**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 a gift card or other 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!

**September 6th at 10 AM**  
**October 4th at 10 AM**

---

**Crafts with Susanne**

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

**September 5th, 10 AM**  
**Clothes Pin Craft**

**October 3rd 10 AM**  
**Textured Pumpkin**

Call 865-922-0416 to sign up.

---

**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.

**Sept 28th — FREE CLASS**

Drawing for a price and cookies!

---

**Knox County Senior Centers will be closed on Monday, September 4th for Labor Day!**
Pickleball
Tuesday, Wednesday, Thursday and Friday 1:00-4:00 PM

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.

Want to learn how to play Mahjong?
Join us on Mondays @ 1:00 PM.

Halloween Party
October 31st
11:00 AM
Wear your costume and join us for a snack party.

Flu, Shingles Covid boosters and Pneumonia shots!
Oct. 4th
10:30 AM-12:30 PM
You must register by Oct. 2 for all shots.

Reams
DRUG STORE

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!

September 18th, 10-12
and October 23rd—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.
Thursdays
at 1 PM

AARP Smart Driving Course
Sept. 28, 12 - 4:00 PM and
Sept. 29, 9:00 AM - 1:00 PM
United Healthcare Medical Healthcare Insur.—class is free.
AARP members—$20
AARP nonmembers $25

Book Club
Next meeting is on September 6th
@ 11 AM. Book is: One for the Blackbird One for the Crow by Olivia Hawker
Drop off your old serviceable eyeglasses and we will get them to a local eye center to go to someone in need!

Axonics Therapy
October 11th @ 1:00 PM
Refreshments and games!
Axonics Therapy is an advanced treatment solution for overactive bladder, incontinence and urinary retention.

Mexican Train Dominoes
Monday & Friday @ Noon

Are you Eligible for Tax Relief or Tax Freeze?
State of Tennessee Senior Tax Relief program and the Disabled Veteran Tax Relief program.
October 3rd @ 10:00 a.m.
(see attached flyer for more information)

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
cancelation

Carver’s Orchard & Apple House Restaurant
October 20th, Bus leaves @ 9:30 AM
$10 for bus and lunch on your own @ Apple House Restaurant
Register at 865-922-0416.
September/October 2023

**Cross Stitching**

October 9th
11:00 AM—1:00 PM
All materials provided!

**Cooking with Commodities**

Sept. 22nd
@ 1:00 PM
Join us in the kitchen and learn how to make a salmon patty meal on a budget.

**Beltone**

September 15th
9:00-11:30 AM
Call 865-922-0416 for appointment to get your hearing tested or get your hearing aids cleaned!

---

**Medicare Questions?**

MaryAnne Griffin
*Core Insurance Advisors*
Every 1st Tuesday each month
11:00 AM—1:00 PM

- Oct. 10th 10:00-11:30 AM
  Humana ANOC (Annual Notice of Change)

- Oct. 17th 10:00-11:30 AM
  Cigna Medicare HMO Seminar

- Oct. 24th 10:00-11:30 AM
  Humana Gold Plus Seminar

Can’t make seminar call MaryAnne for appointment at 865-300-3958

---

**I DO NOT LIKE GREEN PRUNES AND BRAN... I DO NOT LIKE THEM, SAM-I-AM...**

...THE LATER YEARS
### September 2023

#### Center Hours—M-F 8:00 AM-4:30 PM

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

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-4:30 Billiards Darts &amp; Darts</td>
<td>8:00-4:30 Billiards &amp; Darts 8:30-9:30 SAIL Class</td>
<td>8:00-4:30 Billiards &amp; Darts &amp; Darts 8:00-9:30 Ping Pong</td>
<td>8:00-4:30 Billiards &amp; Darts &amp; Darts 8:30-9:30 SAIL Class</td>
<td>8:00-4:30 Billiards &amp; Darts &amp; Darts 8:30-9:30 SAIL Class</td>
</tr>
<tr>
<td>9:00 Scrapbooking</td>
<td>8:00-9:30 Ping Pong</td>
<td>9:30 Rook</td>
<td>8:00-9:30 Ping Pong</td>
<td>8:00-9:30 Ping Pong</td>
</tr>
<tr>
<td>10:00 Bridge</td>
<td>10:00 Hand &amp; Foot</td>
<td>10:00 Hand &amp; Foot</td>
<td>10:00 Quilling</td>
<td>10:00 Quilling</td>
</tr>
<tr>
<td>10:00 Pinoche</td>
<td>10:00 Exercise Class</td>
<td>10:00 Beginner Line Dance</td>
<td>10:00 Exercise Class</td>
<td>10:00 Exercise Class</td>
</tr>
<tr>
<td>10:00 Exercise Class</td>
<td>12:00 Mexican Train Dominoes</td>
<td>11:00 Intermediate Line Dance</td>
<td>11:00 Polynesian Dance</td>
<td>11:00 Polynesian Dance</td>
</tr>
<tr>
<td>11:15 Stability Class</td>
<td>12:30 Canasta</td>
<td>12:00 Intermediate Line Dance</td>
<td>12:00 Rummikub</td>
<td>12:00 Rummikub</td>
</tr>
<tr>
<td>12:30 Mahjong</td>
<td>1:00 Rook</td>
<td>1:00 Bridge</td>
<td>1:00 Cardio</td>
<td>1:00 Cardio</td>
</tr>
<tr>
<td>1:00 Rook</td>
<td>1:00-4:00 Pickleball</td>
<td>1:00 Rook</td>
<td>1:00 Drumming</td>
<td>1:00 Drumming</td>
</tr>
<tr>
<td>1:00 Ping Pong</td>
<td>3:00 Virtual Bingo</td>
<td>1:00-4:00 Pickleball</td>
<td>1:00-4:00 Pickleball</td>
<td>1:00-4:00 Pickleball</td>
</tr>
</tbody>
</table>

**Sunday, Sept. 24th**

**Gold Star Mother’s Day**

- Closed

**Labor Day**

- Closed

### September 2023 Events

- **September 4th**
  - Closed

- **September 5th**
  - 10:00 AM Crafts w/Susanne
  - Clothes Pin Craft

- **September 6th**
  - 10:00 AM Medicare Q&A/
  - MaryAnne/CORE Insur
  - 11 AM—1 PM Book Club @ 11:00 AM

- **September 7th**
  - 10:00 AM Additional SAIL Class @ 8:30 AM
  - Grandparents Day Snacks @ 11:30 AM

- **September 11th**
  - 11:00 AM Fall Cookout
  - Pulled pork sandwich, sides & cookies. RSVP to attend 865-922-0416.

- **September 12th**
  - 11:30 AM Trivial Pursuit
  - 9 AM—12 Noon

- **September 13th**
  - 1 PM "Who are you walking ON?" Graveyard Forensics
  - By Art Bohanan

- **September 14th**
  - 11:00 AM Socially Nutritious
  - A Virtual Social Supper Club for Older Adults
  - 11:30 AM Refreshments and games!

- **September 15th**
  - 9:00-11:30 AM Beltone
  - 9:00 AM—11:30 AM Call 865-922-0416
to schedule appt.

- **September 18th**
  - U.S. Air Force Birthday
  - 10-12 Senior Info. & Referral

- **September 19th**
  - 9:30 AM Senior Walk/
  - Maryville Greenway
  - @ 9:30 AM and then to Yassin’s Falafel
  - House for lunch. RSVP 865-288-3761

- **September 20th**
  - Socially Nutritious
  - A Virtual Social Supper Club for Older Adults
  - 11:30 AM Refreshments and games!

- **September 21st**
  - 1 PM Trivial Pursuit
  - 9 AM - Noon

- **September 22nd**
  - 1:00 PM Cooking with Commodities
  - @ 1:00 PM

- **September 25th**
  - Monday Movie Matinee 1:00 PM
  - Pride & Prejudice
  - Popcorn provided.

- **September 26th**
  - It’s Fall Ya’ll

- **September 27th**
  - AARP Smart Driver Course
  - 12-4 PM

- **September 28th**
  - AARP Smart Driver Course 9-1 PM
  - ZUMBA Gold 11:15 AM FREE class today,
drawing for a prize and delicious cookies!
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-4:30 Billiards &amp; Darts</td>
<td>8:00-4:30 Billiards &amp; Darts</td>
<td>8:00-4:30 Billiards &amp; Darts</td>
<td>8:00-4:30 Billiards &amp; Darts</td>
<td>8:00-4:30 Billiards &amp; Darts</td>
</tr>
<tr>
<td>8:30-9:30 SAIL Class</td>
<td>8:00-9:30 Ping Pong</td>
<td>8:30-9:30 SAIL Class</td>
<td>8:00-9:30 Ping Pong</td>
<td>8:00-9:30 Ping Pong</td>
</tr>
<tr>
<td>9:00 Scrapbooking</td>
<td>10:00 Hand &amp; Foot</td>
<td>10:00 Hand &amp; Foot</td>
<td>10:00 Quilting</td>
<td>(except 1st Friday)</td>
</tr>
<tr>
<td>10:00 Bridge</td>
<td>10:00 Exercise Class</td>
<td>10:00 Beginner Line Dance</td>
<td>11:00 Exercise Class</td>
<td>10:00 Euchre</td>
</tr>
<tr>
<td>10:00 Pinochle</td>
<td>12:00 Mexican Train Dominoes</td>
<td>11:00 Intermediate Line Dance</td>
<td>12:00 Polynesian Dance</td>
<td>11:00 Art/Craft Social</td>
</tr>
<tr>
<td>10:00 Exercise Class</td>
<td>12:30 Canasta</td>
<td>11:00 Bridge</td>
<td>12:00 Rummikub</td>
<td>12:00 Zumba Gold</td>
</tr>
<tr>
<td>11:15 Chair Yoga or Shabashi Class</td>
<td>1:00-4:00 Pickleball</td>
<td>1:00 Bridge</td>
<td>1:00 Cardio Drummimg</td>
<td>12:00 Mexican Train Dominoes</td>
</tr>
<tr>
<td>11:45 Stability Class</td>
<td>3:00 Virtual Bingo</td>
<td>1:00 Rook</td>
<td>1:00-4:00 Pickleball</td>
<td>12:30 Cribbage</td>
</tr>
<tr>
<td>12:30 Mahjong</td>
<td>10:00-12:00 Ping Pong</td>
<td>1:00-4:00 Pickleball</td>
<td>8:00-9:30 Ping Pong</td>
<td>1:00-4:00 Pickleball</td>
</tr>
<tr>
<td>1:00 Rook</td>
<td>10:00 Hand &amp; Foot</td>
<td>8:00-9:30 Ping Pong</td>
<td>8:00-9:30 Ping Pong</td>
<td>10:00 Hand &amp; Foot</td>
</tr>
<tr>
<td>11:00 Canasta</td>
<td>10:00 Exercise Class</td>
<td>10:00 Beginner Line Dance</td>
<td>11:00 Polynesian Dance</td>
<td>10:00 Exercise Class</td>
</tr>
<tr>
<td>1:00-4:00 Pickleball</td>
<td>12:00 Mexican Train Dominoes</td>
<td>11:00 Intermediate Line Dance</td>
<td>12:00 Rummikub</td>
<td>11:00 Polynesian Dance</td>
</tr>
<tr>
<td>3:00 Virtual Bingo</td>
<td>1:00 Bridge</td>
<td>1:00 Bridge</td>
<td>1:00 Cardio Drummimg</td>
<td>12:00 Rummikub</td>
</tr>
<tr>
<td>8:00-4:30 Billiards &amp; Darts</td>
<td>10:00 Hand &amp; Foot</td>
<td>10:00 Beginner Line Dance</td>
<td>11:00 Intermediate Line Dance</td>
<td>1:00-4:00 Pickleball</td>
</tr>
<tr>
<td>8:30-9:30 SAIL Class</td>
<td>12:00 Mexican Train Dominoes</td>
<td>11:00 Bridge</td>
<td>1:00 Bridge</td>
<td>8:00-9:30 Ping Pong</td>
</tr>
<tr>
<td>9:00-9:30 Ping Pong</td>
<td>12:30 Canasta</td>
<td>1:00 Rook</td>
<td>1:00 Bridge</td>
<td>8:00-9:30 Ping Pong</td>
</tr>
<tr>
<td>10:00 Hand &amp; Foot</td>
<td>1:00-4:00 Pickleball</td>
<td>1:00 Rook</td>
<td>1:00 Rook</td>
<td>8:00-9:30 Ping Pong</td>
</tr>
<tr>
<td>10:00 Exercise Class</td>
<td>3:00 Virtual Bingo</td>
<td>1:00-4:00 Pickleball</td>
<td>8:00-9:30 Ping Pong</td>
<td>1:00 Rook</td>
</tr>
<tr>
<td>12:00 Mexican Train Dominoes</td>
<td>12:30 Canasta</td>
<td>1:00 Bridge</td>
<td>1:00 Bridge</td>
<td>10:00 Hand &amp; Foot</td>
</tr>
<tr>
<td>12:30 Canasta</td>
<td>1:00-4:00 Pickleball</td>
<td>1:00 Bridge</td>
<td>1:00 Bridge</td>
<td>10:00 Exercise Class</td>
</tr>
<tr>
<td>1:00-4:00 Pickleball</td>
<td>3:00 Virtual Bingo</td>
<td>1:00 Bridge</td>
<td>1:00 Bridge</td>
<td>10:00 Exercise Class</td>
</tr>
<tr>
<td>3:00 Virtual Bingo</td>
<td>12:30 Canasta</td>
<td>1:00-4:00 Pickleball</td>
<td>12:00 Mexican Train Dominoes</td>
<td>12:30 Canasta</td>
</tr>
</tbody>
</table>

**October 2023**

**Halls Senior Center**

4405 Crippen Road, Knoxville, TN 37918

Phone: 865-922-0416

www.knoxcounty.org/seniors/

*Daily Schedule Remains the Same. Special Events are Listed by Date.*

**Center Hours—M-F**

8:00 AM-4:30 PM

---

**Monday Movie Matinee 1:00 PM**

Edward Scissorhand Popcorn provided.

**Happy Halloween**

11:00 AM Wear your costume! Snacks provided.

---

**Saturday, October 14th**

**Senior Tax Relief 10:00-11:30**

Crafts w/Susanne @ 10:00 AM Medicare Q&A/Mary-Anne/CORE Insur. 11-1.

**Senior Walk/Ijams & Forks of the River Walk @ 10:00.** Bring a brown bag lunch. RSVP to 865-288-3761.

**Humana ANOC (Annual Notice of Change) presentation.**

**Cigna Medicare HMO Adv. Plan Seminar w/ MaryAnne/CORE Insur. 10-11:30 AM ON THE 17th!**

**Cigna Medicare HMO Adv. Plan Seminar w/ MaryAnne/CORE Insur. 10-11:30 AM**

**Trivial Pursuit 10:30 AM**

**U.S. Navy Birthday Oct. 13th**

**Carvers Apple Orchard - Bus leaves 9:30 AM**

---

**Flu Shots here at the center. Call 865-922-0416**

**ON THE 17th!**

**10:00 AM**

**Happy Halloween**

11:00 AM Wear your costume! Snacks provided.
Ijams & Forks of the River Walk

Date: Tuesday, October 17, 2022
Time: 10:00 AM
Location: Ijams Nature Center, 2915 Island Home Ave., Knoxville, TN 37920

Join us on Tuesday, October 17 when we will begin by walking a portion of the Will Skelton Greenway spanning through Ijams Nature Center and Forks of the River Wildlife Management area operated by TWRA (Tennessee Wildlife Resource Agency). This walk will be approximately 3 miles in length. We will meet up at the Ijams Welcome Center (2915 Island Home Ave) at 10:00 AM. The walk will be over paved and graveled trails. There are few places to sit and rest along the way but be prepared for some walking. Wear appropriate footwear and bring bottled water for hydration. Feel free to bring a brown bag lunch and enjoy Ijams Nature Center after the walk. This walk will be lead by Darrell Gooding, Coordinator at West Knox County Senior Center and Eilene Collins, Floating Assistant. To RSVP call 865-288-3761 or email Senior.Services@KnoxCounty.org.
September 27th  
Bus leaves @ 9:30 AM

Cost: Bus—$9.00  
Lunch on your own at the café.  
(delicious sandwiches and shakes)

Limited seating call  
865-922-0416  
to sign up.

The Farm:

Sweetwater Valley Farm was part of the revolutionary land granted to General William Ballard Lenoir and was settled in the early 1800’s. It lies in the town of Philadelphia, Tennessee which holds the distinction of being the southernmost town controlled by the Union during the Civil War. At the turn of the twentieth century, it became a dairy farm, with the original dairy barn built on the farm in 1917. Several owners spent their time tending the land and raising dairy cows on the farm over the last century.

John and Celia Harrison purchased interest in the dairy farm in 1987, and became the sole owners of Sweetwater Valley Farm in 1992. John started producing cheese in 1998 using the milk from his cows. Throughout the early 2000s, both the herd of dairy cows and the cheese operation continued to grow. In 2018, Sweetwater Valley Farm became Tennessee’s first Lely XL Dairy Farm, milking 500 cows with Robotic Technology. Today, Sweetwater Valley Farm is a diversified farming operation that serves as home to over 1,500 dairy cows and multiple beef cows, as well as a source of crop production and farmstead cheese.
Senior Walk—Maryville Greenway

**Date:** September 19th, 2023  
**Time:** 9:30 AM

**Location:** Springbrook Pavilion  
**Distance:** Two miles.  
1561 Dalton Street Alcoa, TN 37701

Join Judy and April for a senior walk at the Maryville Greenway. Walk begins at Springbrook Pavilion. These trails have plenty of trees, benches and squirrels everywhere! There are plenty of picnic tables if you want to bring your lunch or you can join us after the walk for lunch on your own or a delicious Mediterranean meal at the locally owned Yassin’s Falafel House and only 5 minutes from our walk. Located at 12 Hamilton Crossing Dr, Alcoa, TN 37701.

If you are interested in attending, please RSVP by calling (865) 288-3761 or emailing seniorservices@knoxcounty.org.
Crafts with Susanne Presents:

So cute and functional! Decoupage a jumbo clothespin for a refrigerator magnet, picture hold and more!

September 5th at 10 AM

RSVP—at the front desk or call 865-922-0416.

Bring your favorite paper and buttons, or choose from our supply.
Crafts with Susanne Presents:

Textured Pumpkins...how cute! Decorate to your own style.

October 3rd at 10 AM
RSVP at the front desk or call 865-922-0416.

Bring your own pumpkin sign and embellishments.
All other supplies will be provided!
Halls Senior Center will be closed Friday, October 13th from 11:30 AM – 4:30 PM for Staff Development.
Knox County Senior Centers will be closed on Monday, September 4th for Labor Day!
Halls Senior Center flu shot day is October 4th from 10:30-12:30 with the shots being administered by a pharmacist from Reams Drug Store. Shingles, Covid Boosters and Pneumonia shots are available but you must sign up for those at least 2 days prior to the shot day. Thank you!

Reams Drug Store is a Family locally owned Drug Store in Powell! We Have Free Delivery in and around the Knoxville area!

Call us at 865-947-5235 for pricing or come by to see us at 604 E Emory Road in Powell TN. We may be able to save you some MONEY on your medicine!!!! We have multiple packaging options available to help you manage your medicine.

Let us provide you with the best service in the Knoxville Area!!!!!
Are you Eligible for Tax Relief or Tax Freeze?

October 3rd @ 10:00 AM

Tax Relief for Elderly & Disabled Homeowners

- Will you be 65 or older on or before December 31, 2023?
- Is your combined 2022 annual income for you, your spouse, and all other owners of the property less than program’s income limit (to be announced on Oct 1, 2023)?

If you answered yes to both questions, then you may qualify for the Property Tax Freeze Program.

Tax Relief for Disabled Veteran & Widow(er) of a Disabled Veteran

Do you or did your spouse have an honorable discharge and a disability as a Veteran in one of the following categories:

- A service-connected disability that resulted in:
  - Paraplegia; OR
  - Permanent paralysis of both legs and lower part of the body resulting from traumatic injury or disease to the spinal cord or brain; OR
  - Loss, or loss of use of, two (2) or more limbs; OR
  - Legal blindness
- A total and permanent disability rating from a service-connected disability.
- A 100% total and permanent disability rating from being a prisoner of war.

If you answered yes to both questions, then you may qualify for the Property Tax Relief Program.

Tax Freeze for Elderly Homeowners

- Will you be 65 or older on or before December 31, 2023?
- Is your combined 2021 annual income for you, your spouse and all other owners of the property less than program’s income limit (to be announced on Oct 1, 2023)?

If you answered yes to both questions, then you may qualify for Tax Freeze.
Carver’s Orchard & Apple House Restaurant
Cosby, TN

October 20th
Bus leaves at 9:30 a.m.

$10 for bus and lunch on your own at the Apple House Restaurant
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.
"S.A.I.L.* DAY IN THE PARK"
FRIDAY, SEPT. 15, 2023
10:00 A.M.

COME JOIN US FOR THE 3RD ANNUAL
S.A.I.L. DAY AT LAKESHORE PARK
FOR A FUN HOUR OF EXERCISE, GREAT MUSIC,
VARIOUS EXHIBITS (SEE BELOW),
FOOD TRUCK, ICE CREAM TRUCK,
RAFFLE DRAWING, & OTHER GIVEAWAYS.

EXHIBITS presented by:

• doTERRA - Leah Crawford
• Equalize Sports & Therapeutic Massage - Ingrid Beverly
• Knox Physical Therapy - Dr. Lee Easley
• Lakeshore Park Conservancy - Juliane Foy
• LifeWave - Ann Lorimer
• The Empirical Herbalist - Ruth Shelton

*Stay Active & Independent for Life
Who are you walking ON?

by Arthur M Bohanan (Author)

September 14th
10:00-11:00 a.m.
Medicare Q & A
Do you have questions about your Medicare plan or Medicare coverage in general? Visit with MaryAnne Griffin of Core Insurance Advisors of Knoxville. She will be offering free consultation and will explore your questions in person at the Halls Senior Center. Monthly Medicare Q&A will be available from 11:00 AM until 1:00 PM each 1st Tuesday of the month.

Oct. 10th @ 10:00-11:30 AM  Humana ANOC (Annual Notice of Change)  
MaryAnne will be presenting ANOC for a Humana Gold Plus plan for 2024. Sales materials and information will be available. Q&A session will follow after the presentations.

October 17th @ 10:00-11:30 AM  Cigna Medicare HMO Advantage Plan Sales Seminar  
MaryAnne will be presenting Cigna HMO Advantage Plan for 2024. Come learn about one of their new plans. Sales materials and information will be available. Q&A session will following after presentation. If you cannot make the meeting, you can make a personal appointment with MaryAnne by calling 865-300-3957.

October 24 @ 10:00-11:30 AM  Humana Gold Plus Sales Seminar  
MaryAnne will be presenting a NEW Humana Gold Plus H4461-040 plan for 2024. Sales and Materials and information will be available. You don’t want to miss this presentation! Q&A session will follow. If you cannot make the meeting, you can make a personal appointment with MaryAnne by calling 865-300-3958.
Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze

If you are 65 or over, own your primary residence, and your income in 2022 was $33,460 or below you may qualify for Tax Relief.

If you are 65 or over, own your primary residence and your income in 2022 was $44,940 or below you may qualify for Tax Freeze. As previously announced, in October 2024 the 2023 income is expected to be $60,000

If you are a Disabled Veteran, Widow(er) of a DV own your primary residence you may qualify for Tax Relief of $680

Applications are open October 5, 2023 — April 5, 2024
You must sign up every year.

Knox County Trustee Justin Biggs and members of his team will be at Knox County Senior Centers in October to meet with you to answer questions and accept your applications.

October 3 at 10 AM Halls Senior Center 4405 Crippen Road Knoxville, TN
October 6 at 10 AM West Knox County Senior Center 239 Jamestown Blvd, Suite 101 Farragut, TN
October 16 at 1 PM Corryton Senior Center 9331 Davis Drive Corryton, TN
October 24 at 10 AM South Knox Senior Center 6729 Martel Lane Knoxville, TN
October 25 at 10:30 A.M. Carter Senior Center 9040 Asheville Highway Knoxville, TN
October 26 10:30 A.M. Karns Senior Center 8042 Oak Ridge Highway Knoxville, TN