

January &  
February

2022

# Karns Senior Center

## The Navigator

*Holiday closings: January 17th, Martin Luther King Jr. Day; February 21st, Presidents' Day*

### **Monday & Tuesday, January 4 & 5 at 10:00 am . . . Basic iPad/iPhone Class**

Learn the basics of the iPad/iPhone 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**

### **Monday, January 4 at 10:15 am . . . Iris Folding Card Class**

Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for this month is your choice of two different styles of heart cards, either an Iris folded heart card or a stitched heart card. Cost is \$5.00. **RSVP**



### **Wednesday, January 5 & February 2 at 1:00 pm . . . Music Jam**

Our music jam is back! Mr. George Hancock and several other musicians will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. **RSVP**

### **Monday, January 10 at 2:30 pm . . . Beginning Piano**

Join Susan Brown for a beginning piano class where you will learn piano basics; learning to read notes, read rhythms, play scales, play basic chords and other tools essential to play any style of music. Cost is \$10.00 per lesson. **RSVP**

### **Tuesday, January 11 at 10:15 am . . . Ballroom Dance Class**

Join Debbie Ashton for this 6-week progressive learning class that will focus on learning the foxtrot, waltz and some cha-cha. Cost is \$35.00 per person for this six-week class. **RSVP**

### **Wednesday, January 12 at 1:00 pm . . . Essential Oils: Systems, Not Symptoms**

This class will offer information on how to use essential oils to help boost your body's systems for health and wellness. **RSVP**

### **Wednesday, January 12 at 2:00 pm . . . Book Club**

This month's read is *Eleanor Oliphant is Completely Fine* by Gail Honeyman is the story of an out-of-the-ordinary heroine whose deadpan weirdness and unconscious wit make for an irresistible journey.

### **Thursday, January 13 at 10:30 am . . . Medicare Changes**

Join Dixie and Kathy, Medicare Brokers representing 90 carriers in the insurance industry providing unbiased information. Medicare and plans change from year to year and new ones are available in many areas. Learn if there is a better plan choice out there for you both in terms of cost and coverage. Learn about the 2022 Changes and what options are still available even after the AEP deadline! They will also have a Q&A at the end of each session. If unable to attend, call or email for individual appointments! **RSVP**

### **Wednesday, January 19 & February 16 at 1:00 pm . . . Hymn Sing**

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 have several that will take turns leading.

Visit our website at [knoxcounty.org/seniors](http://knoxcounty.org/seniors)

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

**Wednesday, January 19 at 1:00 pm . . . Krfty Stamper**

Join Cindy Bogard as she leads the class in making items to help you get ready for Valentine's day! This class will be making a Valentine's card, a mini candy box, and a pop-up gift box. Cost is \$13.00 for the class with all materials provided. **RSVP**



**Wednesday, January 19 at 2:50 pm . . . Feldenkrais**

Join Debbie Ashton, certified Feldenkrais professional. The class concentrates on small movements, done on mats, and helps flexibility and mobility. Therapeutic sequences help relieve pain and difficulty in daily functioning. Instructor Debbie Ashton worked in Physical Therapy clinics as a Feldenkrais practitioner for twenty-two years. Cost is \$5.00 per class. **RSVP**

**Thursday, January 20 at 10:30 am . . . Decluttering with Joanna Lankford**

Get the year started off on the right foot. Come learn tips on how to declutter and downsize with less stress and more joy. **RSVP**

**Monday, January 24 at 1:30 pm . . . Back Pain Workshop with Knox PT**

Join Dr. Lee Easley for this informative workshop on the possible causes of back pain and treatment options. **RSVP**

**Monday, January 24 at 2:30 pm . . . Physical Therapy Screenings**

If you are having a problem and would like to discuss it with Dr. Lee Easley of Knox Physical Therapy, please call to make an appointment. There is no charge and no obligation. Find out if physical therapy can help you. **RSVP**

**Tuesday, January 25 at 12:30 pm . . . Estate Planning with Anne McKinney**

Join attorney Anne McKinney as she discusses the steps to take to protect your family and ensure your property and assets go to those you intend. **RSVP**

**Wednesday, January 26 at 1:00 pm . . . Knitting/Crocheting Bunnies & Eggs**

Join JoAnn and Sandy as they teach how to knit or crochet bunnies and eggs for Easter. You must be able to do basic knitting or crocheting stitches and be able to read a pattern. **RSVP**

**Wednesday, January 26 at 2:00 pm . . . Mystery Book Club**

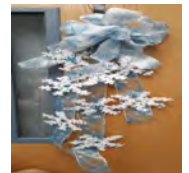
The book for this month, *Madness of Crowds* by Louise Penny. When a murder is committed, it falls to Armand Gamache, his second-in-command Jean-Guy Beauvoir, and their team to investigate the crime as well as this extraordinary popular delusion.

**Thursday, January 27 at 12:30 pm . . . Mah Jongg Lessons**

Interested in learning how to play Mah Jongg? Mah Jongg is a game of Chinese origin played with tiles that are similar to those used in dominoes but engraved with Chinese symbols and characters. Join Kate Sultan for this 5-week course. **RSVP**

**Friday, January 28 at 1:00 pm . . . Door swag craft**

Join Jill Green, Coordinator at the Corryton Senior Center for this beautiful winter-time door swag craft that has snowflakes made out of old puzzle pieces. There is no charge for this class, but there is a short supply list to pick up at the front desk. **RSVP**



**Monday, January 31 & Tuesday, February 1 at 10:00 am . . . iPad/iPhone Beyond the Basics class**

If you have had your iPhone/iPad for a while and are ready to learn more, Social Media 4 Seniors will be here teaching a four-hour course over two days. Cost of the class is \$35.00. **RSVP**

Check out our webpage at [www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

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**Tuesday, February 1 at 10:15 . . . Iris Folding Card Class**

Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for this month is your choice of two different styles of cards, either an Iris folded chick card or a stitched cross card. Cost is \$5.00. **RSVP**



**Thursday, February 3 at 10:30 am . . . Dementia Education**

Join us as a Dementia Educator with Morning Pointe of Powell discusses some tips and offers suggestions for more successful interactions with those affected by dementia. **RSVP**

**Friday, February 4 at 1:00 pm . . . Valentine Heart Book Class**

Join Frances Brooks for this unique craft of book folding to make a heart pattern within the book. Call for more information on materials and cost for the class. **RSVP**

**Wednesday, February 9 at 9:15 am . . . Song Tai Chi**

This slow moving internal martial art is designed to improve your balance, breathing, and overall well being both physically and mentally. Learning and practicing these movements has been a major influence in oriental healing arts. The first class is free and subsequent classes are \$2 per class. This class is Silver Sneakers approved, but membership is not required. Don Parsley, has been teaching this form for over 12 years, and practicing Tai Chi in different styles for over 45 years. Send questions to [spiritoftthedragon01@gmail.com](mailto:spiritoftthedragon01@gmail.com).

**Wednesday, February 9 at 1:00 pm . . . Essential Oils**

Join Richard and Deborah for a class on how to use essential oils to help with your brain health and memory. **RSVP**

**Wednesday, February 9 at 2:00 pm . . . Book Club**

This month's pick is *The Kite Runner* by Khaled Hosseini. This book tells the extraordinary story of an unlikely friendship between a wealthy Afghan boy, named Amir, and Hassan, the son of his father's servant — who he later finds out, after Hassan's death, has always been his half-brother.

**Thursday & Friday, February 10 & 11 at 1:00 pm . . . Android Basics Class**

Join Social Media 4 Seniors as they teach a basic informational class on the Android smartphone or tablet. Learn all the ins and outs of how to work it, take advantage of informational tools, apps, and more. Cost for this four-hour class is \$35.00, taught in two, two-hour segments. **RSVP**

**Friday, February 11 at 1:00 pm . . . Valentine's "Dance" party**

Come and join us for a time of celebration! The Karns Senior choir will be singing some love songs, refreshments, and some dance music. More details to come. **RSVP**

**Tuesday, February 15 at 8:30 am . . . Beltone Hearing**

A representative from Beltone will be here offering hearing aid cleaning, hearing check-ups or hearing tests. Please call to schedule your appointment. **RSVP**

**Tuesday, February 15 at 10:30 am . . . Memoir Writing**

Join Phyllis Dolislager for a nuts-and-bolts approach to writing memoirs. She will cover reasons for writing your life and/or your family's story, how to gather materials, organize them, and how to publish them. She draws on her own personal experience of writing her family memoir: *Lessons Learned on the Farm*, published in 2002 and her personal memoir: *A King-Size Bed, A Silk Tree & A Fry Pan*, published in 2003, and eight other books to date. Her philosophy is summed up in the quote, "You don't have to be a millionaire to leave a legacy." These workshops might be, "the best gift you could give your family and friends." Cost of the three-week workshop is \$25.00 payable to the instructor. **RSVP**

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**Wednesday, February 16 at 1:00 pm . . . Krfty Stamper**

Join Cindy Bogard as she leads the class in making a fun fold card, lip balm book, and a decorated mini coffee cup for candy. Cost is \$13.00 for the class with all materials provided. **RSVP**

**Wednesday, February 16 at 1:00 pm . . . Birding: Spring Migration**

Join Mr. Robert Terrell to discuss the following questions: When does migration start? Where do we go to see migrating birds? Do birds migrate at night? How do I attract migrating birds to my yard? What birds can I expect to see in and around Knoxville? When do birds start nesting?

**Friday, February 18 at 9:00 am . . . Vet-to-Vet Café**

Join Whitney Coleman, Volunteer Coordinator with Caris Healthcare, a proud partner of the We Honor Veterans program. They recognize veterans in the community through the Vet-to-Vet Cafes, in which Veterans throughout the community join together in fellowship to reminisce with other veterans while enjoying light refreshments! **RSVP**

**Tuesday, February 22 at 10:30 am . . . Medicare Changes**

Join Dixie and Kathy, Medicare Brokers representing 90 carriers in the insurance industry providing unbiased information. Medicare and plans change from year to year and new ones are available in many areas. Learn if there is a better plan choice out there for you both in terms of cost and coverage. Learn about the 2022 Changes and what options are still available even after the AEP deadline! They will also have a Q&A at the end of each session. If unable to attend, call or email for individual appointments! **RSVP**

**Wednesday, February 23 at 2:00 pm . . . Mystery Book Club**

The mystery book pick for this month is Partner in Crime by J.A. Jance. His two most popular characters, Joanna Brady and J.P. "Beau" Beaumont, come together to solve a mysterious death case. The death of Rochelle Baxter happens on Sheriff Brady's Arizona turf. If the death is anything other than natural causes, the Attorney General's office has a problem.

**Thursday, February 24 at 10:30 am . . . Helping Caregivers**

Gabrielle Blake, LCSW, with Franklin & Kyle Elder Law will present "Helping Caregivers," a review of support and resources for caregivers. She will review coping strategies, community resources, and online tools to help the caregiver. She will also discuss important legal documents that relate to healthcare and helpful conversations to have with loved ones about those documents. **RSVP**

**Monday, February 28 at 9:30 am . . . Beginning Guitar Lessons**

Join Don "Buddy" Smith for a four-week session designed for those who want to learn how to play the guitar. Don has some 60 years plus of playing the guitar. Each session will be about an hour. Learn the chords, how to read a chord box, chord progression, and more. **RSVP**

**Monday, February 28 at 1:30 pm . . . Shoulder Pain Workshop**

Join Dr. Lee Easley with Knox Physical Therapy for an informative workshop on the possible causes of shoulder pain and treatment options. **RSVP**

**Monday, February 28 at 2:30 pm . . . Physical Therapy Screenings**

If you are having a problem and would like to discuss it with Dr. Lee Easley of Knox Physical Therapy, please call to make an appointment. There is no charge and no obligation. Find out if physical therapy can help you. **RSVP**

**Visit our website at [knoxcounty.org/seniors](http://knoxcounty.org/seniors)**



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# 2022

Activities on the calendar followed by an "\*" have a fee to participate. Activities listed below in bold please RSVP.

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)
<b>3</b>  	<b>4</b> 10:00 iPad/iPhone Basic Class* (\$35.00) (Part I) 10:15 Iris Folding Class* (\$5.00)	<b>5</b> 10:00 iPad/iPhone Basic Class* (Part II) 11:30 Social Worker Outreach 1:00 Music Jam is back!	<b>6</b> 12:30 Grief Support	<b>7</b>
<b>10</b> <b>Intermediate Piano starts back at 1:30* (\$10.00 per lesson)</b> <b>New Beginning Piano class starts at 2:30* (\$10.00 per lesson)</b>	<b>11</b> 10:15 Ballroom Dance Class* (\$35.00) - Class 1	<b>12</b> 1:00 Essential Oils: Systems, Not Symptoms 2:00 Book Club: <i>Eleanor Oliphant is Completely Fine</i> by Gail Honeyman	<b>13</b> 10:30 Medicare Changes with Kathy & Dixie 11:00 BINGO with Niki Congero (Bring a \$5 value new/unused gift to play)	<b>14</b>
<b>17</b> <b>Holiday Center Closed</b>  1929 1968	<b>18</b> 10:00 Senior Walk: Maryville College Woods Walk 10:15 Ballroom Dance* (\$35.00) - Class 2	<b>19</b> 1:00 Hymn Sing 1:00 Krfty Stamper* 2:50 Feldenkrais begins! *(\$5.00) No Birding this month	<b>20</b> 10:30 Decluttering with Joanna Lankford 12:30 Grief Support	<b>21</b>
<b>24</b> 1:30 Back Pain Workshop with Knox PT 2:30 PT Screening with Knox PT Beginning Line Dance	<b>25</b> 10:15 Ballroom Dance * (\$35.00) - Class 3 12:30 Estate Planning w/ Anne McKinney	<b>26</b> 1:00 Introduction to Knitting or Crocheting Bunnies & eggs 2:00 Mystery Book Club: <i>Madness of Crowds</i> by Louise Penny	<b>27</b> 10:30 BINGO with Johnnie Sweet 12:30 Mah Jongg Lessons begin (Lesson 1)	<b>28</b> 10:00 Toenail Trimming 1:00 Door swag craft with Jill
<b>31</b> 10:00 iPad/iPhone Beyond the Basics* (\$35.00) - Part I	BINGO is the 2nd and last Thursday of the month. Bring a new \$5.00 value gift to participate! 	<b>Grief Support is the 1st and 3rd Thursdays at 12:30. Anyone may join at any time. Call if you have questions.</b>	<b>Workout room open from 7:30 to 4:00 pm</b> 	<b>Activities on the calendar followed by an asterisk "*" have a fee to participate. Activities listed in bold please RSVP.</b>
<b>These events occur every week</b>				
8:00 Ping Pong <b>10:00 Art Class*</b> 11:00 SAIL with Debbie* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew 1:30 Intermediate Piano* <b>2:30 Beginning Piano*</b>	9:00 Tone & Balance* 9:00 Hand & Foot Cards 10:00 Poker 12:30 Pinochle 12:30 Canasta 1:30 Genealogy Class 2:00 Yoga	8:00 Ping Pong 9:15 Song Style Tai Chi 9:30 Bridge 10:00 Tai Chi Swords 11:00 SAIL with Debbie* 11:00 Rook 1:00 Canasta <b>2:50 Feldenkrais*</b>	9:00 Tone & Balance* 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 2:00 Yoga* 3:10 Chair Yoga*	8:00 Ping Pong 11:00 SAIL with Joanie* 12:30 Pinochle 12:30 Mexican Train Dominoes 1:00 Choir Practice



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	<b>1</b> 10:00 iPad/iPhone Beyond the Basics* (\$35.00) Part II 10:15 Iris Folding Card Class* (\$5.00) 10:15 Ballroom Dance * (\$35.00) - Class 4	<b>2</b> 11:30 Social Worker Outreach 1:00 Music Jam	<b>3</b> 10:30 Dementia Education 12:30 Grief Support 12:30 Mah Jongg (Lesson 2)	<b>4</b> 1:00 Valentine Heart Book Class with Frances Brooks* (Cost TBD)
<b>7</b>	<b>8</b> 10:15 Ballroom Dance * (\$35.00) - Class 5	<b>9</b>  1:00 Essential Oils: Brain Health & Memory 2:00 Book Club: <i>The Kite Runner</i> by Khaled Hosseini Song Tai Chi begins	<b>10</b> 11:00 BINGO with Niki Congero (Bring a \$5 value new/unused gift to play) 12:30 Mah Jongg (Lesson 3) 1:00 Android Basics class *(\$35.00) Part I	<b>11</b> 1:00 Android Basics class *Part II 1:00 Valentine's Party
<b>14</b> 	<b>15</b> 8:30 Beltone Hearing 10:15 Ballroom Dance * (\$35.00) - Class 6 10:30 Memoir Writing* (\$25.00) - Lesson 1 11:30 Senior Walk: Downtown Murals	<b>16</b> 1:00 Krfty Stamper* (\$13.00) 1:00 Birding: Spring Migration 1:00 Hymn Sing	<b>17</b> 12:30 Grief Support 12:30 Mah Jongg (Lesson 4)	<b>18</b> 9:00 Vet-to-Vet Café with Caris Healthcare
<b>21</b> <b>Holiday Center Closed</b> 	<b>22</b> 10:30 Medicare Changes with Kathy & Dixie 10:30 Memoir Writing* - Lesson 2	<b>23</b> 2:00 Mystery Book Club: <i>Partner in Crime</i> by J. A. Jance 	<b>24</b> 10:30 BINGO with Johnnie Sweet 10:30 Helping Caregivers w/Gabrielle Blake, Franklin & Kyle Elder Law 12:30 Mah Jongg (5)	<b>25</b> 10:00 Toenail Trimming
<b>28</b> 9:30 Guitar Lessons 1:30 Shoulder Pain Workshop/Knox PT 2:30 PT Screening with Knox PT	<b>Grief Support is the 1st and 3rd Thursdays at 12:30. Anyone may join at any time. Call if you have questions.</b>	BINGO is the 2nd and last Thursday of the month. Bring a new \$5.00 value gift to participate! 	<b>Workout room open from 7:30 to 4:00 pm</b> 	<b>Activities on the calendar followed by an asterisk "*" have a fee to participate. Activities listed in bold please RSVP.</b>
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