

ELDER NEWS

MARCH/APRIL 2017

VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE



Chief Rausch serves pancakes at the 2016 Pancake Fest.

CELEBRATE AT PANCAKE FEST!

It's time once again for the fun-filled Pancake Fest, the annual fundraiser at the O'Connor Center. This year's event is **Friday, March 3, from 7:00 am to 1:00 pm**. There will be an abundance of pancakes, sausage, orange juice, milk, and coffee, as well as regular and sugar-free syrup. UT Medical Center's Healthy Living Kitchen's "Heart Healthy" pancakes will be available from **10:00 am - 12:00 noon**. **Tickets for Pancake Fest 2017 will remain at \$5** which includes the "all you can eat" pancake menu and admission to other activities including the Craft Fair, tunes by the O'Connor Band, the Circle of Friends, and even a mini-concert by *Sydni Stinnett*, local Karns High School celebrity. **The Phil Show - Newstalk 98.7** will be broadcast live with Phil Williams on hand to take a turn at the griddles.

Pancakes "To-Go" will be ready at 7:00 am and can be picked up on your way to work to share with employees or co-workers; just give a call to 523-1135 to place your order.

2017 PANCAKE FEST & CRAFT FAIR

Date: Friday, March 3

Time: 7:00 am - 1:00 pm

Place: O'Connor Senior Center,
611 Winona Street

Ticket cost: \$5.00 Tickets Available at the Door

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The Phil Show - Newstalk 98.7 will be broadcast live with Phil Williams on hand to take a turn at the griddles.

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PANCAKE FEST, CONTINUED ON PG. 4

HOT OFF THE PRESS: THE 2017 DIRECTORY

The CAC Office on Aging's new *Senior Service Directory* is the essential tool when you are looking for services for an older adult, whether yourself or a friend or relative. The "little yellow book," as it is known by its users, is invaluable when it comes to making decisions for yourself or for an older person you know.

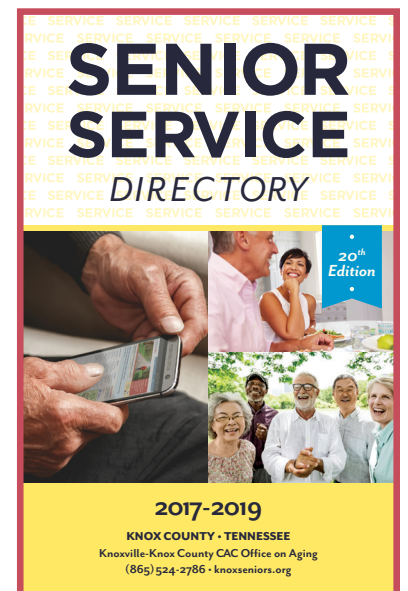
The book lists vital services such as adult day services, case management, employment, home health care, housing, information & referral, medical insurance & financing, personal support services, and transportation, just to name a few.

The advertisement section tells readers more about the services of the sponsors who made the directory possible. Be sure to thank the sponsors for providing this book to our community free of charge.

Finally, the thorough index at the back is an excellent way for users to find the services and topics they're looking for.

You can pick up copies at senior center and libraries and at most sponsor advertiser offices.

The entire book is also available online at www.knoxseniors.org. ■



HEALTHY BRAIN 101



Some changes in the ability to think are considered a normal part of the aging process. Dementia is not normal aging. Learn about new research and tips to help maintain a healthy mind late into your years and about the local resources and clinics available to folks in our area. Join the professionals from Alzheimer's Tennessee on Thursday, March 9 at 2:30 p.m. at O'Connor Center, as they explain the in and outs of dementia, Alzheimer's disease and the normal aging process.

Alzheimer's Tennessee, Inc. was founded in 1983 by a group of Tennessee families and professionals. Today, the non-profit organization, still governed by a local Board of Directors, advocates for top research initiatives and provides services to the more than 120,000 individuals and families facing Alzheimer's disease and dementia in Tennessee.

The public is invited to attend this joint meeting of the Council on Aging and Seniors for Creative Learning to learn more about keeping a healthy brain. ■

MARCH MEETING
Date: Thursday, March 9
Time: 2:30 p.m.
Place: O'Connor Center
 611 Winona St.

MARCH FOR MEALS 2017

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. We also celebrate the invaluable services we provide to local seniors such as home-delivered and congregate meals.

"Volunteers and community support throughout Knox County keep us going," said Judith Pelot, manager of the program. Mobile Meals are delivered to about 950 homebound seniors, by approximately 100 volunteers covering 68 routes and 1,500 miles every day Monday – Friday.

"We are so blessed to have such wonderful volunteers helping us meet the needs of the seniors in Knox County. We couldn't do it without them."



On March 24, in celebration of the National Meals on Wheels Association March for Meals campaign, Community Champions paired with seasoned volunteers will be delivering meals. "We have local media celebrities and city, county, state and federal governmental representatives joining the ranks of Mobile Meals volunteers for a day," said Pelot.

Want to know how you can help? Call Mobile Meals at (865) 524-2786 or contact shelly.woodrick@knoxseniors.org. Visit our web site: www.knoxseniors.org/mobile.html and like us on Facebook at Knox County Mobile Meals. ■

O'CONNOR COMPUTER CLASSES - PLEASE PRE-REGISTER AND PRE-PAY

Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.

Android/Galaxy Beginner Class:
 \$25 for the 2-day class
 Mon-Tues, March 20 & 21, 12:30 pm to 2:30 pm.

iPad/iPhone Beginner Class:
 \$25 for the 2-day class
 Mon-Tues, March 20 & 21, 10:00 am to Noon.

Android/Galaxy Advanced Class:
 \$25 for the 2-day class
 Mon-Tues, April 3 & 4, 12:30 pm to 2:30 pm

iPad/iPhone Advanced Class:
 \$25 for the 2-day class
 Mon-Tues, April 3 & 4, 10:00 am to Noon

Introductions to Windows 10:
 \$5 for 3-day class
 Thurs, April 6, 13 & 20, 1:30 pm to 3:00 pm

How to Use Facebook:
 \$15 for the 1-day class
 Thurs, March 2, 10:00 am to Noon
 Tues, April 18, 10:00 am to Noon

Awesome Apps:
 \$15 for the 1-day class
 Thurs, March 2, 12:30 pm to 2:30 pm

Introduction to Pinterest:
 \$15 for the 1-day class
 Tues, April 18, 12:30 pm to 2:30 pm

Introductions to Windows 10:
 \$5 for 3-day class
 Thurs, March 9, 16, & 23, 1:30 pm to 3:00 pm

Tech Tutoring with Ron Dickerson:
 1-hour session
 Tuesdays, by reservation only

DUNCAN AWARDS MAY 4, 2017

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 16th 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
John J. Duncan, Sr.
Award for Senior Advocacy Reception

honoring

Dr. Bonnie Callen,
Retired, Community Health Nursing at the University of Tennessee
 Community Award

Special Agent Margaret Chuinard,
Criminal Investigator, Tennessee Bureau of Investigation
 Professional Award

Thursday, May 4, 2017
 4:00 p.m. - 6:00 p.m.

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

Donations will be accepted at the door. Proceeds benefit Senior Information & Referral. For information call 546-6262.



HEALTHY LIVING EXPO DATES ARE FRIDAY, APRIL 28 AND SATURDAY, APRIL 29 AT KNOXVILLE CONVENTION CENTER.

All seniors will get in free on Seniors Day on Friday.

Friday, April 28, 2017 • 9am-3pm
 Saturday, April 29, 2017 • 9am-4pm

COMING TO O'CONNOR SENIOR CENTER IN 2017: SAVVY CAREGIVER TRAINING

Do you feel overwhelmed as a family caregiver for a loved one living with dementia? Do you lack confidence in your caregiving abilities?

Join us for the Savvy Caregiver Workshop, an evidence-based program designed to train family caregivers in the knowledge and skills needed to cope with the challenges of caring for family member living with dementia.

Care Managers from Choices in Senior Care will facilitate these six-week sessions Workshops, as well as provide concurrent Cognitive Stimulation sessions for your loved one living with dementia.

The Savvy Caregiver Workshop will be facilitated over a six-week time period, with each Tuesday 2-hour session building upon the previous week's information. This Workshop is offered at no charge to participants. Materials provided will include a Caregiver Manual, Program Handouts, and a copy of each session's PowerPoint presentation.

Please contact 865-978-6168 to register for the next Savvy Caregiver Workshop at O'Connor Center on Tuesdays, March 14th through April 18th from 5:30 pm – 7:30 pm. Light meal provided. The registration deadline for this Workshop is March 9, 2017. ■

GRANDPARENTS AS PARENTS (GAP) HOSTS MONTHLY MEETINGS

Grandparents as Parents (GAP) holds monthly "roundtable" meetings in which the participants learn from a knowledgeable speaker and from the experience of other members of the group. Grandparents and other relatives raising family children are encouraged to attend these roundtables, which are held on the last Tuesday of each month at 10:00 a.m. at the L.T. Ross Building, 2247 Western Avenue. These meetings are open to the public, to anyone interested in the topic, and to people who work in any role with relative caregivers.



At the March 28th meeting, Tracey Matthews Wynter, Knox County Schools Family and Community Engagement Supervisor, will provide a unique opportunity for grandparents to share their challenges and ask questions as we work together to find solutions during this two-part series.

RSVP if you plan to attend. Please call the Office on Aging at (865) 524-2786. ■

GRANDPARENTS AS PARENTS ANNOUNCES NIGHT SUPPORT AND EDUCATION GROUP

March 8, 2017 • 5:00 – 7:00 p.m.
First Baptist Downtown Knoxville

(transportation provided by CAC with reservations – parking at church site will be free)

Free dinner provided at 5:00 p.m. for grandparents and children by First Baptist Church

Support Group program begins at 6:00 p.m.
(Free childcare provided by FBC)

Program presented by Legal Aid of East Tennessee "Legal Issues Relating to Grandparents as Parents"

RSVP for transportation and dinner by March 6, 2017
865-524-2786 or donna.lewis@knoxseniors.org

PANCAKE FEST, CONTINUED FROM P. 1

WATE-TV, WVLT-TV, and other local media sponsors will be on site at 5:00 am reminding everyone of this special day. Media personalities and community leaders, including our mayors, will be on hand so they can show off their pancake-flipping skills! Of course, the Fest wouldn't be complete without Chef Walter once again providing entertainment at the noon hour.

Knox County has a wide variety of services for senior adults. Many of these service providers will have informational booths at Pancake Fest to help you find the services you or your family may need.

The North Addition will once again be turned into a bargain hunter's delight with craft and specialty items that are beautiful and affordably priced. The Craft Fair will feature the works of local artisans and promises to be the best ever! Make sure you allow time to shop in the North Addition.

Once again, there will be a shuttle service provided to and from the nearby Caswell Park and Regions bank parking areas! ■

DO YOU KNOW A CENTENARIAN?

In celebration of Older Americans' Month in May, the Office on Aging is coordinating a special tribute to area centenarians. Volunteers will visit people who have reached the age of 100-plus and present them with a bud vase bouquet.

The list of Knox County centenarians is growing! The Office on Aging predicts that at least 50 individuals who were born in 1917 or earlier will be honored this year. If you know of someone who is 100-plus years of age (or about to turn 100), call Senior Information & Referral at 546-6262. We will need the name, address, birthdate, contact person, and phone number for each centenarian. All information will be kept confidential. ■



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 14, for Spring Holiday

Lunch & Learn: Lunch provided for those who make a reservation by Thursday of the previous week.

March 13 - New breakthrough to reverse bone loss-Dee Matchett, from American Bone Health, will discuss the nutritional aspect for bone health and the benefits of osteogenic loading to increase bone mass and reduce the risk of fractures.

March 27 - Clothespin Acupuncture-Lorie Warren, LMT, RCR, will discuss the six pressure points on your ears that are connected to a certain part of your body. Applying pressure, with a clothespin or your fingers, can relieve aches and pains in those areas.

April 4 - Turn Your Attention to Crime Prevention! Sgt. White & Officer Sawyer, from the Knox County Sheriff's Office, will share valuable information on crime prevention!

April 24 - For the Love of Birds-Join Liz and Tiffany from Wild Birds Unlimited as they share information about hummingbirds and bluebirds. They will also share pictures of the birds common to East Tennessee and answer questions about your favorite birds!

MARCH/APRIL PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday and Thursday, March 15 & 16. Please call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course.

Act Up: Tennessee Stage Company will offer FREE theatre classes just for seniors (aged 50+) on Mondays from 1:00-3:00 pm. No pre-registration required for these classes – simply walk in and join in the fun!

March 6: *Creative Set Design* with director JP Schuffman

March 13: *Playwriting Workshop, Pt. 1* with author Staci Swedeen

March 20: *Playwriting Workshop, Pt. 2* with author Staci Swedeen

Arthritis Foundation Exercise, Tuesday/Thursday: **Advanced** class has good physical exertion, \$2/class; **Basic** class, offers seated exercise with limited physical exertion, \$1/class.

Belly Dance: Wednesdays. Join Rusty and the dancers as they work on their core muscles while

having a ton of fun.

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

Blood Glucose Checks: Thursdays. 12-hour fast recommended; sponsored by Accu-Chek. \$1.50/ check.

Blood Pressure Checks: Monday through Friday, 10:30 am-11:30 am. Tuesday checks by Quality Home Health Care.

Camera Club: Wednesday, March 15 and April 19. Learn helpful techniques from photo journalist Shawn Poynter.

Cards and Games: Thursdays. Come and join the game of the day!

Creative Endeavors. Monday, April 3. Newcomers always welcome to join this group which provides opportunities to enhance, develop, and advance the creative endeavors of seniors, as well as to offer educational and promotional opportunities to support these goals.

Creative Writers Workshop: Mondays, March 13 & 27 and April 10 & 24. Join Barbara Stephens who lends encouragement and direction to others who enjoy writing!

Cribbage & Card Games: Tuesdays. Great fellowship! Newcomers welcome!

Fabric Painting: Mondays, March 13 & April 10. Yvonne Fields teaches the art of fabric painting in a relaxed setting! Newcomers welcome.

Flower Lovers Club: Meets the first Thursday of every month. Members are avid flower enthusiasts and arrangers. Newcomers welcome!

French: Tuesdays. Bilinguals who come down with dementia and Alzheimer's do so about four-and-a-half years later than monolinguals! Need any other reason to begin to learn another language today? Call for class info!

Fun Film Fridays: Enjoy popcorn and a movie each Friday at 12:30 pm. Movie for the week is featured in the **Weekly Update** in the Sunday edition of the *Knoxville News Sentinel*.

Genealogy Group: Wednesdays, March 1 & 15 and April 5 & 19. Two expert genealogists lead an ongoing class in research methods, techniques, and the many online resources used to establish a definitive 15 generation family tree. This class covers all cultures and resources available

worldwide. Newcomers welcome!

Gift Shop: Open Monday-Friday from 10:00 am-2:00 pm. Items for sale include hand-made/hand-crafted treasures provided by Gift Shop members. New crafters are invited to join; call for details. The yearly membership fee is only \$10.

Greenhouse: Regular greenhouse hours on Tuesdays and Fridays; those who have "green thumbs" are welcome to lend a hand!

Growing Up & Out: New monthly meeting series for anyone interested in gardening or horticulture.

March 20 Guest speaker Dr. Natalie Bumgarner, from the University of Tennessee Department of Plant Science, will be speaking about Spring Transplanting. All are welcome!

April 17 TBA

Happy Hikers: Thursdays. Newcomers are always welcome; please call Carrie Roller at 719-1604 if you are interested in participating in a hike or for additional information. Please meet at the trailhead at 10:00 am, unless otherwise stated.

March 9 Laurel Snow Pocket, Dayton, a moderate to strenuous 6-mile hike

March 16 Pickett State Park

March 23 Cumberland Trail to LaFollette, a 5-mile hike

March 30 Alum Cave, a moderate 4.6-mile hike

April 6 Porter's Creek, a moderate 5-mile hike

April 12 Baker Creek Preserve, a 4-mile hiking event to support Legacy Parks Foundation


April 13 School House Gap/Chestnut Top, a moderate 7-mile hike

April 20 Cane Creek/Cooper Road, a moderate 7-mile hike

April 27 Max Patch, a moderate 6-mile hike

Happy Hikers/Thursday Walkers: Walks are less difficult than hikes and are open to anyone. Call Joyce Dukes at 525-2540 for additional information. Hikes are approximately 2 miles. See the *Weekly Update* for info.


MARCH 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
Billiards Room Open Monday—Friday 8:30 am-4:30 pm	INTERNET CAFÉ AND COMPUTER LAB OPEN DAILY! DROP IN!	9:00 Tax Assistance 1:00 Genealogy Class	10:00 Thursday Walkers 10:00 Intro to Facebook 12:30 Awesome Apps 2:00 Flower Lovers	7:00 am - 1:00 pm Pancake Fest 
9:00 Legal Assistance 1:00 Act Up 2:30 Investment News	8:00 Harrah's Trip 12:00 Hearing Screening and Hearing Aids Cleaned & Checked 12:30 SCL KICKOFF 1:30 Tea Dance	9:00 Tax Assistance	9:00 Toenail Clipping 10:00 Happy Hikers and Thursday Walkers 1:00/2:30 SCL 12:00 Diabetic Sweet Spot 1:30 Intro to Windows 10	7:00 St. Patrick Day Dance featuring the David Correll Band
9:30 Creative Writers 10:00 Veteran Q & A 12:00 Lunch & Learn 1:00 Act Up 1:30 Fabric Painting	9:30 Matter of Balance 1:00/2:30 SCL 5:30-7:30 Savvy Caregivers, a 6-session workshop with help for caregivers!	9:00 Tax Assistance 10:00 Camera Club 12:00 AARP Driver Safety 1:00 Genealogy Class 1:30 AARP Ch. 85	10:00 Happy Hikers and Thursday Walkers 12:00 AARP Driver Safety 1:00/2:30 SCL 1:30 Intro to Windows 10 2:00 With Hope in Mind	9:30 Matter of Balance 7:00 pm DJ DANCE
9:00 Legal Assistance 10:00 Beg. iPad/iPhone 12:30 Growing Up & Out 12:30 Beg. Android/Galaxy 1:00 Act Up	9:30 Matter of Balance 10:00 Beg. iPad/iPhone 12:30 Beg. Android/Galaxy 1:00/2:30 SCL 5:30 Savvy Caregivers	9:00 Tax Assistance	10:00 Happy Hikers and Thursday Walkers 1:00/2:30 SCL 1:30 Educational Training Series 1:30 Intro to Windows 10	9:30 Matter of Balance
9:30 Creative Writers 12:00 Lunch & Learn	9:30 Matter of Balance 11:30 Painting with Washable Oils 1:00/2:30 SCL 5:30 Savvy Caregivers 7:00 Silver Stage Players' Movie Premiere	9:00 Tax Assistance 1:00 Genealogy Class 1:00 Silver Stage Players' Movie Matinee	10:00 Happy Hikers and Thursday Walkers 1:00/2:30 SCL	8:30 Mobile Mammography 9:30 Matter of Balance

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance	9:00 Quilting 9:00 Tai Chi 9:45 Singing Seniors 10:00 Basic Arthritis Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 11:00 Adv Arthritis Exercise 11:00 Italian 11:30 Washable Oils Painting 1:00 Cribbage & Table Games 1:00 Forever Young Ensemble 1:00/2:30 SCL 1:30 Afternoon Dancing 5:30 Savvy Caregivers	8:30 Open Painting 8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 9:00 Piano Lessons 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Cards & Brain Games 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 11:00 Adv Arthritis Exercise	8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Piano Lessons 9:00 Tai Chi 10:00 Basic Arthritis Exercise 10:00 Cards & Brain Games 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 11:00 Adv Arthritis Exercise 1:00/2:30 SCL	8:45 Advanced Senior Cardio 9:00 Woodcarving 10:00 Spanish 10:00 Water Aerobics 11:00 Silver Stage Players 12:30 Fun Film Friday 1:30 Old Time String Band

APRIL 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
BLOOD PRESSURE CHECKS DAILY 10:30-11:30				
9:00 Legal Assistance 10:00 Adv. iPad/iPhone 11:30 Creative Endeavors 12:00 Don't Be Fooled Program 12:30 Adv. Android/Galaxy	8:00 Harrah's Trip 9:30 Matter of Balance 10:00 Adv. iPad/iPhone 12:00 Hearing Screening & Hearing Aids Checked 12:30 Adv. Android/Galaxy 1:00/2:30 SCL 1:30 Tea Dance 5:30 Savvy Caregivers	9:00 Tax Assistance	10:00 Happy Hikers & Thursday Walkers 10:00 Film Productions 1:00/2:30 SCL 1:30 Introduction to Word 2:00 Flower Lovers	9:30 Matter of Balance 7:00 pm Dogwood Dance featuring the Russell Ramsay Band
9:30 Creative Writers 10:00 Veteran Q & A 12:00 Lunch & Learn	8:30 Toenail Clipping 1:00/2:30 SCL 5:30 Savvy Caregivers	9:00 Tax Assistance 1:00 Genealogy Class	10:00 Happy Hikers & Thursday Walkers 10:00 Film Productions 2:00 Diabetic Sweet Spot 1:30 Introduction to Word 1:00/2:30 SCL 2:00 With Hope in Mind	CENTER CLOSED SPRING HOLIDAY 
9:00 Legal Assistance 12:30 Growing Up & Out	10:00 Intro to Facebook 12:30 Intro to Pinterest 1:00/2:30 SCL 5:30 Savvy Caregivers	10:00 Camera Club 1:30 AARP Ch. 85	10:00 Happy Hikers & Thursday Walkers 10:00 Film Productions 1:00/2:30 SCL 1:30 Educational Training Series 1:30 Introduction to Word	7:00 PM DJ Dance
9:30 Creative Writers 12:00 Lunch & Learn	10:00 Singing Seniors Spring Concert	1:00 Genealogy Class	10:00 Happy Hikers & Thursday Walkers 10:00 Film Productions	

RECURRING WEEKLY EVENTS

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

O'CONNOR, CONTINUED FROM P. 5

Harrah's Trip: Tuesday, March 7 and April 4. Please call Frankie at 525-1475 for trip information. Light refreshments are available at 7:30 am with departure promptly at 8:00 am. Cost is \$35/person.

Internet Café: Open daily. Drop in and enjoy today's tools of communication—and Cable TV as well! Dr. Ron will be available for computer questions and answers Tuesdays, 10:30 a.m. to 3:30 p.m.

Italian: Tuesdays at 11:00 am. It's never too late to learn—join Tom Whisman as he teaches this romantic language and culture.

Knitting & Crocheting: Thursdays. Open to all, regardless of level; free instruction available by Linda Costner.

Legal Assistance: March 6 & 20 and April 3 & 17. Call 637-0484 to schedule an appointment for free legal services for seniors.

Loss & Life Changes Support Group: Mondays. Find help from a group effort as Pat Green with St. Mary's Hospice listens to concerns and offers encouragement to folks dealing with the many changes that occur in life.

Low Vision Group: The O'Connor Center is happy to have the involvement of our Low Vision Group. New members are always welcome. Call the center today to sign up for the Singing Seniors Spring Concert, April 25.

Mammography Van: Knoxville Comprehensive Mobile Mammography Van will be at the O'Connor Center. Please call 865-583-1003 to schedule an appointment.

O'Connor Center Band (Cadet for Beginners/ Concert for Advanced): Wednesdays. Band Director Linda Edwards provides encouragement and direction to newcomers and pros alike! No experience is necessary and newcomers are welcome! Some instruments are available. Gently used instruments can be donated to the Center for a tax deduction.

Film Production: Thursdays. New 4-week lesson series beginning April 6 at 10:00 am; cost is \$5.00 and pre-registration is required. Learn how to shoot videos with a professional touch and share them with family and friends. Call for more information.

Old Time String Band: If you play an acoustic instrument, sing, or just like to listen and dance, we would love to have you at this casual afternoon get-together. All skill levels welcome!

Painting with Oils(Advanced and Beginner): Wednesdays. New 10-week lesson series beginning March 15; cost is \$40. Newcomers welcome.

Painting with Washable Oils: Tuesday. 5-week series beginning March 28; cost is \$20.

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

Piano Lessons: Wednesdays and Thursdays. New lesson series will begin in March 29. *Student must have a piano or keyboard to practice.* Cost includes a materials fee for the music and a \$5.00 weekly donation; space is limited.

Quilting: Tuesdays. Opportunity to learn to quilt. If you have tops that need to be quilted, please call for information.

Senior Advanced Cardio: Monday-Wednesday-Friday. Covenant-led low impact aerobic class with an increased level of intensity and a strenuous workout. Cost is \$2-\$3/class depending on class size. Newcomers welcome.

Silver Stage Players: Fridays, 11:00 am. Call for information if you are interested in participating in drama-related activities.

Singing Seniors: Rehearsals each Tuesday; call for information on scheduling this group for a performance.

Spanish: Fridays. Instructor Bonito Lopez Abarca will lead this basic class for beginners and intermediate students.

Sweet Spot for Diabetics: NEW DAY & TIME for this important Diabetic Support Group! Group Education and Discussion, led and sponsored by Mac's Pharmacy. Mac's will also provide a COMPLIMENTARY DINER LUNCH for those who pre-register.

Thursday, March 9 **A pharmacist from Mac's Pharmacy will discuss "Fighting the Fat"**

Thursday, April 13 **A pharmacist from Mac's Pharmacy will discuss "Metabolic Syndrome"**

Taoist Tai Chi Classes and Practice: Tuesdays and Thursdays. Everyone is welcome to participate, regardless of level of involvement. Recent studies show that Tai Chi helps to improve balance and coordination while improving both mental and physical health.

Tax Assistance: Free assistance for seniors begins February 15 and will continue every Wednesday until April 12. Center Doors open at 8:00 am and numbers will be assigned as you enter; tax preparation begins at 9:00 am. Call the Center to determine what paperwork will be required.

Texas Hold'em: Wednesdays. Fun for both experienced and inexperienced card players.

Cost is \$2/class.

Toenail Clipping by Appointment Only: Cost is \$12; please call 523-1135 to schedule an appointment with Kelli! March 9 and April 11.

Veterans Services: Mondays, March 13 and April 10. Counselor available to answer questions.

Water Aerobics: Monday-Friday, 10:00 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.

With Hope in Mind/ National Alliance on Mental Illness (NAMI): Thursday, March 16 and April 20. Support group for families dealing with various mental illnesses. Contact Gerald Segroves at 523-7284.

Woodcarving: Fridays. Open to all, regardless of experience. Personal instruction is available if needed.

Yoga: Tuesdays & Thursdays, 10:00 am, and Seated Yoga on Tuesdays & Thursdays at 11:20: Classes held at the YMCA. Please come to the O'Connor Center to complete paperwork and to sign-in prior to beginning class. Cost is \$3/class.

Dance Classes – Cost is \$2/Class.

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

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

Belly Dance, Wednesdays. For everyone—a fun and enjoyable way to exercise; taught by Rusty Rosiland.

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

Dances – Cost varies per dance.

Afternoon Dancing: Every Tuesday. Opportunity to dance and visit with friends.

Tea Dance: First Tuesdays, March 7 and April 4. Good music, fellowship, and refreshments.

3rd Friday Night Dances w/Refreshments: March 17 and April 21. "ALL TYPE" dance with a special DJ from Pro-Audio Mobile DJs; great music and refreshments!

Saturday Night Ballroom Dances w/Refreshments

March 11 St. Patrick Day Dance with the David Correll Band

April 8 Dogwood Dance with the Russell Ramsay Band; Dance Club meeting proceeding.

Cost: \$5.00/Dance Club Members; \$7.00/Non Members

Council on Aging (COA): Council meetings are held Thursdays, March 9 & April 13, at 2:30 pm. The public is invited and encouraged to attend meetings.

March 9 Guest speaker from Alzheimer's Tennessee

April 13 Guest speaker Eric Penniman, DO, Executive Medical Director at Summit Medical Group

Health and Humor: Wednesdays. **Stress relief from laughter? It's no joke!** Join Nurse Claudia for a time to laugh and enjoy the fellowship!

March 7 Can You Hear Me Now? Hearing Aids cleaned/checked by a Beltone representative.

April 4 Can You Hear Me Now? Hearing Aids cleaned/checked by a Beltone representative.

2017 SNOWFLAKE BALL: A BIG SUCCESS!!!

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 with WVLT emceed the event and the Ensemble Swing Time Band played beautiful classic big band swing!

The highlight of the event was the crowning of the 2017 Snowflake Ball King and Queen. A group of 10 King and Queen Nominees raised over \$28,000 through individual fundraising efforts. Nominees included:

- Tracy Armstrong** with ETHRA
- Elisa Crawford** with Mac's Pharmacy
- Monica Franklin** with Monica Franklin & Associates Elder Law
- Lauren Monahan** with Knox County Senior Services
- Karen Russell** with Senior Solutions Management Group
- A.D. Baxter** with Smoky Mountain Hospice
- Larry Blair** with the Blair X-perience
- Andrew Dougherty** with Genesis Brain Health Institute
- Harry House** with Amedisys Home Health
- Marshall McCauley** with Senior Solutions Management Group



Larry Blair and Karen Russell were crowned the King and Queen of the Ball!

The Senior Companion Program offers a valuable service to the community's most vulnerable population and empowers active seniors to make a difference. These funds allow the program to provide additional in-home care.

PLATINUM SPONSORS

The Pointe at Lifespring is anything but ordinary. It's vibrant! The Pointe at Lifespring is a senior living community designed to support the lifestyles of our residents. Our signature service, award-winning Dining by Design program and colorful palette of amenities simply provide an experience like no other. Please visit us at ThePointeSeniorLiving.com or call us at 865-687-5353.

Choices in Senior Care is a Care Management company whose mission is to empower individuals and families to enhance well-being by providing compassionate care, advocacy, and navigation through the aging process. We are passionate about "helping people age well"! For more information visit choicesinseniorcare.com or call 865-978-6768.

Senior Financial Group helps East Tennessee individuals with Medicare, health, and life insurance, with over 30 years of experience. Visit sfgmedicare.com to learn more or call 865-777-0153 to talk with a trusted advisor.

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- UnitedHealthcare Community Plan

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- Amedisys Home Health and Hospice
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- Prosperity Pointe Assisted Living
- Raintree Terrace and Maple Court Senior Living
- Smoky Mountain Hospice

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ADOPT-A-SENIOR SPONSORS DECEMBER 2016 & JANUARY 2017 DONATIONS

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... TO KEEP YOU INFORMED ...



Holiday closings: The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for Spring Holiday, on Friday, April 14. Mobile Meals participants will receive a boxed lunch for that day.

SAVE THE DATE! Come join Knox PAWS at the 7th annual PAWS Among the Blooms for a beautiful evening of music, flowers, plants, and hors d'oeuvres. There will also be a silent auction and wine bar. This fundraising event is on Friday, May 12, 5:30-7:30 p.m., at Stanley's Greenhouse, 3029 Davenport Road. Tickets are \$30 at the door. All proceeds support this program that matches senior people with senior pets to make both lives better.

NEW SEASONS CALL FOR NEW OPPORTUNITIES!

The Retired and Senior Volunteer Program (RSVP) is the nation's largest collective of volunteers age 55 or better - a network of 335,000 senior volunteers! Knox County RSVP works with over 17 organizations across the county - assisting with meal delivery, administrative needs, local events, assisted transportation, and more. Check out some new and ongoing opportunities below:

Grand Parents as Parents (GAP) Administrative Volunteer: GAP provides support, information, and referrals to community resources to address the unique needs of grandparents raising their grandchildren. The GAP Administrative volunteer will help in the office, as well as with support meetings - assisting with both clerical and monitoring needs.

Senior Information & Referral (SIR) Volunteer: SIR works to answer seniors' questions about services in Knoxville Knox County and refer them to the services they need in just one call. The SIR volunteer will utilize a large database of resources and information, answer callers' questions, and assist with general clerical help.

Introductory Spanish Class Instructor Volunteer: The Karns Senior Center offers a variety of classes and activities for persons age 50+, and would like to add an introductory Spanish language class to their curriculum. The Introductory Spanish Class Instructor would design lesson plans for a beginner class and teach the class once a week at Karns Senior Center.

DECEMBER 2016 & JANUARY 2017 OOA CONTRIBUTIONS

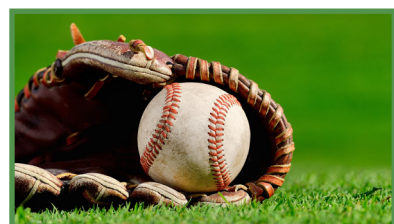
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TAKE ME OUT TO THE BALL PARK! SENIOR SLOW-PITCH SOFTBALL LEAGUE 2017 Season: Tues. & Thurs., 9-11 am, April - October Caswell Park 570 Winona Street Ages: Women - 55+; Men 60+ Slow-pitch Everyone plays and bats each inning Cost: \$10 accident insurance Facebook page: Knoxville Senior Co-ed Softball http://knoxseniorco-edsoftball.biz.ly/index.html Non-competitive • No strikeouts • No score kept Can vary with your schedule



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“A PHYSICIAN’S VIEW ON HEALTH AND GROWING OLDER”

**PRESENTATION AND “ASK THE EXPERT”
OPPORTUNITIES FOR HEALTH AND
WELLNESS QUESTIONS FOR DR. PENNIMAN.**

Aging well often means moving through a complex medical and insurance world. Do you feel that you never have enough time to ask your doctor questions? What does a physician have to say about choosing doctors, staying healthy, and

understanding the many years ahead of you? Join us as Dr. Penniman explains what we can expect in the world of geriatric medicine and Medicare while answering your

health and wellness questions.

Eric Penniman, DO, has joined Summit Medical Group as executive medical director. Penniman has practiced family medicine throughout his 21-year career. Since 2011, he has served as district medical director for primary care for Marshfield Clinic in Wisconsin, overseeing 125 providers representing clinics throughout a 200-mile radius. Penniman earned his bachelor’s degree in biology from Oral Roberts University in Tulsa, Oklahoma, and his doctor of osteopathic degree from Kirksville College of Osteopathic Medicine in Kirksville, Missouri.

The public is invited to attend this joint meeting of the Council on Aging and Seniors for Creative Learning to learn more about keeping a healthy brain. ■



APRIL MEETING

Date: Thursday, April 13

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.