Bingo at Halls!

There will be no fee and no gifts needed to play. Our featured sponsor will call Bingo and provide a coverall prize. The winner of each game gets their name put in the pot for a chance to win one of three $10 gift card prizes. Participants can only win one $10 gift card and everyone is eligible to win the coverall prize. $10 gift cards are donated by a variety of sponsors along with their service information.

Come fill the room and let’s have fun playing Bingo again!

July 5th at 10 AM
August 2nd at 10 AM

Bush Beans Field Trip

Museum, Café and General Store

Friday, August 18th
Bus departs at 9:00 AM
Museum—FREE
Lunch on your own at the café.

Plenty of seating/benches inside and outside.

Call 865-922-0416 to sign up.

Knox County Senior Centers will be closed on Tuesday, July 4th.

HAPPY 4th of July!

Crafts with Susanne

Join us for Crafts with Susanne either in person or via Zoom.

Tuesday, August 1st, 10 AM
Wood Bead Pots

Tuesday, August 15th 10 AM
Mini Book Stack

Call 865-922-0416 to register.

Zumba Gold

Friday 11:15—12:15
$5.00 per session

Wear supportive sneakers. Bring a towel and water.

Low impact…. High Fun!!

Class focuses on all elements of cardiovascular, muscular conditioning, flexibility and balance.

NEW
Pickleball

Pickleball at the center is now complete open play. No need to sign up just jump in line and everyone will have an opportunity to play.

Tuesday, Wednesday, Thursday and Friday 1:00-4:00

SAIL CLASS

Monday & Wednesday
8:30-9:30 AM

No class on first Wednesday of the month and will have an additional class on Friday that week.

SAIL (Stay Active and Independent for Life) is a strength and balance exercise for all shapes, sizes and levels of fitness.

Culvers Field Trip

Food was delicious, custard was yummy, BUT the conversation and laughs were the BEST!

Gnome Garden with UT Gardens Staff

Tuesday, July 25, 2023
@ 1:00 pm

COST: $10.00/person (includes all materials and you get to take the fairy/gnome garden home) If you would like to bring some of your own items to add to your fairy/gnome garden, please do!

PAYMENT TYPE: Cash (exact change please) or check Minimum of 10 people must be signed up, maximum 16 people.

You must RSVP for this event—call 865-922-0416.

Senior Information and Referral

Wendy Skiles will be here to provide individual assistance to our seniors. If you have questions, she would love to help find the answers!

July 17th, 10-12
and August 21st—10-12

Cardio Drumming

Try this fun, half hour, upper body class to the oldies!

All equipment is supplied, just bring yourself and be ready for some fun.

Book Club

Current reading is The Passenger by McCarthy. Next meeting is July 12 at 11 AM.
July/August 2023

Axonics Therapy
July 26th @ 1:00 PM
Refreshments and games!
Axonics Therapy is an advanced treatment solution for overactive bladder, incontinence, urinary retention.

Tech Smart Knox Seniors
Get a new Chromebook for $25 and learn how to use it!
If you are 60 or older and interested in learning practical computer skills to meet your needs in this current electronic age, sign up for the training today. CAC will offer 15 hours of training, 3 hours a day for 5 days, and after the completion of this training you will go home with a new Chromebook, bag and mouse pad for only $25.
Our first class at Halls Senior Center was a huge success! Call (865-922-0416) to be placed on the waiting list for future classes.

Chip anyone?

Field Trip to South Knoxville Senior Center
July 18th
Bus leaves @9:30 AM
Crafts with Susanne/glass trivet. Tour senior center and lunch on your own at Love That BBQ.

Ice Cream Social
August 24th @2:30 p.m.
Sign up in the office.

Beginner Line Dance $2
Wednesday, 10:00 AM
Intermediate Line Dance $2
Wednesday at 11:00 AM

Looking for Canasta players!
Tuesday 12:30-3:00 PM

Ping Pong
Monday 1-4:30
Tuesday 8-9:30
Thursday 8:00-9:30
Friday 8:00-12:00 (except 1st Friday)
How CNS Can Help

- **No-cost claims assistance** with tax-free monetary settlements of up to $400,000
- **Compassionate in-home health care** at no cost to you or your family
- **Access to DOL health benefits** and home modifications
- **Employment opportunities and benefits** for family members providing care

Please RSVP to 423-251-1747.

Thank you Sharon C. for sharing your project with us.

We love your for others!

Flower vases made for Random Acts of Flowers for memory care patients.
Halls Quilters

Log Cabin Star R W B Lap Quilt

D55” by 55” square
Cost: $175

Garden Flower Quilt

60” by 80” twin
Cost: $175

Garden Flower Quilt

61” by 66”
Cost: $125

For more information on our quilting group or to purchase a quilt contact the Halls Senior Center at 865-922-0416.
**July 2023**

*Daily schedule remains the same. Special events are listed by date.*

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tbody>
<tr>
<td>8:00-4:30 Billiards Darts</td>
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<td>9:30 Rook</td>
<td>10:00 Quilting</td>
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<td>10:00 Pinochle</td>
<td>12:00 Mexican Train Dominoes</td>
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<td>10:00 Euchre</td>
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<td>10:00 Exercise Class</td>
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<td>11:00 Intermediate Line Dance</td>
<td>12:00 Rummikub</td>
<td>11:00 Art/Craft Social</td>
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<td>11:15 Shabashi Class</td>
<td>1:00-4:00 Pickleball</td>
<td>11:00 Cardio Drumming</td>
<td>12:00 Rummikub</td>
<td>11:15 Zumba Gold</td>
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<td>11:45 Stability Class</td>
<td>3:00 Virtual Bingo</td>
<td>1:00 Bridge</td>
<td>1:00 Cardio</td>
<td>12:00 Mexican Train Dominoes</td>
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<td>3</td>
<td>Closed for Independence Day.</td>
<td>Bingo</td>
<td>CNS Cares Luncheon for former DOE Retirees</td>
<td>Additional Sail Class Ping Pong 10-12</td>
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<td>17</td>
<td>Senior Walk @ UT Gardens/Third Creek Greenway, Calhoun's after walk. RSVP 865-288-3761. Field Trip/South Knox Sr. Ctr. Glass trivet craft &amp; tour. Lunch on your own @ Love that BBQ.</td>
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<td>31</td>
<td></td>
<td>26 Axonics Therapy July 26th @ 1:00 PM Refreshments and games!</td>
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## August 2023

### Halls Senior Center
4405 Crippen Road, Knoxville, TN 37918
Phone: 865-922-0416
www.knoxcounty.org/seniors/

### Center Hours—M-F
8:00 AM-4:30 PM

*Daily schedule remains the same. Special events are listed by date.

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### Special Events

**1. Crafts w/Susanne Wood Bead Craft 10 AM**

**2. BINGO 10:00 a.m.**

**3. Happy Birthday U.S. Coast Guard**

**4. Additional Sail Class Ping Pong 10-12**

**7. National Purple Heart Day**

**8. Senior Walk/Concord Park Trail 9:00 AM. Fruition Café for lunch. RSVP to 865-288-3761. Crafts w/Susanne Mini Book Stack 10 AM**

**9. Look at that sweet face!**

**15. Senior Information and Referral 10-12 National Senior Citizens Day**

**23. Trivia w/Caroline from Quality Home Health @11:00 AM**

**24. Ice Cream Social @ 2:30 P.M. (sign up in the office)**

**25. Bush Beans Field Trip 9:00 a.m. Call to register 865-922-0416.**

**28. Summer Fun**

**29. Ice Cream Social @ 2:30 P.M. (sign up in the office)**

**30. National Senior Citizens Day**

**31. Summer Fun**
Field trip to South Knoxville Senior Center

Trivet craft with Susanne, tour center and lunch on your own at Love that BBQ!

July 18th, Bus leaves at 9:15 AM
RSVP at the front desk or call 865-922-0416

This trivet is simple to make and customize for holidays, seasons, or gifts!

Bring a 10”x10” piece of fabric or use one of our holiday themed ones. All other supplies will be provided!
Crafts with Susanne Presents:

Make some adorable wooden bead flowers of your own!

August 1st at 10 AM
RSVP at the front desk or call 865-922-0416

$3.00 needed for this craft.
Crafts with Susanne Presents:

Don’t you want your own Mini Book Stack?! Let’s make one!

August 15th at 10 AM
RSVP at the front desk or call 865-922-0416

$2 needed for this craft
Grandparents as Parents
School Supply Drive

Donate

- crayons
- colored pencils
- earbuds
- headphones
- composition notebooks
- plastic folders
- spiral notebooks
- glue sticks
- pencils
- pencil boxes
- dry erase markers
- backpacks with computer compartments
- glue
- red/green pens
- tissue boxes
- Ziploc bags
- highlighters

Donations accepted July and August 2023
Drop off donations at any
Knox County Senior Center
O’Connor Senior Center | 611 Winona Street
Corryton Senior Center | 9331 Davis Drive
Halls Senior Center | 4405 Crippen Road
Karns Senior Center | 8042 Oak Ridge Hwy
South Knoxville Senior Center | 6729 Martel Lane
West Knox Senior Center | 239 Jamestown Blvd. Suite 101

Call the Grandparents as Parents program for more information.
865-524-2786
21st August
Happy Senior Citizen’s Day

Gray Hairs Are a Proof That You Have Earned the Most Valuable Thing in Life and That Is Called Experience Which Comes With Age....

Happy Senior Citizen’s Day
Bush’s Museum, Café and General Store.

August 18th

Bus departs at 9:00 a.m.
Museum—FREE
Lunch on your own at their cafe.

Plenty of seating/benches inside and outside.

Sign up in the office or call 865-922-0416.
Line Dance

Beginner Class—$2
Wednesday 10:00 AM

Intermediate Class—$2
Wednesday at 11:00 AM
Ice Cream Social

Ice cream, whipped cream, nuts, sprinkles and cherries.
BYOB your own banana.

August 24th @ 2:30 p.m.
Sign up in the office.
FAIRY GNOME GARDEN

Come join the UT Gardens staff in creating a miniature landscape known as a Fairy/Gnome Garden that brings enchantment of nature into your home. What is a Fair/Gnome Garden you ask? Well, they are adorable little worlds that take thought, time, and creativity to make. Miniature decorative gardens, generally consisting of small plants and tiny (often hand-made) accessories designed to spark imagination and bring a wonderful, enchanted world of “fairies/gnomes” to life. They can be created outside in containers, or with in-ground plants, or they can be created in smaller containers for enjoying indoors. You can plant flowers, herbs, or even grow succulents in this fanciful space.

For those who are always exploring ways to express their creativity, creating the perfect fairy/gnome garden is a great way to accomplish that. You can create a whole little world that is artistic and unique. The possibilities are endless, and you get to choose whatever items you wish to put in them. Fairy gardens are also a fantastic way to garden for those who enjoy plants but do not necessarily have enough space for a big garden, or enough patience to care for vegetables. They can be indoor or outdoor gardens. A hobby that can often become addictive.

**DATE:** Tuesday, July 25, 2023  
**TIME:** 1:00pm  
**WHERE:** Halls Senior Center, 4405 Crippen Road  
**COST:** $10.00/person (includes all materials and you get to take the fairy/gnome garden home) *If you would like to bring some of your own items to add to your fairy/gnome garden, please do!*  
**PAYMENT TYPE:** Cash (exact change please) or check  
**MINIMUM OF 10 PEOPLE MUST BE SIGNED UP, MAXIMUM 16 PEOPLE**  
**YOU MUST RSVP FOR THIS EVENT – call 865-922-0416.**
Stay Active & Independent for Life (SAIL)

A strength, balance, and fitness

- It works...you'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls.
- It's safe...the instructors are experienced and skilled, and exercises have been tested with seniors.
- It's fun...you'll meet other seniors & make new friends

SAIL Class
8:30 — 9:30
Monday & Wednesday

Build your balance, prevent falls, and be fit and fall proof.
Halls Senior Center introduces.

ZUMBA®

gold

Fridays - 11:15 a.m. -12:15 p.m. (starts May 19TH)

$5.00 per session

No Dance Experience Necessary!
Wear Supportive Sneakers. Bring A Towel and Water.

Water and water.

Zumba Gold is perfect for older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

Enjoy the same Latin music driven format. The design of the class introduces easy-to-follow Zumba Choreography that focuses on a range of motion and coordination.

Class focuses on all elements of fitness:
Cardiovascular, muscular conditioning, flexibility and balance.

Low Impact ....High Fun!!
The step-thru design and swivel seat make the task of sitting and getting into position comfortable and safe for many users. The low impact motion is a great way for us to move our upper and lower body so we can exercise and feel better! We would be happy to get you started if you need assistance.
SCAM ALERT

Financial exploitation can occur in a variety of ways. Be safe and don’t give out personal information to anyone you don’t know.

Some common SCAMS include:

* IRS Scams  * Mortgage Scams
* Securities/Investment Scams  * Real Estate Scams
* Romance Scams  * Mail Delivery Scams
* Lottery Scams  * Gift Card Scams

AARP Fraud Watch Network Helpline:  877-908-3360

Our toll-free service is available Mon. - Fri., 8 a.m. to 8 p.m. ET
Halls Senior Center will be closed on Tuesday, July 4th
KNOX COUNTY SENIOR SERVICES WALK
JULY 18TH @ 9:30

The UT Gardens – Knoxville Guided Tour
and Third Creek Greenway Walk

Join Dustin and Lauria and get ready for a truly enchanting experience as we gather at the entrance to UT Gardens for a guided walking tour of UT Gardens proudly sponsored by Caris HealthCare.

We kindly ask you to RSVP, securing your place on this exclusive tour limited to 20 spots. Reach out to us at (865) 288-3761 or via email at SeniorServices@knoxcounty.org to secure your spot. Don’t delay, as parking passes are limited and in high demand.

Prepare to be captivated as we delve into the breathtaking beauty of UT Gardens. Moreover, we have an extra treat in store for you! Caris Representative, Casey Parker, will be joining us on this unforgettable stroll.

Directions
UT Gardens Address: 2518 Jacob Drive, Knoxville, TN 37996

Visitor parking is directly across from the entrance to the UT Gardens and is marked with signs for “2-Hr Visitor Parking.” The 2-Hour Visitor Parking spaces do not require parking passes. We will have 20 additional Parking Passes available for those who sign up that will be given to you upon arrival to display in your car dash.

After the tour and walk, join us for lunch afterwards at:

Calhoun’s On The River: 400 Neyland Dr, Knoxville, TN 37902

CARIS healthcare
Why not start your day with a walk beside waters blue?! Join Carole and Darrell for a morning walk with sights of Summer...Sailboats, ducks, fishing, swimming, and volleyball all along the Concord Greenway.

We will walk approximately 3 miles which will include the recently completed pedestrian bridge. We are starting extra early to beat the summer heat but still remember to bring your hydration!

We love to support our local businesses! We will be gathering at Fruition Cafe @ 129 W. End Ave, 37934 for a bite afterwards.

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