

**March &
April**

2024

Karns Senior Center
The Navigator

Holiday closings: March 29th, Good Friday

Tuesday, March 5th at 2:00 & 3:00 pm . . . American Sign Language

ASL is a language that has the same linguistic properties as spoken languages, with grammar that differs from English and is expressed by hand and face movements. Beginning ASL at 2:00 is for beginners, Part II at 3:00 must have some experience. Cost is \$25.00/8 weeks. **RSVP**

Thursday, March 7th at 11:00 am . . . Cooking with Laurie

Stay heart-healthy while learning to cook a delicious, simple dinner of protein rich and veggie packed Red Lentil patties with Lemon Tahini dressing. **RSVP**

Thursday, March 7th at 2:10/3:00 . . . Beginning/Intermediate Spanish

Join Beverly Burdette, former Spanish professor for beginning & intermediate Spanish classes. Cost is \$2.00 per class. **RSVP**

Monday, March 11th at 1:30 pm . . . Back Pain Workshop

Join Dr. Lee Easley with Knox PT as he discusses causes of back pain and treatment options. **RSVP**

Monday March 11th from 2-4:00 pm . . . Sr. Services Walking Group Social

Are you are part of our walking group or want to find out more about our walks for 2024? Enjoy a time of fellowship and information along with fun, refreshments, music, pictures, socializing and prizes as you get to know your fellow walkers better. A representative from each center will be there and we have car-pool signups available. **RSVP**

Tuesday, March 12th at 8:30 am . . . Beltone

Someone from Beltone will offer free hearing screenings and hearing aid cleanings. **RSVP**

Tuesday, March 12th at 10:30 am . . . Essential Oils: Detoxing Your Home

Join Richard and Deborah for this essential oils class that will focus on how to reduce the toxins in your home, and use healthier alternatives such as essential oils and natural products. **RSVP**

Friday, March 15th at 10:45 am . . . Field Trip: WDVX at Barley's Tap Room

Join us as we take a trip to the WDVX Blue Plate Special, a live performance radio show held at noon, with your host Red Hickey. We will be visiting them at Barley's Tap Room where you may purchase lunch on a limited menu, if you wish. Transportation provided courtesy of CAC. **RSVP**

Tuesday, March 19th 8:00 am-4:00 pm . . . AARP Safe Driving Class

AARP is offering this safe driving class. Class fee is \$20 for AARP members, \$25 for non-members, and free with the AARP Medicare Supplement through United Healthcare. Bring card. **RSVP**

Tuesday, March 19/20 from 10 am-12 pm . . . iPad/iPhone Basics Class

Learn the basics of the iPad/iPhone or tablet in this four-hour class taught by Social Media 4 Seniors. Cost is \$35.00, **prepaid** to Social Media 4 Seniors. **RSVP**

Tuesday, March 19th at 10:30 am . . . Take Control of Your Taxes

Prepare for a tax-efficient future (keep more of your earnings.) Diversification is crucial for accumulating and distribution! Keep more income, pay less in taxes—who wouldn't want to do that?! **RSVP**

Wednesday, March 20th & April 17th at 1:00 pm . . . Krfty Stamper

Join Cindy as she teaches how to make paper crafts for home use or gift-giving. March's project is Bobble card, mini Easter basket and candy or gift box , April's project is Faux ribbon card, lip baum box and stacking gift bags. Cost is \$13.00 with materials provided. **RSVP**

Visit our website at knoxcounty.org/seniors

Karns Senior Center
8042 Oak Ridge Highway, Knoxville, TN 37932, Phone: 865-951-2653

Thursday, March 21st at 12:30 am . . . Instapot Cooking Class w/Rose

Join Rose for this class to learn the basics of using the Instapot. She will be teaching the class how to make ribs and macaroni and cheese. Cost of the class is \$15.00. Space is limited. **RSVP**

Friday, March 22nd, 10-12 & 1-3 pm . . . Android Basics Class

Learn the basics of the Android phone or tablet in this four-hour class taught by Social Media 4 Seniors. Cost is \$35.00, prepaid to Social Media 4 Seniors. **RSVP**

Monday, March 25th/1:30, April 23/10:30 am . . . Iris Folding Card Class

Join Cindy Mishtal for this unique card folding technique of Iris folding. The project for March is a hat. April's project is a Volkswagen bus. Cost is \$5.00. **RSVP**

Tuesday, March 26th at 11:00 am . . . Easter Luncheon

Join us for a time of food and fellowship as we gather to enjoy a meal together, provided by Butler Brothers Excavating and Kenneth Lefevre of Humana. Please do not bring any food in for the meal. **To ensure we have enough food, everyone must register to attend! RSVP**

Wednesday, March 27th at 1:00 pm . . . Senior Living Plan Seminar

Join Phoebe Wills, Senior Citizen Realty Specialist, Patrick & Beth Bowen, Senior Care Consultants, and Jeffery K. Spellerberg, Law and Estate Planning as they team up to discuss how you can better plan for your future. **RSVP**

Wednesday, March 27th at 1:00 pm . . . History Class w/Dr. Wilson

Rescheduled from January, "Great War Heroes of Tennessee," continued. This class will continue to examine the exemplary lives and thrilling exploits of several of our more outstanding patriots, soldiers, and admirals, including "Davy" Crockett, David Glasgow Farragut, and Sgt. Alvin C. York. **RSVP**

Monday, April 1st at 1:30 pm . . . Quilting Class

Join Johnnie Reber, professional quilter and instructor for this class. It utilizes the fabric, batting, and backing and is finished "as you go." All stitching is done by machine. Classes will be 6 two-hour sessions. Cost is \$60 due at the beginning of class, which includes the pattern and instructions. Perfect for experienced quilters as well as the beginner. **RSVP**

Tuesday, April 2nd at 10:00 am . . . Free Balance Screenings

UT Outpatient PT at Hardin Valley is hosting this free balance screening. The individualized assessment will be 10-15 minutes. The screening will consist of standing balance, sit to stand transfers and a walking assessment. The results of your screening will be discussed with you at the end of your session. **RSVP**

Tuesday, April 2nd at 1:00 pm . . . Mediterranean Cooking

Mediterranean Cooking is style of cooking pulling from traditional food and cooking methods from the whole Mediterranean area. Join Heather Kyle with UT Extension in this hands-on cooking class where we will explore olive oils, Mazza boards and a healthier/lighter way of cooking and eating. **RSVP**

Thursday, April 4th at 10:30 am . . . Estate Strategies

You owe it to yourself and your family to ensure an orderly, cost and tax-efficient transfer of assets. Nelson Brittain of Stonebridge Advisors will show you how. **RSVP**

Friday, April 5th at 1:00 pm . . . Karns Choir: "Remembering Broadway"

Join the choir as they perform several "Show" or Broadway Tunes to include songs from "The Sound of Music," "Oklahoma," and more! Refreshments provided by Core Insurance.

Check out our webpage at www.knoxcounty.org/seniors

Tuesday/Wednesday, April 9&10, 10-12 pm . . . iPad/iPhone Beyond Basics

Join Social Media 4 Seniors to add to your basic knowledge of the iPad/iPhone; photo transfer, getting media into your iTunes library, email/internet use, managing emails, security features, customizing your device, using safari, cloud servers, and more. Cost is \$35.00 prepaid. **RSVP**

Thursday, April 11th at 11:00 am . . . Hearing Presentation

Join Luke Amos of Life Frequency PLLC for a lunch and learn. He will discuss what to watch for when shopping for hearing aids and how to avoid marketing scams. Everyone is welcome to a free hearing screening on April 15th & 22nd from 8:00-9:45. Seating is limited. **RSVP**

Friday, April 12th at 8:30 am . . . Vet-to-Vet Café

Caris Healthcare, a partner of the We Honor Veterans program recognizes veterans in the community through the Vet-to-Vet Cafes, in which veterans throughout the community join together in fellowship to reminisce with other veterans while enjoying light refreshments! **RSVP**

Monday, April 15th at 1:30 pm . . . Shoulder Pain Workshop

Join Dr. Lee Easley with Knox PT as he discusses causes of shoulder pain and treatment. **RSVP**

Tuesday, April 16th at 10:30 am . . . Adult Protective Services Presentation

This presentation will help explain the APS program, criteria, and investigation process. They will define the different types of abuse, legal actions, and the role of APS. Q & A to follow. **RSVP**

Thursday, April 18th from 12:30-3:30 pm . . . Cooking with Laurie

We are staying heart healthy. Springtime is abundant with Kale from our local farmer's markets. I will feature curly kale for a legendary kale salad recipe from 131 Main restaurant. I will also have a lacinato kale sautéed side dish that is sure to impress hesitant kale wannabes. **RSVP**



Friday, April 19th at 10 am . . . Reading Nutrition Labels with Caleb

Have you felt unsure or confused when you look at the Nutrition Facts Label for a food item? Have you ever wanted an easy way to cut through all the confusing and sometimes complicated product labeling? Organic, natural, % daily value, calories, free range, and cage free are all labels that can cause misunderstanding. I can help! The Nutrition Facts Label contains vital information that is easy to understand once we know what to look for and are empowered with a few definitions. **RSVP**

Tuesday, April 23rd 10:00-3:00 pm . . . Quilts of Valor Sew-in

Everyone is invited to join us for a sew-in, which is a special time set aside for those who want to help sew quilt blocks. Participants need to bring their own sewing machine and will help with sewing 1/4" seams and putting together squares and blocks. A quilt may also be presented to a veteran. Limited space available, email Vickie Fox, vefox@aol.com or call the center, 865-951-2653. **RSVP**

Wednesday, April 24th at 1:00 pm . . . History Class w/Dr. Wilson

Great War Heroes of Tennessee," Part II. This class will continue to examine the exemplary lives and thrilling exploits of several more outstanding patriots, soldiers, and admirals. He will discuss the ones he did not have time to cover in March. **RSVP**

Friday, April 26th at 9:30 am . . . Field Trip: Dogwood Arts Festival

Join us for a trip to the World's Fair Park, 963 World's Fair Park Drive for the Annual Dogwood Arts Festival. This spring celebration features over 100 fine art vendors, live music, entertainment, children's activities, food & beverage vendors, and more. Bring your lunch and enjoy it on the grounds or check out one of the food vendors. Transportation is free, compliments of CAC. **RSVP**

Tuesday, April 30th, 10:00-2:00 pm . . . Spring Craft Fair

We will have a variety of vendors and items for sale: crafts, household items, homemade jams & jellies, and more. If you are interested in becoming a vendor, call 865-951-2653 or email Sue.Dolislager@knoxcounty.org for more details. We will also need people shoppers! Mark the date!

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**Life Frequency
Hearing Health
Mondays**

From 8:00– 9:30 am

Luke Amos of Life Frequency will be here once a week offering hearing aid cleaning, hearing check-ups or hearing tests. Please call 865-310-5008 to schedule.

**Birding
Wednesday,
April 17th at 1:00**

Birding meets on Wednesdays either once a month or every other month as scheduled. April's topic is Diving & Dabbling Ducks

Grief Support

1st and 3rd Thursdays at
12:30 pm
Please RSVP

**March 7th & 21st
April 4th & 18th**

Hymn Sing

**Wednesday, March 20th
Wednesday, April 17th at
1:00 pm**

Join us as we gather together and enjoy an old-fashioned gospel song sing-a-long.

Senior Walks

Senior Services schedules a walk each month usually on the third Tuesday of the month. If you would like to be on the email listing to receive information about these walks, please email seniorservices@knoxcounty.org.

Social Worker Outreach

**Wednesday, March 6th, 11:30
Wednesday, April 3rd, 11:30**

A representative with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You may contact them at (865) 546-

BINGO

BINGO is the 2nd and last Thursday of the month at 11:00 am. Bring a new \$5.00 value gift to participate! Bingo w/Niki is March 14th sponsored by Local Retirement Group. April 11th is sponsored by Olympus Car & Coach. Second BINGO is March 28th sponsored by Atria Weston Place & April 25th sponsored by K. Lefevre of Humana.

Book Club

March 13th at 2:00 pm, *Lessons in Chemistry* by Bonnie Garmus. The story of Elizabeth Zott, a brilliant scientist who has the misfortune of being a woman in 1950s America. After a frustrating failed academic career, Zott finds success in an unlikely place: as the host of a television cooking show.

April 10th at 2:00 pm, *They Shoot Canoes Don't They?* By Pat McManus. McManus celebrates the hidden pleasures, unappreciated lore, and opportunities for disaster to be found in the recreations of camping, hunting, and fishing in his hilarious collection.

Mystery Book Club

March 27th at 2:00 pm, *Rebecca* by Daphne du Maurier. A gothic novel that follows an unnamed narrator in her twenties as she tells the story of how she became involved with a widower and the strange occurrences that plagued her after marrying him.

April 24th at 2:00 pm, *The Last Thing He Told Me* by Laura Dave. Hannah's husband Owen disappears amidst a scandal at his job, and he leaves behind a note that simply says "Protect her." This note refers to his 16 year old daughter, Bailey. Hannah then spends the entire book on a fact finding mission to determine what happened, and uncovers secrets about his past.

Need Fitness Help?

Call and make an appointment with Caleb, our Fitness Coordinator for Senior Services. He can help with nutrition, fitness introduction, and exercise routines.

Call today 865-951-2653.

Medicare Q & A

Join Linda Staffen of Core Insurance on March 11th from 12-2 & April 5th from 12-2 in the hallway for an informal time of Questions & Answers about Medicare & Walking Club update. Just stop in.

Join Cindy Mayo of Farm Bureau for a Healthcare/Medicare Q & A on Wednesday, March 20th & April 17th from 12:00-1:30 in the hallway. Bring your questions and stop in.

Music Jam

**First Wednesdays,
March 6th &
April 3rd at 1:00 pm**

Mr. George Hancock will be heading up an afternoon of country, bluegrass, and gospel music for everyone to enjoy. Bring your instrument to join in!

Veterans Services

Knox County Veteran Services are here to assist 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. Please call 865-215-5645 to make an appointment. **RSVP**



Karns Senior Center
 8042 Oak Ridge Hwy., Knoxville, TN 37931-
 2317Ph: (865) 951-2653, Fax: (865) 951-2530



2024

Activities on the calendar followed by an "*" have a fee to participate. Activities listed below in bold please RSVP.

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
<p>The programs underlined and in PURPLE are hyperlinks. View on Knox-county.org/seniors. Tap control and click on them and it will lead you to the description about each special program.</p>	<p>Weekly recurring programs are listed at the very bottom of the calendar. Special or one-time programs are listed on the dates they occur. If you have any questions about any program, please contact us at 865-951-2653</p>	<p>Easter Luncheon is Tuesday, March 26th at 11:00 am. Please do not bring any food. Everyone MUST register to attend! Call 865-951-2653 to register. Space is limited.</p>	<p>Workout room open from 7:30 to 4:00 pm Must have safety orientation to use equipment</p> 	<p>1</p>
<p>4 8:00-9:30 Life Frequency Hearing Health Services 1:30 Quilting Class #6</p>	<p>5 7:30-4:00 Caleb-Fitness Coordinator here 2:00 Beginning ASL* (\$25.00) - New Class 3:00 Beginning ASL, Part II* (\$25.00)</p>	<p>6 11:30-1:30 Social Worker Outreach 1:00 Music Jam</p> 	<p>7 11:00 Cooking with Laurie 12:30 Grief Support</p>	<p>8 Caleb at Corryton</p>
<p>11 8:00-9:30 Life Frequency Hearing Health Services 12:00-2:00 Medicare Q & A w/Linda Staffen of Core Insurance 1:30 Back Pain Workshop w/Knox PT 2:00-4:00 Senior Services Walking Group Social</p>	<p>12 8:30 Beltone 10:30 Essential Oils: Detoxing Your Home</p>	<p>13 2:00 Book Club: <i>Lessons in Chemistry</i> by Bonnie Garmus</p>	<p>14 11:00 BINGO with Niki sponsored by Melissa w/ Local Retirement Group (bring a \$5 value new/unused gift)</p>	<p>15 10:45 Field Trip: WDVX Blue Plate Special at Barley's Tap Room</p>
<p>18 8:00-9:30 Life Frequency Hearing Health Services</p>	<p>19 8:00-4:00 AARP Safe Driving (in craft room) 10:00-12:00 iPad/iPhone Basics* (\$35.00) 10:30 Take Control of Your Taxes w/Nelson Brittain of Stonebridge Advisors</p>	<p>20 10:00-12:00 iPad/iPhone Basics* (\$35.00) 12:00-1:30 Healthcare/Medicare Q&A w/Penny Mayo of Farm Bureau 1:00 Hymn Sing 1:00 Krfy Stamper* (\$13.00)</p>	<p>21 12:30 Grief Support 12:30 Instapot Cooking Class w/Rose (\$15.00)</p>	<p>22 10:00 Toenail Trimming* 10:00-12:00 & 1:00-3:00 Android Basics Class* (\$35.00)</p>
<p>25 8:00-9:30 Life Frequency Hearing Health Services 1:30 Iris Folding, project, hats* (\$5.00)</p>	<p>26 7:30 Fitness Coordinator here 10:00-12:30 Medicare Q&A w/Kenneth Lefevre 11:00 Easter Luncheon sponsors Butler Bros, K. Lefevre, & Nace Coker</p>	<p>27 10:00 Toenail Trimming* 1:00 Sr Living Plan Seminar 1:00 History Class 2:00 Mystery Book Club: <i>Rebecca</i> by du Maurier</p>	<p>28 11:00 BINGO sponsored by Bonnie w/Atria Weston Place (Bring a \$5 value new/unused gift to play) No Stability/Chair Yoga</p>	<p>29 Holiday Center Closed </p>
<p>These events occur every week</p>				
<p>7:30 Ping Pong 9:00 Cardio Class* 9:30 Hand & Foot Cards 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew</p>	<p>10:00 Poker 10:00 Pinochle 12:30 Canasta 1:00 Cribbage 1:00 Stability Class 1:30 Genealogy Class 2:00 Yoga* 2:00 Beginning ASL* 3:00 ASL, Part II*</p>	<p>7:30 Ping Pong 9:30 Light Saber Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting*</p>	<p>9:00 Cardio Class* 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability Class 1:30 Chair Yoga 2:00 Yoga* 2:10 Beginning Spanish* 3:00 Intermed. Spanish*</p>	<p>7:30 Ping Pong 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Euchre Card Game 1:00 Choir Practice 2:30 Ukulele Practice</p>



Karns Senior Center

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Ph: (865) 951-2653, Fax: (865) 951-2530



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Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
1 8:00-9:30 Life Frequency Hearing Health Services 1:30 Quilting Class* (\$60.00) Class 1	2 10:00-12:00 Balance Screenings w/Outpatient Physical Therapy of Hardin Valley 1:00 Mediterranean Cooking w/Heather Kyle -Harmon, UT Extension	3 11:30-1:30 Social Worker Outreach 1:00 Music Jam— Refreshments sponsored by Dinah Herzog w/ Always Best Care (Please RSVP)	4 10:30 Estate Strategies w/Nelson Brittain of Stonebridge Advisors 12:30 Grief Support	5 12:00-2:00 Medicare Q & A and Walking Club update w/ Linda Staffen of Core Insurance 1:00 Choir Performance: "Remembering Broadway," refreshments sponsored by Core Insurance
8 8:00-9:30 Life Frequency Hearing Health Services 1:30 Quilting Class* (\$60.00) Class 2	9 9:30-1:30 AARP Volunteer Training 10:00-12:00 iPad/iPhone Beyond Class w/Social Media 4 Seniors*(\$35.00)	10 10:00-12:00 iPad/iPhone Beyond Class w/Social Media 4 Seniors*(\$35.00) 2:00 Book Club: <i>They Shoot Canoes Don't They</i> by Pat McManus 	11 11:00 BINGO with Niki sponsored by Olympus Car & Coach (Bring a \$5 value new/unused gift to play) 11:00 Lunch & Learn Hearing Presentation w/ Luke Amos of Life Frequency	12 8:30 Vet-to-Vet Café sponsored by Amy w/Caris Healthcare
15 8:00-9:45 Life Frequency Hearing Health Services screenings (20 min) 1:30 Shoulder Pain Workshop w/Knox PT 1:30 Quilting Class* (\$60.00) Class 3	16 10:30 Adult Protective Services Presentation Senior Walk	17 12:00-1:30 Healthcare/Medicare Q&A w/Penny Mayo of Farm Bureau 1:00 Hymn Sing 1:00 Krfty Stamper* (\$13.00) 1:00 Birding: Diving & Dabbling Ducks	18 11:00 Cooking with Laurie 12:30 Grief Support	19 10:00 Reading Nutrition Labels w/Caleb
22 8:00-9:30 Life Frequency Hearing Health Services 1:30 Quilting Class* (\$60.00) Class 4	23 7:30-4:00 Caleb (Fitness Coordinator here) 10:00-3:30 Quilts of Valor Sew-in 10:30 Iris Folding* (\$5.00) Volkswagen bus End 8 week ASL	24 10:00 Toenail Trimming* 1:00 History Class w/Dr. Wilson 2:00 Mystery Book Club: <i>The Last Thing He Told Me</i> by Laura Dave	25 11:00 BINGO with Diane sponsored by Kenneth Lefevre of Humana (Bring a \$5 value new/unused gift to play)	26 9:30 Field Trip: Dogwood Arts Festival 10:00 Toenail Trimming Caleb at Corryton
29 8:00-9:30 Life Frequency Hearing Health Services No Quilting today	30 10:00-2:00 Spring Craft Fair	Find more information about our programs and the other five Knox County Senior Centers at Knoxcounty.org/Seniors	Workout room open from 7:30 to 4:00 pm 	Find more information about our programs and the other five Knox County Senior Centers at Knoxcounty.org/Seniors
These events occur every week				
7:30 Ping Pong 9:00 Cardio Class* 9:30 Hand & Foot Cards 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew	10:00 Poker 10:00 Pinochle 12:30 Canasta 1:00 Cribbage 1:00 Stability Class 1:30 Genealogy Class 2:00 Yoga* 2:00 Beginning ASL* 3:00 ASL, Part II*	7:30 Ping Pong 9:30 Light Saber Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oil or Acrylic Painting*	9:00 Cardio Class* 11:00 Trivia Time 1:00 Mah Jongg 1:00 Crafting Social 1:00 Stability Class 1:30 Chair Yoga 2:00 Yoga* 2:10 Beginning Spanish* 3:00 Intermed. Spanish*	7:30 Ping Pong 10:00 Cardio Drumming 10:00 Pinochle 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train Dominoes 1:00 Euchre Card Game 1:00 Choir Practice 2:30 Ukulele Practice



**RESCHEDULED
NEW DATE ANNOUNCED**



**KNOX COUNTY SENIOR
SERVICES**

**SENIOR WALKING GROUP
SOCIAL**

**KARNS SENIOR
CENTER**

8042 Oak Ridge Hwy

**Monday, March 11th,
2:00 to 4:00pm**

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

Enjoy light refreshments, music, prizes, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available.

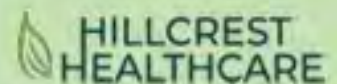
Coordinators from our six senior centers will also be on hand to answer any questions you may have.

**BE SURE TO REGISTER AT YOUR LOCAL
SENIOR CENTER WHERE YOU WILL
RECEIVE YOUR TICKET TO ATTEND.**

**Scan the
QR code to
find the
closest
senior
center to
you as well
as their
events!**



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



KNOX COUNTY SENIOR SERVICES MONTHLY SENIOR WALK



BEVERLY PARK



INTERGENERATIONAL PLAYSPACE

TUESDAY, MARCH 19 @ 10AM

Join Tara, Patty, and Eilene at Beverly Park (5311 Beverly Park Circle, Knoxville 37918) for the walking group's monthly walk. The paved trail is a 0.6-mile loop. Beverly Park Greenway loops the rolling terrain of Beverly Park against a beautiful hardwood forest backdrop. After our stroll, we will have time to venture over to the NEW Intergenerational Playspace and learn about the fun playground equipment and hopefully have some "play" time. Following our walk, join us for some lunch at Henry's Deli (7231 Tazwell Pike, Corryton 37721). Be sure to RSVP by leaving a message at 865-288-3761 or you can email

seniorservices@knoxcounty.org

BAXTER GARDENS

3901 Sam Cooper Lane

Knoxville, Tn 37918

APRIL 16th, 9:30AM



OPEN TO THE
PUBLIC ONCE
A YEAR!

Join us at Baxter Gardens to tour this beautiful 20-acre private property only opened for the month of April as part of the Dogwood Arts Festival. The estate has been described as a timeless English Garden inspired by the Biltmore Estate Gardens and Sissinghurst Castle in England with plenty of mountain views, water features and statues.

The owner, Bill Baxter, used to mow the property as a teenager and would say one day he would own it and develop it. That he did!

There are 15 themed gardens including, The White Garden, The Bluebird Garden, The Ellipse, The Asian Gardens, The Azalea Garden, The Butterfly Garden, the Iris Garden and The Dogwood Ramble, a favorite of Mr. Baxter's, with over 30 types of different dogwoods.

We will gather after the walk for lunch at Litton's (2803 Essary Drive, Knoxville, TN 37928)

There are no restroom facilities on property.

Make sure to RSVP to 865-288-3761 or email

seniorservices@knoxcounty.org

