of surgery, arthritis, or medical condition such as neuropathy or rheumatoid arthritis. Most treatments today are limited to medication and relief is usually expensive, temporary, fades over time, may damage the liver or a risk of addiction. Join Mr. Joe Mattera on Wednesday, July 21st at 1:30 PM for a free, no obligation pain-management workshop and participate in a demonstration that may finally give you the relief you need! During this program he'll evaluate your condition and current treatment then let you try a system that uses no drugs or injections and let you be the judge to see if it works for you.

July 28th ... The Essentials of Special Needs Planning

Join Mr. Charles Schilleci and Mr. Daniel Griffey from Wealthcare Partners of Tennessee in Knoxville for presentation on Special Needs Planning with guest speaker, Mr. Seth Gasick from Voya Financial, as they speak about creating a detailed Life Care Plan to ensure you and your loved one receives the long-term care needed, exploring available resources for managing care, guardian, trustee, and successor to oversee care and resources of care for your loved one. How to use will, trusts, durable powers of attorney, living wills/ advanced directive and other legal instruments to craft a well-defined estate plan. There's so much more to consider and this is the opportunity to learn and understand what you need to do to craft a plan that will ensure your loved one with special needs is cared for. Please call the Center if you plan to attend this presentation scheduled for Wednesday, July 28th at 10:30 AM.

August 4th ... Real Estate Specialist Just For Seniors

Thinking about selling your home? Maybe you're retiring, downsizing, or a major life event has made you consider a move. Meet Ms. Christine Chenot, on Wednesday, August 4th at 11:00 AM. She has some unique training and resources to help you make this transition a smooth one. Learn ways to be better prepared so you are not caught off guard. Call the Center to register for this free presentation.

August 5th ... Medicare Made Easy

You can easily make sense out of Medicare with advice from a licensed professional. Join Mr. Craig Hutto on Thursday, August 5th at 11:00 AM when he will explore what Medicare does and does not pay for, understanding your Medicare rights and options, how and when to enroll in Medicare, how to avoid a Medicare late enrollment penalty, the difference between supplement and advantage plans, comparing Prescription Drug Plans (PDP) each year, and comparing Medicare Advantage Prescription Drug (MAPD) plans each year. For planning purposes please call the Center to register for this presentation.



August 10th ... Recovery and Reconditioning after COVID

As we learn about the effects of COVID-19 affecting multiple body systems including the cardiovascular, pulmonary, musculoskeletal, vascular, cognitive, and others, Select Physical Therapy has developed a comprehensive individualized program using safe guidelines to restore fitness and function in individuals who have become deconditioned from COVID-19 as well as other illnesses or diseases. If you or someone you know is not able to complete normal daily tasks due to fatigue, shortness of breath, weakness, balance problems, or functional deficits, then this presentation is for you. To learn more join us on Tuesday, August 10th at 1:00 PM when Physical Therapist, Jason Fuller, PT., DPT., will address the physical therapy needs experienced by many COVID-19 patients. You can register for this class by calling the Center or stopping by the Reception Desk.

August 11th ... Introduction to Genealogy

Join Cindy on Wednesday, August 11th at 10:30 AM when her Introduction to Genealogy Class will focus on the steps to get started tracing your family roots. Learn about websites that will aid you in your family search. The class will also work on the research process and setting goals. The second class will be on August 18th and will concentrate on how to write your family history and share your memories with loved ones. Both classes are sure to get you started on the road to an exciting hobby that you can pass down and share with your family. Please call the Center to register for this free class.



History remembers only the celebrated, genealogy remembers them all ~

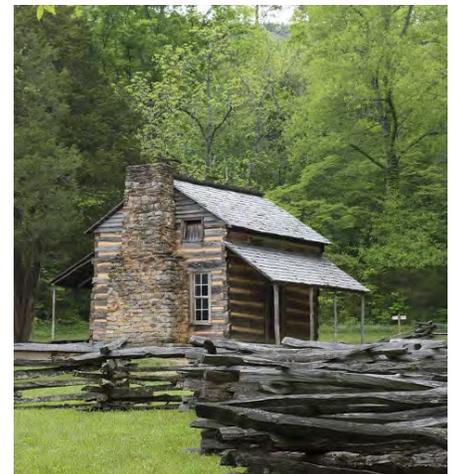
Laurence Overmire

August 16th ... Retirement Income Presentation

Retirees are often overwhelmed with decisions regarding their retirement and investment accounts when they reach the golden years they have worked so hard to enjoy. Many who are age 55 and older share the common goals of wanting to make sure they have enough income in retirement, as well as wanting to make sure that income lasts the rest of their lives. They also desire to leave money to their children and grandchildren in the most tax efficient way possible. Though this can seem like a daunting task, Mr. Charles Pratt will be offering a free presentation on Monday, August 16th at 10:30 AM. This classes will explore strategies to accomplish these goals in a variety of ways. He will also provide an overview of how working with a financial professional can take the stress away from folks who simply want to enjoy retirement. To sign up for this free presentation brought to us by Modern Woodmen please call the Center or stop by the Reception Desk.

August 17th ... Scotland and the Scots Irish

Join us for an informative presentation on Tuesday, August 17th at 1:30 PM on Scotland and the Scots Irish. Mr. Ronald Jones will cover the early history of Scotland prior to the Roman invasion of what are now referred to as the British Isles, through immigration of the Scots and the Scots-Irish to America. He'll be discussing the various peoples who settled and inhabit Scotland over the centuries, their origins, traditions, religions, and other facts which made them so fiercely independent. He'll also explore the rise of William Wallace, Robert Bruce, John Knox, and more. For planning purposes please call the Center to register for this informative presentation.





August 23rd ... Beginning Spanish

West Knox County Senior Center will be offering an beginning Spanish language class for those who have no experience with Spanish. The class starts Monday, August 23rd. This class will meet on Mondays and Wednesdays from 11:00 AM—12:00 PM and will conclude in December. The class is brought to us courtesy of the University of Tennessee. If you're interested in taking this class you can register by phoning the Center or stopping by the Reception Desk. **Registration is required.** Seating is limited. There will be a fee for the purchase of text books from the instructor, Abigail Bridges. Text book fee is payable to the instructor.

August 27th ... The Importance of Estate Planning

Join Carolyn Levy Gilliam from the law firm McDonald, Levy & Taylor, PLLC., located in Farragut, for her presentation on the importance of estate planning to include a discussion on wills, trusts, healthcare and financial power of attorneys, and advanced directives. Wills and Trusts are essential tools for managing property and wealth during life and ensuring the proper transfer of assets after life. Advance Directives, Healthcare Power of Attorneys, and Financial Power of Attorneys are used to plan for health care and financial decisions as loved ones advance in age and become more dependent on others to make important decisions. Understanding and deciding these options for end of life care lessens the burden on both you and your family. For planning purposes, call the Center today to sign up for this Friday, August 27th presentation at 2:00 PM.

August 31st ... Physical Therapy Needs With Cancer Treatment Patients

Select Physical Therapy has therapists certified in ReVital Cancer Rehabilitation to understand the unique challenges patients face while undergoing cancer treatment. These therapists will create an individualized physical therapy program designed to empower patients to attain the best quality of life during and after treatment. To learn more about the unique physical therapy needs of individuals undergoing cancer treatment and ReVital Cancer Rehab, join us for this presentation on Tuesday, August 31st at 1:00 PM with physical therapist Jason Fuller, PT., DPT., from Select Physical Therapy. You can register by calling the Center at 865-288-7805.

Meet Rachel Piotrowski

Fitness has been a part of Rachel's life since she can remember. She began attending her Mom's aerobic classes when she was 8 years old and has been hooked ever since. She was certified to teach aerobics at age eighteen and began teaching group fitness shortly thereafter. While attending Johnson University, she taught classes for students and athletes. Over the years she's incorporated various types of fitness routines and strategies into her classes. She is currently a certified personal trainer, water aerobics instructor, group fitness instructor, and is certified to teach SAIL (Stay Active and Independent for Life) classes.

"Fitness has been a happy habit throughout my life: from childhood to college, marriage to parenthood," Rachel says, "My fitness philosophy is to make exercise fun and functional so that it can be sustained for a lifetime and can help sustain you through the seasons of your life".

We invite you to stop by West Knox County Senior Center to visit Rachel. She teaches SAIL (Stay Active and Independent for Life) Exercise Class on Mondays, Wednesdays, and Fridays at 10:00 AM. Rachel welcomes your questions and hope you will find time to join the SAIL Exercise class. Class fee \$4. Please call 865-288-7805 us know you'll be visiting.



Rachel Piotrowski, SAIL instructor and personal trainer.

You can register for our activities by calling the Center at 865-288-7805

View the e-Newsletter On-Line & More

The West Knox County Senior Center e-Newsletter is also available online. It's easy to see and convenient to refer friends and family to view the newsletter. Just go to: www.knoxcounty.org/seniors and click on West Knox County Senior Center. While on the website you can also view newsletters from the other Knox County Senior Centers: Carter, Corryton, Halls, Karns, and South Knoxville.

Personal Fitness Training Available

With the guidance of a personal trainer, you can set and attain realistic fitness goals. Enjoy the benefits of a personal trainer; safety, accountability, encouragement, and individual attention. Personal Training fee is \$20 for a thirty minute session, a one hour session is \$40, or \$15 per person per group. To schedule your appointment to meet with Rachel call the Center or stop by the Reception Desk.



Interested in learning Mah Jongg?

The Center offers Mah Jongg classes throughout the year. Learn more about this exciting tile game. This American version is based on the ancient Chinese game that has been played for hundreds of years. It's a game involving skill, and a certain degree of chance, and is fun to play! Lessons are free and usually meet for six weeks. If you're interested in learning how to play, please call the Center or stop by the Reception to get your name on the Interest List for our next class. We'll contact you when the next class is scheduled.

Beginning Line Dance Class

Interested in Beginning Line Dance Class? You can learn the basic steps. No partner is necessary. It's a great class for improving balance and coordination while learning to dance. The Center is hoping to start a Beginning Line Dance class later this year. If you're interested in participating have your name added to the Interest List.

Your Announcements

If your Senior Center group has news or announcements you would like to share in the September/October 2021 eNewsletter please provide the information to Darrell before the August 6th

Interested in playing Spades or learning to play?

If you like playing Spades or want to learn how to play this game call the Center and have your name added to the Interest List. We're hoping to get a group together within the coming weeks.

BUNCO!

Interested in playing Bunco or learning how to play Bunco? We've started an Interest list for those who would like to play or learn how to play. If you, too, are interested contact the Center and have your name placed on our Interest List.

Interested in playing Dealer's Choice Poker?

Dealer's Choice is a style where each player may deal a different variant as determined by the person occupying the dealer position. If you're interested in playing Dealer's Choice or learning to play contact the Center and have your name placed on the interest list. We'll hopefully have enough interested individuals to have a regular group within coming weeks.

Learn to Play Liverpool Rummy!

Liverpool Rummy is a multi-round card game similar to other variants of rummy. The game consists of seven deals of the cards. The object is to be holding the lowest card value cards at the end of each deal. If you would like to learn to play or already know how to play call the Center and get in the Interest List. We're hoping to add Liverpool Rummy to the games we play at the Center on a regularly scheduled basis.



You can register for our activities by calling the Center at 865-288-7805



Blood Pressure Clinic

Courtesy of SR Medical
at 10:00 AM on the
following days:

Wednesday, July 28th and
Wednesday, August 25th

Trivia Time

Tuesdays at 11:00 AM

Join us for a challenge in
Trivia on a variety of subjects;
history, science, geography,
music, movies, and more!



Hearing Help

One in four people experience
hearing loss. It can be a natural
progression as we age to experience
some hearing loss. Severity of loss
can vary from person to person. Mr.
Michael Murphy, BC-HIS., from
Beltone Hearing Center will be
offering hearing screenings and
hearing aid cleanings at West Knox
County Senior Center on the
following dates at 11:00 AM:
Friday, September 10th.,
Friday, December 10th.
Please call the Center to register.



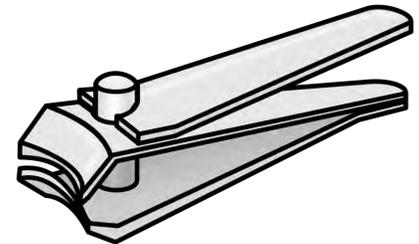
Nail Trimming

West Knox County Senior Center
will be offering Toenail Trimming
with Michelle on the following
dates:

Friday, July 9th
starting at 10:00 AM.,

Friday, August 13th
starting at 10:00 AM.

Please call the Center to schedule
your appointment. Fee is \$12
payable to Michelle.



Knitting Group

The West Knox County Senior Center Knitting Group will meet
on the following dates:



Tuesday, July 13th at 10:00 AM
Tuesday, July 27th at 10:00 AM
Tuesday, August 10th at 10:00 AM
Tuesday, August 24th at 10:00 AM



The group continues to work on the Operation Gratitude Project
knitting scarves for our men and women in the Military and our
First Responders. If you would like to participate feel free to come
to the knitting group.

Operation Gratitude

The mission of Operation Gratitude
is to forge strong bonds between
Americans and their Military and
First Responder Heroes through
volunteer service projects, acts of
gratitude, and meaningful
engagements in communities
nationwide. To learn more about
Operation Gratitude you can visit
their website at:

www.OperationGratitude.com

Watercolor & Drawing Class

Wednesdays at 9:30 AM

You can learn the beauty of water
coloring and explore proportions, light
and shadow, value, composition and
more in this Watercolor and Drawing
Class. No previous experience
necessary. Class fee is \$12 for each
class attended. Fees payable to the
instructor Mr. Nort Horwitz. A supply
list is available. It's easy to register - just
phone the Center or stop by the
Reception Desk.



Oil Painting Class

Tuesdays at 10:00 AM

The oil painting class with
instructor Mr. Alex Dumas has
openings for new students! No
previous experience necessary to
enjoy oil painting. Students can
start at any time. Class fee is \$12
per class payable to the
instructor. Supply list available at
the Reception Desk when you stop
by to Register for the class.



Tech Classes in July 2021

July 12th ... Employment in the Digital Age

Do you want and need to work? Having a job is not only a source of income but also an opportunity to interact with others as well as share your experience and skills in a meaningful way. If the idea of entering the work-force right now seems daunting, this two hour workshop will help you prepare. You will learn how to create a resume that will get the attention of hiring managers, you will become well versed on navigating job search sites, and the keys to presenting yourself during an interview as the right candidate for the job. This class will also explore employment opportunities and resources specific to seniors. For planning and scheduling purposes please call the Center to sign up for this two hours class which will be on Monday July 12th from 1:00—3:00 PM. This free class is brought to us by Goodwill Industries.

July 19th ... Virtual Connections

Facetime, Google, Meet, Zoom ... these are among the most popular ways to conduct meetings, interviews, webinars, and even to catch up with friends and family. If you are still uncertain how to use these platforms, participating in this two hour class will give you an understanding of how to show up online and on camera. We will discuss the difference between the meeting platforms, how to register and create meetings, and give you tips for good lighting and set up. To register for this free class call the Center. This class will be taught on Monday, July 19th from 1:00—3:00 PM.

July 22nd and 23rd ... Android Basics

Do you have an Android Smartphone and would like get the most out of its many features, learn how to use its many organization tools and apps? During the four hour Android workshops you will learn the following: different Android options, understanding settings, changing wallpaper, managing apps, searching for, organizing, using, and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting, and more. This one class will be taught on Thursday, July 22nd and Friday, July 23rd from 10:00 AM—12:00 PM. Class fee is \$35 and is payable at time of registration. You can register for this class at the Reception Desk at the Senior Center. Deadline to register is Monday, July 19th. This class is brought to us by Social Media 4 Seniors and will be taught by Kathleen Bloom.



July 22nd ... Window 10 Basics Workshop

Have you recently upgraded to Windows 10? Does it look foreign compared to the Windows you were using? Have no fear! This class will walk you through the entire layout of Windows 10, show you the updates, understand the settings, how to pin apps to the taskbar or desktop for ease of use, how to use Cortana, Microsoft OneDrive, Windows Store, Defender and Microsoft Edge. This class will be taught Thursday, July 22nd from 1:00 - 3:00 PM. Barbara Edwards will be instructing. Class fee is \$20. Payment is due upon registration. To register stop by the Reception Desk at the Center. Seating is limited. Deadline to register for this class is July 19th.

July 29th ... On-Line Shopping—Safely and Securely

Do you shop online? Or do you want to shop online but are afraid to do so? Are you unsure of what information to give out? Let Social Media 4 Seniors help you shop online safely and securely by attending this two hour class. They will discuss: creating and maintaining your accounts safely, credit cards vs. debit cards for online shopping, trusted online retailers, email and tracking, taking care of your devices, along with shopping apps. You can use a laptop, smartphone, or tablet during this class. Instructor Barbara Edwards will show you how to navigate different shopping apps/websites on all these devices during this class taught on Thursday, July 29th from 10:00 AM—12:00 PM. Class fee is \$20 payable at time of registration. You can register for this class at the Reception Desk. Deadline to register is July 27th.



Tech Classes in August 2021

August 9th ... Stay Safe Online

If you shy away from making online purchases or worry about “being hacked”, this class will help you navigate the internet with confidence. We will discuss privacy, malware, and computer viruses. You will learn what to look for in order to determine if a website is safe, how to identify a suspicious email, and what to consider when shopping online. In addition, we will talk about creating a keeping track of your usernames and passwords. Please contact the Center or stop by the Reception Desk to sign up for this free class taught on Monday, August 9th from 1:00—3:00 PM. This class is brought to us by Goodwill Industries.



August 16th ... Computer Basics

It's never too late to learn about computer technology and this two hour class will give you a comprehensive overview. We will dedicate time to answer those questions you have always wanted to ask. In addition, we will cover topics including computer terminology and component, computer operation, and troubleshooting, data and memory, files and folders, navigating Windows, the internet and an overview of email and software applications. It's a great class for those needing information and instruction on just the basics. To sign up for this free two hour class on Monday, August 16th from 1:00—3:00 PM please call the Center. This class is brought to us by Goodwill Industries.

August 19th ...iPad/iPhone Beginner Workshop

Have you recently upgraded to an iPhone or have an iPad and would like to learn more about the ins and outs of it, as well as how to take advantage of its many organizational tools, and countless number of apps you can add to it for even more fun, register today for this workshop! During this 4 hour iPad/iPhone workshop you will learn the following: different iPad/iPhone models, care and charging and buttons, understanding settings, changing wallpaper, managing apps, using built in apps, Safari Basics, iTunes, iCloud, printing and troubleshooting. You must bring your iPhone or iPad with you to this workshop, as well as your Apple ID and password. This one class will be taught over two days: Thursday, August 19th and Friday, August 20th from 10:00 AM—12:00 PM. Class fee is \$35 and is payable at time of registration. You can register for this class at the Reception Desk at the Senior Center. Registration deadline is Friday, August 16th. This class is brought to us by Social Media 4 Seniors. Instructor Kathleen Bloom.





You can register for our activities by calling the Center at 865-288-7805



Steel Magnolia Book Club

The Steel Magnolias Book Club is moving to the West Knox County Senior Center. Although we don't know the books they will be reading at this time, they will be meeting at the Center on the second Thursday of each month at 1:00 PM. Their current schedule is as follows:

Thursday, July 8th at 1:00 PM., The members of the group will read a novel, biography, event, or non-fiction of their choice as long as its about the period of 1900-1920. Each person will report on what they read.

Thursday, August 12th at 1:00 PM. Anxious People by Frederick Backman. A charming novel about a crime that never took place and eight strangers who make the worst group of hostages imaginable. Join the Steel Magnolias Book Club for a lively discussion.

West Knox County Senior Center Book Club

The West Knox County Senior Center Book Club meets the third Thursday of each month at 12:00 PM. Below is a listing of books the group has planned to read for the next couple of months. Please feel free to read the book and join the Book Club for a lively discussion.

July 15th ... Defending Jacob by William Landay. A father deals with accusations that his fourteen year old son is a murderer in this suspenseful, character-driven mystery crime drama.

August 19th ... Book Selection for Thursday, July 19th to be announced.

Mystery Readers Book Club

Enjoy reading a good mystery? Consider joining the Mystery Readers Book Club! Stop by the Center on Wednesday, July 28th at 10:00 AM for the first meeting. The Mystery Readers Book Club will meet the fourth Wednesday of each month. If you would like to participate call the Center or stop by the Reception Desk to register. We'll see you at the Book Club.

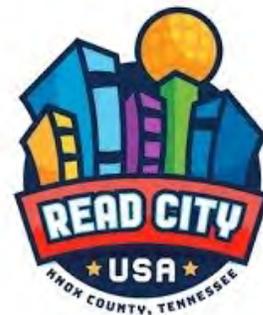


West Knox County Senior Center Library is Available

The Center's library is open Monday through Friday 7:30 AM—4:00 PM. Feel free to stop in and browse the library. Our check-out system is on the honor system. You take which books you want to read and return them whenever you're finished. If you have current titles you would like to donate you can drop those off at the Senior Center's Reception Desk.

Read City USA Awaits You in 2021

Join Knox County Mayor Glenn Jacobs, Read City USA, and the Knox County Public Library as we read One Million Hours in 2021! #MillionHourExpedition is 1,000,000 hours and it can't be done without you. It's easy to participate, just plan to read twenty minutes per day or more and track your time. For more information on how you can participate go to www.ReadCityUSA.com or visit your local branch of the Knox County Public Library and inquire about Read City USA.





A NOTE OF



THANK YOU

A NOTE OF



Special Thanks To Modern Woodmen

Special Thanks to Modern Woodmen and Mr. Charles Pratt, Financial representative, for donating two indoor flag poles, the US Flag, and the Tennessee Flag to West Knox County Senior Center. Mr. Pratt will be visiting West Knox County Senior Center in July and August to provide free presentations. Mr. Pratt will be providing presentations on Retirement Income at West Knox County Senior Center on Monday July 19th at 10:30 AM and Monday, August 16th at 10:30 AM. See pages 4 and 5 for additional information on the scheduled presentations.

Special Thanks to Reams Pharmacy (Formerly Riggs Pharmacy)

Special Thanks to Ryan Flatt at Reams Pharmacy for donating a Member's Mark 4 Burner Gas Grill to the West Knox County Senior Center. "We'll be having a cookout in a few months," Darrell Gooding, Coordinator said. Jeff Olsen (seen in the photo to the Right) from Reams Pharmacy will be at Center to help with the festivities when the Cookout is scheduled. We'll be announcing it in the Newsletter.



Interested in Raised Bed Gardening?



By a generous donation from the Farragut and Bearden Rotary Clubs the West Knox County Senior Center has six Raised Garden Beds to enjoy. Raised gardens are easier to access for many individuals. Gardening is a great stress reliever, and affords individuals the opportunity to learn new skills and regain previous skills. It's also just a great way to enjoy and share your enthusiasm with gardening. If you have an interest in raised bed gardening and would like to help plan, plant, and tend the raised beds. Please call the Center at 865-288-7805 and get on our interest list call the Center or stop by the Reception Desk.

Play Cornhole or Baseball Beanbag

Thanks to a generous donation by the Farragut and Bearden Rotary Clubs we can play Cornhole and Baseball Beanbag at the Senior Center weather permitting. If you would like to play please get on our Cornhole Interest List. You can get on the Interest List by calling the Center or stopping by the Reception Desk

Special Thanks to Farragut and Bearden Rotary Clubs for their generous donation of metal picnic tables, benches, raised garden planters, corn-hole games, and bean-bag baseball game sets made to the West Knox County Senior Center. Their generosity is most appreciated. We look forward to putting these items to good use.

Senior Walks for July & August 2021

Ijams and Forks of the River Walk

Tuesday, July 20th at 10:00 AM

Join April, Darrell, and Susanne

2915 Island Home Ave., Knoxville, TN 37920

We'll walk a portion of the Will Skelton Greenway spanning through Ijams Nature Center and Forks of the River Wildlife Management area. Expect a three mile walk over paved and graveled trails. There will be some inclines. Wear appropriate footwear and bring water for hydration. We'll meet up at the Ijams Welcome Center (2915 Island Home Ave) starting at 9:45 AM.



To RSVP call 865-288-3761 or email SeniorServices@knoxcounty.org

Songbird Trail Walk

Tuesday, August 17th, 10:00 AM

Join Rebecca and Amanda

Songbird Trail, a two-mile wooded loop along the Clinch River, is a premier birding site. The trail is excellent during spring and fall migration, and provides a variety of habitats including riverine, old fields, bottomland hardwoods, and grassy areas for many songbirds. During the spring and summer, look for nesting Eastern Kingbirds, Eastern Peewees, Great-Crested Flycatchers, and many more! Please note there are no public restrooms along the Songbird Trail. Wear comfortable footwear and bring bottled water for hydration. Directions from Knoxville: Take I-75 North towards Anderson County. Take Exit 122 From I-75 N. Turn Right off exit to TN 61E to Norris. In 1.4 miles, turn Left on US 441 N/Norris Freeway. In 3.8 miles, turn Left onto Powerhouse Way. In 0.5 miles, turn left into Parking Lot at Head of the Songbird Trail. After the walk, please make plans to join Rebecca and Amanda at the Sweet Café located at 15 W Norris Road, Norris, TN 37828 for a bite to eat.

To RSVP call 865-288-3761 or email SeniorServices@knoxcounty.org

Upcoming Senior Walks from Knox County Senior Services

September 21st ... Victor Ashe Park with Tara,

October 19th ... Sherchi Hills Greenway with Jill and Jessica,

November 16th ... Lake Shore Park with April and Carole,

December 21st ... Christmas at the Cove at Concord Park with April and Darrell.

To receive notifications of future walks email SeniorsServices@KnoxCounty.org and request to be placed on the Senior Services Walking Group eMail list or call 865-288-3761.

Exercise Classes at West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934
(865) 288-7805



Cardio/Strength/Stretch Class Monday, Wednesday, Friday at 8:45 AM
Class Fee: \$5.00 per class attended. This class a great combination of Cardio (low impact yet energizing), Strength (focus on all major muscle groups), and Stretch (slow and gentle stretches). This class is brought to us by Covenant BodyWORKS. Students can start at any time. Class is approximately sixty minutes long.

Yang Style Tai Chi For Beginners Tuesdays 9:45 AM-11:00 AM (Temporary Day/Time) Class fee: \$3.00
Using the widely popular Yang style, this class meets once weekly. The class focuses on improving balance, flexibility, and strength. New students can start at any time. Class instructor is Mr. Pat Barbieri.

Yang Style Tai Chi Intermediate Thursdays 9:45 AM—11:00 AM (Temporary Day/Time)

Class fee: \$3.00

If you've taken Mr. Barbieri's class before and are familiar with Yang Style Tai Chi, join his Intermediate class on Thursdays. Class instructor is Mr. Pat Barbieri.

Chair Yoga Fusion Tuesdays and Thursdays 11:15 AM Class fee \$5.00 per class attended
This class is ideal for those who want to experience the benefits of yoga but yet, have difficulty with lowering themselves to the floor. All these exercises are done from a chair while seated! Chair Yoga is beneficial to help work muscles, decrease stress, improve posture and flexibility, and more. You can join at any time. This class is brought to us by Covenant Health BodyWORKS.

Feldenkrais Mondays at 11:15 AM & Thursdays at 1:00 PM

Class Fee: \$5.00 per each class attended

Formerly known as Stretch Class and taught by Debbie Ashton, certified Feldenkrais professional, this class concentrates on the benefits of stretching and using core muscles to strengthen the entire body and improve balance. Students can start at any time. Class is approximately 60 minutes long. Bring a mat for floor work. This class is brought to us by Covenant Health BodyWORKS.

Improvers Line Dance Wednesdays 1:00 PM Starting July 7th Class fee: \$5.00 per class attended

For those who have completed the beginning line dance class but not advanced enough to move on to the Intermediate class. Class suited for those who have completed the beginning line dance class or have experience line dancing. Class is approximately 90 minutes long. Class instructor is Diane Hensley.

Line Dance Class Tuesdays 2:00 PM Staring July 6th Class fee: \$5.00 per class attended

One of the most fun classes you'll ever do! Great music, from pop to Irish dancing, rock to country line music. The Tuesday class is for those who have learned the dances, or can pick them up quickly. This is the more advanced Line Dance Class. Wear shoes you can dance in and make turns. Class instructor Diane Hensley.



Exercise Classes at West Knox County Senior Center

Mindfulness Meditation

Fridays at 1:00 PM starting July 9th. Class fee: \$7.00 per class

Start the beginning of your weekend with Nancy Wilson with this Mindfulness Meditation class. Class will introduce gentle stretching exercises and simple meditation exercises. Let Mindfulness Meditation help you find serenity.

Pickleball

Tuesdays and Thursdays 12:00 PM—3:30 PM

Play Pickleball or want to be introduced to the sport? Join us in the gymnasium on Tuesday and Thursdays for a friendly and fun game of Pickleball. Not sure what it is? Feel free to visit. It's a great spectator sport as well.

SAIL (Stay Active & Independent for Life) Exercise Class

Mondays, Wednesdays, and Fridays at 10:00 AM Class fee: \$4.00 per each class attended.

Stay Active and Independent for Life (SAIL) is an evidenced-based program designed to lower the risk of falling. SAIL was created for mature adults and includes: aerobic activity, balance, strength, and flexibility. All of these exercises can be done standing or seated depending on the needs of the student. Students can start at any time. This class is offered under the guidance of the Knox County Health Department. Class instructor is Rachel Piotrowski. Class is approximately 60 minutes long.

Tone & Balance

Mondays, Wednesdays, and Fridays 10:00 AM Class Fee: \$5 per class

This class has emphasis on toning muscles, uses weights, and trains the muscles to be prepared for better balance. Students can start at any time. Class is approximately 60 minutes long. This class is brought to us by Covenant Health BodyWORKS.

For planning purposes, please remember to call the Senior Center at 865-288-7805 to sign up for the exercise classes you'll be attending. Classes brought to us by Covenant BodyWorks may not be held if there are not enough individuals registered to participate. Please register.





West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

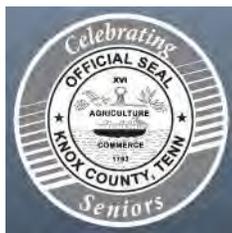
Phone: 865-288-7805

www.knoxcounty.org/seniors

July 2021

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)
The Following Events Occurring Every Week:				
8:45 Cardio/Strength/Stretch* 9:30 Bridge 10:00 Cribbage 10:00 SAIL Exercise* 10:00 Scrabble 10:00 Tone & Balance* 10:00 Watercolor Group 11:15 Feldenkrais* 1:00 Mexican Train Dominoes 1:00 Realistic Painting*	9:30 Interm. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Oil Painting Class* 11:00 Trivia 11:15 Chair Yoga Fusion* 12:00 Pickleball 12:30 Canasta 12:30 Hand & Foot 12:30 Bridge 2:00 Intermediate Line Dance*	8:45 Cardio/Strength/Stretch Class* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Tone & Balance* 12:30 Mah Jongg 1:00 Line Dance Improvers Class*	9:45 Yang Style Tai Chi Intermediate* 10:00 Duplicate Bridge 10:00-12:00 Mixed Media Art Group 11:15 Chair Yoga Fusion* 12:00 Pickleball 1:00-3:30 Table Tennis 1:00 Feldenkrais*	8:00 –3:30 Table Tennis 8:45 Cardio/Strength and Stretch Class* 9:30 Party Bridge 10:00 SAIL Exercise* 10:00 Tone & Balance* 12:00 Rummikub 12:30 Pinochle 1:00 Mid-Day Bridge
The Following Are Non-Weekly or Specialty Programs:			1	2
Realistic Painting Class has returned. Class is on Mondays from 1:00 PM—3:30 PM. Dianna Kilgore is the instructor. Class fee is \$25 per session or pay for five sessions and get one free. Fees are payable to the instructor.			9:00 Meet the Physical Therapist	9:30 Maj Jongg Class (5:6)
5	6	7	8	9
Center Closed Independence Day Holiday	10:00 Grief Support 	1:30-3:30 Sew What Group 	10:00 Social Media 4 Seniors Follow-up 1:00 Steel Magnolias Book Club	9:30 Maj Jongg Class (6:6) 10:00 Nail Trimming* 1:00 Mindful Meditation*
12	13	14	15	16
9:00 Social Worker Outreach 1:00-3:00 Employment In the Digital Age	10:00 Knitting Group 	11:15 Addictive Nature of Sugar	9:00 Meet the Physical Therapist 12:00 WKCS Book Club	1:00 Mindful Meditation*
19	20	21	22	23
10:30 Retirement Income Presentation 1:00-3:00 Virtual Connections Class	10:00 Grief Support 1:30 Vikings & Their Impact on History 	1:30 Pain Relief Presentation	10:00 Android Basics* 1:00 Windows 10*	10:00 Android Basics* 1:00 Mindful Meditation*
26	27	28	29	30
	10:00 Knitting Group 	10:00 Blood Pressure Clinic 10:00 Mystery Book Club 10:30 Essential of Special Needs Planning	10:00 On-Line Shopping*	



West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

www.knoxcounty.org/seniors

August 2021

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)

The Following Programs Occur Every Week:				
8:45 Cardio/Strength /Stretch Class* 9:30 Bridge 10:00 Cribbage 10:00 SAIL Exercise* 10:00 Scrabble 10:00 Tone & Balance* 10:00 Watercolor Group 11:15 Feldenkrais* 1:00 Mexican Train Dominoes 1:00 Realistic Painting*	9:30 Intermediate. Bridge 9:45 Yang Style Tai Chi for Beginners* 10:00 Oil Painting Class* 11:00 Trivia 11:15 Chair Yoga Fusion* 12:00 Pickleball 12:30 Canasta 12:30 Hand & Foot 12:30 Bridge 2:00 Intermediate Line Dance Class*	8:45 Cardio/Strength /Stretch* 9:30 Texas Hold 'em 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Tone & Balance* 12:30 Mah Jongg 1:00 Line Dance Improvers Class*	9:45 Yang Style Tai Chi Intermediate* 10:00 Duplicate Bridge 10:00 Mixed Media Art Group 11:15 Chair Yoga Fusion* 12:00 Pickleball 1:00 Table Tennis 1:00 Feldenkrais*	8:00—3:30 Table Tennis 8:45 Cardio/ Strength/ Stretch Class* 9:30 Party Bridge 10:00 SAIL Exercise* 10:00 Tone & Balance* 12:00 Rummikub 12:30 Pinochle 1:00 Mid-Day Bridge 1:00 Mindful Meditation*
The Following Programs Are Non-Weekly or Specialty Programs:				
2	3 10:00 Grief Support	4 1:30—3:30 Sew What Group 11:00 Senior Real Estate Specialist Presentation	5 9:00 Meet the Physical Therapist 11:00 Medicare Made Easy Presentation	6
9 9:00 Social Worker Outreach 1:00-3:00 Staying Safe Online	10 10:00 Knitting Group 1:00 Recovery and Reconditioning After COVID	11 10:30 Introduction to Genealogy (Part I)	12 11:00-11:30 Veteran Services Outreach 1:00 Steel Magnolias Book Club	13 10:00 Nail Trimming*
16 10:30 Retirement Income 1:00-3:00 Computer Basics Class	17 10:00 Grief Support 1:30 Scotland & the Scots Irish	18 10:30 Introduction to Genealogy (Part II)	19 9:00 Meet the Physical Therapist 10:00 iPad/iPhone for Beginners* 12:00 WKCSC Book Club	20 10:00 iPad/iPhone for Beginners*
23 11:00 Beginning Spanish (STARTS)*	24 10:00 Knitting Group	25 10:00 Blood Pressure Clinic 10:00 Mystery Book Club 11:00 Beginning Spanish*	26	27 2:00 Importance of Estate Planning
30 11:00 Beginning Spanish*	31 1:00 Physical Therapy Needs of Cancer Patients			



The winner of our Sudden Fiction Contest was Martha Woodward. Many of you may have read her entry “Star Witness” in the previous edition of our newsletter. We allowed the readers to vote on their favorite story and “Star Witness” was the reader’s choice. Congratulations to Martha for her winning submission. “Star Witness” is presented below for your reading pleasure.



Star Witness

Martha Woodward

I try to not look frumpy. Generally, the only way I get new clothes is when I dig through a donation box at the local senior center or someone gives me something.

However, the skirt, blouse, blazer and shoes I am wearing today came from Talbot’s, a designer’s store, located on the trendy side of town. Someone in the County Attorney General’s Office wants me to look my best. Imagine me becoming the most important witness in a nationally televised murder trial.

I feel just like a movie star.

Do you think it was forward of me to hint that I needed to look successful when lawyer, Shelia Grant, stopped by my apartment the other afternoon for the third time to check my testimony? I mean twice I can see, but three times? Do they think I am stupid?

“Now Ms. Gibbs?” she began, “are you certain you saw Megan Reneer leaving the Green Grove Senior Facility on June 22, 2019?”

“I’ll be glad to give you an answer,” I replied. “But, do you think the jury will believe a frumpy, 73 year old, white haired woman wearing a Faded Glory dress from K-Mart?”

Well, it is true. I got caught up in this when Bobby Hinton, popular, self-described playboy, was stabbed to death two years ago. It just so happens that the murder occurred in the back yard of a prominent nursing home for wealthy seniors. I have a clear view from my bedroom window of just about everything that goes on around that place. Let me tell you, the things I’ve seen. Man, I ought to write a book.

After an extensive investigation, law enforcement solved the case, with the help of one witness. You guessed it. That would be me.

No, I did not rush forward with information. I bided my time and waited until a detective knocked on my door holding a photo of Bobby. “Have you ever seen this person in this neighborhood?” she asked.

“Why yes,” I said. “I used to see him all the time. Are you interested in the visits he made to his grandfather or sex mate?”

That’s how we came to today’s trial and I’m about to spill the beans on Megan Reneer. What I will say can set her free or put her in prison for life.

Maybe Megan is wishing she had been nicer to me all those times when she saw me walking my dog on the sidewalk. I bet she wishes she had, at least, been friendly to Spot.

When women like me get to be over 55, we become invisible to gals like Megan. But, I know plenty about her. She has the obligatory blonde hair and blue eyes, with a perfect slim figure. Her daddy is a doctor. She was engaged to marry a doctor. She volunteered in the nursing home where Bobby's grandfather resided. I'd say that is where she caught his eye.

Bobby was gorgeous. Think Michelangelo's statue of David. He was such a flirt; always friendly.

The first time I noticed the two of them together, they were kissing behind her car in the parking lot. On other occasions I watched them moving around inside her car making it shake. Once when Bobby got out of her car, a lacey, black bra dropped on the ground.

Women like Megan make me sick. Rules never seem to apply to them. Well, maybe "never" is a bit too strong here. Most of the time, they get what they want with no repercussions. Today may be different.

"Ms. Gibbs?" attorney Grant will ask, "Did you witness Megan Reneer and Bobby Hinton involved in a relationship of a sexual nature?"

"Yes," I'll answer, and touch my nose like I am embarrassed.

The attorney will ask more salacious questions just to prejudice the jury against sweet, little Megan. I'll add as many sordid details as I can while acting like it is extremely difficult for me to speak of such things.

I swear to you, I'll tell the truth, so help me God. Well, up to one detail, anyway, when I have to lie.

"Ms. Gibbs, did you see Megan Reneer stab Bobby Hinton in the back?"

"Yes," I'll lie.

I know Megan didn't stab him, but she gets to pay for all the times she has gotten away with breaking the rules. I know she didn't stab Bobby because, after she drove away, I did.