

SAVINGS CHECK UP MAKES THE MOST OF YOUR BENEFITS

Are you on Medicare? Do you need extra money for medicine, groceries, or utilities? The Office on Aging's Savings Check Up can help you maximize your benefits and ease the strain on your budget. Staff uses web based-tools and person-centered approaches to help low-income seniors and persons with disabilities find and enroll in all the benefits programs for which they are eligible, and create coordinated, community-wide systems of benefits access.

Question: Everything is so expensive! I keep hearing about programs to help cover the costs of groceries, Medicare & even utilities. Do these really exist?

Answer: Yes! The Supplemental Nutrition Assistance Program (SNAP) is designed to help people put nutritious food on their table. The Medicare Saving Program (MSP) pays Medicare Part B premiums for eligible beneficiaries, and the Extra Help program (also known as LIS) helps pay the costs of Part D premiums and co-pays. LIHEAP is designed to provide assistance to eligible households for their home energy costs.

Question: That's great, but how do you know if you're eligible for any of these programs?

Answer: Good news! The National Council on Aging (NCOA) has recently named the Knoxville - Knox County CAC Office on Aging a Benefits

Enrollment Center (BEC). What does that mean? It means the Office on Aging is now able to offer SAVINGS CHECK UPS. If you are interested in seeing if you qualify for any of these money saving programs, you can call the Savings Check Up program at (865) 546-6262. Staff or a trained volunteer will ask you a few basic questions and complete a screening to see if you may qualify. If you prefer to look into it on your own, you can visit www.benefitscheckup.org, answer a few simple questions and get information on what programs you may be eligible for.

Question: What happens if it looks like I might qualify for something?

Answer: If it looks like you may qualify for SNAP, MSP, LIS, LIHEAP or any other benefit programs, and you would like help to complete the applications, Savings Check Up staff and volunteers are available for appointments to help you complete and submit the appropriate



paperwork. They can help explain the different programs, what is required for applications, help complete the paperwork and follow-up with you if you have any questions once receiving benefits. In addition to the "core benefits" described above, Savings Check Up will also look into other benefits you may qualify for and help navigate applying for those as well. ■



865-546-6262

PANCAKE FEST

Friday, March 1 • 7 a.m. – 1 p.m.
O'Connor Senior Center
611 Winona Street

Join us for \$5 all-you-can eat pancakes (including gluten-free), sausage, coffee, juice, and milk. We'll have live entertainment, a crafts fair, celebrity pancake flippers, and lots of fun throughout the day. Funds raised at Pancake Fest will benefit O'Connor Senior Center and the Daily Living Center to continue providing quality programs and services.

THERE'S AN APP FOR THAT! MARCH FOR MEALS

CAC Mobile Meals participates in the national March for Meals campaign, which is an annual month-long event designed to generate public awareness about senior hunger and isolation. Mobile Meals celebrates the services they provide to local seniors such as home-delivered and congregate meals.

On Friday, March 29, Community Champions such as local mayors, County Commissioners, City Council, and others will gather at the Mobile Meals Kitchen to pair up with volunteers and deliver meals.

Knox County has been selected as one of ten Meals on Wheels in the country to use a new app. Volunteers who have the app on their smart phone are able to use mapping technology to locate their clients and immediately report back to staff of any change in the client's



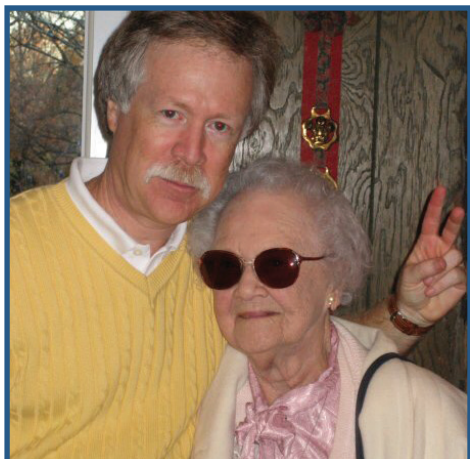
condition. This process will help us to be "more than a meal" for homebound seniors.

Five days a week, more than 100 volunteers deliver hot, nutritious meals to 925 homebound seniors in Knoxville and Knox County. Just as important, volunteers provide a daily safety check to make sure the seniors are comfortable and safe.

Are you interested in volunteering with Mobile Meals? Call Shelly at 865-524-2786 or email at shelly.woodrick@knoxseniors.org. ■

DO YOU KNOW A CENTENARIAN?

May is Older Americans Month. In tribute, Senior Information and Referral and AARP seek to recognize Knox County seniors who are 100+ years old by presenting them with a beautiful rose in a vase. Last May, SIR and AARP recognized 37 centenarians in Knox County. If you know a centenarian, please call SIR at 865-546-6262. We will need the name, address, birthdate, contact person, and phone number for each centenarian. All information will be kept confidential. ■



Katie Bell House, age 105

DUNCAN AWARDS HONOR SERVANT LEADERS

The Duncan Award for Senior Advocacy, named in memory of John J. Duncan, Sr., pays tribute to people in our community who uphold the same kind of steadfast support and advocacy of seniors and programs that serve older adults as were exhibited by the late congressman. This year marks the 18th anniversary of this signature event that serves as the major fundraiser for Senior Information & Referral. The public is invited.

Come prepared to bid on exciting Silent Auction items, and sample excellent food and beverages, while celebrating the hard work of our area's senior advocates.

Senior Information and Referral provides information about services for older persons and persons with disabilities who live in Knoxville or Knox County. The agency also provides referrals to these services when needed. This service is provided free of charge to all Knox County seniors and their families. ■



*You are invited to the 18th annual
John J. Duncan, Sr.
Award for Senior Advocacy Reception*

— honoring —

Janice White

*Volunteer Director of the Heiskell Community Center in Powell
Community Award*

**&
Penny Bandy**

*Business Development for Amedisys Company
Professional Award*

Thursday, May 2, 2019

4:00 p.m. - 6:00 p.m.

The Pavilion at Hunter Valley Farm
9111 Hunter Valley Lane, Knoxville, 37922

For information, call Senior Information & Referral at 546-6262.

2019 SNOWFLAKE BALL: AN EVENING OF DAZZLING MEMORIES!

Over 350 individuals gathered to enjoy an evening of entertainment with live music, catered dinner, silent auction, and dancing to support the CAC Senior Companion Program. Special guest Dino Cartwright emceed the event and the Ensemble Swing Time Band played beautiful music that swept the dancers away.

The highlight of the event was the crowning of the 2019 Snowflake Ball King and Queen by Mayor Glenn Jacobs and Ms. Senior Tennessee USA Cheri Doane. A group of 8 King and Queen Nominees raised over \$44,000 through individual fundraising efforts. Nominees included:

James Allen

Online Development, Inc.
(OLDI)

Shane Archer

Grow Knoxville - a Shane Archer Concept Salon

Evelyn Gill

Knox County Commissioner

Jessica Kalin

Avalon Hospice

Kendall Rutherford

Mac's Pharmacy

Dr. Jeffrey Summers

Medical Specialists of Knoxville

Ginger Tucker

Amedisys Home Health

Bo Williams

WATE-6 On Your Side



Shane Archer and Kendall Rutherford

Front Row: Mayor Glenn Jacobs, Bo Williams, Crowned Prince James Allen, Crowned King Shane Archer, Crowned Queen Kendall Rutherford, Crowned Princess Jessica Kalin, Ginger Tucker, Commissioner Evelyn Gill, and Ms. Senior TN USA Cheri Doane. Back Row: Dr. Jeffrey Summers, Kim Olen, Deisha Finley, and Gabrielle Blake.



SENIOR JOB FAIR

Looking for a job? The Senior Community Service Employment Program is holding its Spring Job Fair on May 8 at the LT Ross Building. Companies looking to hire seniors will be on hand to discuss job opportunities. Bring your resume and talk to prospective employers about the kind of work you are looking for. Refreshments will be provided. ■

**WEDNESDAY, MAY 8
9 A.M. - 11:30 A.M.
LT ROSS BUILDING
2247 WESTERN AVE.**

A SPECIAL THANKS TO OUR SPONSORS!

PLATINUM SPONSORS

Morning Pointe Assisted Living & Memory Care
The Pointe at Lifespring
Senior Financial Group

GOLD SPONSORS

Mac's Pharmacy
Alzheimer's Tennessee
Franklin & Kyle Elder Law
Life Care Center of Blount County

SILVER SPONSORS

Smoky Mountain Hospice
Frazier's Carpet One
J.P. Mackay with Edward Jones
Hillcrest Healthcare
Blue Harbor Senior Living
Manorhouse Assisted Living
Avalon Hospice
Tennova Home Health

BRONZE SPONSORS

Care Around the Block
Medical Specialists of Knoxville
Amedisys Home Health & Hospice
Quality Home Health

MAJOR SILENT AUCTION DONORS

Briscoe Kuhlman
Dollywood
Gemstore by Jewelry Television
Knoxville High Independent Living

DESSERT SPONSORS

Courtyard Senior Living and Renaissance Terrace Assisted Living

Special Thanks to Kim Olen of Senior Solutions Management Group.

Our heartfelt appreciation to the Senior Companion Advisory Council Chair Gabrielle Blake of Franklin & Kyle Elder Law for her leadership.



FREEDOM ORGANIZING

Do you feel like your home has too much stuff and too many paper piles? Learn simple steps to clear your clutter to have more freedom and enjoy life now! Getting your papers and treasures organized is one of the greatest gifts you can give yourself and your family. You'll benefit now and relieve your family of stress later. Organizing now will mean less to clean, less to care for and more time to relax. Attending this program is the first step to reaching your goal of becoming Clutter-



MARCH PROGRAM

Date: Thursday, March 14

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.

free and Organized. Feel the freedom by starting getting organized today!

Mary Pankiewicz, CPO-CD (Certified Professional Organizer in Chronic Disorganization), She is owner of Clutter-free & Organized. For 20 years she has worked hands-on with her clients helping them

accomplish their organizing goals in their homes and businesses.

Ms. Pankiewicz is the author of two books including her latest, *Reduce Mind Clutter - Feel the Freedom!* More information is available at www.clutterfree.biz ■

FREE TAX FILING FOR SENIORS

AARP offers free tax filing for seniors at O'Connor Senior Center on Wednesdays. See page 8 for more information. For information on what to bring to have your taxes filed, call the Center at 523-1135. ■

FREE LEGAL ADVICE CLINIC

SATURDAY, MARCH 9 • 9 A.M. - NOON
LT ROSS BUILDING, 2247 WESTERN AVE.

Meet with a lawyer for free advice on:

- Adoption
- Bankruptcy
- Custody
- Debt collection
- Grandparents' concerns
- Identity theft
- Powers of Attorney
- Social Security
- Wills/Estate planning and more!

This event is free and open to the public!

Sponsored by the Office on Aging's Rise Above Crime program and Legal Aid of East Tennessee with assistance from the Knoxville Bar Association's Access to Justice Committee and volunteers from the Knoxville legal community.



The grandchildren and great-grandchildren of former Knoxville Mayor John T. O'Connor honor his memory by providing support for the Center's Lunch and Learn.

O'CONNOR CENTER SCHEDULE - MARCH/APRIL

*For more information about any program, or to register for programs, contact us: 865-523-1135 or occonnor@occonnorcenter.org
The O'Connor Center is located at 611 Winona Street, Knoxville, Tennessee.*

The O'Connor Center will be closed Friday, April 19, for Spring Holiday. Make plans to attend this year's Pancake Fest set for Friday, March 1, from 7 a.m. - 1 p.m.

MARCH/APRIL PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Monday & Tuesday, April 15 & 16. Call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course.

Art Gallery Open House: Everyone is invited April 25 at 4 p.m., to come celebrate our O'Connor Artists. Refreshments will be provided.

Beginners Bridge: A 2-hour Thursday class for anyone wanting to learn this addictive game. Call for details.

Bingo: Wednesdays. Bring a new \$1-\$2 gift to be shared as a prize. A \$1 donation is greatly appreciated.

Brain Games: Enjoy this mental exercise that helps to keep the mind sharp while enhancing cognitive function. Group meets regularly on Tuesdays at 11 a.m. to review fun trivia and have a great time. Newcomers are always welcome.

Camera Club: Whether you are an aspiring photographer, a professional, hobbyist, or just someone who likes to take pictures of special moments, this club is for you. Everyone is welcome.

Chess Club: For beginners and experienced players alike. Instruction available. Call to pre-register and reserve your seat.

CraftiCreative Writers Workshop: Classes for aspiring and experienced writers. Mondays, March 11 & 25 and April 8 & 22.

Creative Endeavors: Group membership is available for those who are looking for ways to express their creativity; membership is free and newcomers are always welcome.

Table Games: What's your favorite game? Come join the fun on Tuesdays. Newcomers are always welcome.

Dance Classes – Cost is \$2/Class.

Afternoon Dancing: Tuesdays. Opportunity to dance and visit with friends. Instruction available; \$2 donation appreciated. Singles welcome.

Beginner-Beginner Line Dance, Wednesdays. Specifically for those with no experience.

Beginner Line Dance, Wednesdays. For the beginner with some experience.

Intermediate Line Dance: Mondays. For those with moderate experience.

Dances – Cost varies per dance.

Tea Dance: First Tuesdays, March 5 and April 2. Cost is \$2; light refreshments.

Friday Night Dances: March 15 and April 26. "ALL TYPE" dance with great music, light refreshments, fun, and a special DJ from Pro-Audio Mobile DJs. Cost is \$5.

Saturday Night Ballroom Dances with Refreshments. Cost: \$6/Dance Club Members; \$8/Non Members.

March 9, St. Patrick's Day Dance with the Ed Niedens Band; April 13, Dance with the Russel Ramsay Band.

Flower Lovers Garden Club: Meets Thursday, March 14 and April 11. For those who love horticulture and are interested in learning more. This group is always open to newcomers.

French: Tuesdays. Enjoy expanding your French vocabulary! Oui? Peut-être?

Fun Film Fridays: Enjoy a weekly movie and popcorn; donations appreciated. Call for movie title.

Genealogy: NEW CLASS! This new series will take you on a detailed path to discover and chart your genealogy information. You will learn how to utilize free databases and other sources such as state historical archives to assemble key information on the most recent five generations of your family tree. Suggested donation of \$2 per class.

Gift Shop: Wonderful and unique gifts are available Monday-Friday from 10 a.m.-2 p.m.! Call for membership info.

Greenhouse: "Green thumbs" are needed in the greenhouse on Tuesdays and Fridays.




Happy Hikers: Thursdays. Newcomers are always welcome; call Carrie Roller at 719-1604 if you are interested. Meet at the trailhead at 10 a.m., unless otherwise stated. Call for information on April hikes.

Mar. 7	Ace Gap 4-10-mile moderate
Mar. 14	Virgin Falls 8.3-mile strenuous
Mar. 21	Pine Cove at Chimney Point and Chimney Train Top 4-mile moderate
Mar. 28	River Bluff at Norris Dam State Park 3.2-mile easy to moderate

Harrah's Trip: March 5 & April 9. Cost is \$35/person and each participant must have a valid email address. Each guest will receive a \$25 play voucher and player's card. Call Frankie Hicks at 865-525-1475.

Investment News: Wednesday, April 3. Join John Smartt, for Your Investment Questions Answered. Pre-registration is required, call or stop by the front desk to sign up.



MARCH 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
				Pancake Fest 1  \$5.00: All-You-Can-Eat!
9:00 Free Legal Assistance 4 <i>by appointment only</i> 1:00 Your Life Story <i>NEW SERIES</i>	8:00 Harrah's Casino Trip 5 12:00 Hearing Screening and Aid Check & Cleaning 1:30 Tea Dance	9:00 Tax Assistance 6 3:00 RAC Support Group	9:00 Toenail Clinic 7 11:30 Chess Club 12:00 Seniors for Creative Learning BBQ- registered members only	9:30 Living Well with Diabetes 8 12:30 Awesome Apps 7:00 St. Patrick's Day Saturday Night Dance 9 with the Ed Niedens Band 
9:30 Creative Writers 12 1:00 Your Life Story	1:00 SCL 12 2:30 SCL	9:00 Tax Assistance 13 1:00 Genealogy 3:00 RAC Support Group	11:30 Chess Club 14 12:00 Sweet Spot 1:00 SCL 2:00 Flower Lovers 2:30 COA & SCL	9:00 Tooth Wisdom 15 9:30 Living Well with Diabetes 7:00 Third Friday DJ Variety Dance 
9:00 Free Legal Assistance 18 <i>by appointment only</i> 1:00 Your Life Story	1:00 SCL 19 2:30 SCL	9:00 Tax Assistance 20 10:00 Camera Club 1:30 AARP Ch. 85 3:00 RAC Support Group	11:30 Chess Club 21 1:00 SCL 2:00 With Hope in Mind 2:30 SCL	9:30 Living Well with Diabetes 22
9:30 Creative Writers 25 12:00 Lunch & Learn 1:00 Market Group 1:00 Your Life Story	11:30 **NEW** TVF Craft Class 26 11:30 NEW Washable Oils Class 1:00 SCL 2:30 SCL	9:00 Tax Assistance 27 9:00 Toenail Clinic 1:00 Genealogy 3:00 RAC Support Group	10:00 iPhone/iPad Basics 28 11:30 Chess Club 1:00 SCL 2:30 SCL	9:30 Living Well with Diabetes 29 10:00 iPhone/iPad Basics

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Party Bridge, SAIL Exercise, Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance Blood Pressure Checks Monday—Friday 10:30 am-11:30 am	9:00 Greenhouse, Quilting Tai Chi 9:45 Singing Seniors 10:00 Basic Arthritis Exercise French, Party Bridge, Tai Chi Set Practice Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Brain Games, Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage & Table Games 1:30 Afternoon Dancing	8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting, Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics 11:00 Dixieland Band Practice 12:15 Health & Humor 12:30 Beginner Painting, Texas Hold'Em 1:30 Beg.Beg. Line Dance, Bingo 2:00 Beginner Line Dance 3:00 RAC Support Group	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Exercise Happy Hikers Tai Chi Set Practice Thursday Walkers Water Aerobics, Yoga 11:00 Adv Arthritis Exercise Beginner Bridge 11:20 Seated Yoga 1:00 Cards & Games	9:00 Greenhouse Woodcarving 9:30 SAIL Exercise 10:00 Water Aerobics 11:00 Advanced Spanish 12:00 Beginner Spanish 12:30 Fun Film Friday 1:30 Old Time String Band Billiards Room Open Monday—Friday 8:30 am-4:30 pm

APRIL 2019 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>9:00 Free Legal Assistance 1 <i>by appointment only</i></p> <p>11:30 Creative Endeavors</p> <p>1:00 Your Life Story</p>	<p>8:00 Softball Sign Ups & Opener 2</p> <p>12:00 Hearing Screening & Hearing Aids Checked</p> <p>1:00 SCL</p> <p>1:30 Tea Dance</p> <p>2:30 SCL</p>	<p>9:00 Tax Assistance 3</p> <p>10:30 KAT Travel Training</p> <p>3:00 Investment News</p> <p>3:00 RAC Support Group</p>	<p>10:00 Smartphone/Tablet Camera 4</p> <p>11:30 Chess Club</p> <p>12:30 Android Basics</p> <p>1:00 SCL</p> <p>2:30 SCL</p>	<p>8:30 KCBC Mammogram 5 Van</p> <p>9:30 Living Well with Diabetes</p> <p>12:30 Android Basics</p>
<p>9:30 Creative Writers 8</p> <p>12:00 Lunch & Learn</p> <p>1:00 Your Life Story</p>	<p>8:00 Harrah's Casino Trip 9</p> <p>9:00 Toenail Clinic</p> <p>1:00 SCL</p> <p>2:30 SCL</p>	<p>9:00 Tax Assistance 10</p> <p>10:30 KAT Travel Training</p> <p>1:00 Genealogy</p> <p>3:00 RAC Support Group</p>	<p>11:30 Chess Club 11</p> <p>12:00 Sweet Spot</p> <p>1:00 SCL</p> <p>2:00 Flower Lovers</p> <p>2:30 COA & SCL</p>	<p>9:30 Living Well with Diabetes 12</p> <p>10:00 Gift Shop Steering Committee Meeting</p> <p>7:00 PM 13 Saturday Night Dance with the Russel Ramsay Band</p>
<p>9:00 Free Legal Assistance 15 <i>by appointment only</i></p> <p>12:00 AARP Driver Safety</p> <p>1:00 Your Life Story</p>	<p>12:00 AARP Driver Safety 16</p> <p>1:00 SCL</p> <p>2:30 SCL</p>	<p>10:00 Camera Club 17</p> <p>10:00 iPhone/iPad Beyond Basics</p> <p>10:30 KAT Travel Training</p> <p>12:30 Android Beyond Basics</p> <p>3:00 RAC Support Group</p>	<p>10:00 iPhone/iPad Beyond Basics 18</p> <p>11:30 Chess Club</p> <p>12:30 Android Beyond Basics</p> <p>1:00 SCL</p> <p>2:00 With Hope in Mind</p> <p>2:30 SCL</p>	<p>19 CENTER CLOSED</p> 
<p>9:30 Creative Writers 22</p> <p>12:00 Lunch & Learn</p> <p>1:00 Your Life Story</p>	<p>11:30 **NEW** TVF Craft Class 23</p>	<p>10:30 KAT Travel Training 24</p> <p>1:00 Genealogy</p> <p>3:00 RAC Support Group</p>	<p>9:00 Toenail Clinic 25</p> <p>11:30 Chess Club</p> <p>1:00 SCL</p> <p>2:30 SCL</p> <p>4:00 Art Gallery Open House</p>	<p>10:00 Gift Shop Meeting 26</p> <p>10:00 Pinterest 101</p> <p>7:00 Third Friday DJ Variety Dance </p>
<p>9:00 Free Legal Assistance 29 <i>by appointment only</i></p> <p>1:00 Market Group</p> <p>1:00 Your Life Story</p>	<p>11:30 NEW Washable Oils 30</p>			

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Advanced Senior Cardio</p> <p>10:00 Party Bridge, SAIL Exercise, Water Aerobics</p> <p>10:30 Loss & Life Changes Support Group</p> <p>1:30 Intermediate Line Dance</p> <p>Blood Pressure Checks Monday—Friday 10:30 am-11:30 am</p>	<p>9:00 Greenhouse, Quilting Tai Chi</p> <p>9:45 Singing Seniors</p> <p>10:00 Basic Arthritis Exercise French, Party Bridge Tai Chi Set Practice Water Aerobics, Yoga</p> <p>11:00 Adv Arthritis Exercise Brain Games, Italian</p> <p>11:20 Seated Yoga</p> <p>11:30 Washable Oils Painting</p> <p>1:00 Cribbage & Table Games</p> <p>1:30 Afternoon Dancing</p>	<p>8:45 Advanced Senior Cardio</p> <p>9:00 Cadet Band Practice</p> <p>10:00 Advanced Painting, Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics</p> <p>11:00 Dixieland Band Practice</p> <p>12:15 Health & Humor</p> <p>12:30 Beginner Painting, Texas Hold'Em</p> <p>1:30 Beg. Beg. Line Dance, Bingo</p> <p>2:00 Beginner Line Dance</p> <p>3:00 RAC Support Group</p>	<p>8:30 Blood Glucose Checks</p> <p>9:00 Knitting & Crocheting</p> <p>9:00 Tai Chi</p> <p>10:00 Basic Arthritis Exercise Happy Hikers Tai Chi Set Practice Thursday Walkers Water Aerobics, Yoga</p> <p>11:00 Adv Arthritis Exercise Beginner Bridge</p> <p>11:20 Seated Yoga</p> <p>1:00 Cards & Games</p>	<p>9:00 Greenhouse Woodcarving</p> <p>9:30 SAIL Exercise</p> <p>10:00 Water Aerobics</p> <p>11:00 Advanced Spanish</p> <p>12:00 Beginners Spanish</p> <p>12:30 Fun Film Friday</p> <p>1:30 Old Time String Band</p> <p>Billiards Room Open Monday—Friday 8:30 am-4:30 pm</p>

O'CONNOR, CONTINUED FROM P. 5

Italian: Viva l'italiano!! Do you love everything Italian? Join our Italian language classes every Tuesday to add a little spice to your day!

KAT Travel Training: Join Ann Victoria every Wednesday in April for an hour training session on using the Knoxville Area Transit system. Each person who attends will receive an Adult Day Pass for KAT. Wednesday, May 1 you can use your pass to go with us to Market Square Farmers Market to do your shopping or just enjoy lunch on the mall. For information about how to use your SNAP benefits at the Farmers Market, call Alice Allen at 524-2786.

Knitting & Crocheting: Thursdays. Free instruction available by Linda Costner. Newcomers always welcome.

Lean on Me Group: Lean on Me Group is a supportive, understanding group of adults that meets weekly to connect, reflect, and learn together. If you are an older adult who has experienced some form of mistreatment, Lean on Me can provide you with information, education, and a safe place to process what you have been through. The group meets weekly on Wednesdays from 3-4 pm at the O'Connor Senior Center.

Legal Assistance: Call 637-0484 to schedule an appointment for free legal services.

Loss & Life Changes Support Group: Mondays. Pat Green, Group Leader/Social Worker and Bereavement Coordinator, listens to concerns and offers encouragement. Newcomers are welcome to this informal time of sharing which always ends on a positive note.

Market Group: Are you a crafter, maker, or artisan? This group is just the thing for you! Join us for monthly meetings on Monday, March 25 and April 29.

O'Connor Center Band (Cadet for Beginners/Concert for Advanced): Wednesdays. Gently used instruments are

needed as well as musicians to play them. Call 523-1135 to set a time to meet prior to class time.

Old Time String Band: A weekly Friday afternoon get-together for music lovers of all kinds! Anyone who plays an acoustic string instrument, sings, or just likes to listen and dance will enjoy this fellowship. All skill levels welcome.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for 5-week session; New classes begin March 26 and April 30. Beginners and newcomers welcome. Call 523-1135 for information on supplies needed and to sign up.

Party Bridge: Monday through Wednesday. Call for information and to get on the substitute list.

Quilting: Tuesdays. Learn quilting skills and tips from our experts. Newcomers are needed! If you have tops that need to be quilted, please call for information.

Seniors for Creative Learning (SCL): A partnership between the O'Connor Center and the UT Department of Professional and Personal Development makes this lecture series possible. Call 865-974-0150 for information, to register for classes, and to pay by credit card. Cost for the 2019 Spring series is \$40 for one person and \$55 for a couple. Course catalogs and registration forms are available at the O'Connor Center, Knox County senior centers, branch libraries, local banks/credit unions, and the CAC Office on Aging at 2247 Western Ave. The Spring 2019 course is online at knoxseniors.org/oconnor.

Silver Stage Players: Looking for a new creative outlet? The Silver Stage Players are looking for cast and crew to work on their next original production. There is no part too small and newcomers are always welcome.

Singing Seniors: Call today to find out about how to sign up for the Fall Semester.

Softball: Join us for exercise, fun, and fellowship at the Caswell Park softball fields every Tuesday & Thursday from 9 a.m.-11 a.m. Women must be 55+ and Men 60+. Games are slow pitch, non-competitive, and everyone plays each inning. Cost is \$10 for the season.

Spanish: Beginners class every Friday, 12 p.m.; Advanced class Fridays at 11 a.m.

Tax Assistance: Free tax help for seniors begins February 6 and will continue every Wednesday until April 12. Center Doors open at 8 a.m. and numbers will be assigned as you enter; tax preparation begins at 9 a.m. Call the Center to determine what paperwork will be required. For information on call-ahead appointments, call 865-521-5569.

Texas Hold'em: Wednesdays. Enjoy friendly competition with experienced and inexperienced card players; Cost is \$2/class.

Thursday Walkers: This group, a part of the Happy Hikers, meets in the community at parks and greenways to exercise and enjoy the outdoors. Each walk goes toward a collective count of miles and once we reach our destination goal, we have a celebration sponsored by Trinity Hills of Knoxville. Our next destination is to the Kentucky Derby.

TVF Craft Class: Tennessee Valley Fair will show us how to make some great crafts. Classes are \$3 per participant with materials included. Seating is limited, pre-registration and pre-payment are required.

Woodcarving: Fridays. Open to all, regardless of experience. Personal instruction is available if needed. Call the O'Connor Center to get a list of supplies needed.

Your Life Story-Your Legacy for the Future: Everyone has a story. Learn about creative ways you can tell yours in this 6-week beginning Monday, March 25. Pre-registration is appreciated; call today to reserve your seat.

SENIOR SAVVY COMPUTER CLASSES (PLEASE PRE-REGISTER AND PRE-PAY)

Computers, as well as iPads, tablets, etc., are available; please indicate need when registering. Call 523-1135 for information and to register. Classes are taught by Social Media 4 Seniors Staff.

Awesome Apps: \$15 for the 1-day class
Fri, Mar 8, 12:30 p.m. – 2:30 p.m.

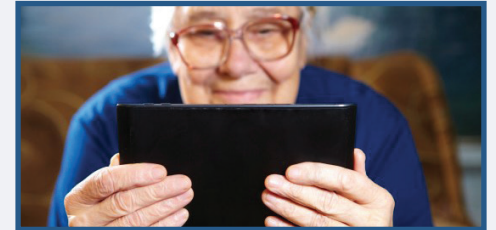
iPhone/iPad Basics: \$25 for the 2-day class
Thurs/Fri, Mar 28 & 29, 12:30 p.m. – 2:30 p.m.

iPhone/iPad Beyond Basics:
\$25 for the 2-day class
Wed/Thurs, Apr 17 & 18, 10:00 a.m. – 12:00 noon

Smartphone/Tablet Camera: \$15 for the 1-day class
Thurs, Apr 4, 10:00 a.m. to 12:00 noon

Android Phone/Tablet Basics: \$25 for the 2-day class
Thurs/Fri, Apr 4 & 5, 12:30 p.m. to 2:30 p.m.

Android Phone/Tablet Beyond Basics:
\$25 for the 2-day class
Wed/Thurs, Apr 17 & 18, 12:30 p.m. to 2:30 p.m.



Pinterest 101: \$15 for the 1-day class
Fri, Apr 26, 12:30 p.m. – 2:30 p.m.

Blood Glucose Checks: Thursdays, 8:30 a.m., \$1.50. A 12-hour fast is recommended to insure a correct reading.

Blood Pressure Checks: Monday-Friday, 10:30 a.m.-11:30 a.m. Tuesday checks provided by Quality Home Health Care.

Exercise: Arthritis Foundation, Tuesday/Thursday: The Advanced Class has good physical exertion and is \$2/class; the Basic Class offers seated exercise with limited physical exertion. Cost is \$1/class. In addition to exercise, the O'Connor Friendly Nurse insures the class meets your daily requirement of fun.

Exercise: Senior Advanced Cardio: Monday and Wednesday. Class meets 2 days/week. This Covenant-led low impact aerobic class includes an increased level of intensity and a strenuous workout; cost \$3. Newcomers welcome.

Health and Humor: Join Nurse Claudia and others who enjoy laughing and learning. Wednesdays at 12:15 p.m.

Hearing Screening & Hearing Aids Checked/Cleaned: March 5 and April 2.

KCBC Mammogram Van: Call Gail at 865-583-1003 to schedule an appointment.

Living Well with Diabetes: Participate in this 6-week training course and learn how to manage all aspects of your Diabetes. Class size is limited; call to reserve your spot.

SAIL Exercise Class: This new exercise curriculum can improve your balance and strength. Class meets every Monday and Wednesday at 10 a.m., and Friday at 9:30 a.m. Class is FREE for most insurance members. Call for details.

Sweet Spot for Diabetics: A pharmacist from Mac's Pharmacy will discuss the best practices to manage your diabetes. COMPLIMENTARY DINER LUNCH for those who pre-register. March 14: "25 Ways to Control Type 2 Diabetes." April 11: "Take the OUCH out of Diabetes!"

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. Try Tai Chi to help reduce stress and anxiety and enjoy this time of meditation in motion. Newcomers are always welcome.

Toenail Clipping, by Appointment Only: Cost is \$12. Call 523-1135 to schedule an appointment on March 7 & 27 and April 9 & 25.

Tooth Wisdom Workshop: FREE one hour workshop led by a skilled professional that covers main types of oral health problems, how to make brushing easier, basics of denture care and more. Oral health kits provided and information about Smile on 60+ Dental program for all participants. Oral health screening available upon request, following workshop.

Water Aerobics: Monday-Friday, 10 a.m. Classes are held at the Cansler Family YMCA. Please come to the O'Connor Center to complete paperwork and to sign-in prior to beginning class. Cost is \$2/class.

With Hope in Mind/ National Alliance on Mental Illness (NAMI): Support group for families

dealing with various forms of mental illnesses meeting on March 21 and April 18.

Yoga: Tuesdays & Thursdays, 10 a.m.; Seated Yoga: Tuesdays & Thursdays at 11:20 a.m. Classes held at the YMCA.

Lunch & Learn @ 12 Noon: Reservation must be made by Thursday of the previous week to get a free lunch!

March 5: Making a Healthy Change. Are you struggling with healthy eating, exercising, and/or reducing stress? Join a representative from Humana who will share 7 Simple Steps to make a healthy change. Complimentary diner lunch provided.

March 11: CBD Is Everywhere! What Is It? Dr. Joseph Nowell, Pharmacist and owner of Fresh Pharmacy will share the clinical research focused on hemp-based CBD therapies as well as medicinal uses, drug interactions and doses necessary to achieve therapeutic outcomes.

April 8: History of American Burials & Funerals. Bill Whedbee from Stevens Mortuary Funeral Director will share various and interesting changes that have occurred through the years.

April 22: Are You at Risk? Almost 1/3 of the U.S. population is affected by diabetes. Join Tom Brown from Trividia Health as he shares information about this disease and the True Metrix glucose machine. Complimentary diner lunch provided by Riggs Drug Store for those who register by Monday, April 15.

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Eat Tennessee Chapter IFMA
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Pilot Corporation
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Mary Gormley
In Honor of Betty Miller
Rodney Miller
In Memory of Wilson Powers, M.D. & Honor Joan Regester
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In Honor of Flossie Raby
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Tommy Yasko
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The O'Connor Dance Club
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J. Gregory O'Connor
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••••• TO KEEP YOU INFORMED •••••



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Lead with Experience

Your community needs your help. The RSVP program will match you with a fulfilling opportunity based on your interests and schedule.

Whether it is delivering a meal, reading to a student, supporting your local senior center, helping a senior with minor home repairs or driving a senior, **your skills are needed!**

For more information, call Sam Pohlot, RSVP coordinator, at 865-524-2786

ELDER NEWS **VIEWS**

Elder News and Views is a publication of the Knoxville-Knox County Council on Aging. The Knoxville-Knox County CAC Office on Aging prepares this publication bimonthly for the older citizens of Knoxville and Knox County.

OFFICE ON AGING DIRECTOR
Susan Long

EDITOR
Rachel Kraft

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KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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ELDER NEWS & VIEWS

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THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

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O'CONNOR SENIOR CENTER: (865) 523-1135

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ELDER NEWS & VIEWS

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WHISPERING IN THE DAYLIGHT: TONY ALAMO CULT

Debby Schriver will give a brief description of life on the compound of the Tony Alamo. She will explain how cults place a wedge between victims and their normal lives, in essence brainwashing them. Ms. Schriver will also discuss how our societies allow cults to proliferate, even today. This story hits close to home since many in our area remember Tony Alamo as a costume designer to all the early country music stars.



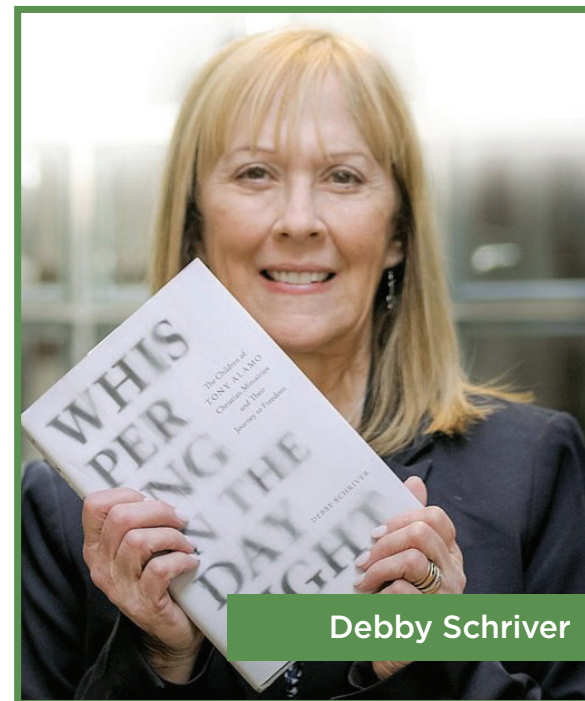
APRIL PROGRAM

Date: Thursday, April 11

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.

Debby Schriver is a cult expert, author, and human rights activist who has recently been named to the board of the International Cultic Studies Association. Schriver earned undergraduate and graduate degrees at the University of Tennessee, Knoxville. Her study of psychological and sociological development began in college and has been an integral part of her career as an educator at the University of Tennessee and as a writer. ■



Debby Schriver