Welcome to our catalog of virtual programming for Knox County Senior Services. We have stayed in touch through emails and phone calls but we still miss seeing you! We hope you will enjoy seeing all the diverse virtual programs we have created with you in mind.

It’s quite simple to participate. Pick a program of interest and email the contact listed for that event. You will receive a Zoom invitation which will let you join in with the fun! Any additional information such as recipe ingredients, craft supplies or instructions will be included in your email. If you are new to Zoom and need a little help, just say so in your email and we will give you some pointers. We are still learning too!

Be sure to visit us @ knoxcounty.org/seniors to stay informed.

We also will be posting up to date programming and informational segments on our Knox County Senior Services Facebook Page.
Join Tara as she whips up mouthwatering recipes!

Classes are interactive, so you can ask questions as they come up or just enjoy the company of others.

On the menu:
Sept. 8th
Cinnamon Bun Ring

Sept 15th
Fluffy Pineapple Cream Cheese Dessert

September 22nd-
Chicken Gnocchi Soup

September 29th
Broccoli Bread
And
Chicken Divan

October Recipes-TBA

Email Tara @ tara.stirone@knoxcounty.org to receive your Zoom link and recipe ingredient information.
LINE DANCING WITH TARA AND REBECCA
Shine those boots and get your boot scootin’ boogie on! Dances in Beginner Classes are perfect if you are just starting out. Patterns are basic and easy to memorize.
MONDAYS @12:00-1:00PM
Let Tara know that you’re coming!
Email Tara.Stirone@knoxcounty.org

ACHY BREAKY HEART
Grapevine to the Right and SHAKE, SHAKE, SHAKE
Grapevine to the Left and SHAKE, SHAKE, SHAKE
Kick out to the Right with toe
Kick back with the Right toe
Kick forward with the Left and ¼ turn to the Right
Shuffle to the Right 2 times
Shuffle to the Left 2 times
REPEAT FROM THE BEGINNING
Join Darrell for an hour of trivia on Zoom. Darrell presents a general mix of trivia questions with an additional scoop of trivia information.

It’s easy to play. Each question is worth one point and keep your own score. It’s a game where the points really don’t matter but the fun does!

If you would like to participate email Darrell to get your Zoom link

Darrell.Gooding@knoxcounty.org
WHAT ARE YOU WATCHING WEDNESDAYS?

~With Lisa

What have you been watching to keep yourself entertained during this extended time at home? Do you have a favorite movie, mini-series, television series or special? Share your recommendations and possibly even get some ideas of things you might like to watch as well. To participate email Lisa for your invite to the Zoom program which will be held on **Wednesdays @10:30-11:30.**

Lisa.Cooper@knoxcounty.org
JAUNTS WITH JANET
THURSDAYS at 10:00 AM

Come with Janet Word, Coordinator at the South Knoxville Senior Center, as she visits familiar or maybe even not so familiar places for you to enjoy, even if it is just “virtually”!

Janet’s Jaunts will be sure to entertain you and maybe even let you reminisce a little.

Join in the fun and RSVP to: janet.word@knoxcounty.org
COFFEE AND CONVERSATION
WITH APRIL TOMLIN
FRIDAYS IN SEPTEMBER @9:00 AM
AND
FRIDAYS @9:00 AM ON OCTOBER 9th
and 23rd

Join Senior Services Manager April Tomlin for a morning chat.

Bring your coffee or morning beverage of choice and be a part of the casual conversation.

Laughing is highly encouraged!

Please email to receive your Zoom link
april.tomlin@knoxcounty.org
NAME THAT TUNE

Join
Brooke Thurman
with Core Insurance
September 17th @12:30

Brooke will be playing a mix of your favorite tunes from the 50’s thru the 70’s.
See how many you can get correct.

GREAT TUNES AND GREAT FUN!!

Email
Robyn.trostle@knoxcounty.or

g
To get your link to join in the musical fun!
RECOMMENDED READS WITH REBECCA

WEDNESDAYS @1:00PM
Sept. 16th, Sept. 30th, Oct. 14th and Oct. 28th

Looking for good books to read? Have you read a book that you just couldn’t put down?

Losing yourself in a great novel is one of life’s joys!

Join Rebecca to share those stories that have captured your imagination!

Email Rebecca to receive your Zoom link.

Rebecca.kirklandquarles@knoxcounty.org
CRAFTS WITH SUSANNE
9:00 AM ON THE FOLLOWING FRIDAYS

OCTOBER 2nd
MOD PODGE CRAFT

OCTOBER 16th
HALLOWEEN CRAFT

OCTOBER 30th
PUMPKIN CRAFT

JOIN SUSANNE
ON THESE DATES IN OCTOBER FOR SOME CRAFTING FUN!

Several items needed for these crafts you may already have at your home. A supply list and ZOOM meeting link will be provided once you email Susanne to tell her you will be joining in the fun!

Email: Susanne.huff@knoxcounty.org
GUITAR JAM
FRIDAYS
2:00-3:00 PM

Our Friday Guitar Jam would love the opportunity to entertain you virtually!

Whether you’re looking to play, sing or just sit and listen, be sure to join us every Friday from 2PM-3PM for an afternoon of music!

Email Lindsey.iddins@knoxcounty.org

To register and receive your Zoom link.
Are you ready to put your “Jeopardy!” watching to the test?

Join Scot from Karns Senior Center on Zoom for a live competition.

You’ll be teamed up with others around the County to prove you’re one of the know-it-alls!

Zoom’s made it easy to play virtually, almost like playing in person.

Study up and we’ll see you online at 11:00 on Thursdays!

Email Scot.bellavia@knoxcounty.org To get your Zoom link
CRAFTING SOCIAL WITH SUSANNE @12:30 ON THE FOLLOWING THURSDAYS: SEPTEMBER 10th, SEPTEMBER 24th, OCTOBER 8th and OCTOBER 22nd

GRAB YOUR KNITTING, PAINTS, BEADS, COLORS OR WHATEVER YOU ENJOY CRAFTING WITH AND JOIN SUSANNE FOR A VIRTUAL CRAFTING SOCIAL!

THIS WILL BE A TIME OF SWEET FELLOWSHIP AND CREATIVITY.

LET SUSANNE KNOW THAT YOU ARE COMING!
SEND AN EMAIL TO: Susanne.huff@knoxcounty.org

Susanne will send you an invitation with the Zoom link.
MACRAME WITH AMANDA

SEPTEMBER 29th
@2:00PM

Macramé is making a comeback!

You may remember this knotting craft from the 1970’s. It’s coming back hotter than ever!

Join Amanda to learn how to make a macramé plant holder. You will need scissors, measuring tape, and macramé cord. (yarn, twine, cord)

RSVP to:

Amanda.Patton@knoxcounty.org
EXERCISE CLASSES OFFERED BY INSTRUCTORS VIA ZOOM

S.A.I.L WITH TERRI GEISER
MONDAY AND WEDNESDAYS 2:00-3:00PM
Email tdgeiser@comcast.net to register

S.A.I.L WITH DEBBIE
WEDNESDAYS 11:00 AM-11:40 AM
EMAIL dr719@hotmail.com to register

TAI CHI WITH DON PARSLEY
MONDAY AND THURSDAYS
12:00, 1:00 and 2:00

FOR INFORMATION AND TO REGISTER EMAIL- DONALD PARSLEY
spiritofthedragon01@gmail.com
VIRTUAL HOMEMADE HALLOWEEN COSTUME

Stay home and be safe by using items available to create a special Halloween costume!
Take a picture of you in your costume and email it to jill.green@knoxcounty.org by 4:00 Friday, October 23rd.

The winners and prizes will be awarded on Friday Oct 30th at 2:00 on ZOOM.

Thank you to our Sponsors and Judges:
Kim Olen- Mac’s Pharmacy
Ashley Wolard- Quality Home Health
Teja Cain- Core Insurance Advisors.

The categories are: Scariest, Funniest and Most Creative.

Contact Jill for any further information
New Tools for a New Normal

...Processing Loss & Change

September 8
1:15 p.m.

• What You Need to Know About Coronavirus & Grief
• 10 Helpful Ways to Deal with Feelings of Isolation
• It’s OK to Grieve How Coronavirus Changed Your Life
• COVID-19 & Self-Care

ZOOM Meeting I.D.
Meeting ID: 891 4613 4913
Passcode: 064017

Sponsored by:
Knox County Senior Services
FREE Event
RSVP: jill.green@knoxcounty.org

865-963-9221
www.walkingwithjoy.com
joy@walkingwithjoy.com
BE ON THE LOOKOUT FOR THE FOLLOWING POSTINGS ON FACEBOOK
**COMING SOON…**

**Virtual Musicals**
Come join us every week as we enjoy a variety of different musicals! Bring along your favorite snacks, best singing voices (doesn’t have to be good) and your dancing shoes. Just click the link posted every week on the Knox County Senior Services Facebook page to see what Brittney has found for you to watch. It could be Frank Sinatra, Judy Garland and a host of other performers. No need to pre-register just check

**CROCHET PUMPKINS**
Watch Facebook for a link to view one of Karns Favorites, Sandy Heinish teaching how to crochet pumpkins. Perfect for Fall!

**MUSIC JAM with WARREN & JUDY FROM KARNS**
Be sure to look for a link on our Facebook page to enjoy some singing, fiddling and guitar!

Judy and Warren are sure to entertain you with a selection of country music favorites!