

PAWS AMONG THE BLOOMS *A BENEFIT FOR KNOX PAWS*

The Knox PAWS program is happy to announce its 11th annual PAWS Among the Blooms fundraiser to be held at Stanley's Greenhouse. It is always a fun and relaxing time filled with beautiful flowers, great company, delicious food, and a bunch of good-looking dogs. There will be live music, heavy hors d'oeuvres, and a silent auction. Proceeds benefit the Knox PAWS program.

Tickets are \$25 at the door. Dogs on leashes are welcome!

Knox PAWS (Placing Animals With Seniors) is a program of the Office on Aging that matches senior shelter animals with seniors who want a furry companion to keep them company. Studies show that seniors who adopt

pets show improvement in their health and overall happiness. We hope you can join us to raise funds for this program that makes a real difference in the lives of many Knox County seniors.

In the last fiscal year,

- 16 seniors received pets
- 49 seniors and their pets are currently receiving support through the Knox PAWS program including veterinary and grooming services
- 4 volunteers served approximately 96 hours with Knox PAWS
- 8 older pets found loving homes instead of being euthanized as "unadoptable"

Friday, May 1, 2020
4–7 p.m.

Stanley's
Greenhouse
3029 Davenport Rd,
Knoxville, TN 37920



PANCAKE FEST

Friday, March 6, 2020 • 7 a.m.—1 p.m. • O'Connor Senior Center • 611 Winona St.

\$5 all-you-can-eat pancakes, sausage, milk, juice, and coffee. Proceeds benefit the O'Connor Center and the Daily Living Center.

MARCH COUNCIL ON AGING PROGRAM

PREVENTION, DETECTION AND CARE: PROTECTING YOURSELF AND LOVED ONES FROM BREAST CANCER

Breast cancer is the most common form of cancer found in senior women but can also be found in men. Nearly 275,000 new cases of breast cancer are diagnosed every year, with more than three million survivors of the disease living at any given time, according to the American Cancer Society. Join us as we learn risk reduction lifestyle changes, current screening guidelines and screening and diagnostic options.

Garnetta Morin-Ducote is a board-certified doctor of radiology at The University of Tennessee Medical Center. She received her Bachelor's degree in biochemistry from Virginia Tech. She graduated with a Master's degree in microbiology and a MD from 8



Morin-Ducote

March 12, 2020

2:30 pm

O'Connor Senior Center
611 Winona St.

LSU Medical Center in New Orleans. Dr. Morin-Ducote received her MD in Radiology from The University of Tennessee Medical Center. ■

DO YOU KNOW A CENTENARIAN?

May is Older Americans Month. In tribute, Senior Information and Referral (SIR) 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.

Special thanks to Food City for providing the roses. ■

JOHN J. DUNCAN, SR. AWARD FOR SENIOR ADVOCACY

Knoxville—Knox County CAC Office on Aging's Senior Information & Referral invites you to the 19th annual reception honoring Aaron Bradley (Professional) & Vivian Underwood Shipe (Community).

Tuesday, May 12, 2020 • 4—6 p.m.
The Pavilion at Hunter Valley Farm

9133 Hunter Valley Lane, Knoxville, TN 37922

4 p.m.: Hors d'oeuvres/Silent Auction/Wine Pull

5 p.m.: Program & Recognition

Voluntary contributions will be accepted at the door.

PROFESSIONAL RECIPIENT

Aaron Bradley – Director, East Tennessee Area Agency on Aging and Disability, a division of the East Tennessee Human Resource Agency

Aaron Bradley started his career in the field of Gerontology over 40 years ago and his first work in the field of aging was with the Knoxville-Knox County CAC - Office on Aging. He has served as the Director of the East Tennessee Area Agency on Aging and Disability for over 25 years. He currently serves on the Board of Directors for the Tennessee Federation for the Aging, the Board of Directors for the Southeastern Association of Area Agencies on Aging, he had the great pleasure of attending the White House on Aging as a delegate for Congressman John Duncan Jr., is the President of the Tennessee Association of Area Agencies on Aging and Disability and has served two six-year terms on the Board of Directors of the National Association of Area Agencies on Aging.



COMMUNITY RECIPIENT

Vivian Underwood Shipe – Founder/Executive Director 'I am the Voice of the Voiceless' a nonprofit that serves at risk populations of Knoxville. Served as the Union President of the National Alliance of Postal and Federal Employees (NAPFE) for 25 of her 35 years with the United States Postal Service until retiring in 2018. Serves on the Board of Directors for the East Tennessee Eye Bank, Co-Lead for the city and counties ALL4Knox family and community sector, Council On Aging Board, Charter Member of the Lions Club, Knoxville-Knox County Elder Abuse Task Force and the Women's Suffragist Committee of Knoxville.

Proceeds from the evening will support Senior Information & Referral, a free service providing compassionate assistance and thousands of referrals annually to those who need help finding resources in our community.

For more information, call 546-6262. ■

2020 SNOWFLAKE BALL

AN EVENING OF SPARKLE AND ENTERTAINMENT

Over 500 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 2020 Snowflake Ball King and Queen by Mayor Glenn Jacobs and Ms. Tennessee Tourism Cheri Doane. A group of 8 King and Queen Nominees raised over \$85,000 through individual fundraising efforts.

Nominees included:

Austin Bowling

WVLT Channel 8

Leah Dailey

Raintree Terrace
Senior Living

Rachel Hart

Life Care Center
of Blount County

Edward Harper

Pistol Creek Catch
of the Day

Andrew Scruggs

Always Best Care
Senior Services

Darris Upton

Knox County Government

Susan Vieira

Franklin & Kyle Elder Law

Molly Yerger

NHC Place Farragut



Congratulations to Snowflake Ball King and Queen Andrew Scruggs and Susan Vieira!



And congratulations to Snowflake Ball Prince and Princess Edward Harper and Leah Dailey!

PLATINUM SPONSORS

Life Care Center of Blount County
Morning Pointe Assisted Living & Memory Care
Senior Financial Group
United Healthcare

GOLD SPONSORS

Alzheimer's Tennessee, Inc.
Cigna
Franklin & Kyle Elder Law
Frazier's Carpet One
Mac's Hometown Pharmacies
Manorhouse Assisted Living
Raintree Terrace and Maple Court Senior Living
The Pointe at Lifespring

SILVER SPONSORS

Avalon Hospice
Asbury Place
Elder Law of East Tennessee
Home Federal Bank
J.P. Mackay with Edward Jones
NHC Farragut
Smoky Mountain Hospice
UT College of Social Work

BRONZE SPONSORS

Always Best Care
All Ways Caring Homecare
Avenir Memory Care at Knoxville
CADES Adult Day
Enrichment Services
East Tennessee Pharmacy Services

Grow Knoxville
Hillcrest Healthcare
Senior Helpers of Greater Knoxville
Quality Home Health

MAJOR SILENT AUCTION DONORS

Briscoe Kuhlman
Citizens Insurance Solutions
Dollywood
Ellen Liston
Caroline Wilder

MOBILE MEALS MORE THAN A MEAL!

A celebration of seniors during March for Meals 2020

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.



On Friday, March 27, Community Champions— local Mayors, County Commissioners, City Council, and others— will gather at the Mobile Meals Kitchen to pair up with volunteers and deliver meals.

At the March for Meals event, Mobile Meals also takes the opportunity to update participants on program initiatives. Community Champions and volunteers in attendance will hear about the number of client concerns addressed through the Mobile Meals App; the amount of fresh vegetables harvested and served through the Farm to Seniors program (doubled from last year); and the growth of the Connecting Hearts program which provides extra support to our most isolated clients. "We are excited to share updates on the growth of these programs that further exemplify that we are so much more than a meal" says Senior Nutrition Manager, Judith Pelot.

Five days a week, more than 100 volunteers deliver hot, nutritious meals to 950 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 or learning more about any of their programs? Call Shelly at 865-524-2786 or email shelly.woodrick@knoxseniors.org. ■

SAVE THE DATE: SENIOR JOB FAIR

Mark your calendar now and plan to attend the Senior Job Fair!

The Bureau of Labor Statistics projects that by 2024, the labor force will grow to about 164 million people. That number includes about 41 million people who will be ages 55 and older—of whom about 13 million are expected to be ages 65 and older. The Senior Employment

Service connects older adults who want to enter or re-enter the workforce by hosting job fairs that include employers who want to hire them. These employers understand the value and experience of the senior employee. Bring copies of your resume and be prepared to talk to prospective employers about the kind of work you are interested in.

In addition to semi-annual Senior Job Fairs, the Senior Employment Service offers a number of services to seniors who are looking for employment, including job search assistance and individualized job counseling. All services are free of charge.

To learn more about the Senior Employment Service, call 865-524-2786. ■

**Wednesday,
May 13, 2020
9—11:30 a.m.
The Ross Building
2247 Western Ave.**

DOLLARS TO DOUGHNUTS



**Friday, April 17, 2020
9am-12pm
O'Connor
Senior Center**

Meet with Savings Check Up staff to see if you are eligible for money saving benefits that could Boost Your Budget. We will also have information to share about the 2020 Census. Have a donut and coffee on us! ■



GRANDPARENTS AS PARENTS OFFERS PROGRAM, PROVIDES EDUCATION & SUPPORT

GAP is committed to making a difference in the lives of relative caregivers and the youth they care for by encouraging and supporting, providing education, and connecting grandfamilies to important resources. GAP strives to build, strengthen, and maintain cherished family ties. For more information about any of the GAP programs, call Tracy or Anne at 865-524-2786. All programs are available at no charge.

GRANDFAMILIES TOGETHER MEETINGS

Ross Building
2247 Western Ave.
March 31 and April 28 • 10:00- Noon

Virtue Church
725 Virtue Road
March 12 and April 9 • 10:00- noon

Child care is available with reservation.

GRAND VISIONS

A drop-in discussion group for relative caregivers to discuss concerns and find encouragement. Newcomers are always welcome. Light refreshments.



Thursdays from 11:30-12:30

Ross Building
2247 Western Ave.

No meeting on March 12th

Last meeting April 23rd

PARENTING THE SECOND TIME AROUND CLASSES

This series of 4 classes is designed to address the specific needs of grandparents and relative caregivers who are parenting again.

The first class will meet with the Grandfamilies Together Group on March 31st at the Ross Building

Class Dates: Tuesdays- March 31st, April 7th, 14th & 21st

10:00 a.m. – Noon

Ross Building
2247 Western Ave.

Call 865-524-2786 to reserve your seat! ■

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 10-Spring Holiday

JOIN US ON FRIDAY, MARCH 6 for PANCAKE FEST 2020!

Plan to enjoy all-you-can-eat pancakes at the O'Connor Center's Annual Pancake Fest which once again will feature more than just food at this year's event! Meet elected officials and local celebrities who will be flipping pancakes. Visit the information booths to learn about resources available in the community. Enjoy entertainment in the Auditorium and in the North Addition with live on-site broadcasts from local radio and TV stations. Pick your favorite "flipper" and visit while your pancakes are being cooked. Everyone of any age is welcome. The money raised at this event will be used to enhance the program of work at O'Connor Center and The Daily Living Center. \$5 is a great bargain for food, fun, and fellowship at the O'Connor Center's Annual Pancake Fest!

MARCH/APRIL PROGRAMS

AARP Tax Assistance: Free tax preparation every Wednesday at 9 am—doors open at 8 am, first-come, first-served. Call the Center for a list of documents to bring with you, including last year's tax paperwork. Preparers will be here each Wednesday during tax season.

Art Café with Alzheimer's Tennessee: Alzheimer's Tennessee is hosting an Art Café for participants in the first stages of Alzheimer's. Their caregivers will also enjoy some free time in their own Art Café. For more information, please call Janice or Linda at Alzheimer's Tennessee, 865-544-6288.

Bingo: Enjoy this friendly game on Wednesdays from 1:30 pm – 3 pm. Sponsors for snacks and callers are needed. Call 865-523-1135 to find out how to get involved.

Chess Club: For beginners and experienced players alike! Enjoy this classic game, instruction available. Call to pre-register and reserve your seat.

Coffee & Conversation: Rise Above Crime will lead an educational discussion about identifying elder abuse and action steps to take for those affected.

Creative Writers Workshop: Classes for aspiring and experienced writers. There is a story in all of us!

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.

Cribbage: Enjoy a classic card game with friends! Instruction is available.

Dance Classes - Cost is \$2/Class.

Afternoon Dancing: Tuesdays. Opportunity to dance and visit with friends. \$1 donation appreciated.

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, MAR 3 and APR 7--great fellowship! Cost is \$2; light refreshments.

Friday Night Dances: MAR 20 and APR 17. "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: MAR 13 and APR 10. Cost: \$6/Dance Club Members; \$8/Non-Members.

Flower Lovers Garden Club: Meets Thursday, MAR 12 and APR 9. For individuals who love horticulture and are interested in learning more! This group is always open to newcomers. You don't have to have a "green thumb" to attend!

Fun Film Fridays: Enjoy a weekly movie and popcorn; donations appreciated. Call for movie title or see listing in Knox News on the 1st and 3rd Sunday of the month.

French: Tuesdays. Enjoy expanding your French vocabulary! Oui? Peut-être? Call the Center for additional information.

Genealogy: Maybe you know about you family's history or you only have a little information to start or none at all. This class will put you on a 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 generations of your family tree. Suggested donation of \$2 per class.

Gift Shop: Wonderful and unique gifts are available Monday-Friday from 10 am-2 pm. Call for membership info.

Happy Hikers: Thursdays. Newcomers are always welcome; please email Carrie Roller at crhands1@gmail.com or call the Center for additional information if you are interested in participating in a hike.

March 5 Optional
March 12 John Muir Trail (#152)
 Approx. 6 miles Moderate

March 19 Cooper Road to Cane Gap Trails
 Approx. 6.4 miles Moderate

March 26 Stone Door Loop (Savage Gulf)
 Approx. 6.8 miles Moderate

April 2 Optional
April 9 Blue Heron Loop
 Approx. 7.5 miles Moderate

April 16 Virgin Falls
 Approx. 8+ miles

April 23 Porter Creek to Fern Falls/CS#31
 Approx. 4/7.4 miles Moderate

April 30 Sterchi Lodge-AT Max Patch to Lemon Gap
 Approx. 6.2 miles Moderate

Italian: Viva l'italiano!! Do you love everything Italian? Do you have an interest in the Italian language and culture? Join our Italian language classes every Tuesday to add a little spice to your day!

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

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

Mahjong: Mahjong play on Wednesdays at 1:15 pm for experienced players.

O'Connor Center Band (Cadet for Beginners/Concert for Advanced): Wednesdays. Gently used instrument donations are always needed. If interested, please call 523-1135 to set a time to meet prior to class time.

Open Jam Session: A weekly Friday afternoon get-together for music lovers of all kinds. Anyone who plays an instrument, sings, or just likes to listen and dance will enjoy this fellowship! Everyone welcome, regardless of skill level.

Painting with Washable Oils: Tuesdays. Instructor: Liberty Gialelis. Cost is \$20 for 5-week session; New classes begin March 10 and April 14. 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.

Spanish: Advanced class Fridays at 11 am; Beginners class every Friday, 12 noon.

Table Games: What's your favorite game? Come join the fun on Tuesdays and Thursdays, Newcomers always welcome!

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

O'CONNOR, CONTINUED ON P. 8

MARCH 2020 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>2</p> <p>9:00 Legal Aid 10:00 Mahjong for Beginners **NEW SERIES**</p>	<p>3</p>	<p>4</p> <p>9:00 AARP Tax Assistance 12:15 Weigh to Go with Humor 1:00 Genealogy</p> 	<p>5</p> <p>10:00 Art Café with Alzheimer's Tennessee 1:00 Coffee & Conversation</p>	<p>6</p> <p>Pancake Fest 7 AM—1 PM \$5 All-You-Can-Eat!</p> 
<p>9</p> <p>9:30 Creative Writers 10:00 Mahjong for Beginners</p>	<p>10</p> <p>11:30 Washable Oils **NEW SERIES** 12:00 Seniors for Creative Learning Luncheon 1:30 Tea Dance</p>	<p>11</p> <p>9:00 AARP Tax Assistance 9:00 Toenail Clipping Clinic 12:15 Weigh to Go with Humor 12:30 Facebook 101</p>	<p>12</p> <p>10:00 Art Café with Alzheimer's Tennessee 10:00 Smartphone/Tablet Camera 12:00 Sweet Spot 12:30 Apple Basics 2:00 Flower Lovers 2:30 Council On Aging</p>	<p>13</p> <p>12:30 Apple Basics 1:30 Open Jam Session</p> <p>14</p> <p>7:00 Saturday Night Dance</p> 
<p>16</p> <p>9:00 Legal Aid 10:00 Mahjong for Beginners 12:00 Lunch & Learn</p>	<p>17</p> <p>HAPPY St. Patrick's DAY</p> 	<p>18</p> <p>9:00 AARP Tax Assistance 12:15 Weigh to Go with Humor 1:00 Genealogy</p>	<p>19</p> <p>10:00 Art Café with Alzheimer's Tennessee 1:00 Coffee & Conversation</p>	<p>20</p> <p>1:30 Open Jam Session 7:00 Variety DJ Dance</p>
<p>23</p> <p>9:30 Creative Writers 10:00 Mahjong for Beginners 1:00 Market Group</p>	<p>24</p>	<p>25</p> <p>9:00 AARP Tax Assistance 9:00 Toenail Clipping Clinic 12:15 Weigh to Go with Humor</p>	<p>26</p> <p>10:00 Art Café with Alzheimer's Tennessee</p>	<p>27</p> <p>1:30 Open Jam Session</p>
<p>30</p> <p>9:00 Legal Aid 10:00 Mahjong for Beginners 12:00 Lunch & Learn</p>	<p>31</p> <p>1:30 Savvy Caregivers</p>			<p><i>Check out the Dine-A-Mite Diner's monthly menu online at knoxseniors.org/oconnor/!</i></p>

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Advanced Senior Cardio 10:00 Party Bridge, SAIL Exercise, Water Aerobics 10:30 Loss & Life Changes Support Group 11:00 Silver Sneakers Hula Hoop Fitness 1:30 Intermediate Line Dance</p> <p>Blood Pressure Checks Monday—Friday 10:30 am-11:30 am</p>	<p>9:00 Quilting, Softball, 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, Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage 1:00 Table Games 1:30 Afternoon Dancing</p>	<p>8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 10:00 Advanced Painting, Concert Band Practice, Party Bridge, SAIL Exercise, Water Aerobics 12:15 Weigh to Go with Humor 12:30 Afternoon Art, Texas Hold'Em 1:15 Mahjong 1:00 Cribbage 1:30 Beg. Beg. Line Dance, Bingo 2:00 Beginner Line Dance</p>	<p>8:30 Blood Glucose Checks 9:00 Knitting & Crocheting, Tai Chi 10:00 Basic Arthritis Exercise Happy Hikers, Tai Chi Continuing, Tai Chi Set Practice, Thursday Walkers, Water Aerobics, Yoga 11:00 Adv Arthritis Exercise 11:20 Seated Yoga 11:30 Chess Club 1:00 Table Games</p>	<p>9:00 Woodcarving, 9:30 SAIL Exercise 10:00 Water Aerobics 11:00 Advanced Spanish 11:00 Silver Stage Players 12:00 Beginner Spanish 12:30 Fun Film Friday 1:30 Open Jam Session</p> <p>Billiards Room Open Monday—Friday 8:30 am-4:30 pm</p>

APRIL 2020 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<i>Check out the Dine-A-Mite Diner's monthly menu online at knoxseniors.org/occonnor/</i>		1 9:00 AARP Tax Assistance 10:30 KAT Travel Training 12:15 Weigh to Go with Humor 1:00 Genealogy	2 10:00 Art Café with Alzheimer's Tennessee 12:30 Android Basics 1:00 Coffee & Conversation	3 12:30 Android Basics 1:30 Open Jam Session
6 9:00 Legal Aid 10:00 Mahjong for Beginners	7 1:30 Savvy Caregivers 1:30 Tea Dance	8 9:00 AARP Tax Assistance 10:30 KAT Travel Training 12:15 Weigh to Go with Humor 1:15 Mahjong	9 10:00 Art Café with Alzheimer's Tennessee 12:00 Sweet Spot 2:00 Flower Lovers 2:30 Council on Aging	10 1:30 Open Jam Session 11 7:00 Saturday Night Dance
13 9:30 Creative Writers 10:00 Mahjong for Beginners **NEW SERIES** 12:00 Lunch & Learn	14 8:30 Hearing Screening and Aid Check & Cleaning 9:00 Toenail Clipping Clinic 11:30 Washable Oils **NEW SERIES** 1:30 Savvy Caregivers	15 10:30 KAT Travel Training 12:15 Weigh to Go with Humor 1:00 Genealogy 1:15 Mahjong	16 10:00 Art Café with Alzheimer's TN 1:00 Coffee & Conversation	17 9:00—Noon Dollars to Doughnuts 1:30 Open Jam Session 7:00 Variety DJ Dance 
20 9:00 Legal Aid 10:00 Mahjong for Beginners 12:00 Lunch & Learn	21 1:30 Savvy Caregivers	22 9:00 Toenail Clipping Clinic 10:30 KAT Travel Training 12:15 Weigh to Go with Humor 1:15 Mahjong	23 10:00 Art Café with Alzheimer's Tennessee 5:00 Art Gallery Open House	24 8:30 KCBC Mammography Van 12:30 Awesome Apps 1:30 Open Jam Session
27 9:30 Creative Writers 10:00 Mahjong for Beginners 1:00 Market Group	28 1:30 Savvy Caregivers	29 10:30 KAT Travel Training 12:15 Weigh to Go with Humor 1:15 Mahjong 1:00 Genealogy	30 10:00 Art Café with Alzheimer's Tennessee	

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 11:00 Silver Sneakers Hula Hoop Fitness 1:30 Intermediate Line Dance Blood Pressure Checks Monday—Friday 10:30 am-11:30 am	9:00 Quilting, Softball, 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, Italian 11:20 Seated Yoga 11:30 Washable Oils Painting 1:00 Cribbage 1:00 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 12:15 Weigh to Go with Humor 12:30 Afternoon Art, Texas Hold'Em 1:15 Mahjong 1:00 Cribbage 1:30 Beg. Beg. Line Dance, Bingo 2:00 Beginner Line Dance	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting, Tai Chi 10:00 Basic Arthritis Exercise Happy Hikers, Tai Chi Continuing, Tai Chi Set Practice, Thursday Walkers, Water Aerobics, Yoga 11:00 Adv Arthritis Exercise 11:00 Chess Club 11:20 Seated Yoga 1:00 Table Games 1:00 Cribbage	9:00 Woodcarving, 9:30 SAIL Exercise 10:00 Water Aerobics 11:00 Advanced Spanish 11:00 Silver Stage Players 12:00 Beginner Spanish 12:30 Fun Film Friday 1:30 Open Jam Session Billiards Room Open Monday—Friday 8:30 am-4:30 pm

O'CONNOR, CONTINUED FROM P. 5

Thursday Walkers: This group, a part of the Happy Hikers, meets in the community at parks and greenways to get in their exercise, enjoy the outdoors and fellowship. 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.

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.

SENIOR SAVVY COMPUTER CLASSES

(PLEASE PRE-REGISTER AND PRE-PAY)

Tech Tutoring will be available for computer questions and answers on varying days and times. Please call to schedule an appointment with our volunteer. Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.

Facebook 101:

Wed, March 11, 12:30-2:30 p.m.
\$15 for the 1-day class

Smartphone/Table Camera Class:

Thurs, March 12, 10:00 a.m. -12:00 p.m.
\$15 for the 1-day class

Apple Basics:

Thurs & Fri, March 12 & 13
12:30 p.m.-2:30 p.m.
\$25 for the 2-day class

Android Basics:

Thurs & Fri, April 2 & 3, 12:30 p.m.-2:30 p.m.
\$25 for the 2-day class

Awesome Apps:

Fri, April 24, 12:30 p.m.-2:30 p.m.
\$15 for the 1-day class

CALL 523-1135 FOR INFORMATION AND TO REGISTER FOR CLASSES. PRE-PAYMENT REQUIRED.

Classes are taught by
Social Media 4 Seniors Staff.

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

Blood Pressure Checks: Monday-Friday, 10:30 am-11:30 am. 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 and is \$1/class. In addition to exercise, the O'Connor Friendly Nurse insures the class meets your daily requirement of fun and fellowship.

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

Weigh to Go with Humor: Wednesdays, 12:15-1:15 – New group! New Year, New You! Let's support one another while we lose those unwanted pounds and enjoy a little fun and laughter.

Hearing Screening & Hearing Aids Checked/Cleaned. Get your hearing checked or your hearing aids cleaned and adjusted. This service is offered quarterly FREE of charge!

Hula Hoop Fitness: A fun and creative way to get in your cardio. For beginners and experienced participants alike. Class is FREE for Silver Sneakers members. Call for details.

KCBC Mammogram Van: Appointments available from 8:30 am until 1:30 pm. Please call 865-583-1003 to schedule.

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

Savvy Caregiver Workshop: A 6-week series from Care Around the Block for caregivers of family members living with dementia. To register for this FREE course, call 865-444-6787 or email info@carearoundtheblock.com. Deadline to register for this course is Tuesday, March 24.

SAIL Exercise Class: Learn about how this exercise curriculum can improve your balance and strength. Class meets every Monday and

Wednesday at 10 am, and Friday at 9:30 am. Class is FREE for most insurance members so 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. Call 523-1135.

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays at 9 am. 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 March 11, 25 and April 22 with Kelli. April 14 will be with Dr. Ackerman.

Water Aerobics: Monday-Friday, 10 am. 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.

Yoga: Tuesdays & Thursdays, 10 am; Seated Yoga: Tuesdays & Thursdays at 11:20 am; Classes held at the YMCA. Cost is \$3 per class.

Lunch & Learn @ 12:00 Noon: Reservation must be made by Thursday of the previous week to get a free lunch! Complimentary diner lunch provided by the grandchildren and great-grandchildren of John T. O'Connor.

March 16 12:00 – Cold or Allergy, Which Is It? – Matthew Crawford, PharmD, from Mac's Pharmacy will discuss how to diagnose and treat Spring sniffles.

March 30 12:00 – Yellow Dot & Legacy License? – Don't worry! – Sgt. Randall Martin, from Tennessee Highway Patrol will discuss the importance of the Yellow Dot program in case of an emergency. Sherry Witt, the Knox County Clerk, will be here to discuss the need to have a REAL ID by October 2020 to board a plane, visit a federal building or enter a military base.

April 13 12:00 – Healthy Snacks! – Back by popular demand...Our friends from Beardsley Community Farm will make a seasonal snack with vegetables or fruits from the farm.

April 20 12:00 – Tooth Wisdom – Brittany Smelcher, RDH, from Smile on 60+, will be here to share dental information about the aging mouth.

DECEMBER 2019 & JANUARY 2020 OOA CONTRIBUTIONS

Connecting Hearts

Smoky Mountain Antique Car Club
Trinity Hills Senior Living

Rise Above Crime

David and Susan Long

Grandparents as Parents

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Having volunteers to help in the classroom is a big need for many schools, however, when you volunteer, you're not just helping others—you're helping yourself. Volunteering leads to new discoveries and new friends.

Our program is open to individuals 55+ yrs of age.

You don't need formal experience in tutoring or mentoring.


Kids love Classroom Grandmas and Grandpas to help them with Reading Skills, Motor Skills, Social Skills, Independence, Learning Skills.

For more information, call the Foster Grandparent Program at 865-524-2786

Coffee and CONVERSATION

Elder Abuse Educational Group

Meets every other Thursday at O'Connor Senior Center from 1-2 PM
611 Winona Street, Knoxville, TN 37917



For more information, please call Sasha Hammett at 524-2786

RISE ABOVE CRIME

This project was supported by Award No. 35484 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice through the Tennessee Office of Criminal Justice Programs.

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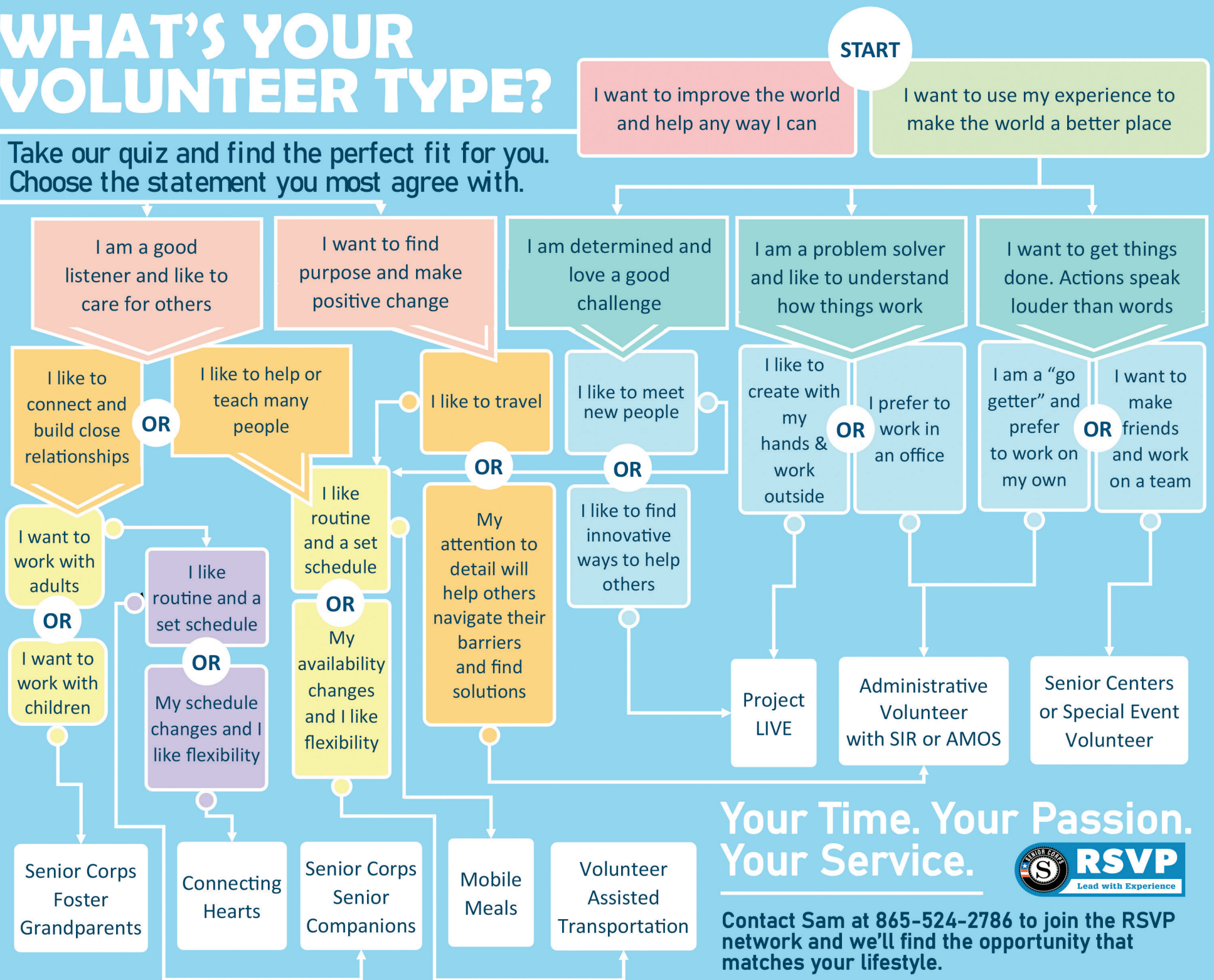
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MARCH/APRIL 2020

ELDER NEWS & VIEWS

PAGE 12

APRIL COUNCIL ON AGING: *CYBER CRIMES: HOW TO PROTECT YOUR INFORMATION FROM SCAMMERS*

Scams targeting older adults seem to be increasingly prevalent, especially online and email scams. The True Link Senior Vulnerability Survey estimated that seniors in America lose around \$30 million each year due to online scams. Join Special Agent Richard Lara of the FBI as he discusses how to protect your identity while enjoying the internet.

The FBI is the lead federal agency for investigating cyber attacks by criminals, overseas adversaries, and terrorists. The threat is serious—and growing. Cyber intrusions are becoming more commonplace, more dangerous, and more sophisticated. Citizens are

Thursday, April 9, 2020

2:30 p.m.

O'Connor Senior Center
611 Winona St.

targeted by fraudsters and identity thieves, and children are targeted by online predators. Just as the FBI transformed itself to better address the terrorist threat after the 9/11 attacks, it is undertaking a similar transformation to address the pervasive and evolving cyber threat. ■

