March & April 2022

# HALLS SENIOR CENTER

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

# *Happenings…*

## Closed on Friday, April 15th - Good Friday

### First Wednesdays starting March 2nd and April 6th at 10am - Bingo!

Come and join us for bingo the first Wednesday of every month. We are so grateful to have two of our favorite sponsors as special guest callers: Teja Cain with Core Insurance in March and Kay Lorick with Morning Pointe Senior Living in April. Please remember that you still need to bring a gift (recommended minimum value is $10) in a gift bag like usual. No refreshments will be served, but feel free to bring your own drink with you.

★ **New Date and Time!!!** ★

### Tuesdays, March 29th & April 26th from 12:30 pm to 2:00 pm - Senior Info Referral

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. Come by and visit or you can contact her at **865-546-6262** or by email at: **saramary.wallace@knoxseniors.org**

### Thursday, April 21st and Friday, April 22nd - *The Wall that Heals*

Knox County Mayor, Glenn Jacobs, is excited to be hosting *The Wall That Heals* exhibit in 2022! The exhibit includes a three-quarter scale replica of the Vietnam Veterans Memorial along with a mobile Education Center. The traveling exhibit honors the more than three million Americans who served in the U.S. Armed Forces in the Vietnam War and it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam. Open to the public 24 hours a day with the opening ceremonies beginning at 10:00 am on Thursday, April 21st. **If you are interested in taking a FREE bus from the Center on Friday, April 22nd at 10:00 am, please register at 865-922-0416.**

### Scarves for Seniors Project

Our members are making scarves to donate to local seniors that receive Mobile Meals next Christmas. You can help by donating extra yarn (new or nonsmoking households only please) or by dropping off completed scarves to the Center.

## Movie Matinees - Thursdays at 1:00 pm

March 3rd…***No Movie Today.***

March 10th...***Secondhand Lions*** (PG) 1hr 49min. Family. A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas.

March 17th…***The Quiet Man*** *(*PG*)* 2hr 9min. Comedy. A retired American boxer returns to the village of his birth Ireland, where he falls for a spirited redhead whose brother is contemptuous of their union.

March 24th...***Secret Life of Bees*** (PG13) 1hr. 54min. Drama. In 1964, a teenage girl in search of the truth about her mother runs away to a small town and finds a family of independent women who can connect her to her past.

March 31st...***Paul Blart: Mall Cop*** (PG) 1hr. 31min. Comedy. When a shopping mall is taken over by a gang of organized crooks, it's up to a mild-mannered security guard to save the day..

***Please make note of some new/changed programming:***

Mondays at 1:00 pm - Rook. It's so nice they are going to play it twice (a week that is).
Thursdays at 11:00 am - Cribbage. This group would love to teach you how to play this card game.
Thursdays at 12:00 pm - Rummikub. Join us around the round table.

**Tuesdays starting March 1st at 1:00 pm - Halls Volunteer Voices Choral Group Practice**

Add your voice to our singing group! Did you know that singing gives you more energy, improves your immune system, and strengthens muscles and lung capacity? And, it is just fun! Join us and meet new friends and express yourself in a creative way. Come and start preparing for a Spring Concert that the Center will be hosting on May 10th at 1:00 pm.

**Thursdays, March 10th and 24th at 10:00 am - The Vikings: Fact and Fiction**

Part 1 of this presentation covers the origin of those known as Vikings and their culture (language, society, and religion). As well as their system of laws and travels as plunderers and traders. Part 2 will focus on their settlements, and influence on the inhabitants of the areas where they settled, and finally their legacy and contribution to world history. **RSVP 865-922-0416.**

**Fridays starting March 11th at 10:00 am - Grief Support Group Meetings**

Every loss is hard and having support can help. Please join Jacqueline Davis, facilitator, in an informal setting to share individual testimonials and to encourage one another on life's journey. Feel free to bring pictures of your loved ones. Light refreshments will be served. **Please RSVP 865-922-0416**.

**Tuesday, March 15th at 10:00 am - Knox County Senior Services Walk with April & Cindy**

This month's walk is at Bob Leonard Park. Then, we will lunch at Big Kahuna Wings.
**RSVP to 865-288-3761 or seniorservices@knoxcounty.org**

Thursday, March 17th beginning at 10:00 am - St. Patrick's Day Treats
Stop in wearing your GREEN for a sweet treat compliments of Reams Pharmacy.

**Fridays, March 18th and 25th at 1:00 pm - Scotland and the Scots Irish**

Part 1 of this presentation covers the early history of Scotland prior to the Roman Invasion of the British Isles. Focus will be on the development of the country and people of Scotland and their origins, traditions, religions and other factors which made them so fiercely independent resulting in their long held differences with England. Part 2 will focus on the development of the Clan system and the rise and fall of the Stuart line and the mass immigration of Scottish people to the American Colonies from Ulster beginning in the early 1700's and later Scotland and their impact on the American Revolution and development of our Republic. **RSVP 865-922-0416.**

## Movie Matinees - Thursdays at 1:00 pm

April 7th…***Night at the Museum.*** ***(***PG) 1:48. Adventure. A newly recruited night security guard at the Museum of Natural History discovers that an ancient curse causes the animals and exhibits on display to come to life and wreak havoc.

April 14th…***No Movie Today***.

April 21st…***Sully*** (PG13) 1:36. Biography. When a pilot lands his damaged plane on the Hudson River in order to save the flight's passengers and crew some consider him a hero while others think he was reckless.

April 28th...***Cheaper by the Dozen***. (PG) 1:30. Comedy. With his wife doing a book tour, a father of twelve must handle a new job and his unstable brood.

**Thursday, March 24th at 12:30 pm - Craft Class: Wood Bunny**
Some'bunny' is making the cutest carrot-eaters that you have ever seen! Please see the included flier for supplies that you will need to make this adorable craft. **Sign up at 865-922-0416.**

Tuesday, March 29th - 1:00pm to 3:00pm - Ballroom Dance with Mood Swing
Put your dancing shoes on and join us for ballroom dancing with a live band! Cost is $8.

Monday, April 18th beginning at 10:00 am - Pretty in Pink Treats
Stop in wearing your PINK for a sweet treat compliments of Reams Pharmacy.

**Tuesday, April 19th at 10:00 am - Knox County Senior Services Walk with Darrell and April**
This month's walk is at one of Tennessee's premier birding destinations, Seven Island Birding Park. For more details, please see the included flier.
**RSVP to 865-288-3761 or seniorservices@knoxcounty.org**

**Tuesday, April 19th to Thursday, April 21st - Art Display presented by Halls Crossroad Women's League -** Every year we look forward to displaying the award winning art work from Halls High School and Halls Middle School Students. Please make plans to come by and check out the art that we will be displaying in the lobby. Then, help us send a note to the artist to support their efforts.

**Wednesday, April 20th at 1:00 pm - Dementia Friends Tennessee Program**
Cherokee Health Systems is committed to educating communities about dementia in order to increase understanding, decrease fear and confusion, and help people living with dementia be as safe, active, and independent as possible. Join us to learn how you can commit to support those living with dementia in your community. **RSVP 865-922-0416.**

Tuesday, April 26th - 1:00 pm to 3:00 pm - Ballroom Dance with Ed Nieder
Put your dancing shoes on and join us for ballroom dancing with a live band! Cost is $8.

**Friday, April 29th beginning at 10:00 am - Quilting Guild Color Competition**
Every member of our Quilting Guild drew a crayon and had to make a quilt to match the color. This was such a fun challenge that we are going to display their quilts in the lobby and you will have a chance to vote for the one that you think matches the best.

***Are you interested in exploring your family tree? Bill Baird specializes in genealogy research and has offered to teach one-on-one classes with members that want to discover information on their family. Sign up to make an appointment at 865-922-0416***

# Craft Class: Wood Bunny

## Thursday, March 24
## @ 12:30 p.m.

You need:
Paint (I used white, pink, brown and black)
Paint brushes
Ribbon for the ears
Scissors
Hot glue gun
We will provide the wood and the heart for the nose.

To register call
(865)922-0416

**Knox County Senior Services**

# Mayor Bob Leonard Park

301 Watt Road
Knoxville, TN 37934

**March 15th at 10AM**

Join April and Cindy for a walk around Bob Leonard Park. A 50 acre park with four paved greenway trails that loop sections of the park. At the heart of the park, is a beautiful wetlands area with a boardwalk and observation deck. We will walk approximately 3 miles.

Join us for lunch afterwards at Big Kahuna Wings at 12828 Kingston Pike, Knoxville, TN 37934. Check out https://www.bkwings.com/farragut/ to view their menu.

Please RSVP to seniorservices@knoxcounty.org or call 865-288-3761.

# Seven Island Birding Park Walk

**Date:** Tuesday, April 19, 2022

**Time:** 10:00 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 expert, Mr. Robert Terrell will be leading our tour. We will meet at 10:00 AM at the parking lot at Seven Islands and begin our walk at 10:15 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! Bottled water provided courtesy of Tennova Hospice. This walk is brought to you by April Tomlin, Senior Services Manager and Darrell Gooding, Coordinator at West Knox County Senior Center. To RSVP call 865-288-3761 or email SeniorServices@knoxcounty.org.

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| Mon (8:00 - 4:30) | Tue (8:00 - 4:30) | Wed (8:00 - 4:30) | Thu (8:00 - 4:30) | Fri (8:00 - 4:30) |
|---|---|---|---|---|
| <br>Classes with an " * " have a fee to participate. | *1*<br>*10:00 Canasta*<br>*10:00 Exercise Class**<br>*12:00 Mexican Train Dominoes*<br>*1:00 Billiards*<br>*1:00 Choral Practice* | *2*<br>*10:00 Bingo*<br>*10:00 Hand & Foot Card Game*<br>*1:00 Rook* | *3*<br>*10:00 Quilting*<br>*10:00 Polynesian Dance Class **<br>*11:00 Cribbage*<br>*12:00 Rummikub*<br>*1:00 Billiards*<br>*No Movie Matinee Today* | *4*<br>*10:00 Euchre*<br>***11:00 Artist Social***<br>*12:00 Mexican Train Dominoes* |
| *7*<br>*9:00 Scrapbooking*<br>*10:00 Bridge*<br>*10:00 Pinochle*<br>*10:00 Exercise **<br>***11:15 Stability Class ****<br>***11:45 Flow Yoga ****<br>1:00 Rook | *8*<br>*10:00 Canasta*<br>*10:00 Exercise Class**<br>*12:00 Mexican Train Dominoes*<br>*1:00 Billiards*<br>*1:00 Choral Practice* | *9*<br>*10:00 Hand & Foot Card Game*<br>*1:00 Rook* | *10*<br>*10:00 The Vikings*<br>*10:00 Quilting*<br>*10:00 Polynesian Dance Class **<br>*11:00 Cribbage*<br>*12:00 Rummikub*<br>*1:00 Billiards*<br>*1:00 Movie Matinee* | *11*<br>*10:00 Euchre*<br>*10:00 Grief Support*<br>***11:00 Artist Social***<br>*12:00 Mexican Train Dominoes* |
| *14*<br>*9:00 Scrapbooking*<br>*10:00 Bridge*<br>*10:00 Pinochle*<br>*10:00 Exercise **<br>***11:15 Stability Class ****<br>***11:45 Flow Yoga ****<br>1:00 Rook | *15* ***SR Services Walk***<br>***RSVP 865-288-3761***<br>*10:00 Canasta*<br>*10:00 Exercise Class**<br>*12:00 Mexican Train Dominoes*<br>*1:00 Billiards*<br>*1:00 Choral Practice* | *16*<br>*10:00 Hand & Foot Card Game*<br>*1:00 Rook* | *17* *10:00 am*<br>*St. Patty's Day Treats*<br>*10:00 Quilting*<br>*10:00 Polynesian Dance Class **<br>*11:00 Cribbage*<br>*12:00 Rummikub*<br>*1:00 Billiards*<br>*1:00 Movie Matinee* | *18*<br>*10:00 Euchre*<br>*10:00 Grief Support*<br>***11:00 Artist Social***<br>*12:00 Mexican Train Dominoes*<br>*1:00 Scotland Class* |
| *21*<br>*9:00 Scrapbooking*<br>*10:00 Bridge*<br>*10:00 Pinochle*<br>*10:00 Exercise **<br>***11:15 Stability Class ****<br>***11:45 Flow Yoga ****<br>1:00 Rook | *22*<br>*10:00 Canasta*<br>*10:00 Exercise Class**<br>*12:00 Mexican Train Dominoes*<br>*1:00 Billiards*<br>*1:00 Choral Practice* | *23*<br>*10:00 Hand & Foot Card Game*<br>*1:00 Rook* | *24*<br>*10:00 The Vikings*<br>*10:00 Quilting*<br>*10:00 Polynesian Dance Class **<br>*11:00 Cribbage*<br>*12:00 Rummikub*<br>*12:30 Billiards*<br>*12:30 Craft Class*<br>*1:00 Movie Matinee* | *25*<br>*10:00 Euchre*<br>*10:00 Grief Support*<br>***11:00 Artist Social***<br>*12:00 Mexican Train Dominoes*<br>*1:00 Scotland Class* |
| *28*<br>*9:00 Scrapbooking*<br>*10:00 Bridge*<br>*10:00 Pinochle*<br>*10:00 Exercise **<br>***11:15 Stability Class ****<br>***11:45 Flow Yoga ****<br>1:00 Rook | *29* ***12:30pm to 2:00pm***<br>***SR Info Specialist***<br>*10:00 Canasta*<br>*10:00 Exercise Class**<br>*12:00 Mexican Train Dominoes*<br>*1:00 Billiards*<br>***1:00 Ballroom Dance **** | *30*<br>*10:00 Hand & Foot Card Game*<br>*1:00 Rook* | *31*<br>*10:00 Quilting*<br>*10:00 Polynesian Dance Class **<br>*11:00 Cribbage*<br>*12:00 Rummikub*<br>*1:00 Billiards*<br>*1:00 Movie Matinee* | |

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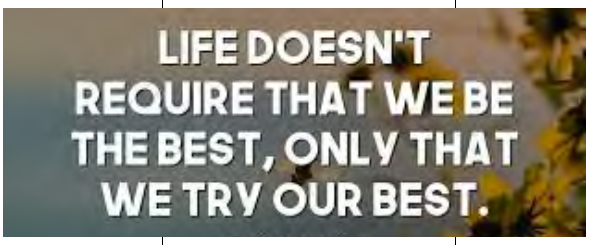
| Classes with an " * " have a fee to participate. |   | | | 1<br>*10:00 Euchre*<br>*10:00 Grief Support*<br>***11:00 Artist Social***<br>*12:00 Mexican Train Dominoes* |
| 4<br>*9:00 Scrapbooking*<br>*10:00 Bridge*<br>*10:00 Pinochle*<br>*10:00 Exercise Class**<br>***11:15 Stability Class ****<br>***11:45 Flow Yoga ****<br>1:00 Rook | 5<br>*10:00 Canasta*<br>*10:00 Exercise Class**<br>*12:00 Mexican Train Dominoes*<br>*1:00 Billiards*<br>*1:00 Choral Practice* | 6<br>*10:00 Bingo*<br>*10:00 Hand & Foot Card Game*<br>*1:00 Rook* | 7<br>*10:00 Quilting*<br>*10:00 Polynesian Dance **<br>*11:00 Cribbage*<br>*12:00 Rummikub*<br>*1:00 Billiards*<br>*1:00 Movie Matinee* | 8<br>*10:00 Euchre*<br>*10:00 Grief Support*<br>***11:00 Artist Social***<br>*12:00 Mexican Train Dominoes* |
| 11 *10am Pretty in Pink treats*<br>*9:00 Scrapbooking*<br>*10:00 Bridge*<br>*10:00 Pinochle*<br>*10:00 Exercise Class**<br>***11:15 Stability Class ****<br>***11:45 Flow Yoga ****<br>1:00 Rook | 12<br>*10:00 Canasta*<br>*10:00 Exercise Class **<br>*12:00 Mexican Train Dominoes*<br>*1:00 Billiards*<br>*1:00 Choral Practice* | 13<br>*10:00 Hand & Foot Card Game*<br>*1:00 Rook* | 14<br>*10:00 Quilting*<br>*10:00 Polynesian Dance **<br>*11:00 Cribbage*<br>*12:00 Rummikub*<br>*1:00 Billiards* | 15<br>Closed for Good Friday!<br> |
| 18<br>*9:00 Scrapbooking*<br>*10:00 Bridge*<br>*10:00 Pinochle*<br>*10:00 Exercise Class**<br>***11:15 Stability Class ****<br>***11:45 Flow Yoga ****<br>1:00 Rook | 19 ***SR Services Walk***<br>***RSVP 865-288-3761***<br>*10:00 Canasta*<br>*10:00 Exercise Class**<br>*12:00 Mexican Train Dominoes*<br>*1:00 Billiards*<br>*1:00 Choral Practice* | 20<br>*10:00 Hand & Foot Card Game*<br>*1:00 Rook*<br>*1:00 Dementia Friends Program* | 21<br>*10:00 Quilting*<br>*10:00 Polynesian Dance **<br>*11:00 Cribbage*<br>*12:00 Rummikub*<br>*1:00 Billiards*<br>*1:00 Movie Matinee* | 22<br>*10:00 Euchre*<br>*10:00 Grief Support*<br>***11:00 Artist Social***<br>*12:00 Mexican Train Dominoes* |
| 25<br>*9:00 Scrapbooking*<br>*10:00 Bridge*<br>*10:00 Pinochle*<br>*10:00 Exercise Class **<br>***11:15 Stability Class ****<br>***11:45 Flow Yoga ****<br>1:00 Rook | 26<br>*10:00 Canasta*<br>*10:00 Exercise Class**<br>*12:00 Mexican Train Dominoes*<br>*1:00 Billiards*<br>***12:30pm to 2:00 pm SR Info Specialist***<br>***1:00 Ballroom Dance ** | 27<br>*10:00 Hand & Foot Card Game*<br>*1:00 Rook* | 28<br>*10:00 Quilting*<br>*10:00 Polynesian Dance **<br>*11:00 Cribbage*<br>*12:00 Rummikub*<br>*1:00 Billiards*<br>*1:00 Movie Matinee* | 22<br>*10:00 Euchre*<br>*10:00 Grief Support*<br>***11:00 Artist Social***<br>*12:00 Mexican Train Dominoes* |