

March &
April

2022

Karns Senior Center

The Navigator

Holiday closings: April 15th, Good Friday

Wednesday, March 2 at 11:30 am . . . 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 also contact her at (865) 546-6262 or by email at: Saramary.Wallace@knoxseniors.org. Sara Mary will be here on Wednesday, March 2nd at 11:30 am and during our health fair on Tuesday, April 5th from 11:00 am to 1:30 pm.

Wednesday, March 2 at 1:00 pm . . . Music Jam

Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument and join in! **RSVP**

Friday, March 4 at 1:00 pm . . . Fitness Room Introduction

Rachel Piotrowski, Fitness Instructor, will be here offering complimentary 30-minute introductions to the fitness room. Learn to use the equipment safely and effectively. **RSVP**

Tuesday, March 8 at 10:30 am . . . Improving Your Posture

Join Dr. Colin Hickey with Scoles Chiropractic as he teaches on posture. He will show you stretches and strengthening to improve your posture. **RSVP**

Tuesday, March 8 at 12:30 pm . . . Get Smart About Transportation

Join Nancy Welch, Program Manager for Volunteer Assisted Transportation (VAT) as she discusses area transportation options and information on VAT. **RSVP**

Thursday, March 10 at 1:00 pm . . . Paint with Darrell

Darrell is back with us to celebrate the beginning of spring with a bottle painting class. He will be teaching some painting techniques while helping you create a beautiful bottle you can use for spring decorating. Cost is \$2.00 to cover materials. **RSVP**

Friday, March 11 at 1:00 pm . . . Flag Retirement Ceremony

Karns High School JROTC will lead us in a Flag Retirement ceremony. The choir will be performing some patriotic songs before the ceremony begins. We will move to the outside near the flagpole for the flag retirement. Refreshments will be served, compliments of Patriot Homecare. **RSVP**

Monday, March 14 at 1:30 pm . . . Low Back Pain Workshop

Do you suffer from back or leg pain when you stand or walk, when you drive, or sit for long periods of time? Do you experience pain, numbness or tingling? Does your back ever "go out" if you move the wrong way? Are you afraid your pain will get worse if you don't do anything about it? Learn how to naturally heal back pain and sciatica for good. Join Dr. Lee with Knox Physical Therapy as he discusses the causes of low back pain and treatment options. **RSVP**

Monday, March 14 at 2:30 pm . . . PT Screenings with Dr. Lee, Knox PT

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. **RSVP**

Visit our website at knoxcounty.org/seniors

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Tuesday, March 15 at 10:00 am . . . Senior Walk

Join April and Cindy as they lead a Senior Walk at Mayor Bob Leonard Park, with lunch following at Big Kahuna Wings in Farragut. **Email: seniorservices@knoxcounty.org to RSVP**

Tuesday, March 15 at 10:30 am . . . Insulin Resistance and Diabetes

Join Ty Richart, MPH, NP with Fortunate Living Solutions as she discusses what happens in the body that causes high blood sugar. **RSVP**

Tuesday, March 15 at 1:30 pm . . . Genealogy: Finding Your Family

If you have interest in genealogy and researching your family roots, join Debbie Russell, Genealogy expert, as she educates us on how to get started building a family tree. There is no cost involved in learning how to do this and Debbie is also available weekly on Tuesdays at 1:30 to assist with family research. **RSVP**

Wednesday, March 16 at 1:00 pm . . . Hymn Sing

Join us as we gather together and enjoy an old-fashioned gospel song sing-a-long.

Wednesday, March 16 at 1:00 pm . . . Krfty Stamper

Join Cindy as she leads the class in creating Easter gifts. This month's project will be an Easter card, three Easter peppermint patty treats, and a St. Patrick's day candy box. Cost is \$13.00 with all materials provided. **RSVP**

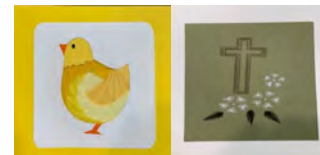


Friday, March 18 at 10:00 am . . . Veterans Services Outreach

A representative from Knox County Veteran Services Office will be here to assist 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. Please call to make an appointment. **RSVP**

Tuesday, March 22 at 10:15 am . . . Iris Folding

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**



Tuesday, March 22 at 1:30 pm . . . Acupuncture with Dr. Dan

Dr. Dan Watkins will be sharing information about acupuncture and how it can be used in your healthcare journey. He has been certified to do acupuncture by the Board of Chiropractic Examiners for 10 years, and has seen the many benefits it offers to his patients. He encourages those attending to bring questions and if anyone wants to have a demonstration, he will be providing this as a service to the center. **RSVP**

Wednesday, March 23 at 1:00 pm . . . Knitted/Crocheted Wreath Class

Join Sandy and JoAnn as they lead the class in creating a beautiful wreath that can be used for many different seasons or holidays. You must be able to do basic knitting or crocheting. **RSVP**

Thursday, March 24 at 11:00 am . . . Assisted Living vs. Independent Living

Join Kay Lorick with Morning Pointe of Powell and Holly White with Parkview Senior Living as they discuss Assisted Living vs. Independent Living. They will offer a Q & A session after the presentation. Lunch is provided, please RSVP by March 22. **RSVP**

Friday, March 25 at 12:00 pm . . . One Stroke Spring Painting Class

Join Sara Cawood as she leads the class in a spring painting done in One Stroke method using folk art multi-surface acrylic paints. Cost of the class is \$45 with all supplies provided. **RSVP**

Check out our webpage at www.knoxcounty.org/seniors

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Monday, March 28 at 10:00 am . . . Facebook 101 Class

Facebook is a wonderful way to stay connected to those you love. You will learn how to view and share pictures, send messages, and much more during this two-hour workshop with Social Media 4 Seniors. Cost for the class is \$20.00 (prepaid). **RSVP**

Tuesday, March 29 at 10:30 am . . . Medicare 101 Class

Wendy Blackburn with Integrity Insurance will lead this seminar for individuals who will soon be eligible for Medicare. The information provides guidance from the Medicare & You Handbook and will cover the different parts of Medicare A, B, C, D, coverage options, enrollment periods, and Medicare Penalties. **RSVP**

Tuesday, March 29 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, March 30 at 1:00 pm . . . Essential Oils

Join Richard and Deborah as they discuss the ten essential oils you should have in your home's medicine cabinet for infections, healing, and good health. **RSVP**

Friday, April 1 at 10:00 am . . . Dichroic Jewelry Making Class

Mr. Bill Shinn, Art Instructor will teach the technique of making art glass jewelry in this class. Discover the fire and allure of dichroic glass by crafting your own unique pendant. All supplies provided. Class fee is \$25 payable to the instructor. **RSVP**

Friday, April 1 at 1:00 pm . . . Fitness Room Introduction & "Ask Jake"

Rachel Piotrowski, Fitness Instructor, will be here offering complimentary 30-minute introductions to the fitness room. Learn to use the equipment safely and effectively. Jake Piotrowski will be here offering help with phones, tablets, or electronic devices. Both free and by appointment only. **RSVP**

Monday, April 4 at 1:30 pm . . . Shoulder Pain Workshop

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

Monday, April 4 at 2:30 pm . . . Physical Therapy (PT) Screenings

If you are having a physical 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. **RSVP**

Tuesday, April 5 from 11:00 am to 1:30 pm . . . Health Fair

We have invited several health-related vendors to offer educational information and answer your questions. You can expect vendors representing the following agencies/services: hospice, Medicare, CAC, Covenant Health, Exercise Instructors, Home health agencies, Physical Therapists, Assisted Living, Humana, Senior Living, Chiropractic, Diabetes Specialists, and many more. **RSVP**

Wednesday, April 6 at 1:00 pm . . . Essential Oils

Join Richard and Deborah as they discuss how to use essential oils to boost your immune system when you are diagnosed or dealing with Covid. **RSVP**

Thursday, April 7 at 10:30 am . . . Humana Go365 Program

Join Nace Coker with Humana as he discusses the Go365 program. He will help you identify the amount you have on the "Over The Counter benefit." (OTC) Catalogs for the OTC benefit will be available as well. There will be handouts and a question/answer session. **RSVP**

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Thursday, April 7 at 10:30 am . . . Quilts of Valor Sew-in

A Sew-in is a special time set aside for anyone who wants to help sew quilt blocks. Participants bring their own sewing machine and help sew 1/4" seams and put together quilt blocks. A quilt will be presented to a veteran. Limited space available, **call 865-556-7427 or 865-310-3625 or email Vickie Fox, vefox@aol.com with any questions or to register.**

Wednesday, April 13 at 1:00 pm . . . Bird Nests

Join Mr. Robert Terrell as he discusses bird nests, how to find and protect them. Birds build a wide variety of nests. The class will see some of the types of nests that our local birds make. **RSVP**

Monday, April 18 at 10:00 am . . . Apple Camera Class

During this 2 hour workshop you will learn how to take a front vs. rear facing picture, tools on your mobile device camera, editing your pics, sending and receiving pictures from email and text, and popular photo apps. Cost is \$20.00, prepaid by cash or check made to Social Media 4 Seniors. **RSVP**

Tuesday, April 19 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, April 19 at 10:30 am . . . Medicare 101

This seminar is focused on individuals who will be or are getting ready to be eligible for Medicare. The information provides guidance from the Medicare & You Handbook. Andy Williams with Cigna Healthcare will cover the different parts of Medicare A, B, C and D and coverage options available; enrollment periods and Medicare Penalties. **RSVP**

Wednesday, April 20 at 1:00 pm . . . Krfty Stamper

Join Cindy Bogard as she leads the class in making items to help you get ready for Mother's Day! This class will be making a mothers day card, mug for cider, and a tic-tac box. Cost is \$13.00 for the class with all materials provided. **RSVP**



Friday, April 22 at 9:00 am . . . Field Trip: The Wall That Heals Field Trip

The Wall That Heals is 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 from April 21 with opening ceremonies from 10-11:30 AM to 2:00 PM on Sunday April 24, 2022. Learn more at: www.wallthathealsknoxville.org. **RSVP**

Friday, April 22 at 10:00 am . . . Music on Your Mobile Device

Enjoy listening to music? You will learn to put CD's on your smartphone or tablet, create playlists, upload music to your laptop, transfer music to your devices, and more during this 2 hour workshop. Cost for the class is \$20. **RSVP**

Wednesday, April 27 at 9:15/10:00 am . . . Song Tai Chi/Flow Yoga

This gentle routine is known to improve balance, breathing, and general health. This is a beginner course and open to everyone. Silver Sneakers approved, cost is \$2.00 per class. **Flow Yoga** is at 10:00 am. This gentle stretching class is both seated and standing, but no floor work. It is designed to strengthen the entire body and improve flexibility and breathing. Silver Sneakers approved, cost is \$2.00 per class.

Visit our website at 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)
<p>Interested in playing or learning to play chess? We have added it to the calendar on Thursday mornings at 9:00 am!</p> 	<p>1 10:30 Memoir Writing—Lesson 3</p>	<p>2 11:30 Social Worker Outreach 1:00 Music Jam</p>	<p>3 12:30 Grief Support</p>	<p>4 1:00-2:30 "Ask Jake" (by appt. only) 1:00 –2:30 Fitness Room Orientation w/Rachel (by appt. only)</p>
<p>7 9:30 Guitar Lessons (2)</p>	<p>8 10:30 Improving Your Posture w/Scoles Chiropractic 12:30 Get Smart About Transportation w/Nancy Welch</p>	<p>9 2:00 Book Club: <i>The Pig Did It</i> by Joseph Caldwell</p>	<p>10 11:00 BINGO with Niki Congero (Bring a \$5 value new/unused gift to play) 1:00 Paint with Darrell* (\$2.00)</p>	<p>11 1:00 Flag Retirement Ceremony with Karns High School JROTC & refreshments sponsored by Patriot Homecare</p>
<p>14 9:30 Guitar Lessons (3) 1:30 Low Back Pain w/ Knox Physical Therapy 2:30 PT Screening w/ Knox PT</p>	<p>15 10:00 Senior Walk: Bob Leonard Park 10:30 Insulin Resistance and Diabetes w/Ty Richart 1:30 Genealogy: Finding Your Family</p>	<p>16 1:00 Hymn Sing 1:00 Krfty Stamper* (\$13.00)</p>	<p>17 12:30 Grief Support</p> 	<p>18 10:00 Veterans Services (by appointment only)</p>
<p>21 9:30 Guitar Lessons (4)</p>	<p>22 10:15 Iris Folding w/ Cindy 11:00 Master Gardener: Prudent Pruning 1:30: Acupuncture w/Dr. Dan/Volunteer Chiropractic</p>	<p>23 1:00 Knitted/Crocheted Wreath Class 2:00 Mystery Book Club: <i>Ill Wind</i> by Nevada Barr</p>	<p>24 11:00 Assisted Living vs. Independent Living Lunch & Learn sponsored by Kay Lorick w/ Morning Pointe of Powell & Holly White w/ Parkview Senior Living</p>	<p>25 10:00 Toenail Trimming 12:00 One Stroke Spring Painting w/Sara Cawood* (\$45.00)</p>
<p>28 10:00 Facebook 101 Class* (\$20.00)</p>	<p>29 10:30 Medicare 101 w/ Wendy Blackburn 12:30 Estate Planning w/ Anne McKinney (rescheduled from January 25th)</p>	<p>30 1:00 Essential Oils: Ten Essential Oils you should have in your home</p>	<p>31 11:00 BINGO w/Johnnie Sweet sponsored by Reggie Renfro w/The Home Option Home Care</p>	<p>"Ask Jake" Need assistance with your smartphone, tablet, laptop, or other electronic device? Free tutoring sessions are available on the first Friday of each month from 1:00-3:00 by appointment only.</p>
These events occur every week				
<p>7:30 Ping Pong 9:00 Beginning Piano* 10:00 Art Class* 11:00 SAIL with Debbie* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew 1:30 Intermediate Piano* 2:30 Beginning Piano*</p>	<p>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</p>	<p>7:30 Ping Pong 9:15 Song Style Tai Chi 9:30 Bridge 10:00 Flow Yoga 11:00 SAIL with Debbie* 11:00 Rook 1:00 Canasta</p>	<p>9:00 Tone & Balance* 9:00 Chess 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 2:00 Yoga* 3:10 Chair Yoga*</p>	<p>7:30 Ping Pong 11:00 SAIL with Joanie* 12:30 Pinochle 12:30 Mexican Train Dominoes 1:00 Choir Practice</p>



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<p>Grief Support is the 1st and 3rd Thursdays at 12:30. Anyone may join at any time. Call if you have questions.</p> 	<p>BINGO is the 2nd and last Thursday of the month. Bring a new \$5.00 value gift to participate!</p> 	<p>Music Jam is back on the first Wednesday of each month at 1:00 pm. Bring your instrument and join in the fun!</p> 	<p>"Ask Jake" Need assistance with your smartphone, tablet, laptop, or other electronic device? Free tutoring sessions are available on the first Friday of each month from 1:00-3:00 by appointment only.</p>	<p>I 10:00 Dichroic Jewelry Making w/Bill Shinn* (\$25.00) 1:00 Ask Jake (by appt. only) 1:00 Fitness Room Orientation w/Rachel (by appt. only)</p>
<p>4 1:30 Shoulder Pain w/ Knox PT 2:30 PT Screening w/ Knox PT</p>	<p>5 11:00—1:30 Health Fair</p>	<p>6 1:00 Essential Oils: Essential Oils & Covid 1:00 Music Jam</p>	<p>7 10:30 Humana Go365 over-the-counter benefits w/Nace Coker 10:30-3:30 Quilts of Valor Sew-in 12:30 Grief Support</p>	<p>8</p>
<p>11</p>	<p>12 <i>Early Voting set-up</i></p>	<p>13  12:30 SAIL (Added due to limited space for early voting) 1:00 Birding: Bird Nests 2:00 Book Club: <i>The Thursday Murder Club</i> by Richard Osman <i>Early voting begins</i></p>	<p>14 11:00 BINGO with Niki Congero (Bring a \$5 value new/unused gift to play)</p>	<p>15 <i>Holiday Center Closed</i> </p>
<p>18 10:00 Apple Camera Class* (\$20.00)</p>	<p>19 8:30 Beltone Hearing 10:30 Medicare 101 w/ Andy Williams/Cigna 11:30 Senior Walk: Seven Islands Birding Park</p>	<p>20 12:30 SAIL (Added due to early voting) 1:00 Krfty Stamper* (\$13.00)</p>	<p>21 12:30 Grief Support</p>	<p>22 9:00 Field Trip: The Wall That Heals 9:30 SAIL* (Added due to early voting) 10:00 Music on Your Mobile Device* (\$20.00)</p>
<p>25</p>	<p>26 11:00 Master Gardener: Let's Talk Tomatoes</p>	<p>27  12:30 SAIL (Added due to early voting) 2:00 Mystery Book Club: <i>Mr. Churchill's Secretary</i> by Susan Elia MacNeal New Song Tai Chi Begins</p>	<p>28 11:00 BINGO w/Johnnie Sweet sponsored by Andy Williams w/Cigna <i>Early voting ends</i></p>	<p>29 9:30 SAIL* (Added due to early voting) 10:00 Toenail Trimming <i>Early voting take-down (afternoon)</i></p>
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