September/ October 2022

West Knox County Senior Center

The *Scene*

The Senior Center will be closed on Monday, September 5th for Labor Day.

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October 27 … Presentation: Home Safety
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October 31 … Humana Gold Plus Plans Presentation

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

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KNOX COUNTY TENNESSEE

Sept. 2022

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 weekly: 8:45 Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Scrabble 10:00 Watercolor Group 11:15 Feldenkrais* 12:00 MJ Group 12:00 Mexican Train Dominoes 1:00 Realistic Painting*	9:30 Interm. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Bunco 10:00 Knitting Group 11:00 Trivia 11:15 Chair Yoga Fusion* 12:00 Pickleball 12:30 Canasta 12:30 Hand & Foot 12:30 Bridge **1:00 Beginning Spanish** 1:00 Chess 2:00 Interm. Line Dance*	8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Conversation Group 11:15 Gentle Yoga* 12:30 Mah Jongg 1:00 Line Dance Improvers Class* 1:00 Bridge (Bell) 1:00 Oil Painting Class*	9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 11:15 Chair Yoga Fusion* 12:30 Pickleball 12:00 Rook **1:00 Beginning Spanish** 1:00 Feldenkrais* 2:15 Beg. Line Dance*	8:00 –11:30 Table Tennis 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/ Stretch* **9:30 Ask Jake** 10:00 SAIL Exercise* 12:00 Rummikub 12:30 Pinochle 12:30 Mid-Day Bridge
The following programs are non-weekly or Specialty Programs: 			*1* **9:00 Meet the Physical Therapist** 10:00 Mixed Media Art **2:15 Beginning Line Dance Class Starts***	*2*
5 Center Closed Labor Day Holiday	*6* 10:30 Grief Support **10:00 Cornhole Competition**	*7* **10:00 Art with Durga: Fall Forest Scene*** Oil Painting Class starts with instructor Carla Sanchez at 1:00 PM	*8* 9:00 American Sewing Guild **11:45 Pickleball Lesson** 1:00 Steel Magnolias Book Club	*9* **10:00 Nail Trimming*** **10:30 Little Mouse and A Little House with Grammy Pammy** 1:00 Master Gardener: Tennessee Smart Yards Presentation
12 9:00 Social Worker Outreach **10:30 BINGO**	*13* **9:30 Field Trip Tennessee Valley Fair**	*14*	*15* **9:00 Meet the Physical Therapist** 10:00 Mixed Media Art **10:00 iPad/iPhone Basics*** 12:00 WKCSC Book Club **1:00 Mary Kay Cosmetics Fall for All**	*16* **10:00 iPad/iPhone Basics*** 11:00—3:00 AARP Shred Event **12:00 Matter of Balance** 1:8
19 **9:30 Mah Jongg Class** (1:5) **11:00 AARP Safe Driving Class***	*20* 10:30 Grief Support 10:00 Senior Walk: Sequoyah Hills Park **10:00 Cornhole Competition** **1:30 Essential Oils: Simply Oils** Field Trip Harrah's Casino Cherokee	*21* **10:00 Legal Aid Outreach** **11:00 AARP Safe Driving Class***	*22* 10:00 Mixed Media Art **11:45 Pickleball Lesson**	*23* **12:00 Matter of Balance** 2:8
26 **9:00 Presentation: Medicare Supplements Rates Too High?** **9:30 Mah Jongg Class** (2:5) 10:00 Medicare Q&A Table **10:30 BINGO** 2:00 Vet 2 Vet Cafe	*27* **10:00 Art with Durga: Thankful Painting***	*28* 10:00 Mystery Reader's Book Club 10:00 Blood Pressure Clinic 1:30 Wreaths Across America	*29* 10:00 Mixed Media Art **10:30 Presentation: Photo Restoration**	*30* **12:00 Matter of Balance** 3:8

West Knox County Senior Center

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

Phone: 865-288-7805

www.knoxcounty.org/seniors

KNOX COUNTY TENNESSEE

Oct. 2022

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 weekly: 8:45 Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Scrabble 10:00 Watercolor Group 11:15 Feldenkrais* 12:00 MJ Group 12:00 Mexican Train Dominoes 1:00 Realistic Painting*	9:30 Interm. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Bunco 10:00 Knitting Group 11:00 Trivia 11:15 Chair Yoga Fusion* 12:00 Pickleball 12:30 Canasta 12:30 Hand & Foot 12:30 Bridge **1:00 Beginning Spanish** 1:00 Chess 2:00 Interm. Line Dance*	8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Conversation Group 11:15 Gentle Yoga* 12:30 Mah Jongg 1:00 Line Dance Improvers Class* 1:00 Bridge (Bell) 1:00 Oil Painting Class*	9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 11:15 Chair Yoga Fusion* 12:30 Pickleball 12:00 Rook **1:00 Beginning Spanish** 1:00 Feldenkrais* 2:15 Beg. Line Dance*	8:00 –11:30 Table Tennis 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/ Stretch* **9:30 Ask Jake** 10:00 SAIL Exercise* 12:00 Rummikub 12:30 Pinochle 12:30 Mid-Day Bridge **1:30 French Class**
The following programs are non-weekly or are Specialty Programs: *3* **9:30 Mah Jongg Class** (3:5) **10:30 BINGO** **1:30 Who Are You Walking On?**	*4* **10:00 Medicare Made Easy** 10:30 Grief Support	*5* **10:00 Art with Durga: Trick or Treat*** **1:00 ABC's of Health Care & Aging in Place**	*6* **10:00 iPad/iPhone Beyond Basics*** 10:00 Mixed Media Art **11:45 Pickleball Lesson**	*7* **10:00 iPad/iPhone Beyond Basics*** 12:00 Matter Of Balance 4:8 Beginning French Starts
10 **9:00 Tech Smart Knox** **9:30 Mah Jongg Class** (4:5) 9:00 Social Worker Outreach **10:00 Flu Shots & COVID Boosters from Volunteer Pharmacy** **10:30 BINGO**	*11* **9:00 Tech Smart Knox** **10:00 Cornhole Competition**	*12* **9:00 Tech Smart Knox** **1:30 New to Medicare and More** Fall Meet & Greet with April Tomlin 9:00—3:30 PM	*13* **9:00 Tech Smart Knox** 9:00 American Sewing Guild 1:00 Steel Magnolia's Book Club	*14* **9:00 Tech Smart Knox** **10:00 Nail Trimming*** **10:00—3:00 Android Basics Class*** **12:00 Matter of Balance** *5:8*
17 **9:30 Mah Jongg Class** (5:5) **10:00 Sikes & Associates Medicare Presentation** **1:00 Sikes & Associates Medicare Presentation** **11:00 AARP Safe Driving Class***	*18* 10:00 Senior Walk: Sterchi Hills Greenway 10:30 Grief Support Field Trip to Harrah's Casino in Cherokee	*19* **10:00 Legal Aid Outreach** **10:00 Blood Pressure Clinic** **11:00 AARP Safe Driving Class*** **1:30 Essential Oils: Ditch-and-Switch**	*20* 10:00 Mixed Media Art **11:45 Pickleball Lesson** 12:00 WKCSC Book Club	*21* **9:00 Dealing With Dementia Workshop** No Cardio/Strength/ Stretch Class this day.
24 **9:00 Devoted Health Medicare Advantage Plan Information Presentation** 10:00 Medicare Q&A Table **1:00 Cooking for One** 2:00 Vet 2 Vet Cafe	*25* **10:00 Medicare Presentation with Dixie Curless** **10:00 Cornhole Competition**	*26* 10:00 Mystery Reader's Book Club **1:30 Birds of Winter** 1:30 Wreaths Across America Meeting	*27* 10:00 Mixed Media Art **10:30 Home Safety Presentation**	*28* **10:00 iPad/iPhone Camera Class*** **12:00 Matter of Balance** (7:8)
31 **9:00 Tech Smart Knox** **10:30 BINGO** 1:00 Humana Gold Plus Plans Seminar	"Another fall, another turned page: there was something of jubilee in that annual autumnal beginning, as if last year's mistakes had been wiped clean by summer." Wallace Stegner			

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

September 1st … Beginning Line Dance Class

Beginning Line Dance Class starts on Thursday, September 1st at 2:15 PM., with instructor Diane Hensley. Line Dance can help with improving balance, flexibility, coordination, as well as improving energy and stamina. No prior experience necessary to enjoy this fun filled class and no dance partner is required. Class fee is $5 per each class attended. Students will need to commit to attending the first few classes to learn the basics. Fees are payable to the instructor Diane Hensley. You can register for this beginning class by calling the Center at 865-288-7805 or stopping by the Reception Desk. Class size is limited.

September 7 … Art with Durga: Fall Forest

Join Durga for a creative two hour art class taught on Wednesday, September 7th starting at 10:00 AM. Instructor will provide canvas board, brushes, paints, and instruction. Students will be painting a Fall Forest Scene. If you want to paint an 11x14" painting the class fee is $27. If you want to paint a larger 16x20" painting the class fee is $37. Deadline to register for this class is August 31. Payment due at Registration. Minimum of three students required. You can register at the Reception Desk.

September 9th … UT Master Gardener Presentation

Visit with us on Friday, September 9th at 1:00 PM for a UT Master Gardener Presentation on Tennessee Smart Yards brought to us by Sarah DeWitt and Mona Yethiraj. Identify small steps you can take to create a more enjoyable and manageable yard that is also healthier for the environment. In fact, it's not an overly laborious, expensive or complicated process, but quite the opposite. Smart Yards are organized around nine principles of sustainability. Learn about these nine principals and which ones can work best for you. Let's continue to contribute to the health and beauty of our Tennessee landscape.

September 9th … The Little Mouse and The Little House

To commemorate Grandparents Day, join one of our local authors and Center participants from 10:30 AM—11:00 AM for the reading of her book entitled The Little Mouse and The Little House. Bring your Grandchild and join Grammy Pammy in the lobby. For planning purposes please RSVP by calling the Center at 865-288-7805.

"All the months are crude experiments, out of which the perfect September is made." Virginia Woolf

Grief Support Group

The Grief Support group at the Senior Center will meet on the following dates from 10:30 AM—12:00 PM:

Tuesday, September 6th.,
Tuesday, September 20th.,
Tuesday, October 4th.,
Tuesday, October 18th.

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

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 their questions and concerns. Call the Center to schedule your free assessment. Appointments are limited to the following days starting at 9:00 AM:

Thursday, September 1st.,
Thursday, September 15th.,
Thursday, October 6th.,
Thursday, October 20th.

Cornhole Game Available

Stop by the Center and play a game of Cornhole or get a practice in. The Game Sets are available Monday through Friday for play here at the Center. Our game sets provided by generous donation from the Farragut and Bearden Rotary Clubs.

September 13th … Field Trip: Tennessee Valley Fair

Time for a field trip to the Tennessee Valley Fair for Senior Day on Tuesday, September 13th at 9:30 AM. There will be vendors, music, Bingo, awards, and a Barney Fife impersonator at the Pepsi Community Tent. Bring money to purchase refreshments if desired. Registration for the Field Trip is required and seating on the van is limited. You can register at the Reception Desk or call the Center at 865-288-7805. Transportation courtesy of CAC.

September 15th … Mary Kay Cosmetics Fall for All

Get set for Fall beauty!! Join Emily Houston on Thursday, September 15th at 1:00 PM when she'll be sharing Mary Kay's latest fall collection "Fall for All." There is something for everyone including the fellas. There's even a beloved favorite that has come back after being discontinued. Come and see how to use the current Fall trends to enhance your classic Fall look. There will be live demos and give-aways! For planning purposes please call the Center at 865-288-7805 to register to attend.

September 16th … AARP Shredding Event

Every two seconds, someone becomes a victim of identity theft. In fact, Tennessee ranks 9th in the country for scam reports, according to the Federal Trade Commission. AARP Tennessee wants to help protect you and your family from scammers, so we've partnered with Knox County Senior Services so you can safely and securely shred those sensitive documents. Bring your documents to be shredded on Friday, September 16th at West Knox County Senior Center during this FREE shredding event. There will be a shredding truck on-site from 11:00 AM to 3:00 PM. No appointment necessary.

September 19th … Mah Jongg Class

Bam! Crack! Dot! Learn to play the American version of the ancient Chinese tile game. Class will cover the rules of the game as sanctioned by the National Mah Jongg League. It's a game involving skill, a certain degree of chance, fun to play, as well as improves your memory! Lessons are free. This class is for beginners only. Seating is limited. Please call the Center or stop by the Reception Desk to sign up for this class which starts on Monday, September 19th at 9:30 AM. This class will meet two hours weekly for five weeks.

Cornhole Competitions

Join us for our Cornhole Competitions on the following dates at 10:00 AM. We'll be having themed Competitions as well as some fun prizes to win. If you're new to the game don't hesitate to participate. It's fun to play and easy to learn. You'll pick up some pointers for those tailgate parties and family get-togethers where Cornhole is often played. For planning purposes please call the Center or stop by the Reception Desk to sign up to play on the days of your choice.

Tuesday, September 6th
Wear your UT Orange.

Tuesday, September 20th
If you missed yesterday's Talk Like A Pirate Day, worry not you can recapture the spirit in our Treasure Island Themed Competition.

Tuesday, October 11th
Wear your Autumn colors for our Fall Harvest Competition.

Tuesday, October 25th
Halloween Themed Game.

BINGO Schedule

If you want to participate in one of our Bingo games bring a White Elephant Gift with an approximate value of $5 in a gift bag for the Prize Table. Our sponsors will have some prizes too. To participate please register at the Reception desk or call the Center at 865-288-7805. Bingo is offered on the following dates at 10:30 AM:

Monday, September 12th sponsored by Mr. John Higgins with Cornerstone Care Giving.
Monday, September 26th sponsored by Kimberly Girbert with Care Around the Block and Karen Russell with HR Medical.
Monday, October 3rd sponsored by Connie Warford with Buckeye Home Medical Equipment.
Monday, October 10th sponsored by Deanne Coleman with Smoky Mountain Home Health and Hospice.
Monday, October 31st sponsored by Elizabeth Rutan-Ram with United Health Care.

September 19th … AARP Driver Safety Class

We will be having an AARP Driver Safety Class at the West Knox County Senior Center on Monday, September 19th from 11:00 AM—3:00 PM and Wednesday, September 21st from 11:00 AM—3:00 PM. This class will meet on two days (Monday and Wednesday) for four hours each day. Class fee is $20 if you're an AARP member or $25 if you are not an AARP member. Class fees are payable directly to the instructor. The Driver Safety class explores effective safe-driving practices, skills, and strategies you can use on the road every day. It also covers defensive driving techniques to help you deal with aggressive drivers, and more! Seating is limited for this class. Registration is required. Please call the Center or stop by the Reception Desk to sign up to attend. Many individuals get a discount on their auto insurance for successfully completing the class. Consult with your auto insurance provider to determine if you are eligible for a discount with completion of the class.

September 20th … Field Trip: Harrah's Casino

Feeling lucky? Join other seniors from the Karns Senior Center and West Knox County Senior Center to try your luck at Harrah's Casino in Cherokee, North Carolina. To reserve your seat for this Tuesday, September 20th field trip, call Olympus at **865-523-2796**. The deadline to register is September 13th and it's on a first come first serve basis with fifty-two seats available. Cost of the trip is $30 (payable to Olympus) and you get a $25 voucher from Harrah's upon arrival by providing a copy of a valid government issued Photo ID and valid email address.

On Tuesday, September 20th at 7:00 AM pick up will be at 716 N. Campbell Station Road at the Cracker Barrel. You will arrive at Harrah's around 10:00 AM. You will depart Harrah's at 3:00 PM and arrive back in Knoxville between 5:30 and 6:30 PM at the Cracker Barrel Campbell Station Road location. Trip arrangements and transportation courtesy of Olympus Car and Coach.

Community Outreach Services

Legal Aid of East Tennessee Outreach

Attorney Jackson Cain with Legal Aid of East Tennessee is available to answer your questions and assist you with finding resources and services to meet your needs. Legal Aid of East Tennessee assists individuals with Estate planning documents, power of attorneys, living wills, qualified income trust for Medicaid, conservatorships, housing issues, consumer law issues, and more. You can also visit the Legal Aid of East Tennessee webpage at www.laet.org. Jackson will be at the West Knox County Senior Center the third Wednesday of each month from 10:00 AM—12:00 PM on the following days; *Wednesday, September 21st and Wednesday, October 19th.* To schedule your consultation with Jackson phone the Center at 865-288-7805.

Social Worker Outreach

Wendy Skiles with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You can contact her at (865) 546-6262 or by email at: Wendy.Skiles@KnoxSeniors.org. She will be at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: *Monday, September 12th and Monday, October 10th*.

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 Center on *Thursday, November 10th 11:00 AM—11:30 AM.* You can schedule your appointment for this day by calling the Center at 865-288-7805.

September 20th … Essential Oils: Simply Oils

This class will be an introductory session about all things essential oils. Richard and Deborah will explain what are essential oils, how to use them, and health benefits, and more. Your questions are welcome. Call the Center or stop by the Reception Desk to sign up for this free and informative presentation offered on Tuesday, September 20th at 1:30 PM.

September 27th … Art With Durga: Thankful

Join Durga for a creative two hour art class taught on Tuesday, September 27th at 10:00 AM. Instructor will provide canvas board, brushes, paints, and instruction. Students will be painting Autumn Thankful. If you want to paint an 11x14" painting the class fee is $27. If you want to paint a larger 16x20" painting the class fee is $37. Deadline to register for this class is September 20th. Payment due at Registration. Minimum of three students required. You can register at the Reception Desk.

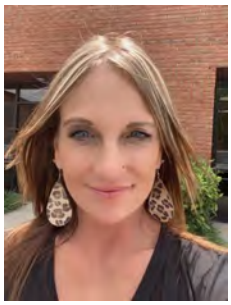
September 29th … Photo Restoration Presentation

Mr. Frank Wade with Photo Retouching & Restoring, LLC., will be offering a presentation on Photo Restoration on Thursday, September 29th at 10:30 AM. He will demonstrate and talk about scanning and resizing old photographs, tone/contrast and color correction, minor retouching to repair of creases, tears, and marks, converting black and white photos to color, and more. For planning and scheduling purposes, please call the Center to sign up for this free presentation. Participants can bring a photo with them and Mr. Wade will pick one photo for a demonstration during the presentation.

Attention: Craft Fair Vendors

On Friday, December 9th from 12:00 PM to 3:30 PM West Knox County Senior Center will be having an end-of-the-year, just-in-time-for-the-holidays, Craft Fair! Whether you would like to be a vendor or simply browse the homemade creations, everyone is welcome to attend. If you would like to participate as a vendor in our Craft Fair, please call 865-288-7805 to reserve a spot as tables and space availability is limited. Each vendor will be limited to a maximum of two tables. There's a $2 fee to participate as a vendor.

Nail Trimming



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

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

Friday, October 14th., starting at 10:00 AM.

Please call the Center to check on appointment availability. Fee is $12 payable to Michelle.

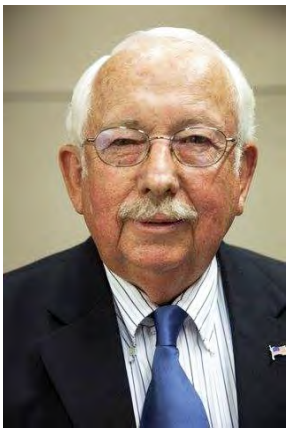
Blood Pressure Clinic

Karen Russell, LPN with HR Medical has over thirty years experience in the health care industry helping seniors. She will provide a Blood Pressure Clinic at the Center on the following dates at 10:00 AM

Wednesday, September 28th.,
Wednesday, October 19th.
No appointment necessary.

October 3rd … Who Are You Walking On?

Join us on Monday, October 3rd at 1:30 PM when Dr. Art Bohanan will provide a presentation entitled 'Who Are You Walking On?' This presentation will take forensic science into cemeteries, old and new, with amazing forensic discoveries. New forensics will demonstrate ways to locate and identify the gender of those long since deceased. He and his team have located over 4,000 unmarked graves and determined the gender and age during the past few years. He is now working on Lebanon at the Fork, the oldest cemetery in Knox County dating back to 1780 with an estimated 600 lost graves as well as other area cemeteries.



Dr. Art Bohanan

Dr. Art Bohanan was a deputy coroner in Knox County for five years and a founding father of the National Forensic Academy at the University of Tennessee, Knoxville. He has completed research at the University of Tennessee's Body Farm, with the FBI, and Oak Ridge National Laboratory. He was inducted into the International Hall of Fame in Atlanta (sponsored by the Inventors Club of American with two distinguished awards plus a doctorate in science and technology for pioneering research involving children's fingerprints). Please RSVP to attend this informative presentation.

October 5th … Art with Durga: Trick or Treat

Durga is offering a creative two hour art class on Wednesday, October 5th at 10:00 AM. If you want to paint an 11x14" painting the class fee is $27. If you want to paint a larger 16x20" painting the class fee is $37. Instructor will provide canvas board, brushes, paints, and instruction. Students will be painting Trick or Treat. Deadline to register for this class is September 28th. Payment due at Registration. Minimum of three students required. You can register at the Reception Desk.

There's more information on the Center's Arts and Crafts classes and programs to be found on page 13 of this newsletter.

Your Announcements

If your Senior Center group has news or announcements you would like to share in the November/ December 2022 eNewsletter, please provide the information to Darrell before October 7th.

Medicare Q&A Table

Do you have questions about your Medicare plan or Medicare coverage in general? Visit with Teja Cain of Core Insurance Advisors of Knoxville. She will be offering free consultation and will explore your questions in person at West Knox County Senior Center. Teja's Medicare Q&A Table will be available from 10:00 AM until 12:00 PM on the following days:

Monday, September 26th.,
Monday, October 24th.

Cribbage Players Wanted

Interested in playing Cribbage? We're hoping to get a Cribbage group together within the coming months. Call the Center at 865-288-7805 and have your name placed on the Cribbage Interest List.

Liverpool Rummy

Wednesdays at 10:00 AM
Starting again in October.

Want to learn to play Liverpool Rummy? It's very similar to Phase Ten. If you would like to play or learn, feel free to call the Center and sign up to play. The game resumes in October 2022.

Spanish Conversation Group

Join a group of Spanish students who have completed Spanish II at the senior center and seek to continue to improve their Spanish speaking skills by listening, talking, and reading Spanish. This self-guided group meets Wednesdays from 11:00 AM—12:00 PM. The group is ideal for those who are advanced beginners or lower intermediate level speakers. Also, the group is seeking native or advanced speakers to join them to help them progress in their language skills development. If you're a native or advanced Spanish speaker and would like to offer your help, please call the Center and leave your name and number for the Spanish Conversation Group.

October 5th … ABCs of Health Care While Aging in Place

Visit with Karen Russell when she will provide a presentation on the ABC's of Healthcare & More. Karen has been a nurse in the senior community for over thirty years. She provides blood pressure clinics for West Knox County Senior Center and she is also a Senior Real Estate Specialist. She will cover what services are available for seniors in our community, what aging in place looks like, explore downsizing as seniors consider making a transition to a more manageable and more senior-friendly living space. Let Karen help you formulate the questions you need to be asking as well as identify aspects of aging in place that you may or may have not considered. Your questions are most welcome. For planning purposes please RSVP to attend this free presentation on Wednesday, October 5th at 1:00 PM.

October 7th … Beginning French Class Starts

We are excited to announce that a new Beginning French class with instructor Tatiana Vinea. This class is free and no text book required. There will need to be at least five people minimum for the class to occur. This class will meet on Fridays at 1:30 PM. If you're interested in attending, please sign up at the Reception Desk or call the Center.

October 10th … Tech Smart Knox Seniors Class Starts

We're excited to announce that the CAC Office on Aging is offering a Tech Smart Knox Seniors Class starting on Monday, October 10th from 9:00 AM—12:00 PM at West Knox County Senior Center. The class will meet Monday through Friday for a total of fifteen hours of instruction. Participants need to be, at least, sixty years of age, be a Knox County resident, each household that participates will receive a Chromebook for $25 with the successful completion of this week long class. You will learn how to use a Chromebook, explore the internet and so much more, and you may be eligible for assistance with home internet with the successful completion of the class along with a year of free tech support. Participants need to make a commitment to attend all five days of instruction. The class can take twelve students. To register and check on seating availability call the Center at 865-288-7805 or stop by the Reception Desk. There will be a second class offered starting Monday, October 31st.

For additional Tech classes offered at the Center see pages 18 and 19 of this newsletter.

Book Donation Request

We've had many great books donated to the Center's library over the past few months. It's been most appreciated. We're needing large print books by current and popular authors.
If you have any books that you would like to donate, please feel free to drop them off at the Reception Desk.

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. You can easily find it by scanning the QR code with your phone below.

"like" us on facebook

October 12th … Field Trip: Knoxville Museum of Art

Join us Wednesday, October 12th when we will be visiting the Knoxville Museum of Art at the World's Fair Park. We will be going on a guided tour to view the "Radcliffe Bailey: Passages" exhibition. These artworks address diasporic history, ancestry, identity, migration, displacement, and collective memory. We will also be viewing a number of ongoing exhibits, including the "Higher Grounds: A Century of the Visual Arts in East Tennessee," the "Thorne Miniature Rooms," "Currents: Recent Art from East Tennessee and Beyond", the "Cycle of Life: Within the Power of Dreams and the Wonder of Infinity", and more. There are sculptures available within the garden to view. You can also visit the Museums gift shop. If you're interested in attending this field-trip you will need to sign up at the Reception Desk or call the Center at 865-288-7805. For planning and scheduling purposes, the deadline to register is Friday, October 7th. Seating will be limited. Transportation courtesy of CAC. We ask that you arrive at the Center no later than 9:30 AM so that we may arrive at the Museum by 10:00 AM. We have scheduled to leave the Museum at 12:00 PM for our return to the Center.

October 12th … Fall Meet and Greet with April Tomlin

Pumpkin Spice and the aroma of Autumn is in the air. April Tomlin, Senior Services Manager, invites you to visit with her during her Fall Meet and Greet on Wednesday, October 12th from 9:00 AM—3:30 PM at West Knox County Senior Center. She'll be serving Apple Cider and other light refreshments. Feel free to stop in and say hello.

April Tomlin, Senior Services Manager

"Notice that autumn is more the season of the soul than of nature."
Friedrich Nietzsche

My Notes: Programs and Classes I have signed up:

Vet to Vet Café

Monday, September 26th at 2:00 PM
Monday, October 24th at 2:00 PM

Join Shannon Gibson, with Tennova Hospice and Navy Veteran as she hosts the monthly Vet to Vet Café, which will meet the 4th Monday of each month at 2:00 PM. These events are open to all Veterans in the community and provide an opportunity to meet fellow Veterans and share stories. It is our hope that these once a month get-togethers provide Veterans an outlet to enjoy fellowship with others who share their military history. Light refreshments will be provided.

Flu Shots & COVID Boosters

Monday, October 10, 2022
Starting at 10:00 AM

Volunteer Pharmacy will be offering Flu Shots and COVID Boosters at the Center on Monday, October 10, 2022 starting at 10:00 AM. The high-does flu shot will be available. For planning purposes call the Center to schedule your appointment. Bring your insurance cards for billing purposes.

Rummikub

Fridays at 12:00 PM

Rummikub is a tile based game for two to four players is played at the Senior Center on Fridays at noon. If you don't know how to play but are willing to learn, please feel free to stop in.

View the e-Newsletter On-Line & More

The West Knox County Senior Center Newsletter is 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 view newsletters from the other Knox County Senior Centers: Carter, Corryton, Halls, Karns, and South Knoxville. You can also scan the QR code below.

October 17th … AARP Driver Safety Class

We will be having an AARP Driver Safety Class at the West Knox County Senior Center on Monday, October 17th from 11:00 AM—3:00 PM and Wednesday, October 19th from 11:00 AM—3:00 PM. This class will meet on two days (Monday and Wednesday) for four hours each day. Class fee is $20 if you're an AARP member or $25 if you are not an AARP member. Class fees are payable directly to the instructor. The Driver Safety class explores effective safe-driving practices, skills, and strategies you can use on the road every day. It also covers defensive driving techniques to help you deal with aggressive drivers, and more! Seating is limited for this class. Registration is required. Please call the Center or stop by the Reception Desk to sign up to attend. Many individuals get a discount on their auto insurance for successfully completing the class. Consult with your auto insurance provider to determine if you are eligible for a discount with completion of the class.

October 18th … Field Trip: Harrah's Casino

Feeling lucky? Join other seniors from the Karns Senior Center and West Knox County Senior Center to try your luck at Harrah's Casino in Cherokee, North Carolina. To reserve your seat for this Tuesday, September 20th field trip, call Olympus at **865-523-2796**. The deadline to register is October 11th and it's on a first come first serve basis with fifty-two seats available. Cost of the trip is $30 (payable to Olympus) and you get a $25 voucher from Harrah's upon arrival by providing a copy of a valid government issued Photo ID and valid email address.

On October 18th at 7:00 AM pick up will be at 716 N. Campbell Station Road at the Cracker Barrel.

You will arrive at Harrah's at 10:00 AM. You will depart Harrah's at 3:00 PM and arrive back in Knoxville between 5:30 PM and 6:30 PM at the Cracker Barrel Campbell Station Road location.

Trip arrangements and transportation courtesy of Olympus Car and Coach.

October 19th … Essential Oils: Ditch and Switch

In this class Richard and Deborah we will show you how to ditch the "dirty" products in your home and switch to leaner and safer essential oil based alternatives. Call the Center or stop by the Reception Desk to sign up for this free and informative presentation scheduled for Wednesday, October 19th at 1:30 PM.

Medicare Open Enrollment starts October 15th and lasts until December 7th. There will be several Medicare education presentations and programs at West Knox County Senior Center. See pages 16 and 17 for a listing of Medicare Programs offered during September and October.

Rook

Thursdays at 12:00 PM

Want to play Rook or learn how to play? The Rook Group welcomes you.

Chess Class

Want to learn to play chess? Learn how the game of Chess works, how to make good exchanges, what you should do in opening moves, important tactics as well as common mistakes.
Chess classes are offered Tuesday afternoons. Call the Center sign up for free lessons.

Chinese Language Class

Interested in learning Mandarin Chinese? We're hoping to start a class within the next few months. If you're interested in participating call the Center at 865-288-7805 to have your name added to the interest list. We'll call you when the class is scheduled to start.

Billiards Room available

The West Knox County Senior Center billiard table is available Monday through Friday from 7:30 AM—3:30 PM. Feel free to stop by and practice or play a game with a friend.

October 21st… Dealing with Dementia Workshop

Family caregivers are the backbone of community-based services providing over $450 billion of unpaid services across this nation. To support our local family caregivers of people with dementia, AARP is offering a workshop developed by the Rosalynn Carter Institute for Caregiving (RCI). The Dealing with Dementia Workshop provides tips and strategies for caregivers on best practices for caring for their loved ones and themselves.

Most family caregivers assume the care of a loved one without access to needed training and education," says Lori Bishop, trainer for RCI and Executive Director of Caregiver Superhero Society. "Caregiving for a loved one is a rewarding and loving experience. However, due to the physical and emotional demands of caregiving and the struggles specific to dementia care, caregivers often suffer high levels of stress and depression. The goal of the Dealing with Dementia Caregiver Workshop is for Alzheimer's and dementia family caregivers to gain a better understanding of dementia, utilize strategies to effectively manage dementia behaviors, and develop habits of stress managements and self-care."

Caregivers who attend this six-hour workshop will receive a copy of the Dealing with Dementia Guide. This guide provides over 300 pages of information and solutions to problems caregivers face every day. If you are a caregiver or know someone who is caring for a loved one with dementia, don't miss this important opportunity. There's no charge for the workshop and lunch is provided. Training will take place on Friday, October 21st from 9:00 AM—3:00 PM at West Knox County Senior Center with check-in starting at 8:30 AM. Attendees must pre-register for the workshop. You can pre-register by emailing Melissa Van Dyke at MelissaVanDyke10@gmail.com and include "October 21 Dementia Workshop" in the subject line.

October 26th … Birds of Winter

Action, color, drama, song; it's a performance at your backyard bird feeder. During this presentation on Wednesday, October 26th at 1:30 PM, Mr. Robert Terrell will help us identify the most commonly observed species of birds in our Winter landscape as well as what we can do to attract them to our backyards, feed them, and keep them happy during the coldest months of the year that's soon to come. For planning purposes please call the Center or stop by the Reception Desk to register for this free presentation.

October 27th … Home Safety

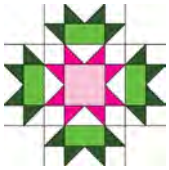
Care Around the Block (CAB) invites you to join them on Thursday, October 27th at 10:30 AM for a Home Safety presentation. CAB is a local and family-owned home care agency that specialized in Care Management and Caregiving services, with the goal of helping their clients age in place. Angie Jones, COTA/L, who is a certified in home safety will be presenting. The presentation will include home safety education, recommendations, and information about CAB's home safety assessment. Angie is looking forward to meeting you and being able to share helpful information on safety in the home. Learn more about CAB on their website at www.CareAroundTheBlock.com. To sign up for this informative presentation call the Center or stop by the Reception Desk. In addition, Mr. Colin Cumesty, Fire and Life Safety Educator with Knox County will also be joining Angie to provide information and discussion about home fire safety. For planning purposes please RSVP by calling the Center for this free and informative presentation.

Sew What?

Join other sewing and fabric enthusiasts for a monthly gathering involving a short demonstration. A new pattern will be highlighted each month. Bring a finished or unfinished project or two you're working on for a Show and Tell. This group meets the first Wednesday of each month at 1:30 PM. Their projects for the next two months are presented below:

Wednesday, September 7th.
Fabric Bucket

Wednesday, October 5th.
Book Pillow



Knitting Group

The West Knox County Senior Center Knitting Group meets on Tuesdays at 10:00 AM. All knitters are welcome whether you knit a little or a lot, or want to learn how to knit. The group continues to work on the Operation Gratitude Project; knitting scarves for care packages 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 and see what it's all about.

American Sewing Guild

Thursday, September 8th & Thursday, October 13th
at 9:00 AM—1:00 PM

The American Sewing Guild—West Knoxville Neighborhood Group plans a wide variety of sewing activities which may include: hands-on sewing projects, demonstrations of specific techniques, quilting, garment fitting and construction, service projects, and more. "Sew and Tell" is their way of kicking off each meeting. They welcome sewists of all levels to come visit their group to see what they're all about. For more information about the national organization you can visit www.asg.org. They meet at West Knox County Senior Center the second Thursday of each month from 9:00 AM—1:00 PM.

Oil Painting Class
Starts Wednesday, September 7th

1:00 PM-3:30PM
With Carla Sanchez
Supply List at the Reception Desk
Fee per month $80 payable to the instructor.
If you're new to oil painting you're more than welcome to join. Carla will help you select a subject to paint to help you develop your skills. This class will meet every Wednesday starting at 1:00 PM.

Arts & Crafts

Realistic Art Class
Mondays at 1:00 PM

Dianne Kilgore will teach you how to paint a realistic work of art of your choice from a photo of your choosing. Class fee $25 per each class attended. Fees payable to the instructor. Supply list available at the Reception Desk.

Watercolor & Drawing Class
Wednesdays at 9:30 AM –12:00 PM

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.

Watercolor Group
Mondays at 10:00 AM—12:00 PM

If you enjoy the art of Watercolor, you're more than welcome to join the Watercolor Group on Mondays at 10:00 AM. There's no instructor and there's no fee. It's a gathering of water-color artists working on their own projects, motivating one another, sharing enthusiasm, gaining inspiration, and enjoyable socialization. No need to register to participate.

Mixed Media Art Group
Thursdays at 10:00 AM—12:00 PM
(Except for 2nd Thursday of each month)

Want some inspiration or want to set aside some time to work on an art project that you've been working on? Visit with the Mixed Media Art Group. This group works with a variety of media; oil, acrylics, pastels, charcoal, even collage. This group has no instructor and participants work on their own projects.

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

Pickleball News & Such

Cindy continues to offer Pickleball Lessons two Thursdays each month; September 8th., September 22nd., October 6th and October 20th. To participate in lessons, please sign up by calling 865-288-7805, stop by the Reception Desk or email Cindy at: Cindy.Petty@knoxcounty.org

Table Tennis

Interested in playing Table Tennis? If so, we offer this game every Friday from 8:00 AM—12:30 PM. If you need a partner to play with, feel free to leave your name and phone number at the Reception Desk. Once we find a potential playing partner, we can reach out to you and team you up with another player. To sign-up for this program, call the Center at 865-288-7805 or stop by the Reception Desk.

Interested in Chair Volleyball?

Chair volleyball is different than traditional game. For example, players sit in chairs, the net is lower, and uses a beach ball. Players can hit the ball as often as they want or need to get it over the net. Chair Volleyball is fun, friendly, and yet competitive. If you're interested in playing a game of Chair Volleyball call the Center and get your name on the Interest List. We're hoping to get a game going in a few weeks.

Omron Blood Pressure Monitoring System Available for Check-Out.

The West Knox County Senior Center has Omron Blood Pressure Monitoring systems available for check out for two weeks. The program is sponsored in part by the American Heart Association and Cherokee Health Systems. The program encourages individuals to become more aware of their blood pressure through home monitoring, and speaking with their primary care provider with concerns about blood pressure. If you would like to check-out an Omron Blood Pressure Monitoring kit see the staff at the Reception Desk.

Things to Come

December 9th … Craft Fair

Join us on Friday, December 9th from 12:00 PM to 3:30 PM for an end-of-the-year, just-in-time-for-the-holidays, Craft Fair! Whether you would like to be a vendor or simply browse the homemade creations, everyone is welcome to attend. If you would like to participate as a vendor in our Craft Fair, please call 865-288-7805 to reserve a spot as tables and space availability is limited. Each vendor will be limited to a maximum of two tables. There's a $2 fee to participate as a vendor.

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

Book Clubs

Steel Magnolia Book Club

The Steel Magnolias Book Club meets on the second Thursday of each month at 1:00 PM.

Thursday, September 8th … *"The Unforgiven" by Alan LeMay*

In this epic American novel, which served as the basis for the classic film directed by John Huston, a family is torn apart when an old enemy starts a vicious rumor that sets the range aflame**.**

Thursday, October 13th … "*The History of Bees" by Maja Lunde*

This "spectacular and deeply moving" novel follows three generations of beekeepers from the past, present, and future, weaving a spellbinding story of their relationship to the bees—and to their children and one another—against the backdrop of an urgent, global crisis.

West Knox County Senior Center Book Club

The West Knox County Senior Center Book Club meets on the third Thursday of each month at 12:00 PM.

Thursday, September 15th … *"The Book of Lost Names" by Kristin Harmel*

The accompanying article discusses the looting of libraries by the Nazis across Europe during World War II—and the search to reunite people with the texts taken from them so long ago. The book in the photograph, an eighteenth-century religious text thought to have been taken from France in the waning days of the war, is one of the most fascinating cases. Now housed in Berlin's Zentral- und Landesbibliothek library, it appears to contain some sort of code, but researchers don't know where it came from—or what the code means.

Thursday, October 20th … *"The Personal Librarian" by Marie Benedict*

The remarkable, little-known story of Belle da Costa Greene, J. P. Morgan's personal librarian—who became one of the most powerful women in New York despite the dangerous secret she kept in order to make her dreams come true, from New York Times bestselling author Marie Benedict and acclaimed author Victoria Christopher Murray.

Mystery Reader's Book Club

The Mystery Reader's Book Club meets on the fourth Wednesday of each month at 10:00 AM.

Wednesday, September 28th … "*Death in a Strange Country" by Donna Leon*

Early one morning Commissario Guido Brunetti of the Venice Police confronts a grisly sight when the body of a young man is fished out of a fetid canal. When something is discovered in the victim's apartment that suggests the existence of a high-level conspiracy, Brunetti becomes convinced that somebody is taking great pains to provide a ready-made solution.

Wednesday, October 26th … *"The Thursday Murder Club" by Richard Osman*

In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves The Thursday Murder Club. Elizabeth, Joyce, Ibrahim and Ron might be pushing eighty but they still have a few tricks up their sleeves. When a local developer is found dead with a mysterious photograph left next to the body, the Thursday Murder Club suddenly find themselves in the middle of their first live case.

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: Oceans of Possibilities Awaits You in 2022

Join Knox County Mayor Glenn Jacobs, Read City USA, and the Knox County Public as we explore the ocean and read 350,000 Hours in 2022! It can't be done without you and 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.

Medicare Presentations

September 26th … Presentation: Medicare Supplement rates too high?

If your Medicare Supplement premium is getting too high, come join Teja Cain, with Core Insurance Advisors, in a clinic on Monday, September 26th at 9:00 AM explaining how you may be able to lower those premiums for 2023. State employees with Pomco-UMR, are excluded, but can still come and learn. If you cannot make the time, call or Text Teja at 865-661-4451 to schedule your private appointment.

October 4th … Medicare Made Easy

You can easily make sense out of Medicare with advice from a licensed professional. Join Craig Hutto on Tuesday, October 4th at 10:00 AM, especially if you're turning 65 soon and need to determine if enrollment in Medicare is best for you, if you're working past age 65 and want to compare your current healthcare costs to Medicare costs to determine the best options, or if you're a veteran and want to determine if you should enroll in Medicare. This presentation will offer information on how and when to enroll in Medicare, Medicare vs. employer plans, transitioning from employer to self coverage to Medicare, Medicare and Health Plan Basics, options, and costs at a glance, as well as what Medicare does not pay for, and how to avoid a Medicare Part D late enrollment penalty. For planning purposes, please call the Center or stop by the Reception Desk to sign up for this free presentation.

October 12th … New to Medicare and More

Join Mr. Art Mearns of Senior Financial Group on Wednesday, October 12th at 1:30 PM when he will be sharing information for those individuals turning sixty-five who will be new to Medicare and the two different options they have: Medicare Advantage Plans or Medicare Supplements with separate Prescription Drug Plans. In addition, those currently on Medicare can learn of some of the changes in Medicare Advantage Plans (without being specific) such as copays, dental, vision, and hearing benefits along with free over the counter benefits. Finally, what Hospital Indemnity, Cancer, Heart Attack and Stroke, and Dental plans cover. If you would like to join Mr. Mearns for this informative presentation, please RSVP by calling the Center at 865-288-7805 or stop by the Reception Desk.

October 17th … Special Medicare Seminar

On Monday, October 17th at 10:00 AM and 1:00 PM, Mr. Jim Sikes with Sikes and Associates will be presenting a Medical Annual Enrollment Period seminar to discuss your eligibility and Medicare plan options for the 2023 Medicare Benefit Year (January 1st—December 31st, 2023).

Mr. Sikes is a licensed/certified Medicare Products Specialist who can assist you with multiple carriers, most notably Humana and BlueCross BlueShield of Tennessee. It is not necessary to make an appointment, just attend any of the meeting times which is most convenient to your schedule.

Mr. Sikes is also a resident of Farragut so he will be happy to schedule a one-on-one meeting with you at your convenience. He can be reached at 865-566-8502 or email at CortsDad@charter.net

Medicare Open Enrollment dates are
October 15th—December 7th.

Medicare Q&A Table

Do you have questions about your Medicare plan or Medicare coverage in general? Visit with Teja Cain of Core Insurance Advisors of Knoxville. She will be offering free consultation and will explore your questions in person at West Knox County Senior Center. Teja's Medicare Q&A Table will be available from 10:00 AM until 12:00 PM on the following days:

Monday, September 26th.,

Monday, October 24th.

Medicare Presentations

October 24th … Devoted Health, Medicare Advantage Plan Information Presentation

Learn about Devoted Health, fastest-growing Medicare Advantage plan nationally, coming to Tennessee for 2023! Devoted Health's mission is to dramatically improve the health and well-being of older Americans by caring for every person like family. Join Teja Care with Core Insurance Advisors, as she presents a brand-new plan to our Knoxville market. If you cannot make the meeting, please call or text Teja at 865-661-4451 to schedule your private appointment. For planning and scheduling purposes please RSVP for this meeting scheduled for Monday, October 24th at 9:00 AM.

October 25th … Medicare Presentation Dixie

Join Dixie Curless, Medicare Broker, who represents ninety carriers in the insurance industry on Tuesday, October 25th at 10:00 AM. With Medicare changing and plans changing from year to year and new ones available in many areas, there could be a better plan choice out there for you both in terms of cost and coverage. Representing the top carriers gives Dixie the tools she needs to provide unbiased information pertaining to your specific Medicare needs! If you have a Medicare Supplement—you may be able to change your plan at any time, if you medically qualify. Take the time to ensure your plan is meeting YOUR needs for peace of mind and the only cost to do so, is time! If you're new to Medicare, learn about your Medicare paths, your once in a lifetime open enrollment and what it means. What AEP, OEP, and IEP mean, how to compare your group plan if you're still working, etc…She will also have a Q&A at the end of the session. If unable to attend, call or email for individual appointments! You can reach Dixie at 931-266-2774 or email at Dixie@benefits.place.

October 31st … Humana Gold Plus Plans Presentation

Join Nace Coker on Monday, October 31st at 1:00 PM for a Humana Sales Seminar. He will explore 2023 Humana Gold Plus plans. Sales materials and information will be available. Q&A session will follow after the presentation.

November 14th … Special Medicare Seminar

On Monday, November 14th at 10:00 AM and 1:00 PM, Mr. Jim Sikes with Sikes and Associates will be presenting a Medical Annual Enrollment Period seminar to discuss your eligibility and Medicare plan options for the 2023 Medicare Benefit Year (January 1st—December 31st, 2023).
Mr. Sikes is a licensed/certified Medicare Products Specialist who can assist you with multiple carriers, most notably Humana and BlueCross BlueShield of Tennessee. It is not necessary to make an appointment, just attend any of the meeting times which is most convenient to your schedule.
Mr. Sikes is also a resident of Farragut so he will be happy to schedule a one-on-one meeting with you at your convenience. He can be reached at 865-566-8502 or email at CortsDad@charter.net

My Notes: Medicare Presentations I Plan to Attend:

Tech Classes

September 15th & 16th … iPad/iPhone Basics

During this four hour workshop you will learn the following: the different iPad and iPhone models, care and charging, and buttons on the device, understanding settings, changing the wallpaper, managing apps, searching, organizing folders. and moving items. The class will also cover using your built in apps (contacts, calendar, camera, mail, text, and more), Safari Basics, iTunes, connecting to a computer, iCloud basics, printing, and trouble-shooting. You must bring your iPhone or iPad to this workshop, as well as your Apple ID, and password. This four hour class taught in two sessions; Thursday, September 15th and will concluding on Friday, September 16th from 10:00 AM—12:00 PM on both days. Students must attend both sessions. Class fee is $35 payable at time of registration. You can register for this class at the Reception Desk at the Senior Center. Deadline to register is Tuesday, September 13th. Instructor is Barbara Edwards with Social Media 4 Seniors.

October 6th and 7th … iPad/iPhone Beyond the Basics

Have you had your iPhone or iPad for awhile now and feel comfortable with it but know there's more you could be doing with it? During this four hour iPad/iPhone Beyond the Basics Workshop taught over two days: Thursday October 6th an Friday, October 7th from 10:00 AM—12:00 PM on both days, you will learn the following: photo transfer between iPad and other devices, e-mail/Internet use, adding email accounts, deleting emails, and moving emails. In addition, the class will cover ways to free up space on your device, security features, customizing your device, using Safari, cloud servers, and more. You must have taken the iPad/iPhone Basics Workshop before you register for this Beyond the Basics class or have equivalent knowledge of basic iPad/iPhone functions. You must bring your iPhone or iPad with you to this workshop as well as your Apple ID and password. Class fee is $35 payable at time of Registration. You can register for this class by visiting the Reception Desk at West Knox County Senior Center. Deadline to register is Tuesday, October 4th. This class is brought to us by Social Media 4 Seniors with instructor Barbara Edwards.

October 10th … Tech Smart Knox Seniors Class Starts

We're excited to announce that the CAC Office on Aging is offering a Tech Smart Knox Seniors Class starting on Monday, October 10th from 9:00 AM—12:00 PM at West Knox County Senior Center. The class will meet Monday through Friday for a total of fifteen hours of instruction. Participants need to be, at least, sixty years of age, be a Knox County resident, each household that participates will receive a Chromebook for $25 with the successful completion of this week long class. You will learn how to use a Chromebook, explore the internet and so much more, and you may be eligible for assistance with home internet with the successful completion of the class along with a year of free tech support. Participants need to make a commitment to attend all five days of instruction. The class can take twelve students. To register and check on seating availability call the Center at 865-288-7805 or stop by the Reception Desk. There will be a second class offered starting Monday, October 31st.

Ask Jake!

Need assistance with your smartphone, tablet, laptop, or other electronic device? Free and individual tutoring sessions available on Fridays from 9:30 AM—11:00 AM with Jake. To sign-up for your tutoring session, call the Center or stop by the Reception Desk.

Tech Classes

October 14th … Android Basics Class

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this four hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also lean the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. This one class will be taught on Friday, October 14th from 10:00 AM—3:00 PM for four hours of instruction. A lunch break will be provided and you're welcome to bring a brown-bag lunch. A meal will not be included with this class. Class fee is $35 and payable at time of registration. Deadline to register is Tuesday, October 11th. You can register at the Reception Desk at West Knox County Senior Center. Instructor is Catherine Everhart with Social Media 4 Seniors.

October 28th … iPad/iPhone Camera Class

Have you ever tried to take a picture, only to see yourself? Have you accidently taken several shots of the same picture? Would you like to organize your pictures into albums? During this two hour workshop taught on Friday, October 28th at 10:00 AM to 12:00 PM, you will learn the: how to take a picture, front vs rear facing, tools on your mobile device camera, editing your pics, creating albums, sending and receiving photos from email and text, popular Photo Apps. Seating is limited to five students. Instructor is Barbara Edwards with Social Media 4 Seniors. Stop by the Reception Desk to sign up for this class. Class fee is $20 payable at time of Registration. Deadline to register and pay for the class is Tuesday, October 25th. Please be sure to bring your Apple Smartphone or Tablet to the class.

October 31st … Tech Smart Knox Seniors Class Starts

We're excited to announce that the CAC Office on Aging is offering a Tech Smart Knox Seniors Class starting on Monday, October 31st from 9:00 AM—12:00 PM at West Knox County Senior Center. The class will meet Monday through Friday for a total of fifteen hours of instruction. Participants need to be, at least, sixty years of age, be a Knox County resident, each household that participates will receive a Chromebook for $25 with the successful completion of this week long class. You will learn how to use a Chromebook, explore the internet and so much more, and you may be eligible for assistance with home internet with the successful completion of the class along with a year of free tech support. Participants need to make a commitment to attend all five days of instruction. The class can take twelve students. To register and check on seating availability call the Center at 865-288-7805 or stop by the Reception Desk.

Social Media 4 Seniors classes do require payment in advance. Their classes do require a minimum number of individuals to be Paid and Registered in order for the class to make. However, if the class is cancelled by Social Media 4 Seniors due to lack of enrollment a refund will be made to those individuals who have paid for the class. A refund may not be made if a student has prepaid but fails to attend the class.

View the e-Newsletter On-Line & More

The West Knox County Senior Center 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. You can also scan the QR code to the right.

Exercise Classes at West Knox County Senior Center

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

Cardio/Strength/Stretch Class Wednesdays and Fridays 9:00 AM Class fee: $5 Room #021

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 60 minutes long.

Feldenkrais—Movement Improvement Mondays at 11:15 AM—12:15 PM & Thursdays at 1:00 PM. Class fee $5 Room #021
This class is taught by Debbie Ashton, certified Feldenkrais professional. The class concentrates small movements, done on mats, 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. Students can start at any time.

Line Dance Class for Beginners Thursdays at 2:15 PM A new class will be starting in the Autumn of 2022. Class fee $5 Room #021
Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Thursday for the remainder of the year. It's imperative that new students commit to attending the first seven weeks of class to learn the steps. Fees payable to the instructor. New class starts September 1, 2022.

Line Dance Improvers Class Wednesdays 1:00 PM Class fee: $5.00 per class attended Room #021

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 Intermediate Tuesdays 2:00 PM Class fee: $5.00 per class attended Room #021

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.

Pickleball Tuesdays and Thursdays 12:00 PM—3:30 PM Class fee: Free Room: Gymnasium

Play Pickleball or want to be introduced to the sport? Join us in the gymnasium on Tuesday and Thursday afternoons for a friendly and fun game of Pickleball. If you're new to Pickleball and would like to learn, call the Center and speak with Cindy—she can teach you the basics to help get you started.

Chair Yoga Fusion Tuesdays & Thursdays 11:15 AM Class Fee: $5 Room: #021
This class is a combination of multiple practices utilizing a chair, mat (optional), and light strength training. If you want to work muscles, decrease stress, and increase your energy level, try Chair Yoga Fusion. Participants may bring a mat if they choose to go to the floor. Students can start at any time. This class is brought to us by Covenant BodyWorks.

Gentle Yoga Wednesdays at 11:15 AM Class fee: $5 Room: #021
A practice of yoga postures and breath work at a relaxed pace. The intent of this class is improved posture, flexibility, balance, and core strength with the added benefit of enhanced well being. Bring a yoga mat, and a towel for added cushioning. Wear comfortable, stretchy clothing (layers if you are cold natured). You must be able to get down and up from the floor. This class is brought to us by Covenant Bodyworks. Students can start at any time. Class is approximately sixty minutes long.

Fitness Room Availability. The Center's Fitness Room (Room #014) is equipped with treadmills, elliptical, recumbent bike, semi-recumbent stepper, and free weights. The room is open Monday through Friday from 7:30 AM—3:45 PM. No appointment is necessary.

Exercise Classes at West Knox County Senior Center

SAIL (Stay Active & Independent for Life) Exercise Class Room: Gymnasium
Mondays, Wednesdays, and Fridays at 10:00 AM-11:00 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. This class is taught in the upstairs Gymnasium.

Tai Chi with Cheryl —Beginners Class Mondays, Wednesdays, Fridays 8:45 AM—9:45 AM Class fee $2
Join instructor Cheryl Chandler, a former Taoist Tai Chi instructor, now offering Tai Chi with Cheryl. Tai Chi is a soft martial arts exercise that focuses on balance, flexibility, agility, and stamina. It is an ideal workout for seniors as it can decrease stress, anxiety, and depression. This class will also concentrate on relaxation and comfortable moves. Most of all it is fun and you will meet some wonderful people. The Monday class is taught in the Multi-purpose room. The Wednesday and Friday classes are taught in the gymnasium.

Yang Style Tai Chi For Beginners (Tai Chi I) Tuesdays 9:45 -11:00 AM Class fee: $3 Room: #021
Using the widely popular Yang Style of Tai Chi, it combines slow graceful, deliberate movements, meditation and relaxing breathing. This class meets once weekly, and is taught by long-time instructor, Mr. Pat Barbiere, with 23 years experience. Studies have shown that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength in the legs. The class includes 15-20 minutes of stretching exercises for increasing range of motion and flexibility. New students can start at any time.

Yang Style Tai Chi (Tai Chi II) Thursdays 9:45 AM—11:00 AM Class fee: $3

Room #021

If you've taken Mr. Barbiere's class before *or* are familiar with Yang Style Tai Chi, feel free to join his class on Thursdays. The class includes 15-20 minutes of stretching exercises for increasing range of motion, balance, and flexibility.

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. To schedule your appointment to meet with Rachel call the Center or stop by the Reception Desk. Rachel will call you to schedule your appointment.

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. The Center's Fitness Room is equipped with treadmills, elliptical, recumbent bike, semi-recumbent stepper, and free weights. The room is open Monday through Friday from 7:30 AM—3:45 PM.

Senior Walks for September & October 2022

Sequoyah Hills Park

1400 Cherokee Blvd., Knoxville, TN 37919
Tuesday, September 20th at 10:00 AM

Join Tara and Patty from the Carter Senior Center at Sequoyah Hills Park for the walking group's monthly walk. Walkers will enjoy the charm of this scenic tree lined boulevard with its rolling hills and quaint older homes, some dating back to the 1920s. Sequoyah Hills is acclaimed for its breathtaking spring landscapes and is featured tour during the Dogwood Arts Festival. The park features wide open meadows with a natural trail that wind along two blue ways that access the Tennessee River. Water and snacks will be provided by Teja Cain with Core Insurance Advisors. Don't forget the sunscreen. Following the walk join us for some lunch at Nixon's Deli (5716 Kingston Pike). You can RSVP for this walk by calling 865-288-3761 or email SeniorSerivces@KnoxCounty.org

Sterchi Hills Greenway

1145 Dry Gap Pike, Knoxville, TN 37918
Tuesday, October 18th at 10:00 AM

Join Jill and Jessica from the Corryton Senior Center at Sterchi Hills Park on Tuesday, October 18th at 10:00 AM. They'll take you on a trek around the flat to gently rolling hills of the Sterchi Hills Greenway in Sterchi Hills Park. The trail stretches from the west end of Sterchi Hills Park all the way to the east end of Tommy Schumpert Park. Distant ridge-top views augment the horizon while a creek lazily flows along both ends of the trail this walk will cover 2.2 miles. Restrooms are available near the entrance of the park beside the playground. You will access the entrance of the park from 1145 Dry Gap Pike, Knoxville, TN 37918 and meet as a group at the tennis courts. Christina Hampton from Prime West Knoxville will be sponsoring waters and goodie bags. Please RSVP by calling 865-288-3761 or emailing SeniorServices@KnoxCounty.org

2022 Senior Walks from Knox County Senior Services

November 15th … Lakeshore Park Walk at 10:00 AM.,
December 13th … Christmas Lights Walk at Founders Park at 5:30 PM.

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