The Senior Center will be closed on Tuesday, July 4th for Independence Day.

Inside This Edition:

We’ve included hyperlinks below. Just click on the program listing and it will take you to the newsletter page to read more about the program.

July 3 … Field Trip: Tennessee Theater
July 3 … Bingo
July 3 … Music Jam & Ice Cream Social
July 5 … Sew What
July 6 … Meet the Physical Therapist
July 7 … Car Fit
July 10 … Social Worker Outreach
July 10 … Bingo
July 10 … Dementia Care & Support
July 10 … Writing Workshop
July 11 … Medicare Q&A Table
July 11 … Grief Support
July 11 … Medicare Made Simple
July 12 … Cornhole Tournament
July 12 … iPad/iPhone Basics Class Starts
July 13 … Steel Magnolia Book Club
July 14 … Nail Trimming
July 14 … Rummage Sale
July 17 … Bingo
July 17 … American Sewing Guild
July 17 … Dizziness & Balance Workshop
July 18 … Senior Walk: Third Creek Greenway
July 18 … Grief Support
July 18 … Cancer Proton Therapy Presentation
July 19 … Color, Coffee, and Chat
July 19 … Legal Aid of East Tennessee Outreach
July 19 … Cyber Security Class 1
July 20 … Meet the Physical Therapist
July 20 … Lower Back Pain & Sciatica
July 20 … WKCSC Book Club
July 20 … ORICLE Education Program Presentation
July 21 … Android Basics Class
July 21 … Propagation of Various Houseplants
July 24 … Crafting with Callie: Dragonfly Bead Class
July 24 … Bingo
July 24 … Humana Benefits Presentation
July 25 … Your Health & Bone Density
July 25 … Hearing Loss Presentation
July 26 … Cornhole Tournament
July 26 … Blood Pressure Clinic
July 26 … Cyber Security Class 2
July 27 … AARP Smart Driver Class
July 28 … Healthy Cooking Demo & Tasting
July 31 … Bingo
July 31 … Cooking with Laurie: Quinoa

August 1 … Intro to French
August 1 … Intro to Spanish
August 1 … Grief Support
August 2 … Sew What?
August 2 … Cyber Security 3
August 3 … Meet the Physical Therapist
August 4 … Fall Fashion Show
August 7 … Intro to Drawing Class starts
August 7 … Bingo
August 7 … Music Jam & Ice Cream Social
August 8 … Medicare Q&A Table
August 9 … Cornhole Tournament
August 9 … Dental Presentation
August 10 … American Sewing Guild
August 10 … Steel Magnolias Book Club
August 11 … Nail Trimming
August 11 … CPR/AED Certification class
August 14 … Social Worker Outreach
August 14 … Bingo
August 14 … Dementia Care & Support
August 14 … Writing Workshop
August 15 … Senior Walk: Concord Park Greenway
August 15 … Grief Support
August 16 … Mah Jongg Class Starts
August 16 … Color, Coffee, and Chat
August 16 … Legal Aid Outreach
August 16 … Cyber Security Class 1
August 17 … Meet the Physical Therapist
August 17 … WKCSC Book Club
August 18 … Four Pillars of New Retirement
August 18 … Field Trip: Emory Place
August 18 … Walgreens Preventive Vaccination
August 19 … CPR/AED Certification class
August 21 … Bingo
August 21 … Birding and Migration
August 22 … Your Health & Bone Density Part 2
August 23 … Blood Pressure Clinic
August 23 … Cornhole Tournament
August 23 … Cyber Security Class 2
August 24 … AARP Smart Driver Class
August 28 … Bingo
August 28 … Medicare 101 with Humana
August 29 … Parkinson’s Treatment Presentation
August 30 … Cyber Security Class 3
August 31 … iPad/iPhone Beyond Basics
August 31 … McClung Museum Workshop 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
West Knox County Senior Center
239 Jamestowne Blvd., Ste 101, Knoxville, TN 37934
Phone: 865-288-7805
www.knoxcounty.org/seniors

July 2023

Activities on the calendar followed by an “*” have a fee to participate.
Activities listed below in bold please register to participate.

<table>
<thead>
<tr>
<th>Mon (7:00-4:30)</th>
<th>Tue (7:30-4:00)</th>
<th>Wed (7:30-4:00)</th>
<th>Thu (7:30-4:00)</th>
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<tbody>
<tr>
<td>8:45 Tai Chi with Cheryl*</td>
<td>9:00-3:45 Billiards</td>
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<td>8:00 –12:00 Table Tennis</td>
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<td>9:00 SAIL Exercise*</td>
<td>9:30 Internm. Bridge</td>
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<td>9:45 Yang Style Tai Chi*</td>
<td>9:45 Tai Chi with Cheryl*</td>
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<td>10:00 Watercolor Group</td>
<td>9:45 Yang Style Tai Chi for beginners*</td>
<td>10:00 Cardio/Strength/Stretch*</td>
<td>9:00 Chess</td>
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<td>10:00 MJ Group</td>
<td>10:00 Knitting Group</td>
<td>9:30 Watercolor Class*</td>
<td>10:00 Duplicate Bridge</td>
<td>12:30-3:45 Billiards</td>
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<td>12:00 Mexican Train Dominoes</td>
<td>11:00 Trivia</td>
<td>10:00 SAIL Exercise*</td>
<td>11:15 Pilates*</td>
<td>9:30 Ask Jake</td>
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<td>11:15 Chair Yoga Strength*</td>
<td>10:00 Liverpool Rummy</td>
<td>11:45 Pickleball Lessons</td>
<td>10:00 SAIL Exercise*</td>
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<td>12:00 Pickleball</td>
<td>11:00 Spanish Practice</td>
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<td>12:30 Canasta</td>
<td>11:15 Gentle Yoga*</td>
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<td>12:30 Hand &amp; Foot</td>
<td>12:30 Mah Jongg</td>
<td>1:00 Feldenkrais*</td>
<td>12:30 Pinochle</td>
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<td>12:30 Bridge</td>
<td>1:00 Line Dance</td>
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<td>12:50 Feldenkraise*</td>
<td>1:00 Oil Painting Class*</td>
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<td>Independence Day Center Closed</td>
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</table>

The following programs occur weekly:

- 8:45 Tai Chi with Cheryl*
- 9:00-3:45 Billiards
- 10:00 SAIL Exercise*
- 10:00 Watercolor Group
- 12:00 MJ Group
- 12:00 Mexican Train Dominoes

The following programs are non-weekly or specialty programs:

- 3: Independence Day Center Closed
- 4: Independence Day Center Closed
- 5: 1:30 Sew What
- 6: 9:00 Meet the Physical Therapist
- 7: 10:00 CarFit
- 10: 9:00 Social Worker Outreach
- 11: 10:00 Medicare Q&A Table
- 12: 10:00 Cornhole Tournament
- 13: 9:00 American Sewing Guild—Bias Scarf Project
- 14: 10:00 Nail Trimming*
- 15: 10:00 iPad/iPhone Basics*
- 16: 10:00 Blood Pressure Clinic
- 17: 10:00 Cornhole Tournament
- 18: 10:00 Blood Pressure Clinic
- 19: 11:00 AARP Smart Driver*
- 20: 11:00 AARP Smart Driver Class*
- 21: 11:00 AARP Smart Driver Class*
- 22: 11:00 AARP Smart Driver Class*
- 23: 11:00 AARP Smart Driver Class*
- 24: 11:00 AARP Smart Driver Class*
- 25: 11:00 AARP Smart Driver Class*
- 26: 11:00 AARP Smart Driver Class*
- 27: 11:00 AARP Smart Driver Class*
- 28: 11:00 AARP Smart Driver Class*
- 29: 11:00 AARP Smart Driver Class*
- 30: 11:00 AARP Smart Driver Class*
- 31: 11:00 AARP Smart Driver Class*

CarFit Program
Friday, July 7 at 10:00 AM
RSVP by calling 865-215-7103 or Email Emily Tucker at etucker@knoxvilletn.gov

Back Pain & Sciatica Presentation
Thursday, July 20 at 11:00 AM
RSVP

Propagation of Various House Plants Workshop*
Friday, July 21 at 1:30 PM
RSVP

Cyber Security Classes
starting Wednesday, July 19 at 1:30 PM
RSVP
West Knox County Senior Center
239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934
Phone: 865-288-7805
www.knoxcounty.org/seniors

August 2023

Activities on the calendar followed by an “*” have a fee to participate.
Activities listed below in bold please register to participate.

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<tbody>
<tr>
<td><strong>Intro to Drawing Class</strong>&lt;br&gt;Starts on August 7th&lt;br&gt;10:00 AM. Class fee $60 payable to the instructor. RSVP</td>
<td>1</td>
<td>10:30 Grief Support</td>
<td>2</td>
<td>1:30 Sew What&lt;br&gt;1:30 Jake Cyber Security Class (1:3)</td>
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<td>3</td>
<td>9:00 Meet the Physical Therapist</td>
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<td>1:30 Fashion Show</td>
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<td>7</td>
<td>10:00 Intro to Drawing*&lt;br&gt;10:30 Bingo&lt;br&gt;1:30 Music Jam &amp; Ice Cream Social</td>
<td>8</td>
<td>10:00 Medicare Q&amp;A Table</td>
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<td>10</td>
<td>9:00 American Sewing Guild-Placemats&lt;br&gt;1:00 Steel Magnolias Book Club</td>
<td>11</td>
<td>10:00 Nail Trimming*&lt;br&gt;12:00 CPR/AED Certification Class</td>
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<td>14</td>
<td>9:00 Social Worker Outreach&lt;br&gt;10:00 Intro to Drawing*&lt;br&gt;10:30 Bingo&lt;br&gt;1:30 Dementia Care &amp; Support Program&lt;br&gt;1:30 Writing Workshop</td>
<td>15</td>
<td>9:00 Senior Walk: Concord Park Greenway&lt;br&gt;10:30 Grief Support</td>
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<td>17</td>
<td>9:00 Meet the Physical Therapist&lt;br&gt;12:00 WKCS Book Club</td>
<td>18</td>
<td>10:30 Four Pillars of the New Retirement&lt;br&gt;11:00 Field Trip: Emory Place&lt;br&gt;1:30 Preventive Vaccination Clinic (follow-up)</td>
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<td>21</td>
<td>10:00 Intro to Drawing*&lt;br&gt;10:30 Bingo&lt;br&gt;12:30 Am. Sewing Guild&lt;br&gt;1:00 Birding &amp; Migration&lt;br&gt;<strong>National Senior Citizens Day</strong></td>
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<td>1:30 Your Health &amp; Bone Density Discussion (Part II)</td>
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<td>11:00 AARP Smart Driver*</td>
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<td>28</td>
<td>10:00 Intro to Drawing*&lt;br&gt;10:30 Bingo&lt;br&gt;1:00 Medicare 101 with Humana</td>
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<td>1:30 Parkinson’s Treatment Presentation</td>
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<td>31</td>
<td>10:00 iPad/iPhone Beyond the Basics* (1:2)</td>
<td><strong>SUMMER BREAK</strong></td>
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<td><strong>SUMMER BREAK</strong></td>
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</tbody>
</table>

The Programs below are non-weekly or specialty Programs:

- **Intro to Drawing** *(Starts on August 7th)*
- **10:30 AARP Smart Driver** *This program has a fee."
- **11:00 CPR/AED Certification Class**

There will be no Line Dance Classes during the month of August.
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, July 11th
- Tuesday, July 18th
- Tuesday, August 1st
- Tuesday, August 15th

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, July 6th
- Thursday, July 20th
- Thursday, August 3rd
- Thursday, August 17th

You can contact the Center via email to check on seating availability for activities and program. Email: West.SeniorCenter@KnoxCounty.org

Be sure to include in your name, your phone number, and the program you're inquiring about or want to sign up for.

July 3rd … Field Trip: Tennessee Theater
We welcome you to enjoy a free, live concert featuring house organist, Freddie Brabson on the Tennessee Theatre’s Mighty Wurlitzer! Freddie will be joined by various instruments and voices from the O’Connor Senior Center, including some familiar faces you may have seen at West Knox County Senior Center! If you would like to join us in supporting our seniors, please call the Center or stop by the Reception Desk to check on seating availability. Seats are limited for this Monday, July 3rd, 9:30 AM field trip. Transportation provided courtesy of Knox County CAC transit.

July 3rd … Music Jam & Ice Cream Social
Visit with us for an afternoon of country, bluegrass, and gospel music for everyone to enjoy on Monday, July 3rd at 1:30 PM. Bring your musical instrument too or just come and listen to the music. We’ll also be having an ice cream social at the Music Jam. Enjoy an individual cup of chocolate, vanilla, or strawberry ice cream while tapping your feet to the music.

July 7th … CarFit
CarFit is a community-based educational program that promotes continued safe driving and mobility among older drivers by focusing attention on safety, comfort, and fit. CarFit was created in 2006 in collaboration with AAA, AARP, and the American Occupational Therapy Association.

At a CarFit event, drivers will be working with a team of trained technicians to ensure your vehicle fits properly. Staff will not make any changes to your vehicle, though they may recommend adjustments to get the right fit. Each appointment takes about thirty minutes from arrival to departure.

While drivers remain in their car, trained technicians will look at line of sight over the steering wheel, space between the driver and the steering wheel, seat and seatbelt adjustment, comfortable, properly adjusted head restraints, and access and ease of use of the gas and brake pedals.

To schedule your CarFit appointment for Friday, July 7th between 10:00 AM and 1:00 PM, phone 865-215-7103 or email Emily at etucker@kno.xvilletn.gov

Rook Open House all month in July
Feel free to stop in and join the Rook group, learn to play this card game, or visit to enjoy a few hands. Light refreshments served. Previous experience with the game is not required. The group is willing and waiting to help you learn to play. The Rook group meets every Thursday at 12:00 PM.

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934
## 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 trusts 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](http://www.laet.org). Jackson will be at the West Knox County Senior Center from 10:00 AM—12:00 PM on the following days; **Wednesday, July 19th** and **Wednesday, August 16th**. 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](mailto: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, July 10th** and **Monday, August 14th**.

### 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](mailto:Veterans@knoxcounty.org).

#### July 10th … Writing Workshop—Journals, Short Stories, and Beyond!
This workshop is for new, aspiring, and experienced writers. We will explore writing as an exercise of expression and beginning or continue a writing project of your choice. Writing activities and resources will be shared. Our focus include encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop offered on Monday, July 10th at 1:30 PM. Students need to bring a notebook and are welcome to bring a sample of their writing.

#### July 11th … Medicare Made Simple with United HealthCare
Turning 65? Want a friendly guide along the way? Ja’el Michael, your local specialist with United Healthcare Medicare plans, will be making Medicare simple for you with visual aids. Afterwards, she can be a free advocate for you in your healthcare needs. Your questions are most welcome. Snacks provided. To participate in this information program offered on Tuesday, July 11th at 1:30 PM, please call the Center or stop by the reception desk to let us know you’re coming.

#### Dementia Care & Support
**Monday, July 10 at 1:30 PM**
**Monday, August 14 at 1:30 PM**
Join Kim Warnick with Dementia Care Solutions of East Tennessee on the second Monday of July and August at 1:30 PM for an educational series about caring for a loved one with dementia. The program will cover resources to help families and caregivers navigate this journey. There will also be an open forum opportunity for caregivers to share their stories and find support from others in similar situations. Your questions welcome.
**Blood Pressure Clinic**
Karen Russell, LPN with SR 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, July 26th.
- Wednesday, August 23rd.
No appointment necessary.

**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. Everyone plays for the White Elephant gifts. Our sponsors will have some prizes too. To participate, please register at the reception desk or call the Center. Bingo is offered on the following Mondays at 10:30 AM:
- Monday, July 3rd … Maria with BlueDot Cares
- Monday, July 10th … Penny Mayo with Farm Bureau Insurance
- Monday, July 17th … Ja’el Michael with United Health Care
- Monday July 24th … Synergy Home Care
- Monday, July 31st … Karen Russell with SR Medical
- Monday, August 7th … Maria with BlueDot Cares
- Monday, August 14th … Penny Mayo with Farm Bureau Insurance
- Monday, August 21th … Ja’el Michael with United Health Care
- Monday, August 28th … Synergy Home Care

**Nail Trimming**
West Knox County Senior Center will be offering Toenail Trimming with Michelle on the following dates:
- Friday, July 14th,
  Starting at 10:00 AM,
- Friday, August 11th,
  Starting at 10:00 AM
Please call the Center to check on appointment availability. Fee is $13 payable to Michelle.

**iPad/iPhone Basics**
During this four hour workshop you will learn the following: the different iPad and iPhone models, care and charging, buttons on the device, understanding settings, changing the wallpaper, managing apps, searching, and 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 is taught in two sessions; Wednesday, July 12th and Thursday, July 13th 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 Monday, July 10th. Instructor is Barbara Edwards with Social Media 4 Seniors.

**July 12th … Cornhole Tournament**
Laughter and fun return on Wednesday, July 12th as we gather outside at the Center at 10:00 AM to play cornhole. This game’s theme is Drive-In Movies. What was the first drive-in movie you saw? What was your favorite drive-in movie? If you would like to learn to play cornhole, you’re more than welcome to join. If you’ve played before, stop in and show off your skills. We’ll have some prizes to award. To participate please call the Center or stopping by the reception desk.

**July 12th & 13th… iPad/iPhone Basics**

**Your Announcements**
If your Senior Center group has news or announcement you would like to share in the September/October 2023 eNewsletter, please provide information to Darrell before August 4th. You can drop it off at the Reception Desk or email West.SeniorCenter@KnoxCounty.org

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934
July 14 ... Indoor Summer Rummage Sale
We’ll be having an indoor rummage sale on Friday, July 14th from 12:30—3:30 PM. If you want to participate the fee is $2 per table. Each vendor gets one table to display their items for sale. It’s the perfect opportunity to clean out the garage or storage closet, dust off some items and let them find a new life as someone else’s treasure. Items that can be expected to be discovered are art work, glassware, clothing items, jewelry, books, and much more. To participate as a vendor call the Center to inquire on table availability. Join us for our summer rummage sale.

July 17th... Dizziness and Balance Workshop
Falls are the leading cause of accidental injury and death in older Americans—even though these are mostly preventable! Join the Dizziness and Balance Workshop at West Knox County Senior Center on Monday, July 17th at 1:30 PM. Alaina Marino is a physical therapist, orthopedic specialist, and fellow of Orthopedic Manual Therapy and will be presenting on the keys to preventing falls, the simple daily habit that prevents falls and prolongs independence, and the common risk factors you can easily eliminate. We will also cover where dizziness comes from and how to nix that swimmy feeling for good. Don’t miss out on this great session. For planning purposes please call the Center to sign up for this free and informative workshop.

Cyber Security Classes with Jake
Have you ever received an email that requested a lot of money? Money that you know you don’t owe. Or maybe you’ve encountered a computer virus. Nowadays cybercrimes (crimes committed through the internet) are as prevalent as ever. People are robbed of thousands of dollars and loose important files on their computers. Viruses continue to get more sophisticated with every passing day. Social engineering techniques (convincing people to unknowingly download malicious programs or transfer money) are getting harder to spot. And with social media continuing to increase in popularity, it is being abused for malicious intent as well. In these cybersecurity classes offered at 1:30 PM on the following days, you will learn about how these malicious attacks are carried out and how to spot them. This series of classes will be offered again in August. We want to make sure you have the opportunity to attend the one that is most convenient for your schedule. The following topics are:

July 19th … Cyber Security Class I
Participants will learn the importance of cyber security and how to protect themselves while browsing the web. They will also learn about the different types of malware (malicious software) and how to avoid it. Finally, participants will learn to protect their personal information and passwords from cyber criminals. For planning purposes please call the Center or stop by the reception desk to sign up for this free and informative program.

July 26th … Cyber Security Class II
Participants will learn about different internet and phone call scams and the tactics behind them. The class will also inform participants on how to make safe internet purchases. Please sign up at the reception desk or call the Center.

August 2nd… Cyber Security Class III
Participants will learn about good social media etiquette and how to avoid social media scams. They will also learn about different privacy settings to keep their information security.
July 18th … Thompson Proton Center & Proton Therapy Presentation
Covenant Health’s Thompson Cancer Survival Center’s mission is to increase the number of cancer survivors in the communities they serve through education, screening, prevention, clinical research, and providing access to the most advanced treatments, experts, and technology available. Join Nikki Dickson and Shauna Oakley on Tuesday, July 18th at 1:30 PM to learn about the comprehensive, world-class cancer care and free oncology patient support services that Thompson Cancer provides throughout East Tennessee. They will also highlight Covenant health’s most recently added cancer treatment service, Thompson Proton Center and proton therapy, one of the most innovative, precise forms of radiation treatments available. For planning purpose please call the Center at 865-288-7805 or stop by the reception desk to sign up for this free and informative program.

July 19th … Color, Coffee, and Chat
Honey bees are the theme for Wednesday, July 19th at 10:00 AM. Did you know coloring is a healthy way to relieve stress? It calms the brain and helps your body relax. It can improve sleep, reduce fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety. It’s an enjoyable therapeutic activity and a way to make new friends. For planning purposes please call or stop by the reception desk to check on seating availability. Materials provided. Hosted by Cindy Petty.

July 20th … Lower Back Pain & Sciatica
Do you experience back pain or leg pain when you stand or walk? Do you have pain when you sit for long periods or when you’re driving? Does your back ever “go out” if you move the wrong way? If you answered “Yes” to any of those questions, the lower back pain and sciatica presentations may provide you with some life changing information. Join Dr. Lee Easley, DPT., from Knox Physical Therapy when he visits the Center on Thursday, July 20th at 11:00 AM to provide a free educational presentation. For planning purposes please call or stop by the reception desk to sign-up.

July 21st … Android Basics Class
Do you have an Android Smartphone and would like to get the most of its many features and learn how to use its many organizational tools and apps? During this four hour Android Workshop, you will learn the following: different Android options, understanding settings, changing wallpaper and managing apps. You will also learn 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. Note this class is for Android devices only and not Apple products. This one class will be taught on Friday, July 21st from 10:00 AM—3:00 PM for four hours of instruction. A meal will not be included with this class. A lunch break will be provided, and you’re more than welcome to bring a brown-bag lunch. Class fee is $35 and payable at time of registration. Deadline to register is Tuesday, July 18th. You can register at the Reception Desk at West Knox County Senior Center. Instructor is Catherine Everhart with Social Media 4 Seniors.
July 21st ... Propagation of Various Houseplants
Have you ever walked into a friend’s or family member’s house and noticed a houseplant or two that you wished you had? Have so many of your own houseplants just keep getting bigger and bigger that you don’t know what to do with them? Well, there is a way to deal with both scenarios easily for many of those houseplants. It is called propagation. Propagation provides you with the ability to multiple and share new houseplants without ever having to visit a garden center. Just think of how much money you could save or even make by sharing a plant from a parent plant. A much shorter time than starting one from seed and less daunting.

Much like magic, certain plants multiply by sending out mini-clones of themselves, others need a little bit of planning and our help. Just about every house plant you have or wish you had, including succulents, can be multiplied through propagation. Plants are meant to multiply, but knowing how is the key. By providing you with a few straightforward techniques and hands on experience you’ll be on your way to gifting, swapping, and maybe even making some money off other plant lovers.

This activity includes taking home various propagated plants. Class fee is $10 (cash-exact, change, or check). Class fee payable to the instructor. Minimum of ten people are required for this class scheduled for Friday, July 21st at 1:30 PM. For planning purposes, be sure to call the Center and sign up to attend. This class brought to us by the Horticultural Therapy Program with the University of Tennessee.

July 24th ... Crafting with Callie: Dragonfly Bead Craft
Callie returns for another fun bead craft she will guide you on how to make a dragonfly keychain or window hanging using beads and wire. No previous experience working with crafting beads is necessary. The class starts at 10:00 AM will last about 90 minutes. All materials provided. For planning purposes, please call the Center or stop by the Reception Desk to check on seating availability and to sign up this free crafting class.

“Who would deduce the dragonfly from the larvae, the iris from the bud, the lawyer from the infant? … We are all shape-shifters and magical reinventors. Life is really a plural noun, a caravan of selves.”
Diane Ackerman

Medicare Q&A Table
Do you have questions about your Medicare plan or Medicare coverage in general? Visit with Brooke Thurman of Core Insurance Advisors of Knoxville. She will be offering free consultations and will explore your questions at West Knox County Senior Center. Brooke’s Medicare Q&A Table will be available from 10:00 AM until 12:00 PM on the following days:
Tuesday, July 11th, Tuesday, August 8th.

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

Table Tennis
Interested in playing Table Tennis? If so, we offer this game every Friday from 8:00 AM—12:00 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 and team you up with this player. To sign-up for this program, call the Center at 865-288-7805 or stop by the Reception Desk.
July 24 … Humana OTC, Dental, 2023 Information & Questions Presentation
Join Mr. Nace Coker with Humana Insurance Company when he will go over the 2023 plan benefits. OTC books, Dental Provider Books, and a copy of your plan will be available. Please call the Center or stop by the reception desk to let us know you’ll be attending this program on Monday, July 24th at 1:00 PM.

July 25 .... Your Health and Bone Density (Part 1)
Join Dustin Parker, Public Health Fitness Coordinator, on Tuesday, July 25th at 11:00 AM for an informative discussion on bone density and its impact on overall health. Discover the vital connection between diet, exercise, bone density, and learn about the benefits associated with improved bone health. We’ll delve into the mental and physical health concerns associated with conditions like osteoporosis and more. Don’t miss this opportunity to enhance your knowledge, take control of your well-being, and share your experiences. Part II of this discussion will be on Tuesday, August 22nd at 1:30 PM. For planning purposes please call the Center or stop by the reception desk to sign up for both parts of this free and informative educational program.

July 25th … Hearing Loss Presentation
Dr. Bobbie McCue, audiologist, with HearingLife will be at the Center on Tuesday, July 25th at 1:30 PM. She will be offering a free seminar on how we hear with our brains. It’s important to know how we hear as well as identifying the signs of hearing loss, learning the types of hearing loss, and knowing treatment plans for each type of hearing loss. Dr. McCue has been practicing audiology for over twenty-two years and opened her office in Knoxville twelve years ago. She is a local community member and has a passion for helping people hear better and communicate easier with their loved ones. Hearing screenings will be provided after the seminar. For planning and scheduling purposes please call the Center at 865-288-7805 to sign up for this free and informative program.

July 26 … Cornhole Tournament
Bring your fiesta spirit to our Cornhole Tournament on Wednesday, July 26th at 10:00 AM. If you would like to learn to play cornhole, you’re more than welcome to participate. If you’ve played before, stop in and show off your skills. We’ll have some prizes to award. RSVP.

July 27 & July 28th… AARP Smart Driver Class
AARP will be having a Smart Driver Class at the Center on Thursday, July 27th from 11:00 AM—3:00 PM and Friday, July 28th from 11:00 AM—3:00 PM. This safety driving class will meet on two days (Thursday and Friday) 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 smart driver 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 successful completion of the class.

July 28 … Healthy Cooking Demonstration & Food Tasting
Join Jill Hahn, certified holistic health coach and cooking instructor, as she prepares tasty, easy, and healthy recipes during this Friday, July 28 cooking demonstration and food tasting program offered at 1:30 PM. Learn tips for simple meal preparation, shopping for healthy ingredients, and stocking a healthy pantry. You’ll get to taste all of the food and take some of the recipes! On the menu is: One-Pot Mediterranean Quinoa with Spinach & Chickpeas, Sweet and Tangy Cabbage Salad, and Strawberry Streusel Bars. All recipes are gluten-free and dairy-free. Class fee is $5 payable to the instructor. A minimum of five students is required. Please call the Center to sign up for this class.
July 31st … Cooking with Laurie: Quinoa
Quinoa (pronounced Keen waa) is part of the Mediterranean style of eating. This “Super Grain” is a complete protein, meaning it contains all nine essential amino acids that our bodies cannot make on their own. It is loaded with heart-smart potassium, magnesium, twice as much fiber as many other grains, and is gluten-free. Not only does quinoa help normalize blood pressure and triglyceride levels, it’s a great food for diabetes and weight loss. We will prepare and sample a Greek Quinoa salad in this class offered on Monday, July 31st at 1:00 PM. Please call or stop by the reception desk to check on seating availability. Seating will be limited. Laurie will also have a handout recipe for any left-over quinoa. Class fee is $2 payable to the instructor.

August 1st … Introduction to the French Language
The Introduction to the French Language Class will start Tuesday, August 1st from 9:00 AM—10:00 AM. The class will meet on Tuesdays and Thursdays for four months. Class fee is $130 payable to the instructor. Students will also be required to buy a text book for approximately $20. The instructor will provide information and sources for acquiring the text book during the first week of class. Please call the Center to sign up for this class. Seating is limited to a maximum of twelve students and a minimum of five.

August 1st … Introduction to the Spanish Language
Starting Tuesday, August 1st the Introduction to the Spanish Language class will meet from 10:15 AM—11:15 AM. The class will meet on Tuesdays and Thursdays for four months. Class fee is $130 payable to the instructor, Dr. Michael Smith. During the first week of class, the instructor will provide information on the text book that will be used and where students can purchase the text. The text book is anticipated to cost around $20. Please call the Center to sign up for this class. Seating is limited to a maximum of twelve students and a minimum of five.

About the French and Spanish Instructor
Dr. Michael Smith, has taught both the French and Spanish languages and literature for more than 42 years on the high school and college/university levels and was credentialed in Massachusetts and New Hampshire. His DML (Doctor of Modern Languages) degree in French and Spanish was conferred by Middlebury College in Vermont and through the Sorbonne in Paris, France. In 2014, he earned his TELF Master’s certificate through BridgeTefl and taught English part-time for three years at the Centro de Estudios Interamericanos in Cuenca, Ecuador, until mid-March, 2020, when the Coronavirus pandemic curtailed face-to-face classes.

“I am an experienced, certified, and very enthusiastic language teacher of all three languages,” Dr Smith says, “I have lived and taught abroad—in France and Mexico, Chile, Argentina, and Ecuador. For over 45 years, I have been able to develop a genuine rapport with students, engaging them, and motivating them to learn the language if they are willing.” He is eager to give additional opportunities to practice and to improve to those who want and/or need them. “The language that I help the learners to acquire is personal, meaningful, useful and relevant to the participants’ needs and desires. In addition to the language, I include a great deal of cultural material in my lessons in order to give broader context to the language(s),” Dr. Smith adds. “We compare and contrast experiences in the learner’s culture with those of the target language culture(s). I have found that learners really appreciate the culture discussions, articles and texts/videos/podcasts that supplement the lessons.”

“Learning and practicing a second (or third) language is a way to stave off cognitive decline and to keep your brain and mind active. So, I hope that you will enroll in one of my courses and join us in the fun and exploration of active learning!”

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934
Lin e Dance Class in August
The Line Dance Class will not meet during the month of August. They’re going to be on summer break. Line Dance classes will resume in September. Be sure to check the upcoming September calendar for days/times.

August 4th … Fall Fashion Show Fun & More
Mae Larue is excited to be coming back to the Center for another fashion show! Who is ready to see the latest fashion trends? Join us on Friday, August 4th at 1:30 PM for a Mae Laure Fashion Show as we dip into Fall fashion while also looking at some late summer trends. “I specialize in looks for women over 50, and I am obsessed with providing a tailored, empowering customer experience” Kim Olvey says, “Not only will they see the latest trends but I will bring the clothes directly to them!” Please bring a friend or even two—there will be drawing for who brought the most guests with them. Plus, isn’t it fun to shop with your girlfriends? See you at the fashion show. For planning purposes please call the Center to let us know you’re coming to the fashion show.

August 7th … Introduction to Drawing Class
Join art instructor Carla Sanchez on Monday, August 7th for an Introduction to Drawing Class. Students will learn many drawing skills including how to draw contour lines, perspective, size relationships, shading, and more. Your improved drawing skills may even help you develop a great appreciation of the art created by others. Class fee is $60 for this four week class. Fees payable to the instructor. This class will meet on Mondays at 10:00 AM. Call the Center or stop by the reception desk to check on seating availability and to register to attend. Seating is limited to a maximum of ten students. A supply list is available. No previous experience required.

August 7th … Music Jam & Ice Cream Social
Visit with us for an afternoon of live country, bluegrass, and gospel music for everyone to enjoy on Monday, August 7th at 1:30 PM. Bring your musical instrument or just come and listen to the music. Farm Bureau Insurance will be providing ice cream for a sweet reprieve from the summer heat. Stop in and visit Penny Mayo with Farm Bureau Health Plans. For planning purposes please call to let us know you’ll be coming. We want to make sure there’s plenty of ice cream!

Trivia Time
Tuesdays at 11:00 AM
No need to feel intimidated. It’s not Trivial Pursuit or Jeopardy. We have fun challenging ourselves and learning something new every week! No need to pre-register.
We’ll be enjoying trivia on a variety of subjects. In July we’ll have some trivia about Independence Day and in August we’ll have a few questions each week about commemorating events that occurred in August.

Rook Open House
With light refreshments on Thursdays at 12:00 PM during the month of July. Want to play Rook or learn how to play? The Rook Group welcomes you.

Billiards
The West Knox County Senior Center billiard table is available Monday through Thursday from 7:30 AM—3:45 PM and Fridays 12:30—3:45 PM. Feel free to stop by and practice or play a game with a friend.

“Friends are like light houses, with the source of light coming from their hearts.” ~ Tom Baker
August 9 … Cornhole Tournament
It’s a picnic themed Cornhole Tournament on Wednesday, August 9th at 10:00 AM. If you don’t know how to play, the group is willing to teach you. It’s a fun game ideal for getting together with family and friends, and even tailgate parties. You’ll be tossing like a pro in no time. We’ll even have some fun prizes to award. To participate please call the Center or stop by the reception desk.

August 9th … Dental Presentation
Join Dr. Derrick Thomas, DDS with Restore Prosthodontics and Implant Care on Wednesday, August 9th at 1:30 PM at West Knox County Senior Center. He will speak on proper denture care and cleaning, and the advantages that have been made in prosthetic dentistry over the past few years. Your questions are most welcome. Everyone who attends gets a gift and there will also be door prizes. RSVP please.

August 11th … CPR/AED Class
This class will train participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, effective, and timely manner. This class reflects science and education from the American Heart Association. Seating is limited to a maximum of fifteen students. Registration is required. To check on seating availability and to sign up stop by the Reception Desk or call the Center at 865-288-7805. This class will be taught on Friday, August 11th from 12:00 PM—4:00 PM.

August 14th … Writing Workshop—Journals, Short Stories, and Beyond!
This workshop is for new, aspiring, and experienced writers. The Workshop will explore writing as an exercise of expression and beginning or continue a writing project of your choice. Writing activities and resources will be shared. Our focus include encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop offered on Monday, August 14th at 1:30 PM. Students need to bring a notebook to class and are more than welcome to bring a sample of their writing.

August 16th … Mah Jong Class
Bam! Crack! Dot! Learn to play the American version of the ancient Chinese tile game. Course 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, and is fun to play, while improving 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 check on seating availability for this free weekly two hour class starting Wednesday, August 16th at 9:30 AM. This class will meet weekly for five weeks.

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.

West Knox County Senior Center ~ 239 Jamestowne Blvd., Suite 101 ~ Knoxville, TN 37934
August 16th … Color, Coffee, and Chat
It’s Color, Coffee, and Chat time on Wednesday, August 16th at 10:00 AM. Our theme for the month of August is Lighthouses. Coloring is a healthy way to relieve stress, and ignite mindfulness and creativity. It boosts spatial awareness and planning, improves and helps maintain motor skills, increases focus and patience, and improves concentration and attention to detail. It’s easy to adopt as a fun and enjoyable therapeutic activity. For planning purposes please RSVP for this lighthouse themed program. All materials provided.

August 16th … Cyber Security Class I
Participants will learn the importance of cyber security and how to protect themselves while browsing the web. They will also learn about the different types of malware (malicious software) and how to avoid it. Finally, participants will learn to protect their personal information and passwords from cyber criminals. For planning purposes please call the Center or stop by the reception desk to sign up for this free and informative program.

August 23rd … Cyber Security Class II
Participants will learn about different internet and phone call scams and the tactics behind them. The class will also inform participants on how to make safe internet purchases. Please sign up at the reception desk or call the Center.

August 30th … Cyber Security Class III
Participants will learn about good social media etiquette and how to avoid social media scams. They will also learn about different privacy settings to keep their information security.

August 18th … Four Pillars of the New Retirement
Mr. Cory Gerlach, financial advisor, with Edward Jones will be at West Knox County Senior Center on Friday, August 18th at 10:30 AM. He will provide an in-depth look at the Four Pillars of the New Retirement (health, family, purpose, and finances). Attendees will be empowered to think through their own circumstances, goals, and challenges so that they can take action today that impacts their quality of life in retirement. To sign up for this free educational program please call the Center at 865-288-7805.

August 18th … Field Trip: Emory Place
Join us on Friday, August 18th, for a trip to the Lilienthal Gallery and Pivot Point Gallery! We will be viewing fine art galleries, enjoying the warm weather, popping into various shops, and enjoying the historical architecture of downtown Emory Place. As a small area near downtown Knoxville, we will be free to roam within a close community. While the transportation (courtesy of Knox County CAC Transit) is free, we recommend bringing some money if you would like to thrift shop, visit the bakery, and so forth. Registration is required. We plan on leaving the Center no later than 11:00 AM. Following our visit to Emory Place, we will return to the Center by 2:30 PM. Registration is required. Seating is limited. Call the Center to inquire about seating availability.
August 18th ... Preventive Vaccine Follow Up Clinic
If you participated in the Walgreens’ Preventive Vaccination Clinic at the Center on Friday, May 26 and need your follow-up shot, they will be returning on Friday, August 18th at 1:30 PM. No appointment necessary.

August 21 .... Birding and Migration
Mr. Robert Terrell returns on Monday, August 21st at 1:00 PM to provide a presentation on birds and migration. Many birds travel through the East Tennessee area along their migration routes. We live in a region rich in many species of birds that we can observe. Learn about some of the birds we can expect to see and how we can help them on their journey. Please call the Center or stop by the reception desk to check on seating availability for this free and informative presentation.

National Senior Citizens Day
Monday, August 21st
We’ll have treats in the lobby from 10:00 AM—12:00 PM to commemorate National Senior Citizens Day.

In addition, Rachel Piotrowski, the SAIL exercise instructor, will not be charging a fee to participate in SAIL exercise class on Monday, August 21st. Visit the SAIL class for free and see if it’s an exercise class for you. You’ll have the opportunity to meet Rachel and the other class participants. Happy National Senior Citizens Day.
August 22nd … Your Health and Bone Density (Part 2)  
Join Dustin Parker, Public Health Fitness Coordinator, on Tuesday, August 22nd at 1:30 PM for a continued informative discussion on bone density and its impact on overall health. The group has explored the vital connection between diet, exercise, bone density, and the benefits associated with improved bone health. They’ll delve into the mental and physical health concerns associated with conditions like osteoporosis and more. Attendance at Part 1 of the discussion is not necessary to participate in this meeting. Don’t miss this opportunity to enhance your knowledge, take control of your well-being, and share your experiences. For planning purposes please call the Center or stop by the reception desk to sign up for this program.

August 23rd … Cornhole Tournament  
Join us for fun, laughter, and camaraderie on Wednesday, August 23rd for our final Cornhole Tournament of the month. Our theme is Beach Party. Wear your most festive beach party attire and join us for a few tosses. We’ll have some fun prizes to award. It doesn’t matter if you’ve played cornhole before or not or if you’re a seasoned player, you’re more than welcome to participate. RSVP by calling the Center or stopping by the Reception Desk.

August 24 & 25 … AARP Smart Driver Class  
AARP will be having a Smart Driver Class at the Center on Thursday, August 24 from 11:00 AM—3:00 PM and will conclude Friday, August 25 from 11:00 AM—3:00 PM. This Smart Driving Class will meet on two days (Thursday and Friday) 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 Smart Driver 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. Registration is required. You can check on seating availability by calling the Center or stopping by the reception desk. 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 successful completion of the class.

August 28th … Medicare 101 Presentation  
The A, B, C, and D’s of Medicare will be covered including when you can sign up and generally how does Medicare work. Presentation and questions answered by Nace Coker with Humana in this program offered on Monday, August 28th at 1:00 PM. Please call the Center or stop by the reception desk to sign up to attend.

August 29th … Parkinson’s Treatment Presentation  
LSVT BIG is a rehab program that has been designed specially for people who have been diagnosed with Parkinson’s Disease. The treatment sessions focus on restoring normal walking balance, momentum, and amplitude of movements, in addition to addressing generalized weakness, instability, and postural deviations. We highly encourage family members, caregivers, and friends to be involved to provide support and encouragement which assists in helping those with Parkinson’s Disease reach their full potential. To learn more about this program join Aminee Frye from Select Physical Therapy at West Knox County Senior Center on Tuesday, August 29th at 1:30 PM. Call 865-288-7805 to register to attend.
**August 31st & September 1st … 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, August 31st and Friday, September 1st 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, August 29th. Instructor is Barbara Edwards with Social Media 4 Seniors.

**August 31st… McClung Museum Workshop Presentation**

This Fall we are collaborating with the McClung Museum to present a special workshop at the University of Tennessee. Ten participants will work with a college art class to learn to make self portraits using video. The program comes with complimentary transportation from the Center to the University of Tennessee, and a stipend for those who can commit and participate in five sessions. If you would like to know more about this collaboration, Katy Malone, Manager of Education & Community Engagement will be at West Knox County Senior Center on Thursday, August 31st at 1:30 PM. You can call the Center or sign up at the reception desk to register for Katie’s presentation and learn more about this program.

**Hearing Help**

Friday, September 8th
Friday, December 8th
starting at 8:30 AM

One in four people experience hearing loss. It can be natural progression as we age to experience some hearing loss. Severity of loss can vary from person to person. Mr. Michael Murphy, BC-HIS., from Beltone Hearing Center will be offering hearing screenings and hearing aid cleanings at West Knox County Senior Center. You can sign up for a free consultation, hearing aid cleaning, or hearing test at the reception desk or phone the Senior Center.

**Learn to play Nickel**

This games takes 2 to 5 players and has eleven rounds. There are many variations of this game, but the objective is to form all cards in your hand into combinations. Like a form of rummy, combinations are made only from your own hand. If you’re interested in this game, feel free to contact the Center and have your name added to the interest list. We hope we can get a game going!

**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.
**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, July 5th**
  - Project to be announced
- **Wednesday, August 2nd**
  - Project to be announced

**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, July 13th & Thursday, August 10th

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](http://www.asg.org). They meet at West Knox County Senior Center the second Thursday of each month from 9:00 AM—1:00 PM.

**Introduction to Drawing Class**

Starting Monday, August 7th at 10:00 AM

Join art instructor Carla Sanchez for an Introduction to Drawing Class. Students will learn many drawing skills including how to draw contour lines, perspective, size relationships, shading, and more. Your improved drawing skills may even help you develop a great appreciation of the art created by others. Class fee is $60 for this four week class. Fees payable to the instructor. This class will meet on Mondays at 10:00 AM. Call the Center or stop by the reception desk to check on seating availability and to register to attend. Seating is limited to a maximum of ten students. A supply list is available. No previous experience required.

**Oil Painting Class**

**Wednesday, July 5th**

Project to be announced

**Wednesday, August 2nd**

Project to be announced

Consult the Newsletter for additional Arts & Crafts Classes that are offered periodically or specialty classes offered one-time instead of our ongoing classes as those presented here. Our eNewsletter is available online at: [www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

**Watercolor & Drawing Class**

**Mondays at 9:30 AM—12:00 PM**

You can learn the beauty of water coloring and exploring proportions, light and shadow, value, composition and more in this Watercolor and Drawing class. No previous experience is necessary. Class fee $12 for each class attended. Fees payable to the instructor, Mr. Nort Horwitz. A supply list is available at the Reception Desk.

**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 enjoying socialization. No need to register to participate.

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**Wednesday, July 5th**

Project to be announced

**Wednesday, August 2nd**

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July 20th ... ORICL Education Program Introduction
It’s the perfect blend for those who love to learn and those who love to teach. Visit the Center on Thursday, July 20th at 1:30 PM when Mr. Pat Bryan will be providing an informative presentation on the Oak Ridge Institute for Continuing Learning (ORICL). It’s a great program for those who like to learn about interesting topics, without the pressure of homework or tests, as well as for those who like to teach. ORICL is a non-profit organization that offers classes in many subject areas including Art, History, Science, Literature, Music and Medicine. They also offer several trip activities at a very low cost. It’s conveniently located on the Oak Ridge Campus of Roane State Community College, a sponsor of their program. Mr. Bryan will have some of class catalogs to share as well. To learn more about ORICL please call the Center and sign up for this informative presentation.

Display & Enjoy
You may have noticed we have some beautiful samples of quilting projects hanging around the Center for people to admire. If you’ve got a project you would like display for others to enjoy, please bring it by the Center. We look forward to seeing the items others have skillfully created and so do others.

Pickleball News & Such
Cindy continues to offer pickleball lessons on Thursdays from 11:45 AM—12:30 PM. To participate in lessons you can call 865-288-7805, stop by the Reception Desk, or email Cindy at: Cindy.Petty@knoxcounty.org

Retired Senior Volunteer Program
The Retired Senior Volunteer Program (RSVP), through the Office on Aging, is America’s largest volunteer network for people age 55 and over. This program offers a wide range of volunteer opportunities. Volunteers choose how and where they want to serve, the amount of time they want to give, and pick the opportunities that’s right for them. Whether you want to volunteer at the senior center or seek other opportunities in the area, RSVP is right for you. If you’re interested in making application to be an RSVP Volunteer stop by the Reception Desk an RSVP application.

Why Sign-up for Programs & Activities
For many of our programs and activities you will see that we request for planning and scheduling purposes to sign-up ahead of time. Why do we request you register? It will help us determining what room needs to be set aside for an activity or program. Also, in some situations a presenter or instructor will want a minimum number and/or a maximum number of participants in order for a program to be held. If a presenter is providing materials for the class it will help determine how many copies need to be made. Items on the activity calendar in Bold require registration. To register call the Center at 865-288-7805 or stop by the Reception Desk. You can also let us know if you want a reminder phone call and if, for any reason, the class/program is cancelled we’ll have your information to contact you and let you know.
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

Knox County Mayor Glenn Jacobs has challenged our community to go platinum by reading in 2023. Everybody has a part to play in the “All Together Now” tour. Join by logging the time you read (or listen) this year. Every minute counts to help establish reading habits, to make reading a priority, and most importantly to encourage reading in our community.

Our first gig of 2023 is the “Find Your Voice” challenge. Pick up a reading log at your local Knox County Public Library, print your own from www.ReadCityUSA.com or log online with the Beanstack Tracker app. Read just 36 hours then return to your library for your prize.

West Knox County Senior Center Library}

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

July 13th … “Wish You Were Here” by Jodi Picoult
Diana O’Toole is perfectly on track. She will be married by thirty, done having kids by thirty-five, and move out to the New York City suburbs, all while climbing the professional ladder in the cutthroat art auction world. Almost immediately, Diana’s dream vacation goes awry. Her luggage is lost, the Wi-Fi is nearly nonexistent, and the hotel they’d booked is shut down due to the pandemic. In fact, the whole island is now under quarantine, and she is stranded until the borders reopen. In the Galápagos Islands, where Darwin’s theory of evolution by natural selection was formed, Diana finds herself examining her relationships, her choices, and herself—and wondering if when she goes home, she too will have evolved into someone completely different.

August 10th … “Remarkably Bright Creatures” by Shelby Van Pelt
After Tova Sullivan’s husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she’s been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over thirty years ago. Tova becomes acquainted with curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine but wouldn’t dream of lifting one of his eight arms for his human captors—until he forms a remarkable friendship with Tova. Ever the detective, Marcellus deduces what happened the night Tova’s son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it’s too late.

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.

July 20th … “The Other Einstein” by Marie Benedict
It is the story of Einstein’s wife, a brilliant physicist in her own right, whose contribution to the special theory of relativity is hotly debated and may have been inspired by her own profound and very personal insight. Mitza Maric has always been a little different from other girls. Most twenty-year-olds are wives by now, not studying physics at an elite Zurich university with only male students trying to outdo her clever calculations. But Mitza is smart enough to know that, for her, math is an easier path than marriage. And then fellow student Albert Einstein takes an interest in her, and the world turns sideways. Theirs becomes a partnership of the mind and of the heart, but there might not be room for more than one genius in a marriage.

August 17th … “The Last Bookshop in London” by Madeline Martin
August 1939: London prepares for war as Hitler’s forces sweep across Europe. Grace Bennett has always dreamed of moving to the city, but the bunkers and drawn curtains that she finds on her arrival are not what she expected. And she certainly never imagined she’d wind up working at Primrose Hill, a dusty old bookshop nestled in the heart of London. Through blackouts and air raids as the Blitz intensifies, Grace discovers the power of storytelling to unite her community in ways she never dreamed—a force that triumphs over even the darkest nights of the war.

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934

You can register for our activities by calling the Center at 865-288-7805
July 12th & 13th… iPad/iPhone Basics  During this four hour workshop you will learn the following: the different iPad and iPhone models, care and charging, buttons on the device, understanding settings, changing the wallpaper, managing apps, searching, and 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 is taught in two sessions; Wednesday, July 12th and Thursday, July 13th 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 Monday, July 10th. Instructor is Barbara Edwards with Social Media 4 Seniors.

Cyber Security Classes with Jake
Have you ever received an email that requested a lot of money? Money that you know you don’t owe. Or maybe you’ve encountered a computer virus. Nowadays cybercrimes (crimes committed through the internet) are as prevalent as ever. People are robbed of thousands of dollars and loose important files on their computers. Viruses continue to get more sophisticated with every passing day. Social engineering techniques (convincing people to unknowingly download malicious programs or transfer money) are getting harder to spot. And with social media continuing to increase in popularity, it is being abused for malicious intent as well. In this cybersecurity class you will learn about how these malicious attacks are carried out and how to spot them. We will over the following topics at 1:30 PM on the following dates:

July 19th … Cyber Security Class I
Participants will learn the importance of cyber security and how to protect themselves while browsing the web. They will also learn about the different types of malware (malicious software) and how to avoid it. Finally, participants will learn to protect their personal information and passwords from cyber criminals. For planning purposes please call the Center or stop by the Reception Desk to sign up for this free and informative program.

July 26th … Cyber Security Class II
Participants will learn about different internet and phone call scams and the tactics behind them. The class will also inform participants on how to make safe internet purchases. Please sign up at the Reception desk or call the Center.

August 2nd … Cyber Security Class III
Participants will learn about good social media etiquette and how to avoid social media scams. They will also learn about different privacy settings to keep their information secure.

The above classes will be repeated starting Wednesday, August 16 and will continue for three consecutive Wednesdays at 1:30 PM. If you missed the above, feel free to sign up for the August classes.
Tech Classes

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 check on seating availability, and to sign-up for your tutoring session, call the Center or stop by the Reception Desk.

July 21st … Android Basics Class  Do you have an Android Smartphone and would like to get the most of its many features and learn how to use its many organizational tools and apps? During this four hour Android Workshop, you will learn the following: different Android options, understanding settings, changing wallpaper and managing 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. Note this class is for Android devices only and not Apple products. This one class will be taught on Friday, July 21st from 10:00 AM—3:00 PM for four hours of instruction. A meal will not be included with this class. A lunch break will be provided, and you’re more than welcome to bring a brown-bag lunch. Class fee is $35 and payable at time of registration. Deadline to register is Tuesday, July 19th. You can register at the reception desk at West Knox County Senior Center. Instructor is Catherine Everhart with Social Media 4 Seniors.

August 31st & September 1st … 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, August 31st and Friday, September 1st 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, August 29th. This class is brought to us by Social Media 4 Seniors with instructor Barbara Edwards.

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.
Special Thanks to Mr. Nace Coker with Humana for sponsoring our Retired Senior Volunteer Program appreciation luncheon on Monday, May 15th. Our volunteers got to have some fun while mingling and getting to know each other.

Thank you to Synergy HomeCare for sponsoring our Muffins for Moms in commemoration of Mother’s Day and Donuts for Dads to celebrate Father’s Day.

Mr. Robert Terrell, birding enthusiast, speaks to a gathering prior to our senior walk at Seven Island Birding Park in Kodak. Twenty some individuals joined us for this three mile plus walk to observe a variety of birds from differing habitats; woodlands, wetlands, meadow, water, and more.
Several Center participants got together to award Jake a Certificate of Appreciation for his volunteer service in one-on-one technology tutoring at West Knox County Senior Center.

The Cardio/Strength/Stretch class having a wonderful time celebrating not only fitness but friendships.

University of Tennessee offering a hands-on class in creating Fairy/Gnome Gardens.
Cardio/Strength/Stretch Class  Wednesdays and Fridays 9:00 AM  Class fee: $5  Room #021
This class is 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  Tuesdays at 12:50 PM & Thursdays at 1:00 PM. Class fee $5. Room #021
This class is taught by Debbie Ashton, certified Feldenkrais professional. The class concentrates on small movements, done on mats, and 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.  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. Please sign up at the Reception Desk. Please note there will be no Line Dance classes in August. A new class will start in September.

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 is 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. Please note there will be no Line Dance classes in August. Classes will resume in September.

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. Please note there will be no Line Dance classes in August. The classes will resume in September.

Pickleball  Tuesdays 12:00—3:30 PM and Thursdays 12:30 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. Beginning Lessons are on Thursdays from 11:45 AM—12:30 PM.

Chair Yoga Strength  Tuesdays 11:15 AM  Class Fee: $5  Room: #021
This class utilizes a chair, light hand-held strength training equipment. If you want to work muscles, improve posture, decrease stress and increase your energy level, this class is for you. Students may 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 60 minutes long.

Fitness Room Availability. The Center’s Fitness Room (Room #014) is equipped with treadmills, an elliptical, recumbent bikes, a semi-recumbent stepper, and free weights. The room is open Monday through Friday from 7:30 AM—3:45 PM. We offer free orientations on how to safely use the equipment. You can call the Center to schedule your free orientation.
Fitness Activities 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. New Beginners class on Fridays at 10:15 AM. No experience necessary to join the class.

Yang Style Tai Chi For Beginners (Tai Chi I)  Tuesdays 9:45 -11:00 AM  Class fee: $3  Room: #021
Start your New year’s resolution using the widely popular Yang Style Tai Chi. You’re welcome to join the class starting Tuesday, May 9th 9:45 AM—11:00 AM. This class combines slow graceful movements, meditation, and relaxing breathing. This class meets once weekly, and is taught by long-time instructor, Mr. Pat Barbiere, who has twenty-three years experience. Studies have shown that Tai Chi can help seniors reduce stress, improve posture, balance, and flexibility, and increase muscle strength. The class includes fifteen minutes of stretching exercises for increasing range of motion and flexibility. New students can start at any time. Class fee is $3 per student per class attended. Fees payable to the instructor.

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. Class fee is $3 per student per class attended. Fees payable to the instructor.

Pilates  Thursdays 11:15 AM  Class fee $5  Room: 021 Multipurpose Room
Pilates is a mind-body class for core strength and stability working all of the muscles surrounding the spine (and then some!). This is a mat/floor class best practiced on a thick cushioned mat for comfort. Bring your own mat or towel for extra cushion and bottled water. Will use various equipment which will be provided. New students can start at any time. No need to pre-register.

Dustin Parker Can Help!
Dustin Parker, Public Health Fitness Coordinator, is available to work with exercise instructors, seniors, and staff to promote health and fitness experiences at all six Knox County Senior Centers including West Knox County Senior Center. He is available free of charge to seniors to assist with nutrition, fitness, and exercise plans. He provides Fitness Room orientations to guide individuals on the proper and safe way to use the fitness equipment, and advice on fitness routines. If you would like to schedule a free consultation with Dustin, call the Center or stop by the Reception Desk. He can help guide you toward meeting your health, fitness, and wellness goals.

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 $25 for a thirty minute session, a one hour session is $50, for a group it is $20 per person for a thirty minute session. 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.

Get Your Free Fitness Room Orientation
Want to use the Center’s Fitness Room? It’s equipped with treadmills, an elliptical, recumbent bike, semi-recumbent stepper, and free weights. Call the Center and inquire about your free Fitness Room orientation. Learn to use the machines safely, get the most of your workout, and help you reach and maintain your health and wellness goals.
The UT Gardens – Knoxville Guided Tour and Third Creek Greenway Walk

Join Dustin and Laurie 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**
CONCORD PARK GREENWAY

AUGUST 15TH @ 9:00 AM

MEET AT THE COVE PARK PAVILION
11808 S. NORTHSHORE DRIVE, 37922

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 865-268-3761.
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