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 prize. Participants can only win one prize and everyone is eligible to win the coverall prize. Prizes and 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!
November 1st at 10 AM
December 6th at 10 AM

CAC Office on Aging

SENIOR ANGEL TREE
The Senior Angel Tree kicks off on Monday, November 6th.

- Visit the center from Nov. 6-22.
- Choose a senior and adopt any of their needs.
- Return gifts to the center by NOV. 28th!
Want to volunteer to help wrap presents?
Call RSVP @ 865-524-2786.

Crafts with Susanne
Join us for Crafts with Susanne either in person or via Zoom.
November 14th, 10 AM
Gnome
Susan will teach in person at Halls
December 5 @ 10 AM
Globe Ornament
Call 865-922-0416 to sign up.

Walking Group Social
January 17th, 3-5 PM
Karns Senior Center
8042 Oak Ridge Hwy.
Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information and there will be carpool signup sheet at the social.
Be sure to register for the event at the front desk.

Knox County Senior Centers will be closed on:
November 10th  November 23rd & 24th  December 25th & 26th
November/December 2023

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.

VETERANS please stop by for coffee and doughnuts.
November 9th @ 11:00 AM
Sponsored by WoodmenLife

Veterans Day
is November 11th.
This is a day to honor ALL Veterans who have served in the U.S. Armed Forces.

We would like to honor your Veterans by displaying their photos in our center.

Please stop by the office or contact us at 865-922-0416 for more information.

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
@ 1:00 PM

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!

November 20th, 10-12
and December 18th—10-12

Sail CLASS
Hosted by The American Legion Post 2
Knoxville’s 98th Veterans Day Parade
Friday, Nov. 10th, 2023
10:40 AM
Gay Street
Special guest appearance Challenger and the Budweiser Clydesdales

Ping Pong and Jazzminton
Monday 1:00-4:25 PM
Tuesday 8-9:30 AM
Thursday 8-9:30 AM
Friday 8:00-Noon

Book Club
Next meeting is on November 1st
@ 11 AM. Book is: The Road by Cormac McCarthy
November/December 2023

Trivial Pursuit
Dec. 27th
@ 10:30 AM

Drop off your old serviceable eyeglasses and we will get them to a local eye center to go to someone in need!

Movie Matinee
November 2nd @ 1:30 PM
Invisible

November 27th @ 1:00 PM
Book of Eli

December 11th @ 1:00 p.m.
Last Christmas

December 18th @ 1:00 p.m.
It's A Wonderful Life

Popcorn will be provided.

Mexican Train Dominoes
Monday & Friday @ Noon

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

Canasta

Beginner Line Dance $2
Wednesday, 10:00 AM

Intermediate Line Dance $2
Wednesday at 11:00 AM

Seated Yoga
We are now offering SEATED YOGA @11:15 AM every other week and on the alternating week will be Shabashi. Stability at 11:45 AM on Mondays.

Christmas Dessert Contest
December 20th @ 1:00 PM

Bring your favorite cookie or holiday dessert to be entered in our contest. Dessert voted as “the favorite” wins a $25 gift certificate for Cracker Barrel.

Pictionary
Nov. 15 & Dec. 21
@ 10:30 AM
Signs of Dementia?

with Kay Lorick
November 21st
@10:30 AM

Field Trip
Fantasy of Trees

November 22nd
Bus leaves @ 9:30 AM

Cost $10 Adults,
Seniors $8.00
(purchased at the door).

Lunch on your own at
Bel-Air Grill.

Register at 865-922-0416.

Halls Quilters Sale
(Quilts & Crafts)

Nov. 16th
9:00 AM—12:30 PM

Did you know Knox County has
SIX Senior Centers you can enjoy?

Carter Senior Center 865-932-2939
Corryton Senior Center 865-688-5882
Halls Senior Center 865-922-0416
Karns Senior Center 865-951-2653
South Knoxville Center Senior 865-573-5843
West Knox County Senior Center 865-288-7805

Medicare Questions?
Core Insurance Advisors
Every 1st Tuesday each month
11:00 AM—1:00 PM

Lunch and Learn by
American House

Fall Prevention
And
Balance Screening
Nov. 7th
@ 11:00 AM

RSVP to 865-922-0416.
Halls Senior Center
FITNESS ROOM

We hope to have our new fitness room up and running after the first of the year and we would like to get your feedback on what type of equipment you would like to have available. We also will have a fitness coordinator here every Wednesday to work with you on your fitness plan. Please fill out the survey below and return to the center or fill out a survey next time you are in the center.

Thank you!

Halls Senior Center Survey for FITNESS ROOM (October 2023)

What equipment would you like to have in our Fitness Room? (Circle all that apply)

<table>
<thead>
<tr>
<th>Equipment</th>
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</thead>
<tbody>
<tr>
<td>Treadmill</td>
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<tr>
<td>Elliptical</td>
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<tr>
<td>Seated Rowing Machine</td>
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<tr>
<td>Stationary Bicycle</td>
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<td>Weights</td>
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<td>Stand Alone Press</td>
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<td>Stretching Table</td>
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<td>Bands</td>
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<tr>
<td>Hand weights/Dumbbells</td>
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<tr>
<td>Aerobic Steps</td>
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<tr>
<td>Digital Floor Scale</td>
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<tr>
<td>Vibroplate (Osteoporosis treatment)</td>
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<tr>
<td>Multi-hip Machine (strengthens hips)</td>
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<tr>
<td>Other:</td>
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Return to the Halls Senior Center or complete a survey while in the center. Thank you!
UHC Complete Care Plan for 2024

This is a Chronic Special Needs plan specifically designed for those with Cardiovascular disorders, Chronic Heart Failure, or Diabetes.

Nov. 7th, 10-11 AM

Knitting Circle

December 7th, 1:00-2:00 PM
Beginners welcome!

Financial Fraud and Scam Awareness Presentation and Workshop

Join April Tomlin, Senior Services Manager on Dec. 12th, 10:00 AM-Noon for this important awareness presentation and workshop on how to spot and avoid SCAMS. This is a critical topic because 1 in 5 seniors have been affected by some type of SCAM. It can happen to anyone and it’s only getting worse. We will watch some videos with real life scenarios, discuss the types of SCAMS to watch out for, and even a little quiz at the end. “I hope you will join me in fighting scammers!” April says, “It will be fun and interactive, and you will leave with some great resources.” To sign up for this free and informative presentation and workshop call the Center at 865-922-0416 or stop by the front desk.
## Daily Schedule

**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

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<table>
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### Did you know that Halls Senior Center is a drop off point for worn, tattered U.S. flags?

You can drop them off Monday-Friday, 8:00 AM to 4:30 PM

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### Daily Schedule Remains the Same. Special Events Are Listed by Date.

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<tbody>
<tr>
<td>1 NEW UHC Medicare CHRONIC SPECIAL NEEDS PLAN 10-11 am, Q&amp;A 11 AM—1 PM with Teja/Core</td>
<td>10:00 AM</td>
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<tr>
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### Marine Corp Birthday Nov. 10th

1 Marine Corp Birthday Nov. 10th

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### Senior Angel Tree Begins

Lunch & Learn—Fall Prevention & Balance Screening. NOV 7th @ 11:00 AM RSVP 865-922-0416

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### Chair Yoga, Stability and Shabashi classes CANCELLED.

13 Chair Yoga, Stability and Shabashi classes CANCELLED.

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### Crafts with Susanne. She will teach class here at Halls. 10:00 AM

14 Crafts with Susanne. She will teach class here at Halls. 10:00 AM

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### Pictionary 10:30

15 Pictionary 10:30

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### Music for Seniors presents:

16 Music for Seniors presents:

- Drew Fisher & the Tennessee Stringbusters @ 10:30 AM

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### Senior Info. & and Referral 10-12

20 Senior Info. & and Referral 10-12

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### Signs of Dementia w/Morning Point @ 10:30 AM

21 Signs of Dementia w/Morning Point @ 10:30 AM

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### Field Trip to the Fantasy of Trees $10 Adults, Seniors $8.00 Bus leaves at 9:30. Lunch at Bel Air Grill on your own. Call 865-922-0416 to sign up!

22 Field Trip to the Fantasy of Trees $10 Adults, Seniors $8.00 Bus leaves at 9:30. Lunch at Bel Air Grill on your own. Call 865-922-0416 to sign up!

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### Thanksgiving Day

23 Thanksgiving Day

- We are so thankful for each of you!
- Knox County Senior Centers Closed.

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### Knox County Senior Centers Closed.

24 Knox County Senior Centers Closed.

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###设备

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

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### Center Hours—M-F

8:00 AM-4:30 PM

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### Special Events

- **NOV 7th**
  - Lunch & Learn—Fall Prevention & Balance Screening. NOV 7th @ 11:00 AM
  - RSVP 865-922-0416
- **NOV 10th**
  - Marine Corp Birthday
- **NOV 12th**
  - Senior Angel Tree Begins
- **NOV 15th**
  - Pictionary 10:30
- **NOV 16th**
  - Music for Seniors presents:
    - Drew Fisher & the Tennessee Stringbusters @ 10:30 AM
- **NOV 20th**
  - Senior Info. & and Referral 10-12
- **NOV 21st**
  - Signs of Dementia w/Morning Point @ 10:30 AM
- **NOV 22nd**
  - Field Trip to the Fantasy of Trees $10 Adults, Seniors $8.00 Bus leaves at 9:30. Lunch at Bel Air Grill on your own. Call 865-922-0416 to sign up!
- **NOV 24th**
  - Thanksgiving Day
- **NOV 30th**
  - Knox County Senior Centers Closed.
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1. **Medicare Q&A with CORE**
   
   **11 AM—1 PM**
   
   Crafts with Susanne 10 AM

2. **Field trip**
   
   Corryton Senior Center for Super Seniors Holiday lunch and program. Bus leaves 9:30. Preregister when paying for lunch $6.00.

3. **Senior Walk**
   
   Christmas Lights Walk The Cove at Concord Park @ 5:30 p.m. RSVP to 865-288-3761.

4. **How to Spot and Avoid Scams Workshop**
   
   10-12 AM

5. **Knitting Circle**
   
   1-2 PM (beginners welcome) meets on Thursday, 7th

6. **Monday Movie Matinee**
   
   1:00 PM
   
   *Last Christmas*
   
   Popcorn provided.

7. **Monday Movie Matinee**
   
   1:00 PM
   
   *It’s A Wonderful Life*
   
   Popcorn provided.

8. **Holiday Dessert Contest**
   
   1:00 PM

9. **Pictionary**
   
   10:30

10. **Trivial Pursuit**
    
    Winner gets a prize!

11. **Merry Christmas and Happy Holidays!**

    Knox County Senior Centers Closed.
Hosted by American Legion Post 2

Knoxville’s 98th Veterans Day Parade

Friday, Nov. 10th, 2023
10:40 AM
Gay Street

Special guests: Challenger and the Budweiser Clydesdales
VETERANS please stop by for coffee and doughnuts. November 9th @ 11:00 AM

Sponsored by WoodmenLife
Join April Tomlin, Senior Services Manager on Dec. 7th, 10:00 AM-Noon for this important awareness presentation and workshop on how to spot and avoid SCAMS. This is a critical topic because 1 in 5 seniors have been affected by some type of SCAM. It can happen to anyone and it’s only getting worse. We will watch some videos with real life scenarios, discuss the types of SCAMS to watch out for, and even a little quiz at the end. “I hope you will join me in fighting scammers!” April says, “It will be fun and interactive, and you will leave with some great resources.”

To sign up for this free and informative presentation and workshop call the Center at 865-922-0416 or stop by the front desk.
Halls Quilters

Sale

(Quilts and Crafts)

November 16th
9:00 AM—12:30 PM
Crafts with Susanne Presents:

Fall Gnomes made out of light weight wood. Very versatile. Make an ornament, fall garland, or add to a wreath or other fall decor.

November 7th at 10 AM
RSVP at the front desk or call 865-922-0416.

Bring your own fall fabric or paper to mod podge and any embellishments. All other supplies will be provided!
Crafts with Susanne Presents:

Hydro Dipped Ornaments!
Easy to make and so pretty!

December 5th at 10 AM
RSVP at the front desk or call 865-922-0416.
Super Seniors Holiday lunch and music program
at the Corryton Senior Center

December 12th
Bus leaves at 9:30 am.

Great time to wear your ugly Christmas sweater or a Christmas shirt!

Holiday meal is $6.00 and must be pre-paid when you register in the office.
November 2nd, 1:30 PM
**Indivisible:** Based on the extraordinary lives of Army Chaplain Darren Turner and his wife Heather, whose lives are fully devoted to serving God, family, and country.

November 27th, 1:00 PM
**The Book of Eli:**
Eli (Denzel Washington) walks alone in post-apocalyptic America, carrying the last copy of a book that could become the wellspring of a revived society. Or in the wrong hands, the hammer of despot.

December 11th @ 1:00 PM
**Last Christmas:** A new Rom-Com classic. Kate works as an elf at a year-round holiday shop and faces an endless streak of bad luck and poor decision-making until she meets Tom, a kindhearted man with a mysterious past. It seems like nothing can keep this mismatched couple together, but sometimes you gotta listen to your heart…..and you gotta have faith. Inspired by the music of George Michael.

December 18th @ 1:00 PM
**It’s a Wonderful Life:** One of the most beloved American films ever made. Join us for our Christmas showing of this classic starring Donna Reed and James Stewart.
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.
Knitting Circle

December 7th
1:00-2:00 PM

Beginners welcome!
Teja Cain with Core Insurance will be presenting a new United Healthcare Complete Care Plan for 2024. This is a Chronic Special Needs plan specifically designed for those with [Cardiovascular Disorders, Chronic Heart Failure, or Diabetes].
Veterans Day is November 11th.

This is a day to honor ALL Veterans who have served in the U.S. Armed Forces.

We would like to honor your Veterans by displaying their photos in our center.

Please stop by the office or contact us at 865-922-0416 for more information.
MUSIC for SENIORS

DREW FISHER
& THE TENNESSEE STRINGBUSTERS

Thursday, November 16th
10:30am-11:30am
Halls Senior Center

musicforseniors.org

scan below for free RSVP
Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available. Coordinators from our six senior centers will also be on hand to answer any questions you may have.

Questions? Call (865) 288-3761 or email seniorservices@knoxcounty.org
Fantasy of Trees

Bus leaves at 9:30 AM

Cost: $10 Adults, Seniors $8.00

Lunch on your own at Bel-Air Grill.

SIGN UP IN THE OFFICE OR CALL 865-922-0416.
NEW HARVEST PARK

KNOX COUNTY SENIOR SERVICES

SENIOR WALK

TUESDAY, NOVEMBER 21 @ 10AM

Join us at New Harvest Park (4775 New Harvest Lane, Knoxville 37918) for the walking group’s monthly walk. New Harvest Park features a 1.1-mile scenic walking loop that is both on paved and natural surfaces. The greenway skirts along the wooded hillside and loops back to the parking area. Water and snacks will be provided by Teja Cain with Core Insurance Advisors. Following our walk, join us for some lunch at The Diner at Twister’s (5831 Washington Pike, Knoxville 37918). Be sure to RSVP by leaving a message at 865-288-3761 or you can email seniorservices@knoxcounty.org
Join Susanne, April and Judy for our
Senior Christmas Lights Walk
The Cove at Concord Park
11808 S. Northshore Drive, 37922

December 19th, 5:30 p.m.

RSVP to:
seniorservices@knoxcounty.org
or call 865-288-3761
Holiday Dessert Contest
December 20th @1:00 PM

Bring your favorite cookie or holiday dessert to be entered in our contest. Dessert voted as “the favorite” wins a $25 gift certificate for Cracker Barrel. Sign up in the office or call 865-922-0416.