

ELDER NEWS

JANUARY/FEBRUARY 2025



THE SENIOR COMPANION PROGRAM IS PROUD TO PRESENT THE 16TH ANNUAL

Snowflake Ball

Saturday, February 8, 2025 | 6:00 pm - 9:30 pm | Rothchild Conference Center, 8807 Kingston Pike in Knoxville

Make plans now to attend the 2025 Snowflake Ball! Join us for a wonderful evening of entertainment with dinner, dancing, and a silent auction to benefit the Senior Companion Program. Once again, we will crown a Snowflake Ball Queen and King at the event.

Nominees began hosting fundraising events in September 2024 to support the Senior Companion Program. Whoever raises the most will be crowned Queen and King. Party with us and find out who wins! You can vote for your choice of King and Queen with your donation at knoxseniors.org/snowflake-ball-2025.

Meet the King & Queen Ambassadors



Courtney Cox

The Senior Companion Program is the only free service in our area to provide in-home care and support to isolated seniors living in our community. It has been so much fun to be involved in the Senior Companion Program and to help raise money and awareness for such a great cause.



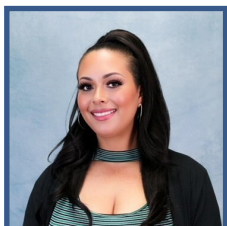
Hannah Hood

I'm thrilled to be a Snowflake Ball ambassador to raise money and awareness for the Senior Companion Program. Working in homecare for the past 2 years has revealed to me just how much those services are needed and raising funds for those services fills my heart with so much joy.



Rebekah McCulloch

It's an honor to be a part of such an important campaign for the Senior Companion Program. I wanted to be a part of growth for our community and help raise awareness for this amazing organization. It is a sincere passion of mine to give back to our community!



Kindle Petteway

In today's society, our seniors are often an underserved, unappreciated group of people. They may feel forgotten, and many times have no one to reach out to for help if they need things that they do not have the resources for. The Senior Companion Program provides seniors in our community with the assistance and companionship they need.



Dr. Colin Booth

I am an orthopedic spine surgeon at Tennessee Orthopedic Alliance. I have worked with many patients who struggle to maintain independence as they age. I know the value of the Senior Companion Program, which helps older adults remain in the comfort of their own home as long as possible.



Brian Hornback

After working in grocery sales for over thirty-five years, I went to work for Knox County Trustee Justin Biggs, working with Elderly, Disabled, Disabled Veteran Tax Relief and Tax Freeze programs. I now serve as the Legislative Liaison for Knox County Trustee Justin Biggs.



Ryan Ritter

I'm passionate about helping seniors navigate the often-confusing Medicare maze. I recently made Knoxville my forever home, and over the last few months, I've met so many wonderful people here, and I'm humbled that I've been asked to be an ambassador for the Snowflake Ball 2025!



Tim Wheeler

Supporting families in their time of need has always been an important part of my position at Mynatt Funeral Home. When a caretaker dies, I know the disruption to the life of their loved one who can no longer stay in their home alone. The Senior Companion program provides the needed support for ones that are left behind.

Read more on page 2

SNOWFLAKE BALL (continued)

Did you know that 40% of seniors in our community experience isolation on a regular basis? Can you imagine growing older in your home without the support of any family, friends, neighbors, or financial stability? Who would you call for help?

For over 200 seniors in Knox County, the answer is the CAC Senior Companion Program. This unique program mobilizes senior volunteers to provide support to homebound, lonely, and isolated older adults - free of charge. Senior Companion volunteers receive a small stipend for their service. This helps them purchase necessities such as food and medicine. Funds raised through the Snowflake Ball will go towards covering the stipend, meals, and transportation costs for Senior Companion Volunteers.

Thank you to our sponsors!



Tickets are on sale now and be purchased online at knoxseniors.org/snowflake-ball-2025 or by calling 865-524-2786. You can also scan the QR code.



STAY CONNECTED WITH US ON SOCIAL MEDIA



Office on Aging

www.facebook.com/knox.OOA

O'Connor Senior Center

www.facebook.com/oconnorseniorcenter

Knox County Mobile Meals

www.facebook.com/knoxcountymobilemeals

Knox PAWS

www.facebook.com/KnoxPAWS

AmeriCorps Seniors

www.facebook.com/KnoxAmeriCorpsSeniors

Volunteer Assisted Transportation

www.facebook.com/KnoxVAT

Knoxville-Knox County CAC

www.facebook.com/knoxcac

The Council on Aging presents

Walking with Heartache: Understanding Anticipatory Grief & Hidden Sources of Loss

with Joy Gaertner, Certified Advanced Loss & Grief Recovery Specialist

Thursday, January 9th | 2:30 PM at O'Connor Senior Center, 611 Winona Street in Knoxville

Anticipatory grief is most commonly associated with the feelings of grief felt by those who are dealing with a loved one's impending death but can also be connected to Alzheimer's disease or dementia, a health diagnosis, empty nest, downsizing, moving, or any of the more than 40 lifestyle changes we experience. A better and broader definition might be the conflicting feelings of sadness, depression or anger associated with any relationship or situation that is undergoing a dramatic change. Offering people a label such as "anticipatory grief" does not solve the problem. The problem with any label is that it may give someone a description for their feelings, but it may prevent them from acting to grieve the loss itself. Whatever label is offered, the thing that these people need to understand is that they are, indeed, grieving. That means that they have a clear choice: they can continue to be overwhelmed by those feelings of grief, or they can act to move through and beyond them. Rather than becoming the "victim" to a label, it is far better to act! Join Advanced Loss & Grief Recovery Specialist, Joy Gaertner, for a clearer understanding of grief and to discover a path to transform emotional pain into peace.

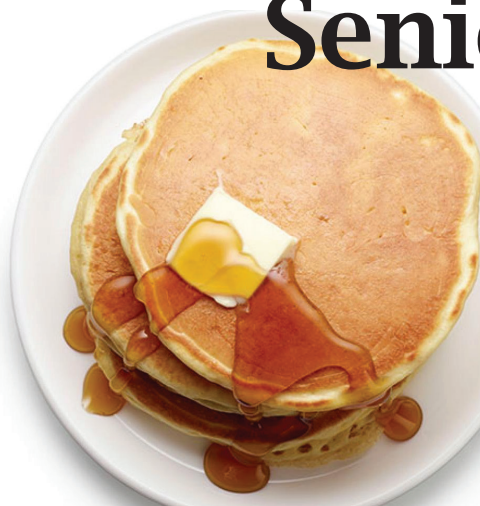
For more than 53 years, Joy has served churches, recovery facilities, para-church organizations, and the community here in the States and abroad. Since 2002, Joy has focused her attention on walking beside individuals disappointed and heartbroken by life's twists and turns including substance abuse and grief and loss. She founded Walking with Joy - Loss & Grief Recovery to help others heal from life's hurts. Joy invites you to transform your pain into peace so you can begin walking with joy.

THIS PROGRAM IS FREE AND OPEN TO THE PUBLIC!

LEGAL AID IS HERE TO HELP

Legal Aid of East Tennessee will be at O'Connor Senior Center every 2nd Wednesday of the month from 10:00 am - 12:30 pm. This is open to individuals 60 and older living in Knox County. No income requirements. Available by appointment only. **Call 865-637-0484 to schedule an appointment. Upcoming dates are January 8th and February 12th.**

Save the date for O'Connor Center's Annual Pancake Fest & Senior Expo



Friday, April 4
7 am - 12 pm
O'Connor Senior Center
\$5 all-you-can-eat pancakes, sausage, juice, and coffee.

For information about tabling at the Senior Expo, contact Mary Sibbett at 865-523-1135 or email mary.sibbett@oconnorcenter.org.

SENIOR CENTER OUTREACH

Stop by and get answers to your questions from staff at Senior Information and Referral (SIR)!

- Carter Senior Center**
January 29, 9:30 am-11:30 am
- Corryton Senior Center**
January 14, 10:30 am-12:30 pm
February 11, 10:30 am-12:30 pm
- Halls Senior Center**
January 27, 10 am-12 pm
February 24, 10 am-12 pm

Karns Senior Center
January 8, 10 am-12 pm
February 5, 10:30 am-11:30 am
Presentation about Office on Aging Programs by Melinda Bryant.

O'Connor Senior Center
January 23, 10 am-12 pm
February 20, 10 am-12 pm

South Senior Center
February 6, 10 am-12 pm

West Senior Center
January 13, 9 am-11 am
February 10, 9 am-11 am

Call SIR at 865-546-6262

Learn more about SIR at knoxseniors.org



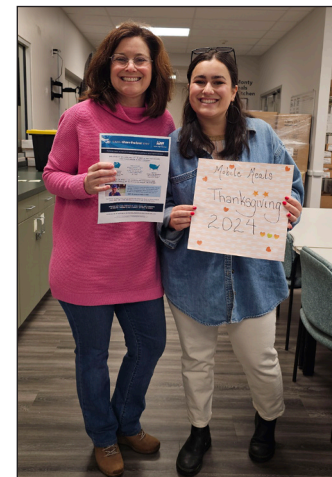
The SIR office is located in the Ross Building at 2247 Western Avenue in Knoxville.

A Note from Mobile Meals

Thank You for Your Holiday Support!

As we step into the new year, we at Mobile Meals want to express our heartfelt gratitude to everyone who supported us this holiday season. Thanks to your generosity, hundreds of our seniors received thoughtful gift bags, filled with essentials and cheer, making their holidays brighter.

We're also incredibly thankful for our dedicated volunteers who gave their time delivering meals and gifts, spreading joy and connection to those who needed it most. Your kindness truly made a difference!



Here's to continuing this spirit of care and compassion in 2025.

Thank you for being a vital part of the Mobile Meals family!



LICENSE PLATE SUPPORTS VOLUNTEERISM



Interested in supporting volunteerism and services in the State of Tennessee? Pre-order one of the first 1,000 "Volunteer State" license plates by Knoxville artist, Paris Woodhull, at volunteerstateplate.org.

THIS IS THE AGE OF THE GRANDPARENT

This is the Age of the Grandparent. The percentage of children living in “grandfamilies” has doubled since 1970. Many times, the reasons for grandparents or other relatives stepping in and caring for a child are tragic. The Office on Aging offers the Grandparents as Parents program to help families as they move beyond these difficult transitions and to support and encourage them as they navigate their caregiving journey.

Grandparents as Parents (GAP) offers two monthly group meetings. Relative caregivers can attend to find information, make new friends, and just have some fun. One group meets at the Ross building and the other meeting is a conference call. Also offered is a monthly newsletter, weekly email updates, a Grandparents as Parents Guidebook, and more. All the services are offered at no charge. Call the Grandparents as Parents program at 865-524-2786 for more information.

Join us at the next Grandfamilies Together meetings

In-Person Meeting

Ross Building
2247 Western Ave.
10:00 am - Noon
January 28 & February 25

GAP Conference Call

(978) 990-5482 or
Toll-free number:
(844) 855-4444
10:00 am - 10:30 am
2nd Tuesday of the month
January 14 & February 11



Questions?
Call GAP at 865-524-2786

DUNCAN AWARD NOMINATIONS ACCEPTED THROUGH JANUARY 10

Senior Information and Referral is accepting nominations for the 23rd annual Duncan Award for Senior Advocacy. The three categories for the awards are the Professional Award, Community Award, and Business Award. If you would like to nominate a person or business, please contact us with their name, their contact information, a brief biography, and explanation of why you feel they should receive the award.

Mail or email to:
SIR - Duncan Award Nominee
P.O. Box 51650
Knoxville TN 37950-1650
or email sir@knoxseniors.org

Nominate online at tinyurl.com/duncan2025

The Council on Aging presents

Navigating Exceptional Care: Leveraging the Life Profile Assessment with Senior Helpers

with Lisa Hooper, B.S. Psychology

**Thursday, February 13 | 2:30 PM at O'Connor
Senior Center, 611 Winona Street in Knoxville**

Discover how the Life Profile assessment process, combined with the expertise of Senior Helpers and Synapticure, delivers exceptional care tailored to your unique needs. Together, we meet the GUIDE care delivery requirements, offering comprehensive support and services that enhance quality of life. Learn about the Medicare Plan B benefit, which provides up to 80 hours of respite care for those with dementia who are not in hospice or a skilled nursing facility. This innovative approach ensures compassionate, personalized care for individuals and their families.

Lisa Hooper, a proud Knoxville native and Bearden High School graduate, earned her B.S. in Psychology with a concentration in learning and motivation from the University of Mary Washington. Her diverse career spans retail as a buyer, Human Resources in outplacement services, and over six years in the senior care industry, including her current role as Business Development Director for Senior Helpers. Passionate about supporting seniors, Lisa actively engages in advocacy work and provides training to enhance resources for the senior community.

THIS PROGRAM IS FREE AND OPEN TO THE PUBLIC!



health & happiness events

FOR LGBTQIA
ADULTS 50+

Join Us!

The third Wednesday of each month for community, discussions, and fun.

Coming up...

January 15, 2025 from 2-4 pm
TN Valley Unitarian Church,
Fellowship Hall
2931 Kingston Pike, 37919

February 19, 2025 from 2-4 pm
CAC Ross Building,
Roosevelt Room
2247 Western Avenue, 37921

For complete event information and to RSVP visit knoxseniors.org/arc and follow us on Facebook at [Aging Rainbow Coalition of East TN](https://www.facebook.com/AgingRainbowCoalitionofEastTN)

O'CONNOR CENTER'S JANUARY & FEBRUARY SCHEDULES



Classes are subject to change. Please visit our Facebook page (facebook.com/oconnorseniorcenter) or call us at 865-523-1135 for a list of current programming as activities may have been added after the time of calendar submission for this publication.

The O'Connor Senior Center will be closed on Wednesday, January 1, for New Year's Day and Monday, January 20, for Martin Luther King, Jr. Day.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

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

Blood Pressure Checks: Monday-Friday, 10:30 am - 11:30 am.

Hands-Only CPR: Monday, February 24, at 11:30 am. O'Connor's friendly nurse Claudia, will share a video on Hands-Only CPR and will have mannequins available for practice.

Exercise - Arthritis Foundation: Tuesdays and Thursdays. Designed for anyone with arthritis or related health issues - reduce pain and stiffness, maintain joint range of motion, improve muscle strength, endurance, balance, and coordination. In addition to exercise, the O'Connor Friendly Nurse ensures the class meets your daily requirement of fun and fellowship.

Advanced Class has good physical exertion.

Basic Class offers seated exercise with limited physical exertion.

KCBC Mammogram Van: January 30. Appointments must be made in advance by calling KCBC at 865-583-1003.

Loss & Life Changes Support Group: Mondays at 11:00 am. 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. Call ahead for information. 865-523-1135.

SAIL Exercise Class: Learn about how this exercise curriculum can improve your balance and strength. Classes meet Monday through Thursday at 12:30 pm. Registration is required.

Tai Chi Set Practice: Tuesdays and Thursdays at 10:00 am. Instruction unavailable at this time for Taoist Tai Chi.

Tai Chi for Arthritis: Mondays at 10:00 am. Improve balance, reduce stress, and obtain arthritis pain relief through slow, gentle movement.

Qigong: Wednesdays at 10:00 am. Integrate physical postures and breathing techniques, along with focused attention, to improve health, healing and increase flexibility and balance.

Thursday Walkers: This group meets in the community at parks and greenways to get in their exercise, enjoy the outdoors, and fellowship. Meets the 2nd and 4th Thursdays. For information, call Katy Orrick at 865-643-6148 or email Katyor@aol.com.

Toenail Clipping Clinic by Appointment Only: Cost is \$12. Call 865-523-1135 to schedule an appointment. January 8th, January 22nd, January 29th, February 5th, and February 26th.

Yoga Class: This class will improve flexibility, strength, balance and mental health through various physical poses and breathing techniques. Bring your yoga mat.

AARP Foundation Tax Aide appointments: Wednesdays at O'Connor beginning in February. Tax-Aide volunteers will provide free tax preparation assistance. Schedule your appointment online at www.volsintax.com or call for appointment 865-229-4429. The website and phone line will be available the last week of January.

Artist and Crafter's Window: Members have a love for expressing through all types of art; including - crafts and upcycling or making old items new again. Join our group if you are interested in sharing your creative side, sharing ideas, and a time to socialize. Membership is \$3. Call the Center at 865-523-1135 for more information.

Artists Trading Cards: These miniature works of art are created and traded all around the world. All experience levels welcome. Join us the 4th Monday of every month at 1:00 pm. Call the Center at 865-523-1135 for more information.

Billiards: Come and play a friendly game of billiards. Bring a friend to shoot some pool with us!

Bingo: Enjoy this friendly game; Mondays at 1:00 pm. Bingo hosts are needed. Call 865-523-1135 to find out how to get involved.

Cards & Games: The game room is always open! Enjoy a game of cards, Rummikub, or a relaxed table game with new friends!

Concert Band: Wednesdays at 10:00 am. Pick up and dust off your old instrument because we are looking for new members! Trumpet, trombone, tuba, clarinet, and flutes, etc. are all welcome. Call group leader Linda 865-640-1856 for more information. Also see "Jazz Band."

Creative Writers Workshop: These classes are held on the 2nd and 4th Monday from 9:30 am - 11:30 am. Classes for aspiring and experienced writers. There is a story in all of us. Volunteer needed for the Creative Writers Workshop Facilitator. Call 865-523-1135 for information.

Darts: Come play a friendly game of darts with our new dart board. Bring a friend and enjoy!

Dance:

Intro to Line Dance: Tuesdays. For those with no line dance experience.

Ballroom Dances: Monthly Social Ballroom Dances on the 2nd Friday at 1:00 pm. Live bands providing wonderful music include Mood Swing Band on January 10th and Valentine's Dance on February 14th (Sponsored by All Tennessee CareGivers).

Beginner Ballroom Dancing: Instruction available on the 1st and 3rd Tuesdays at 2:30 pm. Gaberial Akers, Professional Ballroom Instructor from Timeless Ballroom, teaches this fun class. Put on your dancing shoes and join us! Suggested donation of \$3/ class.

Continued on page 8

JANUARY 2025 CALENDAR OF EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| <p>Open Monday—Friday 8:30 am—4:30 pm Billiards Darts Ping Pong Library</p> <p>Dine-A-Mite Diner 11:00 am—1:00 pm</p> | <p>Classes are subject to change. Call the Center at 865-523-1135 for a current list of programming as some activities may have been added or changed after the publication of this calendar.</p> | <p>Center closed for New Year's Day</p> | <p>9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 SAIL Exercise 1:00 Beginner Guitar</p> | <p>9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band</p> |
| <p>10:00 Mahjong 10:00 Music Theory NEW! 10:00 Tai Chi 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing</p> | <p>10:00 French Class 11:00 Italian Class 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p> | <p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:00 Legal Aid (Appt only) 10:30 Beginner Spanish 11:30 Artist & Crafters Window 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p> | <p>9:00 Knitting & Crocheting 9:00 Happy Hikers Annual Mtg 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 SAIL Exercise 1:00 Beginner Guitar</p> | <p>9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 11:00 Violin 11:00 Advanced Spanish 12:00 Flower Lover's Club 1:00 Social (Ballroom) Dance 1:00 Jam Band 1:00 Fun Film Friday</p> |
| <p>9:00 Tech Smart Class 10:00 Mahjong 10:00 Music Theory NEW! 10:00 Tai Chi 11:30 Lunch & Learn—Chronic Pain 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing</p> | <p>9:00 Tech Smart Class 10:00 French Class 11:00 Italian Class 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p> | <p>9:00 Tech Smart Class 10:00 Qigong 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:30 Beginner Line Dancing</p> | <p>9:00 Tech Smart Class 9:00 Knitting & Crocheting 10:00 Grief Recovery Group NEW! 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 SAIL Exercise 1:00 Beginner Guitar</p> | <p>9:00 Tech Smart Class 9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday</p> |
| <p>Center closed for Martin Luther King, Jr. Day</p> | <p>10:00 French Class 11:00 Italian Class 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p> | <p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p> | <p>9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Grief Recovery Group NEW! 11:00 Beginner German (recess) 12:30 SAIL Exercise 1:00 Beginner Guitar</p> | <p>9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday</p> |
| <p>10:00 Mahjong 10:00 Music Theory NEW! 10:00 Tai Chi 11:00 Basic Acrylic Technique 11:30 Lunch & Learn—Understanding your Blood Pressure 12:30 SAIL Exercise 1:00 Bingo</p> | <p>10:00 French Class 11:00 Italian Class 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p> | <p>9:00 Toenail Clipping Clinic 10:00 Knitting & Crocheting 11:00 Jazz Band 12:30 SAIL Exercise 1:30 Beginner Line Dancing</p> | <p>8:30 KCBC Mobile Mammography 9:00 Knitting & Crocheting 10:00 Grief Recovery Group 10:00 Tai Chi Set Practice 11:00 Beginner German (recess) 12:30 SAIL Exercise 1:00 Beginner Guitar</p> | <p>9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band</p> |

RECURRING WEEKLY EVENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| <p>8:30 Billiards/Library/Darts/Ping Pong 10:00 Water Aerobics at YMCA 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Loss & Life Changes 11:00 Dine-A-Mite Diner</p> | <p>8:30 Billiards/Library/Darts/Ping Pong 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner 11:30 Painting Open Studio 12:30 Cards & Games TECH TUTORING BY APPOINTMENT</p> | <p>8:30 Billiards/Library/Darts/Ping Pong 10:00 Water Aerobics at YMCA 10:00 Morning Painting 10:00 Quilting Bee 10:00 Greenhouse Open 10:00 Concert Band 10:30 Blood Pressure Checks 11:00 Jazz Band 11:00 Dine-A-Mite Diner 12:30 Afternoon Painting TECH TUTORING BY APPOINTMENT</p> | <p>8:30 Billiards/Library/Darts/Ping Pong 8:30 Blood Glucose Checks 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner TECH TUTORING BY APPOINTMENT</p> | <p>8:30 Billiards/Library/Darts/Ping Pong 10:00 Water Aerobics at YMCA 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner</p> |

FEBRUARY 2025 CALENDAR OF EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| <p>10:00 Mahjong 10:00 Music Theory NEW! 10:00 Tai Chi 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing</p> <p style="text-align: right;">3</p> | <p>9:30 Singing Seniors 9:30 Beg./Adv Sewing 10:00 French Class 11:00 Italian Class 12:30 SAIL Exercise 12:30 Open Sewing 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p> <p style="text-align: right;">4</p> | <p>9:00 AARP Tax Aide (Appt only) 9:00 Toenail Clipping Clinic 10:00 Qigong 10:00 Concert Band 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p> <p style="text-align: right;">5</p> | <p>9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Grief Recovery Group 11:00 Beginner German 12:30 SAIL Exercise 1:00 Beginner Guitar</p> <p style="text-align: right;">6</p> | <p>9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band</p> <p style="text-align: right;">7</p> |
| <p>9:00 Tech Smart 10:00 Mahjong 10:00 Music Theory NEW! 10:00 Tai Chi 11:30 Lunch & Learn—Heart Health 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing</p> <p style="text-align: right;">10</p> | <p>9:00 Tech Smart Class 9:30 Singing Seniors 9:30 Beg./Adv. Sewing 10:00 French Class 11:00 Italian Class 12:30 Open Sewing 12:30 SAIL Exercise 9:30 Singing Seniors</p> <p style="text-align: right;">11</p> | <p>9:00 Tech Smart Class 9:00 AARP Tax Aide (Appt only) 10:00 Qigong 10:00 Concert Band 10:00 Legal Aid (Appt only) 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p> <p style="text-align: right;">12</p> | <p>9:00 Tech Smart Class 9:00 Knitting & Crocheting 10:00 Grief Recovery Group 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 SAIL Exercise 1:00 Beginner Guitar</p> <p style="text-align: right;">13</p> | <p>9:00 Tech Smart Class 9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 1:00 Valentine's Dance 1:00 Fun Film Friday 1:00 Jam Band</p> <p style="text-align: right;">14</p> |
| <p style="text-align: right;">17</p> <p style="text-align: center;">Center closed for President's Day</p> | <p>9:30 Singing Seniors 9:30 Beg./Adv. Sewing 10:00 French Class 10:00 Tai Chi Set Practice 11:00 Italian Class 12:30 Open Sewing 12:30 SAIL Exercise 1:30 Intro to Line Dancing</p> <p style="text-align: right;">18</p> | <p>9:00 AARP Tax Aide (Appt only) 10:00 Qigong 10:00 Concert Band 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p> <p style="text-align: right;">19</p> | <p>9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Grief Recovery Group 11:00 Beginner German 12:00 Knitting & Crocheting 12:30 SAIL Exercise 1:00 Beginner Guitar</p> <p style="text-align: right;">20</p> | <p>9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band</p> <p style="text-align: right;">21</p> |
| <p>10:00 Mahjong 10:00 Music Theory NEW! 10:00 Tai Chi 11:00 Basic Acrylic Techniques 11:30 Hands-only CPR 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing</p> <p style="text-align: right;">24</p> | <p>9:30 Singing Seniors 9:30 Beg./Adv Sewing 10:00 French Class 11:00 Italian Class 12:30 Open sewing 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beyond Ballroom</p> <p style="text-align: right;">25</p> | <p>9:00 AARP Tax Aide (Appt only) 9:00 Toenail Clipping Clinic 10:00 Concert Band 10:00 Qigong 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:30 Beginner Line Dancing</p> <p style="text-align: right;">26</p> | <p>9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Grief Recovery Group 11:00 Beginner German 12:30 SAIL Exercise 1:00 Beginner Guitar</p> <p style="text-align: right;">27</p> | <p>9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band</p> <p style="text-align: right;">28</p> |
| | | | <p style="text-align: center;">Open Monday—Friday 8:30 am—4:30 pm Billiards Darts Ping Pong Library</p> <p style="text-align: center;">Dine-A-Mite Diner 11:00 am—1:00 pm</p> | <p style="text-align: center;">Classes are subject to change. Call the Center at 865-523-1135 for a current list of programming as some activities may have been added or changed after the publication of this calendar.</p> |

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| <p>8:30 Billiards/Library/Darts/Ping Pong 10:00 Water Aerobics at YMCA 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Loss & Life Changes 11:00 Dine-A-Mite Diner</p> | <p>8:30 Billiards/Library/Darts/Ping Pong 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner 11:30 Painting Open Studio 12:30 Cards & Games TECH TUTORING BY APPOINTMENT</p> | <p>8:30 Billiards/Library/Darts/Ping Pong 10:00 Water Aerobics at YMCA 10:00 Morning Painting 10:00 Quilting Bee 10:00 Greenhouse Open 10:00 Concert Band 10:30 Blood Pressure Checks 11:00 Jazz Band 11:00 Dine-A-Mite Diner 12:30 Afternoon Painting TECH TUTORING BY APPOINTMENT</p> | <p>8:30 Billiards/Library/Darts/Ping Pong 8:30 Blood Glucose Checks 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner TECH TUTORING BY APPOINTMENT</p> | <p>8:30 Billiards/Library/Darts/Ping Pong 10:00 Water Aerobics at YMCA 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner</p> |

Continued from page 5

Beyond Ballroom Dancing: For those who know the basics but would like to learn more technique; available on the 2nd and 4th Tuesday. Gaberial Akers, Professional Ballroom Instructor from Timeless Ballroom, teaches this fun class. Put on your dancing shoes and join us! Suggested donation of \$3 / class.

Dine-a-Mite Diner: Stop by for a lunch-time meal 11:00 am – 1:00 pm. Operated by CAC Mobile Meals

Flower Lovers Garden Club: Second Fridays at 12:00 pm. Come for the knowledge, stay for the friendships. Call the volunteer group leader, Sharon, for more information and additional meeting times at 865-640-5700. New members are always welcome!

Fun Film Friday: Enjoy a weekly movie every Friday at 1:00 pm. Light snacks provided; donations appreciated. Want a say in what we are playing? Join our movie club which meets bi-monthly to choose the fun films. Call the Center at 865-523-1135 for more information.

French: Tuesdays at 10:00 am. Enjoy expanding your French vocabulary! Oui? Peut-être? Call the Center for more information.

German (Beginner): Thursdays at 11:00 am.

Greenhouse: Greenhouse: Open Mondays and Wednesdays 10:00 am to 12:00 pm. We provide diagnosis for your troubled houseplants, offer repotting and general growing advice. We also accept donations and have plants for sale.

Grief Recovery Workshop: NEW! UNSTUCK ...using The Grief Recovery Method this eight (8) week workshop will give you an action-based, powerful, directed approach to healing from life's deepest heartbreaks. Learn how to navigate the unexpected twists and turns of life whether you are suffering from a broken heart due to a death, divorce or another life loss or lifestyle transition. Please contact the Center at 865-523-1135 to reserve your spot.

Guitar (Beginner): Interested in learning how to strum your favorite tunes? Join us every Thursday at 1:00 pm to expand your knowledge. To register and ask questions, please contact the Center at 865-523-1135.

Italian: Tuesdays at 11:00 am. Call the Center for more information.

Jazz Band: Wednesdays after Concert Band rehearsal. Call group leader Linda 865-640-1856 for more information. Also see "Concert Band".

Jam Band: Whether you are a musician looking to play some of your favorite tunes with friends or you're just a music lover wanting to escape the heat and hear some of your favorite songs--Jam

Band on Fridays at 1:00 pm is the place to be!

Knitting & Crocheting: Thursdays at 9:00 am. Meet new friends and enjoy crocheting in this low key and social sewing circle. Crochet may be a suitable alternative for crafters who have set aside more intricate crafts due to vision loss or loss of mobility in the hands. Bring your own craft to work on; instructions and advice provided for beginners and newcomers are always welcome!

Library: The O'Connor Center Community Library is open! Volunteers organize, sort, and shelve all books. Feel free to stop by and peruse the collection.

Mahjong Mondays: Mahjong classes for beginners offered on Mondays at 10:00 am. Call the Center to register for this class.

Painting: Wednesdays. These once-a-week instructed art sessions start February 5th and are held for 10 weeks in an art room setting with our painting instructor, Ann Birdwell. Call to register. Cost is \$40/person for 10-week session.

Morning – We invite beginning and intermediate painters to practice and hone their skills with assignments from our painting instructor.

Afternoon – We invite experienced and advanced painters to practice their skills with guidance from our painting instructor.

Music Theory Class NEW! The purpose of this course is to guide students to learn to read music, then build on that knowledge by helping them understand the musicality in the piece. This will be done by learning the differences in time and key signatures, counting the measures, and the history of music.

Painting Open Studio: Tuesdays at 11:30 am. Painting studio is open to participants to work on their own paintings. Call the Center for more information.

Ping Pong: Mondays, Thursdays and Fridays at 9:00 am. Join us for an active and fun game of table tennis! Beginners and experts are all welcome. We will play games of single players or bring a friend to play doubles.

Seniors for Creative Learning: A partnership between the O'Connor Center and the UT Center for Professional Education and Lifelong Learning makes this lecture series possible. Call 865-974-0150 for information, to register for classes and to pay by credit card. Stay tuned for the next series of classes.

Silver Stage Players: Fridays at 10:30 am. Please join us! We are currently looking for new cast and crew to work on the next original theater production for the winter season. There are no small parts! No experience necessary. If interested in joining, give us a call at 865-523-1135 to speak with the group leader.

Singing Seniors: Tuesdays at 9:30 am. Beginning February 4th, we will welcome 70+ choir members back to the Center. For more information, please call us at 854-523-1135.

Continued on page 10

FEED YOUR BODY & MIND

- If you are always looking to increase your knowledge and learn something new, this is the program for you! We will be featuring an educational speaker twice a month to talk on topics that are pertinent to you. Call ahead to register. Lunch from the O'Connor diner is provided, and donations are appreciated. **All programs begin at 11:30 am.**
- **January 13 - Chronic Pain: There is More to Managing Pain than Just Medications**
- Pain and Orthopedic Specialist, Alaina Marino, from Marino Physiotherapy, will be presenting on chronic pain relief strategies. Join us to learn simple steps for pain relief, as well as strategies for better sleep, breathing, inflammation control, spine, hip, knee and shoulder pain relief.
- **January 27 - Understanding Your Blood Pressure**
- Jennifer Purvis, RN, Regional Care Coordinator for All Tennessee Caregivers, will share information on what your blood pressure numbers mean, symptoms and risks of high blood pressure, the importance of medication compliance and lifestyle changes for managing a healthy blood pressure.
- **February 10 - Why Heart Health is Important**
- Dr. Emmanuel Isaang, MD, Cardiologist from UT Medical Center will share information about keeping your heart healthy to prevent heart disease and lower your risk for heart attack and stroke.

SENIOR NUTRITION PROGRAM SPONSORS

In Mobile Meals' Adopt-A-Senior program, you can provide Mobile Meals for a month, or more, for a homebound senior citizen for \$80 a month. Your contribution will be recognized in this list in the next newsletter issue following your donation. For information about Adopt-A-Senior, call the Senior Nutrition Program, 865-524-2786. The following people and organizations contributed to Mobile Meals in October and November 2024.

MOBILE MEALS

Anonymous (20)
 Anonymous (22)*
 Barbara Abner*
 Glen Anderson*
 Mrs. Linda Anderson
 Bob Andres*
 Beaver Creek Cumberland Presbyterian Church*
 John & Debbie Black
 Melissa Brenneman*
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MOBILE MEALS IN HONOR

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In Honor of Nathan Maxwell Johnson
 By Anonymous
In Honor of June Trbovich
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In Honor of Chas Lindstrom
 By David & Nancy Harshman
In Honor of Lois Pack
 By Debbie Beeler
In Honor of Eula H. Baker
 By Douglas McNeil*
In Honor of Lois Pack
 By North Knoxville Baptist Church
In Honor of Jean White
 By Pat Wilson

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In Memory of Dick and Liz Smith
 By Anonymous
In Memory of Lucy Vandella Duncan
 By Carol Hunt
In Memory of Paul Wetherall
 By David & Susan Long
In Memory of Susan Olfe
 By Donna Schroeder
In Memory of Lois Pack
 By John Greear
In Memory of Lois Pack
 By Knox County SWCD
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 By Krystle McLemore
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 By Larry Kerr
In Memory of Lois Pack
 By Luke Shoffner
In Memory of Frances Cameron Nipper
 By Sarah Smartt

*Denotes monthly recurring donors

OFFICE ON AGING PROGRAM CONTRIBUTORS

The Office on Aging appreciates all who give so generously to its programs.

AGING SERVICES

Anonymous *(3)
 Rose Burgett*
 Seann Gloss*

DAILY LIVING CENTER

Monica Franklin*

GIFT OF SIGHT, HEARING, & DENTURES

Anonymous

GRANDPARENTS AS PARENTS

Alice Allen
 GFWC Ossoli Circle

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KNOX PAWS (PLACING ANIMALS WITH SENIORS) & FEED-A-PET IN HONOR

In Honor of Stephanie Morris
 By Kevin & Linda Staton

SENIOR COMPANION PROGRAM

Monica Franklin*

You can donate to any of the programs at the CAC Office on Aging on our website at knoxseniors.org/donate.

Spanish:

Beginner – Wednesdays at 10:30 am. Hola! We will be guided by “Madrigal’s Magic Key to Spanish”, an accessible and affordable basic textbook. Call the Center at 865-523-1135 to sign up or express interest.

Advanced – Fridays at 11:00 am. Class is conversational.

Beginner Sewing: Tuesdays at 9:30 am. Learn machine sewing techniques on small, easy, and useful crafts in this instructed sewing class. Space is limited; please call to reserve a spot or express interest!

NEW! Tech Smart Knox Seniors

Tech Smart Knox Seniors is for adults aged 60 and over. The students in this class will receive digital training, access to digital tools, and connectivity support to gain the skills and confidence needed to navigate technology. Morning and afternoon sessions available. Space is limited. Please call 865-524-2786 to reserve your spot!

Technology Tutoring: Available one-on-one appointments on Tuesdays, Wednesdays, and Thursdays for computer questions and answers. Please call 865-523-1135 to schedule an appointment with our volunteers.

Texas Hold ‘Em: Wednesdays at 12:30 pm. Enjoy fellowship and competition with experienced and inexperienced card players, newcomers welcome!

Woodcarving: Join us every Friday at 10:00 am for fun and creativity. Woodcarvers of all abilities are welcome, and instruction is available. Call 865-523-1135 for more information.

A NOTICE ABOUT INCLEMENT WEATHER

If you plan to visit O’Connor Center during potentially inclement weather, please call ahead to make sure the O’Connor Center is open and operating on a regular schedule.

You can also watch local TV stations to find out about delayed openings or closures due to extreme weather.

Be sure to follow Facebook for updates. A list of addresses is on page 2.

STAY SAFE!

865-523-1135

O’Connor Senior Center

O’CONNOR CENTER GOLF OPEN 2024



The 18th Annual O’Connor Center Golf Open was held on November 8 at Three Ridges Golf Course and welcomed 57 players. The event garnered just over \$13,000 to benefit the Center.

We want to thank all of our sponsors who made the golf open a success!

PRESENTING SPONSOR



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WVLT-TV



Retired & Senior Volunteer Program (RSVP)
THANK YOU TO OUR SENIOR ANGEL TREE DONORS & VOLUNTEERS

The words “thank you” are not good enough for what we want to say to all of our Senior Angel Tree donors who provided holiday gifts for older adults and the volunteers who wrapped presents and filled 250 gift bags to brighten our clients' holidays.

Without everyone involved, Senior Angel Tree would not exist. It’s because of YOU, that we are able to do this. From the bottom of our hearts, thank you for making Senior Angel Tree 2024 the biggest one yet!

ABOUT RSVP

RSVP engages individuals age 55 years and older in service to the community. This AmeriCorps Seniors program matches hundreds of volunteers with organizations that see service as a solution to local community challenges. Contact us to find the perfect volunteer opportunity for you!



Interested in joining RSVP? Call 865-524-2786

Learn more at knoxseniors.org/rsvp



TECH SMART KNOX SENIORS

KNOXSENIORS.ORG

**Are you age 60+ & live in Knox County?
 Interested in learning how to use a laptop computer?
 Need help purchasing an affordable laptop computer?
 We can help!**

UPCOMING CLASSES:

| | | |
|--|--|---|
| January 13-17 9:00 am – 12:00 pm & 1:00 pm – 4:00 pm O’Connor Senior Center 611 Winona St., 37917 | January 27-31 12:30 pm – 3:30 pm East Neighborhood Center 4610 Asheville Hwy., 37914 | February 10-14 9:00 am – 12:00 pm & 1:00 pm – 4:00 pm O’Connor Senior Center 611 Winona St., 37917 |
|--|--|---|

After completing this 15-hour training, you have the option to acquire a laptop computer, called a Chromebook, for \$25 (Retail value \$150).

Give us a call to learn more!

865-524-2786

This project is funded under a Grant Contract with the State of Tennessee.

JANUARY COMMODITIES DISTRIBUTION

What are commodities?

Commodities are a shelf-stable food program with food resources provided by USDA. Each household will receive two bags of food.

Who is eligible to receive food items?

Any low-income Knox County resident providing proof of residency with name and address (ID card, KUB bill, etc.) upon pick-up. One distribution per household.

How do I sign up?

No sign-up necessary. Just go to the pick-up location with your proof of Knox County residency and self-declaration of income will be required.

| | | |
|--|---|--|
| SOUTH NEIGHBORHOOD CENTER 522 Maryville Pike Monday, January 27 10:30 am - 12:30 pm | O’CONNOR SENIOR CENTER 611 Winona St. Monday, January 27 2:00 pm - 4:00 pm | MOBILE MEALS KITCHEN/ MALCOLM MARTIN PARK 1747 Reynolds St. Tuesday, January 28 3:00 pm - 4:30 pm |
|--|---|--|

Commodities Distribution is a program of CAC Nutrition Services. This project is funded under a grant contract with the State of Tennessee.

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Dottie Lyvers

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KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

P.O. BOX 51650 • KNOXVILLE, TN 37950-1650

ELDER NEWS & VIEWS

IS THE NEWSLETTER OF
THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

OFFICE ON AGING: (865) 524-2786
O'CONNOR SENIOR CENTER: (865) 523-1135

IN THIS ISSUE

GET YOUR TICKETS TO THE SNOWFLAKE BALL, **PAGE 1**
COUNCIL ON AGING PROGRAM: GRIEF SUPPORT, **PAGE 2**
SENIOR CENTER OUTREACH, **PAGE 3**
O'CONNOR CENTER CALENDARS, **PAGES 6 & 7**
LUNCH & LEARN AT O'CONNOR CENTER, **PAGE 8**
TECH SMART KNOX SENIORS, **PAGE 11**

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JANUARY/FEBRUARY 2025

ELDER NEWS & VIEWS

PAGE 12

SHARE YOUR STORIES, PHOTOS, THOUGHTS, AND MORE ON CAC'S KUDOBOARD

CAC now has a Kudoboard to celebrate our 60th Anniversary! Kudoboard is a public facing bulletin board where people can share messages including stories, well-wishes, images, and short videos. The idea is for clients, employees, and partners to post with the hope they will share some of our history and their stories about CAC's impact.



It's Easy to Add to Kudoboard!

You can add an image (like a photo or logo), animated GIF, or record a video
OR
just add a message!

1

2

Select "Post" for your message to appear on Kudoboard



Scan to go to the Kudoboard

Valentine Dance

February 14

O'Connor Senior Center

1:00 pm - 3:00 pm

\$8 per person

Refreshments will be provided.

Put on your dancing shoes and join us for fun, fellowship and plenty of dancing to the band, Mood Swing.

We hope to see you there!



Sponsored by All Tennessee Caregivers