September/ October 2023

West Knox County Senior Center

The Scene

The Senior Center will be closed on Monday, September 4th for Labor 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.

- September 5: Yang Style Tai Chi New Class starts
- September 5: Grief Support
- September 6: Cornhole Tournament
- September 6: iPad/iPhone Basics Class
- September 6: Sew What
- September 6: Beginning Line Dance Class starts
- September 6: Cyber Security Class
- September 7: Meet the Physical Therapist
- September 7: Introduction to Injury Prevention
- September 8: Hearing Help with Beltone
- September 8: Nail Trimming with Michele
- September 8: Financial Fraud & Scam Awareness

September 9:
- Social Worker Outreach
- Bingo
- Introduction to Meditation Class starts
- Happy Grandparents Day
- Dementia Care Support
- Music Jam & Ice Cream Social
- Writing Workshop
- Medicare Q&A Table with Brooke
- Overview of East Tennessee
- History Class starts
- Cornhole Tournament
- Cyber Security Class
- Steel Magnolias’s Book Club
- Flu Shot Clinic with Mac’s Pharmacy
- Grief Support
- Bingo
- D&S Community Services Presentation
- American Sewing Guild
- Senior Walk: Maryville Greenway
- Grief Support
- Tai Chi for Seniors with Cheryl new class
- Color, Coffee, and Chat
- Legal Aid of East TN Outreach
- Cyber Security Class
- Meet the Physical Therapist
- Beginner’s Guide to Nutrition Labels
- WKSC Book Club
- Billiard Lessons Start
- Mediterranean Cooking Class
- Bingo
- Rotator Cuff and Shoulder Pain Presentation
- Flu Shots with Reams Drug Store
- Craft Class: Fall Pumpkin Wreath
- Field Trip: Beck Cultural Center
- Blood Pressure Clinic
- Medicare Made Easy
- Tips for Safe Muscle Building
- AARP Safe Driver Class
- Fourtuitous Barbershop Quartet
- Bingo
- Android Basics Class
- Music Jam & Ice Cream Social
- Grief Support
- Medicare Q&A Table with Brooke
- Great War Heroes of East Tennessee
- American Sewing Guild
- Meet the Physical Therapist
- Lower Back Pain & Sciatica
- Improving & Maintaining Balance 1
- Property Owners Tax Relief Tax Freeze Program
- Social Worker Outreach
- Bingo
- Dementia Care Support
- Writing Workshop
- Craft Class: Fabric Pumpkins
- Craft Class: Halloween Mini Cards
- Improving & Maintaining Balance 2
- Steel Magnolias Book Club
- Nail Trimming with Michelle
- Senior Walk: Ijams/Forks of the River
- Grief Support
- Color, Coffee and Chat
- Legal Aid of East Tennessee
- Meet the Physical Therapist
- Clear Answers to Medicare
- iPad/iPhone Beyond the Basics Class
- Embrace Vitality Program
- WKSC Book Club
- Annual Hearing Presentation
- Bingo
- Food Sensitivities Presentation
- Knee Pain Presentation
- Art with Durga: Autumn Church
- Field Trip: Market Square
- Blood Pressure Clinic
- AARP Smart Driver Class
- Fall Fashion Show
- Bingo
- Medicare Q&A Presentation
- Heart Healthy Cooking with Laurie
- Fall Meet & Greet with April Tomlin
- Halloween Bash
- Thompson Proton Center Presentation

At the Last Minute Activities, Programs, & Notices

Operation Gratitude: Donations

CAC Senior Angel Tree: Coming Soon

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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](http://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

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 (7:30-4:00)</th>
<th>Tue (7:30-4:00)</th>
<th>Wed (7:30-4:00)</th>
<th>Thu (7:30-4:00)</th>
<th>Fri (7:30-4:00)</th>
</tr>
</thead>
</table>
| **The program listed below occur weekly:** | **The program listed below are non-weekly or specialty programs:** | **New Class!**
Zumba Gold
Wednesdays at 2:30 PM with Debbie Ashton | **Beginning Line Dance**
New class starts Wednesday September 6th at 1:00 PM | **Yang Style Tai Chi**
September 5th Yang Style Tai Chi New Beginning Class with Pat Barbieri starts at 9:45 AM | **Tai Chi with Cheryl**
A new class starts Wednesday, September 20th at 8:45 AM. |
| 8:45 Tai Chi with Cheryl* 9:00-3:45 Billiards 10:00 SAIL Exercise* 10:00 Watercolor Group | 10:00 iPad/iPhone Beyond the Basics* | 1:00 Cornhole Tournament 10:00 iPad/iPhone Basics* 1:30 Cyber Security (1:3) | 1:00 Cornhole Tournament 1:30 Cyber Security (2:3) | 1:00 Finding Your Balance: A Guide to Healthy Living 1:00 Steel Magnolia’s Book Club |
| 9:00-3:45 Billiards 9:00 French* 9:30 Intern. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group 10:15 Spanish* 11:00 Trivan 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Canasta 12:30 Hand & Foot 12:30 Bridge 12:50 Feldenkrais* 2:00 Intern. Line Dance* | 12:00 Mediterranean Cooking Class | | | |
| 8:45 Tai Chi with Cheryl* 9:00-3:45 Billiards 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg 1:00 Beginning Line Dance* 1:00 Bridge 1:00 Oil Painting Class* 2:30 Zuma Gold* | | | 8:00 – 12:00 Table Tennis 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Ask Jake 10:00 SAIL Exercise* 10:15 Beginning Tai Chi with Cheryl* 11:00 Oil Painting Class* 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group 12:30 Pinochle | 10:00 iPad/iPhone Beyond the Basics* | |
| 9:00-3:45 Billiards 9:00 French* 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 10:15 Spanish* 11:15 Pilates* 11:45 Pickleball Lessons 12:00 Rook 12:30 Pickleball 1:00 Feldenkrais* 2:15 Improvers Line Dance* | 8:30 Hearing Help 10:00 Nail Trimming* 1:00 Financial Fraud & Scam Awareness Presentation/Workshop | 1:00 iPad/iPhone Beyond the Basics* (2:2) | | |
| 9:00 Medicare Q&A Table 1:30 East Tennessee History Overview* (1:3) | 1:30 Flu Vaccination Clinic with Mac’s Pharmacy | | | |
| 10:00 Medicare Q&A Table 1:30 East Tennessee History Overview* (1:3) | | | | |
| 11 9:00 Social Worker Outreach 10:30 Bingo 11:00 Meditation* (1:5) 1:00 Grandparents Day Treats 1:30 Music Jam 1:30 Writing Workshop 1:30 Dementia Support Group | | | | |
| 12 10:00 Medicare Q&A Table 1:30 East Tennessee History Overview* (1:3) | | | | |
| 13 10:00 Cornhole Tournament 1:30 Cyber Security (2:3) | | | | |
| 14 1:00 Finding Your Balance: A Guide to Healthy Living 1:00 Steel Magnolia’s Book Club | | | | |
| 15 1:30 Mediterranean Cooking Class | | | | |
| 18 10:30 Bingo 11:00 Meditation* (2:5) 12:30 American Sewing Guild 1:30 D&S Community Services Presentation | | | | |
| 19 9:30 Senior Walk: Maryville Greenway 10:30 Grief Support 1:30 East Tennessee History Overview* (2:3) | | | | |
| 20 10:00 Color, Coffee & Chat 10:00 Legal Outreach 1:30 Cyber Security (3:3) | | | | |
| 21 9:00 Meet the Physical Therapist 1:00 Beginner’s Guide to Understanding Nutrition Labels 1:00 Billiards Class (6:4) | | | | |
| 22 1:00 Mediterranean Cooking Class | | | | |
| 25 10:30 Bingo 11:00 Meditation* (3:5) 1:30 Rotator Cuff & Shoulder Pain | | | | |
| 26 10:00 Flus Shots from Reams Drug Store 1:30 East Tennessee History Overview* (3:3) | | | | |
| 27 10:00 Blood Pressure Clinic 10:00 Pumpkin Wreath Craft Class 10:30 Field Trip: Beck Cultural Exchange 1:30 Medicare 101 with Penny Mayo | | | | |
| 28 11:00 AARP Safe Driver Class* 1:00 Billiards Class (2:4) 1:00 Tips for Safe Muscle Building for Older Adults 1:30 Vietnam Veterans Social | | | | |
| 29 11:00 AARP Safe Driver Class* 1:30 Barber Shop Quartet Performance | | | | |
West Knox County Senior Center
239 Jamesowne Blvd., Ste 101., Knoxville, TN 37934
Phone: 865-288-7805
www.knoxcounty.org/seniors

Oct 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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<td>The program listed below occur weekly:</td>
<td>The programs listed below are non-weekly or specialty programs:</td>
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<tr>
<td>8:45 Tai Chi with Cheryl*</td>
<td>9:00 Android Basics*</td>
<td>8:45 Tai Chi with Cheryl*</td>
<td>8:45 Tai Chi with Cheryl*</td>
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<tr>
<td>9:00-3:45 Billiards</td>
<td>10:00 Grief Support</td>
<td>9:00 French*</td>
<td>9:00 Table Tennis</td>
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<tr>
<td>9:00 SAIL Exercise*</td>
<td>10:00 Medicare Q&amp;A</td>
<td>9:00-3:45 Billiards</td>
<td>8:45 Tai Chi with Cheryl*</td>
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<tr>
<td>10:00 Watercolor Group</td>
<td>Table with Brooke</td>
<td>9:00 French*</td>
<td>9:00 Android Basics*</td>
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<tr>
<td><strong>10:30 Bingo</strong></td>
<td><strong>10:00 Great War Heroes of East Tennessee</strong></td>
<td><strong>10:00 Great War Heroes of East Tennessee</strong></td>
<td><strong>10:00 Great War Heroes of East Tennessee</strong></td>
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<tr>
<td>12:00 Mexican Train</td>
<td>Gymnasium Closed</td>
<td><strong>10:00 Great War Heroes of East Tennessee</strong></td>
<td><strong>10:00 Great War Heroes of East Tennessee</strong></td>
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<tr>
<td><strong>12:00 MJ Group</strong></td>
<td>No pickleball</td>
<td>(2.3)</td>
<td>(2.3)</td>
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<tr>
<td>12:00 MJ Group</td>
<td><strong>9:00 Halloween Mini Greetings Card Craft</strong></td>
<td>1:00 Billsiards Class</td>
<td>Center closes at</td>
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<tr>
<td>10:00 Android Basics*</td>
<td>10:00 Grief Support</td>
<td><strong>9:00 Meet the Physical Therapist</strong></td>
<td>10:00 Property Tax Relief and Freeze Program</td>
<td>Center closes at</td>
</tr>
<tr>
<td>10:30 Bingo</td>
<td>10:00 Medicare Q&amp;A</td>
<td>11:00 Back Pain &amp; Sciatica Presentation</td>
<td>1:00 Walgreens Vaccination Clinic</td>
<td>11:30 AM today.</td>
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<tr>
<td>11:00 Meditation</td>
<td>Table with Brooke</td>
<td><strong>1:00 Improv. &amp; Maintaining Balance (Part I)</strong></td>
<td>16</td>
<td>17</td>
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<td>(4.3)</td>
<td><strong>1:30 Great War Heroes of East Tennessee</strong></td>
<td><strong>1:00 Billsiards Class (Part II)</strong></td>
<td>10:00 Special Medicare Seminar with Jim Sikes</td>
<td><strong>9:40 Nail Trimming</strong></td>
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<tr>
<td>1:30 Music Jam</td>
<td>(2.3)</td>
<td>1:00 Steel Magnolias Book Club</td>
<td>10:30 Bingo</td>
<td><strong>10:00 Color, Coffee &amp; Chat</strong></td>
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<tr>
<td>9:00 Social Worker Outreach</td>
<td>9:30 Craft Class with Susanne</td>
<td><strong>10:00 Halloween Mini Greetings Card Craft</strong></td>
<td>1:00 Billsiards Class</td>
<td>Center closes at</td>
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<tr>
<td>9:30 PEO Organization</td>
<td><strong>1:30 Great War Heroes of East Tennessee</strong></td>
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<td>(14.6)</td>
<td>11:30 AM today.</td>
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<tr>
<td><strong>10:30 Bingo</strong></td>
<td><strong>(2.3)</strong></td>
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<td><strong>No Tai Chi with Cheryl</strong></td>
<td><strong>9:00 Nail Trimming</strong></td>
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<tr>
<td><strong>11:00 Meditation</strong></td>
<td><strong>No SAIL Exercise Class</strong></td>
<td>Gymnasium Closed</td>
<td><strong>No pickleball</strong></td>
<td>(3:4)</td>
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<tr>
<td>(6.5)</td>
<td><strong>1:00 Improving &amp; Maintaining Balance (Part II)</strong></td>
<td>No pickleball</td>
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<td><strong>9:00 Nail Trimming</strong></td>
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<td>1:30 Dementia Support Group</td>
<td>1:00 Steel Magnolias Book Club</td>
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<td><strong>10:00 iPad/iPhone Beyond the Basics</strong></td>
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<td>1:30 Writing Workshop</td>
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<td><strong>1:30 Annual Hearing Presentation</strong></td>
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<tr>
<td>10:00 Special Medicare Seminar with Jim Sikes</td>
<td>10:00 Grief Support</td>
<td><strong>9:40 Nail Trimming</strong></td>
<td>9:00 Meet the Phys. Therapist</td>
<td>9:00 Nail Trimming*</td>
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<td>10:30 Bingo</td>
<td><strong>10:00 Senior Walk: Ijams/Forks of the River</strong></td>
<td><strong>10:00 Color, Coffee &amp; Chat</strong></td>
<td>10:00 Medicare Q&amp;A with</td>
<td><strong>10:00 iPad/iPhone Beyond the Basics</strong></td>
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<tr>
<td>12:30 Am. Sewing Guild</td>
<td><strong>1:30 Great War Heroes of East Tennessee</strong></td>
<td><strong>10:00 Legal Outreach</strong></td>
<td>Ja’el with United HealthCare</td>
<td><strong>1:30 Annual Hearing Presentation</strong></td>
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<tr>
<td>1:00 Special Medicare Seminar with Jim Sikes</td>
<td>(2.3)</td>
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<td>10:00 iPad/iPhone Beyond the Basics</td>
<td><strong>1:30 Annual Hearing Presentation</strong></td>
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<tr>
<td>10:30 Bingo</td>
<td><strong>9:30: Field Trip: Market Square Farmers’ Market</strong></td>
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<td>11:00 AARP Safe Driver Class</td>
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<td>11:00 Food Sensitive Presentation</td>
<td><strong>10:00 Blood Pressure Clinic</strong></td>
<td>11:00 AARP Safe Driver Class</td>
<td>1:30 Vietnam Veterans Social</td>
<td>1:00 Fall Fashion Show</td>
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<td>1:30 Knee Pain Presentation</td>
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<td><strong>1:30 Vietnam Veterans Social</strong></td>
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<tr>
<td>10:00 Medicare Q&amp;A with Ja’el with United HealthCare</td>
<td><strong>1:30 Thompson Cancer Proton Center Presentation</strong></td>
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Gymnasium Closed
No Tai Chi with Cheryl
No SAIL Exercise Class
No pickleball
No Tai Chi with Cheryl
No SAIL Exercise Class
No pickleball
No Tai Chi with Cheryl
No SAIL Exercise Class
No pickleball

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

- Tuesday, September 5th
- Tuesday, September 19th
- Tuesday, October 3rd
- Tuesday, October 17th

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

**Meet the Physical Therapist**
Dr. Lee Easley, DPT., with Knox Physical Therapy will be at West Knox County Senior Center to meet with individuals one-on-one to address their questions and concerns. Call the Center to schedule your free assessment. Appointments are limited to the following days starting at 9:00 AM:

- Thursday, September 7th
- Thursday, September 21st
- Thursday, October 5th
- Thursday, October 19th

**Signing Up via Email**
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.

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**September 5th … New Beginning Yang Style Tai Chi Starts**
Join us in improving your health with the widely popular Yang Style Tai Chi that combines slow graceful movements, meditation, and relaxed breathing. Led by long-time instructor Mr. Pat Barbire, with twenty-three years of experience. This class meets on Tuesdays at 9:45 AM. Studies have shown that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength. This 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 class attended. Fees payable to the instructor.

**September 6th … Cornhole Tournament**
Laughter and fun will be enjoyed on Wednesday, September 6 as we gather outside at 10:00 AM to play cornhole. This game’s theme is Luau. Wear your Hawaiian themed shirt. 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 RSVP by calling the Center or stopping by the reception desk.

**September 6th … 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, September 6 and Thursday, September 7 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 Center. Deadline to register is Monday, September 4. Instructor is Barbara Edwards with Social Media 4 Seniors.

**September 6th … Beginning Line Dance Class Starts**
It’s an all new beginning Line Dance class starting on Wednesday, September 6th at 1:00 PM. Line Dance can help with improving balance, flexibility, coordination, as well as improving energy and stamina. No prior experience necessary to enjoy this fun filled class and no dance partner is required. Class fee is $5 per each class attended. Students will need to commit to attending the first few classes to learn the basics. Fees are payable to the instructor Diane Hensley. You can register for this beginning class by calling the Center at 865-288-7805 or stopping by the reception desk. Class size is limited.
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 Wednesdays, you will learn about how these malicious attacks are carried out and how to spot them. It is not necessary that you attend all sessions to enroll, but to receive the benefits from the entirety of the program attending all them is encouraged. The following topics are:

September 6th … Cyber Security Class I
In this class offered on Wednesday, September 6th at 1:30 PM., 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.

September 13th … 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 to participate in this class offered on Wednesday, September 13th at 1:30 PM.

September 20th... 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. RSVP at the reception desk for this third and final class offered on Wednesday, September 20th at 1:30 PM.

September 6th … Zumba Gold Class Starts!
Zumba Gold is the no-impact form of dance where you learn routines from Latin, Bollywood, Belly Dance, and American oldies. Instructor Debbie Ashton, has taught many forms of dance and exercise for forty-seven years and is a Feldenkrais movement therapy specialist. Join the Zumba Gold class on Wednesdays at 2:30 PM starting Wednesday, September 6. Class fee is $4 per each class attended payable to the instructor. Pre-registration not required.

September 7th … Introduction to Injury Prevention
Introduction to Injury Prevention is all about keeping you safe and sound. It’s like putting on a seatbelt or using a handrail, following simple steps to prevent falls, bumps, and other mishaps that might cause injuries. For seniors, this might mean taking care when walking on slippery floors, using grab bars in the bathroom, or participating in gentle exercises to keep muscles strong. This presentation will share easy-to-follow tips and advice tailored just for you, to help you enjoy your daily activities without worry. Join us to learn how to make your everyday life safer and more comfortable. Call the Center or stop by the reception desk to sign up for this Thursday, September 7th 1:00 PM presentation with Dustin Parker, Public Health Fitness Coordinator.

The Center’s Library
Have you visited the Center’s library lately? We have an impressive collection of books by current and popular authors. The Center’s library is easy to use; find a book and want to read it—just take it and bring it back when you’re finished. There’s no checking the book out and no time limits on how long you can keep it. The library is available Monday through Friday 7:30 AM—4:00 PM. We’re sure there’s a good read waiting for you in the Center’s library located in the Lounge (Room #010).
September 8th ... Financial Fraud and Scam Awareness Presentation & Workshop
Join April Tomlin, Senior Services Manager on Friday, September 8th at from 1:00—3:00 PM 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 or stop by the reception desk.

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, register at the reception desk or call the Center. Bingo is offered on the following Mondays at 10:30 AM:

Monday, September 11 ... Penny Mayo with Farm Bureau Insurance
Monday, September 18 ... Allysa Goddard with Maxim HealthCare
Monday, September 25 ... Shannon Gibson with Gentiva Hospice
Monday, October 2 ... Karen Russell with SR Medical
Monday, October 9 ... Connie Warford with Buckeye Home Medical Equipment
Monday, October 16 ... Penny Mayo with Farm Bureau Insurance
Monday, October 23 ... Shannon Gibson with Gentiva Hospice
Monday, October 30 ... Allysa Goddard with Maxim HealthCare

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, September 27th.,
Wednesday, October 25th.
No appointment necessary.

Your Announcements
If your Senior Center group has news or announcement you would like to share in the November/December 2023 eNewsletter, please provide information to Darrell before October 6th. You can drop it off at the Reception Desk or email West.SeniorCenter@KnoxCounty.org

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

Nail Trimming
West Knox County Senior Center will be offering Toenail Trimming with Michelle on the following dates:
Friday, September 8th.,
Starting at 10:00 AM.,
Friday, October 20th.,
Starting at 10:00 AM.,
Please call the Center to check on appointment availability. Fee is $13 payable to Michelle.
September 11th … Introduction to Meditation Class
Developing meditation skills can help anyone to better cope with the ups and downs of daily living. These skills become especially helpful as we face the inevitable changes that occur with aging. This course will give you the tools to start a daily meditation practice. Sitting meditation will be taught and practiced in this five week class. You will learn to utilize the dozens of free moments that you encounter throughout your day to advance your practice. These moments are opportunities to bring yourself back to a calmer and more centered perspective. Chairs will be offered for sitting meditation, however feel free to bring meditation cushions if you prefer. Class fee is $2 per session attended (or $10 for the entire five sessions if all are attended). Fees are payable to the instructor Colleen Vaughn. Seating is limited to ten students. Registration is required for this class starting on Monday, September 11th at 11:00 AM. You can check on seating availability by calling the Center or stopping by the reception desk.

September 11th … Happy Grandparents Day
To commemorate Grandparents’ Day, Edna Newman with Comfort Keepers will be serving some tasty treats in the lobby at 1:00 PM. She’ll have tangerines and for some sweet temptations donuts and muffins. We look forward to seeing you and Happy Grandparents Day.

September 11th … Music Jam and Ice Cream Social
There will be country, bluegrass, and gospel music for everyone to enjoy on Monday, September 11th at 1:30 PM. Bring your musical instrument too or just come and listen. We’ll also be having ice cream. For planning purposes, please call the Center or stop by the reception desk to sign up to attend. We want to make sure there’s ice cream for everyone!

Writing Workshop
Journals, Short Stories, and Beyond!
Monday, September 11th at 1:30 PM &
Monday, October 9th at 1:30 PM
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, September 11th at 1:30 PM and Monday, October 9th at 1:30 PM. Students need to bring a notebook and are welcome to bring a sample of their writing.

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, September 12th,
Tuesday, October 3rd.

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.

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934
**September 12 ... Overview of East Tennessee History Class**
The easternmost “Grand Division” of the tripartite state of Tennessee has a complex and colorful history worthy of a separate state. In this class, Dr. Henry Wilson will trace the founding, growth and maturity of East Tennessee, including the disastrous events of the Civil War, in which the majority of people in the region were in active rebellion against the pro-Confederate government in Nashville. After 1865, East Tennessee experienced a series of booms and busts as a major locus for the “New South”, raising hopes of swift economic expansion and social progress, only to have these hopes dashed by economic depression and hardship during the 1930’s and 40’s. The class will conclude with an overview of major events in recent decades with an eye for evaluating where the “almost state” of East Tennessee currently stands in comparison with the rest of the country and its quest for a place in the American sun. This class will start on Tuesday, September 12th at 1:30 PM and will meet on Tuesday, September 19th and will conclude on Tuesday, September 26. Fee is $3 for each session attended payable to the instructor. Call the Center or stop by the reception desk to check on seating availability and to sign up for all three lectures.

**Dementia Care & Support**
**Monday, September 11th**
at 1:30 PM
This month’s discussion will be Dementia vs. Normal Aging and the importance of early diagnoses.

**Monday, October 9th**
at 1:30 PM
The group will have a representative from CADES (Concord Adult Day Enrichment Services) discussing importance of social interaction.

The Dementia Care & Support program is facilitated by Kim Warnick with Dementia Care Solutions of East Tennessee.

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**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, September 20th and Wednesday, October 18th. 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, September 11th and Monday, October 9th.

**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).
September 13 … Cornhole Tournament
Cindy will be hosting our BBQ themed Cornhole Tournament on Wednesday, September 13th at 10:00 am. Although we won’t be having a BBQ don’t let that keep you from enjoying our BBQ themed Tournament. We’ll have some fun prizes, too. Even if you’ve never played cornhole you’re more than welcome to join. It’s quick to learn and fun to play. You can sign up to play at the reception desk.

September 14th … Finding Your Balance: A Guide to Healthy Living
Mark your calendar for “Finding Your Balance: A Guide to Healthy Living!” Whether you’re just starting your wellness journey or looking to enhance it, this engaging presentation has something for everyone. We’ll explore personal health tailored to your needs, delve into balanced eating without the fuss of dieting, find enjoyable physical activities, share mindfulness techniques for a happy mind, emphasize restful sleep, encouraging regular medical checkups, and help you nurture friendships. Plus, we’ll offer tools to customize your wellness plan, provide resources, and support for your balanced health journey. This program promises laughter, learning, and a lively path to well-being for all. For planning and scheduling purposes, call the Center or stop by the reception desk to check on seating availability and to sign up for this program offered on Thursday, September 14th at 1:00 PM with Dustin Parker, Public Health Fitness Coordinator.

September 15th … Flu Shot Clinic from Mac’s Pharmacy
Mac’s Pharmacy will be having a Flu Shot Clinic at the Center on Friday, September 15th from 1:30 PM—3:30 PM. No appointment necessary. Be sure to bring your insurance card with you to the clinic.

September 18th … D&S Community Services Presentation
Visit with Mr. Jerry Winters, D&S Community Services Family Model Recruiter on Monday, September 18th at 1:30 PM for a presentation on D&S Community Services. With help from people in the community, they can assist someone with disabilities grow and live their best life. In their host home programs, adults with intellectual and developmental disabilities live with a caring host home provider and become part of the family. Host home providers do more than open their home—they help the people they support grow and thrive. You can help another person live a full, active life of their own choosing. As part of your family, they’ll form lasting relationships and build skills that support them throughout their lives. If you would like to learn more about how you can be a host family call the Center to sign up for this informative and free presentation.

View the e-Newsletter On-Line & More
The West Knox County Senior Center Newsletter is available online. It’s easy to see and convenient. To refer friends and family to view the newsletter go to: www.knoxcounty.org/seniors and click on West Knox County Senior Center. While on the website, you can view newsletters from the other Knox County Senior Centers: Carter, Corryton, Halls, Karns, and South Knoxville. You can also scan the QR code below.

Meet me in the middle of your story where the soul is worn but wise
Angie Weiland-Crosby

Programs I need to sign up:

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934
September 20th … Tai Chi with Cheryl (Beginners Class starting)
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. Tai Chi with Cheryl will also concentrate on relaxation and comfortable moves. Most of all it is fun and you will meet some wonderful people. This class will meet for approximately sixty minutes on Wednesdays at 8:45 AM in the gymnasium. Class fee is $2 per each class attended payable to the instructor. No need to register to attend.

September 20th … Color, Coffee & Chat
Cindy hosts Color, Coffee & Chat on Wednesday, September 20th at 10:00 AM. This month’s theme is sunflowers and pumpkins. 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. All materials provided.

September 21 … A Beginner’s Guide to Understanding What’s In Your Food: Nutrition Labels Explained
Dustin Parker, Public Health Fitness Coordinator returns on Thursday, September 21st at 1:00 PM for an enlightening program exploring a broad array of topics to empower you to make healthier choices at the grocery store. From understanding the basics of nutrition labels to deciphering the ingredients list. Attendees will gain insight into the essential components of food packaging. The session will break down the complexities of calories, serving sizes, fats, proteins, carbohydrates, % Daily Value, as well as vitamins and minerals. Special attention will be given to allergens, special diet information, organic and non-GMO labels, and interpreting symbols on front-of-package labels. Furthermore, practical tips for healthier shopping, and a glossary of common terms related to nutrition labels will be provided along with resources for those who wish to explore further information. Don’t miss this opportunity to demystify the maze of information found on food packaging. Call the Center or stop by the reception desk to check on seating availability and sign up for this free and informative program.

September 21 … Billiard Lessons
Have you ever wanted to play billiards but weren’t sure how? Mr. Wayne Naessig will be teaching lessons at the Center starting Thursday, September 21st at 1:00 PM. This free class will consist of four lessons offered every Thursday until October 12th. Wayne will teach techniques and the different styles of play. Once you get the hang of it, we’re sure you’ll enjoy it. Call the Center or stop by the reception desk to inquire on seating availability and to sign up for this free class. Class is limited to five students.
September 22... Mediterranean Cooking Class
The Mediterranean Style of eating is not a diet; there is not a prescribed amount of food to eat each day or a specific number of calories. The Mediterranean style of eating represents the traditional foods and lifestyle of people living near the Mediterranean Sea, particularly Greece and southern Italy. It does not reflect the eating patterns today because many of those countries have developed a more western eating style. There are certain types of food including the traditional Mediterranean Style of eating including oil, fish and seafood, fresh vegetables and fruits, nuts and seeds, and beans and peas. Come explore the Mediterranean style of eating on Friday, September 22nd at 1:00 PM with Heather Kyle-Harmon, UT Extension Agent. Call the Center or stop by the reception desk to check on seating availability and to sign up. Class is limited to twelve participants.

September 25 … Rotator Cuff and Shoulder Pain Presentation
Learn the number one mistake shoulder pain sufferers make that can surprisingly lead to surgery, as well as how to get out of pain without medications, injections, or surgery. Call the Center to sign up for this free and informative presentation offered by Alaina from Marino Physiotherapy offered on Monday, September 25th at 1:30 PM.

September 26 … Flu Shots from Reams Drug Store
West Knox County flu shot day is September 26th from 10:00 AM—12:00 PM with the shots being administered by a pharmacist from Reams Drug Store. Shingles, Covid Boosters, and pneumonia shots are available but you must sign up for those at least two days prior to shot day. You will also need to complete paperwork before your appointment as well on the day of the vaccination clinic. You can sign up by calling the Center at 865-288-7805 or stopping by the reception desk.

September 27th … Craft Class: Fall Pumpkin Wreath
Get into the Fall spirit on Wednesday, September 27th at 10:00 AM by making a pumpkin wreath. The class is free and materials are provided. It is easy, no previous experience at wreath making is required. It will be fun and you have a wreath to take home to show your Autumn flair. For planning purposes please sign up to attend. You can call the Center or stop by the reception desk to check on seating availability.

September 27th … Field Trip: Beck Cultural Exchange Center
We welcome you to enjoy a trip to the Beck Cultural Exchange Center on Wednesday, September 27. We will leave the Center at approximately 10:30 AM and arrive back around 2:00 PM. Following Knoxville’s Urban Renewal project, the museum has become the primary repository of African American history and culture in East Tennessee. Transportation provided courtesy of Knox County CAC Transit. If you would like to join us, please call the center or stop by the reception desk to check on seating availability. Seating is limited for this Wednesday, September 27th field trip.

September 27th … Medicare Made Easy
The Alphabet Soup of Medicare…. A, B, C, and D. Don’t make the recipe more difficult than it is. It is all about timing. Let’s talk about ingredients because there are special ones only used for Medicare. Presentation and questions answered by Penny Mayo with Farm Bureau Health Plans in this program offered on Wednesday, September 27th at 1:30 PM. Please call the Center or stop by the reception desk to sign up to attend.
September 28 & 29th… AARP Smart Driver Class
AARP will be having a Smart Driver Class at the Center on Thursday, September 28th from 11:00 AM—3:00 PM and Friday, September 29th 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.

September 28th … Tips for Safe Muscle Building
On Thursday, September 28th at 1:00 PM., Dustin Parker, Public Health Fitness Coordinator will provide an information session on “Tips for Safe Muscle Building for Older Individuals’. He will offer essential insights for those who are fifty or older looking to maintain mobility and overall health through strength training. The discussion will emphasize the importance of consulting healthcare professionals before beginning any routine and selecting the right equipment tailored to individual needs. Dustin will highlight the significance of proper form, starting slowly, and incorporating flexibility and balance exercises to enhance overall wellness. The session will also cover nutritional support for muscle growth, the role of rest and recovery, tailoring exercises to specific needs, monitoring progress, finding motivational support, and providing special considerations for chronic conditions like arthritis or osteoporosis. Attendees will benefit from example routines and demonstrations, ensuring they leave with a comprehensive understanding of safe and effective muscle-building practices. RSVP to attend.

September 29th … Fourtuitous Barbershop Quartet Performance
Visit with us on Friday, September 29th at 1:30 PM when Fourtuitous, the Barbershop Quartet returns to perform. We’ll also be serving up some ice cream to combat the last of the Summer heat. For planning purposes, please call the Center to sign up to attend. We’re looking forward to seeing you.

October 2nd … 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 Monday, October 2nd 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 Thursday, September 28th. You can register at the reception desk at West Knox County Senior Center. Instructor is Catherine Everhart with Social Media 4 Seniors.

October 2nd … Music Jam & Ice Cream Social
Visit with us for an afternoon of country, bluegrass, and gospel music for everyone to enjoy on Monday, October 2nd at 1:30 PM. Bring your musical instrument too or just come and listen. We’ll also be having treats compliments of Alyssa Goddard representing Maxim HealthCare Services.
October 3rd … History Class: Great War Heroes of East Tennessee
As the first settlement and most populous of the three “Grand Divisions” of Tennessee, East Tennessee has richly upheld its legacy as an integral part of the Volunteer State. From the Revolutionary days of the “Over Mountain Men” who helped defeat the Redcoats at Kings Mountain, through Davy Crockett’s heroics at the Alamo, early East Tennesseans laid a valiant foundation for later heroes to serve their country, a tradition enhanced by David Farragut, the “Landlocked Admiral,” of the Civil War, and Sgt Alvin York, the humble, pious boy from the Cumberland Plateau, who became one of the most famous heroes of World War I by single handedly capturing an entire German company of soldiers. This class will not only describe these brave men’s thrilling exploits, but will also discuss how their courageous military deeds reflect fundamental characteristics of the people and culture of East Tennessee. This class will be taught by Dr. Henry Wilson in three sessions starting Tuesday, October 3rd at 1:30 PM, and will meet on Tuesday, October 10th and will conclude on Tuesday, October 17. Class fee $3 per each session attended. Fees payable to the instructor. Call the Center to check on seating availability and to sign up to attend all three sessions.

October 5th … 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, October 5th at 11:00 AM to provide a free educational presentation. For planning purposes please call the Center to sign up.

October 5th … Improving and Maintaining Balance (Part I)
Join Dustin Parker, Public Health Fitness Coordinator on Thursday, October 5th at 1:00 PM for a comprehensive workshop geared toward enhancing stability in everyday life and sports. Tailored for all levels, the program offers safety guidelines and a framework for tracking progress. Stay tuned for a glimpse into a more advanced techniques in Part II (offered on Thursday, October 12th). It’s time to stand firm and find your equilibrium! You can call the Center to check on seating availability and to sign up to attend.

October 6 … Property Owners Tax Relief and Tax Freeze Presentation
If you are 65 or over, own your primary residence, and your income in 2022 was $33,460 or below you qualify for Tax Relief.

If you are 65 or over, own your primary residence and your income in 2022 was $44,940 or below you qualify for Tax Freeze. In October 2024, the 2023 income will be $60,000 or below.

If you are a Disabled Veteran, Spouse, Widow(er) of a DV, you own your primary residence you may qualify for Tax Relief of $680. Applications are open October 5, 2023 to April 5, 2024. You must sign up every year.

Knox County Trustee Justin Biggs and members of his team will be at West Knox County Senior Center on Friday, October 6 at 10:00 AM to provide information on the Property Tax Relief and Tax Freeze Programs. No need to register to attend.

Knitting Yarn Donation Request
The knitting group that meets on Tuesday mornings at 10:00 AM is requesting yarn either skeins or balls, double knitted, worsted, or DK weight. If you have any yarn that you would like to donate feel free to bring it by the Center. The knitting group is busy making donation for Operation Gratitude.
**October 6 ... Walgreens Vaccination Clinic & Follow up Clinic**
Walgreens will be having a Preventive Vaccination Clinic at the Center on Friday, October 6th from 1:00—3:00 PM. They’ll be offering the following: Shingrix (Shingles); pneumonia, COVID, and flu vaccination. They will also be offering the RSV (Respiratory syncytial virus) vaccine. If you want the RSV Vaccine please call the Center to sign up for this specific vaccine since they will need to know how much to bring with them. You can sign up by calling the Center or stopping by the reception desk. You will need to bring your insurance cards to the clinic. They will also be doing follow-up vaccines from the Vaccination clinic they sponsored on May 26th.

**October 10th ... Craft Class: Fabric Pumpkins**
Susanne Huff returns with another fun craft class on Tuesday October 10th at 9:30 AM She will be providing instruction and guidance on how to make Fabric Pumpkins for your autumn home décor. It’s an easy, no sew project. Participants will need to bring 12x16 or larger fabric, jute, poly-fill or other stuffing, mod podge, and stitch witchery. For planning purposes, please call the Center or stop by the reception desk to sign up for this class.

**October 11 ... Halloween Mini Greeting Cards**
Visit with us on Wednesday, October 11th at 10:00 AM when Cindy will teach a Halloween mini-card crafting class. There’s no charge for this class and all materials will be provided. RSVP by calling the Center or stopping by the reception desk.

**October 12 ... Improving and Maintaining Balance (Part II)**
Building on the foundation laid in Part I, this second installment will introduce more advanced exercises and additional topics related to balance. Stay true to your progress by employing more tips and monitoring strategies, while still enjoying safety-guided practices like balance beam practice, stability ball exercise, and more nuanced Tai Chi or Yoga poses. Whether your advancing or just starting, this session will guide you toward perfect harmony. Stand firm, find your equilibrium, and prepare for the next level. This program is brought to us by Dustin Parker, Public Health Fitness Coordinator at 1:00 PM on Thursday, October 12th. Call the Center to inquire about seating availability and to sign up.

**October 16th ... Special Medicare Seminar**
Jim Sikes with Sikes and Associates will be presenting a Medicare Annual Enrollment Period seminar to discuss your eligibility and Medicare plan options for the 2023 Medicare Benefit Year (January 1—December 31, 2023). He will be at West Knox County Senior Center on Monday, October 16th at 10:00 AM and at 1:00 PM. Mr. Sikes is a license/certified Medicare Products Specialist who can assist you with multiple carriers, most notably Humana and BlueCross BlueShield of Tennessee. It is not necessary to make an appointment, just attend any one of the meetings, and he will be returning in November to provide additional meetings on Monday, November 6th and Monday, November 27th. Mr. Sikes is also a resident in Farragut, he will be happy to schedule a one-on-one meeting with you at your convenience. You can reach him at 865-566-8502 or email at CortsDad@charter.net

“The Trees are about to show us how beautiful it is to let go.”
Author unknown
October 18 ... Color, Coffee, & Chat
Vintage Halloween is the theme for Wednesday, October 18th at 10:00 AM for our monthly Color, Coffee & Chat program. Research has shown that 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.

October 19th ... Clear Answers To Your Medicare Questions
Looking for a fun, no-pressure way to learn more about Medicare? Ja’el Michael with United HealthCare will be here to answer your questions about Medicare and show you how to take advantage of the benefits of a plan from UnitedHealthCare. Bring your friends, neighbors, and your questions to Ja’el’s program on Thursday, October 19 at 10:00 AM. Call the Center to sign up.

October 19 & 20 ... iPad/iPhone Beyond the Basics
Have you had your iPhone or iPad for awhile now and feel comfortable with it but know there’s more you could be doing with it? During this four hour iPad/iPhone Beyond the Basics Workshop taught over two days: Thursday, October 19th and Friday, October 20th., 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 taught over two days or have equivalent knowledge of basic iPad/iPhone functions. You must bring your iPhone or iPad with you to this workshop as well as your Apple ID and password. Class fee is $35 payable at time of registration. You can register for this class by visiting the reception desk at West Knox County Senior Center. Deadline to register is Tuesday, October 17th. This class is brought to us by Social Media 4 Seniors with instructor Barbara Edwards.

October 19th ... Embrace Vitality: A Roadmap to Sustaining an Energetic and Healthy Life
On Thursday, October 19th at 1:00 PM take a journey towards rejuvenation with this comprehensive guide covering everything from understanding the essence of vitality to crafting a personalized plan that fits your unique needs and goals. Dive into nutrition essentials, explore exercise recommendations, and learn about mindfulness techniques to foster emotional well-being. Whether it’s optimizing sleep and recovery, or building nourishing social connections, this roadmap offers tools for monitoring progress, overcoming obstacles, and achieving long-term sustainability. Embrace a vibrant life with professional insights, community support, and practical strategies found in this free and informative program. Your path to an energetic and healthy life begins here. Call the Center to check on seating availability and to sign up for this free program offered by Dustin Parker, Public Health Fitness Coordinator.

Center Closed
Friday, October 13th
The Center will close at 11:30 AM. There will be no afternoon programs on Friday, October 13th.

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.

We will be offering classes starting Thursday, September 21st at 1:00 PM and will continue every Thursday for four weeks. You can check on at the reception desk for seating availability for this class and to register. Class will be taught by Mr. Wayne Naessig.

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 register to participate.

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934
**October 20th ... Annual Hearing Presentation with Luke Amos**
Are you concerned about overpaying for hearing aids? Does your current Health Insurance pay for hearing aids? Why are hearing aids so expensive? Join Mr. Luke Amos with Life Frequency, PLLC on Friday, October 20th at 1:30 PM to find out the truth about your hearing health and get all your questions answered from a hearing industry expert! Coffee and Donuts will be served and seating is limited for this free informational program. Call the Center today at 865-288-7805 to check on seating availability and to register.

**October 23rd ... Could Food Sensitives Be Causing Your Health Symptoms?**
Most people don’t realize that the cause of their health symptoms may be food sensitivity. Learn about common food allergens, ways to identify if you have a sensitivity, ways to prevent food sensitivity, and possible health risks. As a holistic health coach, Jill Hahn, has worked with hundreds of people in both weight loss and functional medicine. Jill empowers others to achieve life-long success with their health goals. Please stop by the reception desk or call the Center to sign up for this free and informative program offered on Monday, October 23rd at 11:00 AM.

**October 23 ... Knee Pain Presentation**
Scared of stairs or squatting? Afraid the knee might give out at any time? This workshop covers all you need to know about underlying factors that make knees worse as well as how to get back to normal and feeling better fast! Call the Center to sign up for this free and informative presentation brought to us by Alaina from Marino Physiotherapy offered on Monday, October 23 at 1:30 PM.

**October 25th ... Field Trip: Market Square Farmers’ Market**
On Wednesday, October 25th we’ll be having a Halloween field trip to downtown Knoxville for the annual open-air Market Square Farmers’ Market! While products vary by season, you can enjoy locally grown, raised, and/or home made items, including fresh fruits, vegetables, eggs, honey, pasture-raised meats, edible and ornamental plants, cut flowers, bread and baked goods, jams and jellies, coffee, artisan crafts, and more! While you’re out, you are welcome to explore downtown’s shops and murals or even grab some lunch. This event is free, but we recommend bringing cash for the market (they do accept SNAP benefits). Transportation provided courtesy of Knox County CAC transit through the Office on Aging. If you are interested, we ask you arrive at the Center no later than 9:30 AM. We will return to the Center by 1:30 PM. Seating is limited. Call the Center to check on seating availability and to sign up for transportation space permitting. Registration is required.

**Coming December 1st ... Craft Fair**
Join us on Friday, December 1st from 12:00 PM to 3:30 PM for our third annual end-of-the-year, just-in-time-for-the-holidays, Craft Fair! Whether you would like to be a vendor or simply browse the homemade creations, everyone is welcome to attend. If you would like to participate as a vendor in our Craft Fair, please call 865-288-7805 to reserve a spot as tables and space availability is limited. Each vendor will be limited to a maximum of two tables. There’s a $2 fee to participate as a vendor.
October 26 & 27th … AARP Smart Driver Class
AARP will be having a Smart Driver Class at the Center on Thursday, October 26th from 11:00 AM—3:00 PM and Friday, October 27th 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.

October 27th …. Fall Fashion Show
Fall crisp mornings will be here before we know it. Join us for a fun and trendy Fall fashion show on Friday, October 27th at 1:00 PM. Mae Larue is so excited to be coming back for another fashion show. “Fall is my favorite color—no really it’s my favorite time of year,” says Kim Olvey. “I love all the layering looks and outfits we can put together. I am truly excited to share with you the new clothes that I have found at both the Atlanta and Nashville Apparel markets”. Kim specializes in looks for women over fifty, and is obsessed with providing a tailored, empowering customer experience. Not only will you see the latest trends on the runway, but she will bring the clothes directly to you here at the Center. “Please bring a friend or two,” Kim says, “There will be a drawing created for anyone that brought a guest and you could be the lucky winner! Plus, isn’t it fun to shop with your girlfriends?” RSVP by calling the Center or stopping by the Reception Desk.

Delicious autumn! My soul is wedded to it, and if I were a bird I would fly about the Earth seeking the successive autumns.”
George Eliot

Hearing Help
Friday, September 8th
Friday, December 8th
9:00 AM—10:30 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 game 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.
October 30 Medicare Q&A Presentation
Looking for a fun, no-pressure way to learn more about Medicare? Come to an upcoming event where Ja’el Michael, Licensed Sales Agent with United Healthcare will answer your questions about Medicare and show you how you can take advantage of benefits of a plan from United Healthcare. Bring your friends, neighbors, and questions. There’s no obligation or cost to attend. Ja’el will be providing a presentation Monday, October 30 at 10:00 AM. Please call the Center or stop by the reception desk to check on seating availability and to sign up to attend.

October 30th … Staying Heart Healthy Cooking Class with Laurie
Laurie will be providing two heart healthy anti-inflammatory complete dinner recipes on Monday, October 30th at 11:00 AM. She will show you how to prepare these meals and include a tasting. Both are made with top five anti-inflammatory ingredients and take under thirty minutes to make. The star ingredients are spinach, avocado, mushrooms, and grains. The first recipe will be ‘Avocado Spinach Pesto Pasta’. The second recipe will be ‘Spinach and Mushroom Quinoa’ for a complete protein meal. Spinach keeps our eyes healthy with lutein and zeaxanthin which can lower the odds of developing cataracts. Spinach also strengthens the immune system, aiding in illness and injury recovery. Also did you know that adding an avocado to your favorite dish will help you to absorb more of the vitamins and nutrients of the other ingredients? Call the Center or stop by the reception desk to check on seating availability for this free class and to sign up. Let’s get healthy together.

October 30th … Fall Meet and Greet with April Tomlin
Pumpkin Spice and the aroma of Autumn is in the air. April Tomlin, Senior Services Manager, invites you to visit with her during her Fall Meet and Greet on Monday, October 30th starting at 10:00 AM—12:00 PM at West Knox County Senior Center. She’ll be serving Apple Cider and other light refreshments. Feel free to stop in and say hello.

October 30th … Halloween Bash
Join us for a fun afternoon celebrating Halloween on Monday, October 30th at 1:30 PM. We will have a costume contest. Prizes will be given for the scariest costume, most original costume, and the funniest costume. We will have music, refreshments, games and more prizes, too! For planning purposes please call the Center to sign up and join us for Halloween fun.

October 31st … Thompson Proton Center Presentation
Join Nikki Dickson on Tuesday, October 31st 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. She will highlight the Thompson Proton Center and proton therapy; Thompson Cancer's most recently added cancer treatment service and one of the most innovative, precise forms of radiation tradition treatments available. Call the Center or stop by the Reception Desk to sign up for this free presentation.

Why Sign-up for Programs & Activities?
For many of our programs and activities we request, for planning and scheduling purposes, to sign-up ahead of time. Why do we request you to 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. Contact information is also important in the event the program is cancelled or rescheduled, we can let you know.
October 24th … Art with Durga—Autumn Church
Join Durga on Tuesday, October 24th at 10:00 AM for a journey into Fall with the painting of an Autumn Church (see photo to the right). A canvas board size 11x14” is $20. Class fee is payable at time of registration. You can register by visiting the reception desk. Deadline to register for this art class is Friday, October 20th. Durga will provide the canvas board, brushes, paints, and instruction.

Adopt A Christmas Tree
Christmas season is coming. It will be here before we know it. We would like to extend an opportunity to our vendors and to our different activity groups at the Center to adopt a Christmas tree for decorating. We will put up our trees on Monday, November 27. We have seven trees. If you adopt a tree, you may decorated it starting Tuesday, November 28. For vendors, this would be a great marketing opportunity to decorate in a way that features your brand while making a festive holiday statement. For our activity groups, this would be an opportunity to promote your group whether it be a card group, art group, or exercise class. You can also decorate a tree using the Center’s decorations or use your own decorations. We invite you to help decorate the Center for a festive holiday season. Our Christmas trees will remain up until the first week of January. Call the Center no later than Monday, November 21st to inquire about tree availability.

December 1st Craft Fair
Join us on Friday, December 1st from 12:00 PM to 3:30 PM for an end-of-the-year, just-in-time-for-the-holidays, Craft Fair! Whether you would like to be a vendor or simply browse the homemade creations, everyone is welcome to attend. If you would like to participate as a vendor in our Craft Fair, please call 865-288-7805 to reserve a spot as tables and space availability is limited. Each vendor will be limited to a maximum of two tables. There’s a $2 fee to participate as a vendor.

Lady Bug Scavenger Hunt Winner
Congratulations to Patricia for being the winner of the Lady Bug Scavenger Hunt held in August. Small imitation Lady Bugs were hid throughout the Center. Those that found one returned it to the reception desk and place their name in a pool for a drawing. Sherry was the winner. She received a gift bag of Autumn décor for her home.

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

**Wednesday, September 6**
Project to be announced

**Wednesday, October 4**
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
Monday, September 18 & Monday, October 16 at 12:30 PM—3:30 PM
The American Sewing Guild—West Knoxville Neighborhood Group plans a wide variety of sewing activities which may include: hands-on sewing projects, demonstrations of specific techniques, quilting, garment fitting and construction, service projects, and more. “Sew and Tell” is their way of kicking off each meeting. They welcome sewists of all levels to come visit their group to see what they’re all about. For more information about the national organization you can visit [www.asg.org](http://www.asg.org). They meet at West Knox County Senior Center the third Monday of each month at 12:30 PM.

Knitting Yarn Donation Request
The knitting group that meets on Tuesday mornings at 10:00 AM is requesting yarn either skeins or balls, double knitted, worsted, or DK weight. If you have any yarn that you would like to donate feel free to bring it by the Center. The knitting group is busy making donation for Operation Gratitude.

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 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.

Oil Painting Class
**Wednesdays 1:00 PM—3:30 PM or Fridays 11:00—1:00 PM**
With Carla Sanchez
Want to join the oil painting class? You can call the Center and have your name added to the waiting list. We can call you when a seat opens.
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 ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934
September 6 & 7… 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, September 6th and Thursday, September 7th 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 Center. Deadline to register is Friday, September 1st. Instructor is Barbara Edwards with Social Media 4 Seniors.

October 2nd … 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 Monday, October 2nd 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 Thursday, September 28th. You can register at the reception desk at West Knox County Senior Center. Instructor is Catherine Everhart with Social Media 4 Seniors.

October 19 & 20 … iPad/iPhone Beyond the Basics  Have you had your iPhone or iPad for awhile now and feel comfortable with it but know there’s more you could be doing with it? During this four hour iPad/iPhone Beyond the Basics Workshop taught over two days: Thursday, October 19th and Friday, October 20th., 10:00 AM—12:00 PM on both days, you will learn the following: photo transfer between iPad and other devices, e-mail/Internet use, adding email accounts, deleting emails, and moving emails. In addition, the class will cover ways to free up space on your device, security features, customizing your device, using Safari, cloud servers, and more. You must have taken the iPad/iPhone Basics Workshop before you register for this Beyond the Basics class or have equivalent knowledge of basic iPad/iPhone functions. You must bring your iPhone or iPad with you to this workshop as well as your Apple ID and password. Class fee is $35 payable at time of registration. You can register for this class by visiting the reception desk at West Knox County Senior Center. Deadline to register is Tuesday, October 17. This class is brought to us by Social Media 4 Seniors with instructor Barbara Edwards.

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.

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.
**Fitness Activities at West Knox County Senior Center**

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

**Cardio/Strength/Stretch Class**  Wednesdays and Fridays 9:00 AM  Class fee: $5  Room #021  
This class 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**  Wednesdays at 1:00 PM.  Class fee $5  Room #021  
Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Wednesday. 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.

**Line Dance Improvers Class**  Thursdays at 2:15 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.

**Line Dance Class Intermediate**  Tuesdays 2:00 PM  Class fee: $5.00 per class attended  Room #021  
One of the most fun classes you’ll ever do! Great music, from pop to Irish dancing, rock to country line music. The Tuesday class is for those who have learned the dances, or can pick them up quickly. This is the more advanced Line Dance Class. Wear shoes you can dance in and make turns. Class instructor Diane Hensley.

**Pickleball**  Tuesdays 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** —Mondays, Wednesdays, Fridays 8:45 AM—9:45 AM  
Class fee $2
Join instructor Cheryl Chandler for Tai Chi for Seniors. 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 Wednesdays at 8:45 AM starting September 20, 2023. 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
Join us for improving your health with the widely popular Yang Style Tai Chi. It combines slow graceful movements, meditation and relaxing breathing. This class is led by long-timer instructor Mr. Pat Barbieri, with twenty-three years experience. This class meets once a week. Studies have show that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength. This class includes fifteen minutes of stretching exercises for increasing range of motion and flexibility. New students can start at any time.

**Yang Style Tai Chi (Tai Chi II)**  
Thursdays 9:45 AM—11:00 AM  
Class fee: $3  
Room #021
If you’ve taken Mr. Barbieri’s class before or are familiar with Yang Style Tai Chi, feel free to join his class on Thursdays. The class includes fifteen minutes of stretching exercises for increasing range of motion, balance, and flexibility. Class fee is $3 per student per class attended. Class 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. We will use various equipment which will be provided. New students can start at any time. No need to pre-register.

**Zumba Gold**  
Wednesdays 2:30 PM  
Class fee $4  
Room: 021 Multipurpose Room
Zumba Gold is the no-impact form of dance where you learn routines from Latin, Bollywood, Belly Dance, and American oldies. Instructor Debbie Ashton, has taught many forms of dance and exercise for forty-seven years and is a Feldenkrais movement therapy specialist. Join the Zumba Gold class on Wednesdays at 2:30 PM starting Wednesday, September 6. Class fee is $4 per each class attended payable to the instructor. Pre-registration not required.

**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 or stop by the reception desk 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.

West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934  
(865) 288-7805  
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Senior Walk—Maryville Greenway

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

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

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

If you are interested in attending, please RSVP by calling (865) 288-3761 or emailing SeniorServices@knoxcounty.org.
Ijams & Forks of the River Walk

Date: Tuesday, October 17, 2023
Time: 10:00 AM
Location: Ijams Nature Center, 2915 Island Home Ave., Knoxville, TN 37920

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

The Senior Angel Tree kicks off **Monday, November 6.** Last year, with your support, we provided 241 Knox County residents with 1,602 gifts. Thank you!

How does it work?
- Visit your local senior center from Nov. 6th - 22nd
- Choose a senior and adopt any of their needs!
- Return gifts to the same center by Tues, Nov. 28th

Want to volunteer? Help us call participants in October to get their wish list, and help us wrap presents in December!
Contact RSVP at 865-524-2786 or rsvp@knoxseniors.org
Last year, the CAC Office on Aging provided over 1,600 gifts to local seniors in need, brightening their holiday season with a little cheer from caring neighbors. This year's Senior Angel Tree will begin on Monday, November 6.

This enormous effort is only possible through the help of volunteers. The Retired & Senior Volunteer Program (RSVP) puts in hundreds of hours to make the Senior Angel Tree happen. What can you do? Volunteers help us call each recipient in October to confirm their wish list and develop a short bio. They also help us wrap all the presents in December when they start arriving!

Contact RSVP to volunteer:
rsvp@knoxseniors.org
865-524-2786