

ELDER NEWS

NOVEMBER/DECEMBER 2024



HELP MOBILE MEALS SPREAD HOLIDAY CHEER

Holiday gift bags are needed for Mobile Meals, who will be delivering hot, delicious meals to over 700 homebound seniors in Knox County on Christmas morning.

Suggested Gift Selections

Please include 1-3 items from each category:

Utility

- Magnifying glass, large pens, stationery, notepads, large print puzzles and books, flashlights, batteries, night light, pill boxes, coloring books and supplies

Personal Care

- Lip balms, bars of soap, small size toiletries (less than 8 oz.), combs/brushes, toothbrushes and toothpaste, nail clippers/files, tissues

Home and Kitchen

- Hand towels, washcloths, dishtowels, dish liquid, sponges, plug-in air fresheners, fridge magnets, jar openers, soft-grip can openers

Comfort

- Throws (lap robes), socks (non-skid), scarves, gloves, hats, small umbrellas, face masks

Mark each bag as male, female, or either.

Package gifts in a small or medium gift bag (no larger than 13"x11"). Do not include food items, candles, glass, or clothing in your gift bags. New items only. Handmade items (scarves, blankets, etc.) are welcome!

Donate gift bags between December 2 - December 16 at:

CAC Ross Building
2247 Western Ave.
Monday-Friday,
8:00 am - 4:30 pm

Grayson Subaru
8729 Kingston Pike
Monday-Friday, 9:00 am - 8:00 pm
Saturday, 7:00 am - 6:00 pm

While the holidays are considered a time to come together, many homebound and socially isolated older adults are unable to gather with loved ones to celebrate the season.

Each year, Mobile Meals volunteers dedicate their Christmas morning to delivering nutritious meals and warm holiday greetings to homebound seniors across Knox County.

In addition to a meal, each senior receives a holiday gift bag generously donated by you and other friends in the community. For many, this may be their only visitor that day.

Mobile Meals is recruiting volunteer groups to help organize donated gifts between Dec 17-20. If you have a group interested in volunteering, reach out to sara.keel@cacnutrition.org.

Volunteers are needed to deliver meals all holiday season. Call (865) 524-2786 or visit knoxseniors.org/mobile to learn how to join our family of volunteers.



SHARE THE LOVE: MEALS ON WHEELS SELECTED AGAIN AS CHARITY PARTNER



Mobile Meals is partnering with Grayson Subaru again this year to fight senior isolation and hunger. As part of a national partnership with Meals on Wheels America, Subaru of America, Inc. and its retailers will donate a minimum of \$300 to a charity, like Meals on Wheels, for every new vehicle leased or sold from November 21, 2024, to January 2, 2025. Since the Subaru Share the Love Event began in 2008, Subaru and its participating retailers have donated more than 4.6 million meals and helped provide friendly visits to seniors being served by local Meals on Wheels programs across the country. Locally, this partnership helped fund 1,000 additional meals in 2024.

GET HELP FROM LEGAL AID

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.**

CAC CELEBRATES 60 YEARS OF SERVICE TO OUR COMMUNITY

The Knoxville History Project to publish a book about the history of CAC in late Spring 2025

Everybody's heard of the Knoxville-Knox County Community Action Committee (CAC), usually from having engaged with one or two of its services over the years. Still, few know what a kaleidoscopic variety of services CAC offers, from public transit for those with special needs, to Mobile Meals, to Head Start preschool education, to help with preparing tax returns. Founded as an agency to help the needy during President Lyndon Johnson's War on Poverty, the nonprofit evolved in sometimes dramatic ways to become a vital part of Knoxville for 60 years now, prevailing through multiple challenges, working with political leaders from both parties, as it has become an active part of the city's history.

Now ready to tell its own dynamic if sometimes complicated story, CAC is working with UT archivists, who are helping with a public timeline display for the organization's unusual and well-used headquarters on Western Avenue--and the nonprofit Knoxville History Project, publisher of several books, who are researching a narrative history of the unusual and versatile organization. Fortunately for these historians, there's one staffer who has been there for most of its history, and can talk about it as if it was all last week. Barbara Kelly, the longtime director of CAC, has led dozens of CAC initiatives since the 1960s. Now contemplating retirement, Kelly's memories will inform much of the story.

Learn more about the CAC history book in upcoming issues of Elder News & Views.



Are you an advocate for older adults in Knoxville & Knox County?

JOIN THE COUNCIL ON AGING!

The Knoxville-Knox County Council on Aging is the advisory body to the Office on Aging. Membership is open to organizations and individuals and we are looking for members!

Knoxville-Knox County



COUNCIL ON AGING

For more information on joining the Council on Aging, call the Office on Aging at 865-524-2786 or visit knoxseniors.org/coa.

SENIOR CENTER OUTREACH

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

Carter Senior Center

November 27, 9:30 am-11:30 am

Corryton Senior Center

November 12, 10:30 am-12:30 pm

December 10, 10:30 am-12:30 pm

Halls Senior Center

November 18, 10 am-12 pm

December 16, 10 am-12 pm

Karns Senior Center

November 6, 10 am-12 pm

December 4, 10 am-12 pm

O'Connor Senior Center

November 13, 10 am-12 pm

December 18, 10 am-12 pm

South Senior Center

November 7, 9 am-12 pm

December 5, 10 am-12 pm

West Senior Center

November 4, 9 am-11 am

December 2, 9 am-11 am

**Senior
Information
& Referral**

**Call SIR at
865-546-6262**

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

Singing Seniors

AT FANTASY OF TREES

Wednesday, November 27th

11:30 am at the Knoxville Convention Center,
701 Henley Street in downtown Knoxville

GRANDPARENTS AS PARENTS

Holiday Gifts Drive



You can support grandfamilies through the holidays in two ways:

1) Make a child's, grandparent's or grandfamilies' holiday season special by being a sponsor. Call the Grandparents as Parents program for more information.

2) Donate new or gently loved **board games/cards** for family game nights, **puzzles, books, toiletries**, family game night **snacks** or **gift cards**. Donations may be dropped off at the CAC Ross Building, 2247 Western Ave. Call the Grandparents as Parents program to schedule a contactless drop off.

Donations will be accepted through December 2.

Grandparents as Parents (GAP) is a program of the CAC Office on Aging. GAP addresses the unique needs of grandparents and family caregivers raising children whose parents are unable to care for them. GAP provides several different programs, support meetings, resources, and referrals to help families on their caregiving journey. There are no age or income requirements to join this free program. Call our office to join GAP and receive the monthly newsletter and other information.



Call GAP at 865-524-2786

Are you on Medicare?

You may be able to save money on groceries, healthcare, and utilities.

Savings Check Up can help you find your benefits to age well. This is a free service. Call today and see what benefits you qualify for.



Call 865-546-6262

Savings Check Up is a program of the CAC Office on Aging

Power of the Purse 2024 Provides 12,000 Meals for Seniors

Power of the Purse 2024 was a huge success, raising as much as \$43,000 for Mobile Meals. This amount will help provide almost 12,000 meals and safety checks for homebound seniors right here in Knox County. A big thank you to everyone who attended, donated, volunteered, and made this event possible!

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|--------------------------------|----------------------------------|
| Patricia Nash | Michelle Hull |
| Tennessee Orthopaedic Alliance | Leanne Morgan |
| Kroger | The Dog Wizard |
| Pilot Company | Hey Bear Cafe |
| Water into Wine | First Baptist Powell |
| Covenant Health | Virginia Jane Clothing and Gifts |
| Harrison Construction | Petro's Chili and Chips |
| Hillcrest Healthcare | Dollywood |
| NHC Place Farragut | WATE |
| Gary and Patti West | B97.5 |

The Silver Stage Players present



Thursday, December 12

2:30 pm & 6:00 pm

O'Connor Senior Center, 611 Winona Street

Join us for a holiday party with the Silver Stage Players for a festive holiday play – or five!

Silver Stage Players is an amateur theatre group comprised entirely of older adults. They write their own shows and perform them at the O'Connor Senior Center. While admission is free, the group appreciates donations and always welcomes new members. Meetings are held on Fridays from 10:30 am - 1:00 pm.

This event is free and open to the public!

The Aging Rainbow Coalition presents the 2024-2025

HEALTH & HAPPINESS EVENT SERIES

Third Wednesdays of the month | All events are 2 pm - 4 pm
Events are held in multiple locations.

Blood Pressure Clinic & Board Games

November 20

CAC Ross Building
2247 Western Avenue in Knoxville

Tips For Handling Holiday Stress

December 18

South High Senior Living
835 Tipton Avenue in Knoxville
Bring a potluck dish to share and a wrapped
White Elephant gift for a gift exchange game.
Discussion: Check In for the Holidays

Board Games & Guest Speaker

January 15

Tennessee Valley Unitarian Church, Fellowship Hall
2931 Kingston Pike in Knoxville
Speaker: Housing & Aging: Decisions, Decisions, Decisions

For more 2025 event dates, visit knoxseniors.org/arc.

To emphasize the CAC Office on Aging's commitment to serving all older adults, The Aging Rainbow Coalition (ARC) was established in March 2023 in partnership with members of the Lesbian, Gay, Bisexual, and Transgender plus (LGBT+) community. With the focus of ensuring that LGBT+ older adults have the information and resources they need to live their lives with dignity, ARC brings together members of this population and community partners to expand outreach to, services for, and training around LGBT+ aging-related needs.



**Aging Rainbow
Coalition**

Questions?
Call 865-524-2786



BRUSH UP ON YOUR DANCE MOVES AHEAD OF THE SNOWFLAKE BALL!

Beginner Ballroom Dancing

Learn the basics of ballroom dancing on the 1st and 3rd Tuesdays at 2:30 pm at O'Connor Senior Center.

Beyond Ballroom Dancing

Do you know the basics, but would like to know more technique and finesse? This class is for you! Available on the 2nd and 4th Tuesdays at 2:30 pm at O'Connor Senior Center.

Gaberial Akers, Professional Ballroom Instructor from Timeless Ballroom, teaches these fun classes. Put on your dancing shoes and join us! Suggested donation of \$3 per class.

Join us at the Snowflake Ball, a fundraiser for the Senior Companion Program, on Saturday, February 8. Tickets go on sale December 2. Visit knoxseniors.org for tickets and information and to vote for your favorite Snowflake Ball King and Queen!



**TECH SMART
KNOX SENIORS**

KNOXSENIORS.ORG

Are you 60 or older?

**Interested in learning how to use
a laptop computer?**

Need help purchasing an affordable laptop?

We can help!



After completing this 15-hour training, you are eligible to purchase 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.

O'CONNOR CENTER'S NOVEMBER & DECEMBER 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 Monday, November 11, for Veterans Day, Thursday, November 28 and Friday, November 29, for Thanksgiving. The Center will also be closed on Tuesday, December 24 and Wednesday, December 25 for the Winter holiday.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

NEW! Affordable Medicine Options for Seniors (AMOS): Medicare Open Enrollment has started. Schedule your one-on-one appointment today. Appointments available starting Tuesday, November 4th. Counselors will provide you with information about your Medicare options to maximize your health benefits at the lowest cost.

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.

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: 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.

SAIL Exercise Class: Learn about how this exercise curriculum can improve your balance and strength. Classes meet every Monday - 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 more information, call Katy O. at 865-643-6148.

Toenail Clipping Clinic by Appointment Only: Cost is \$12. Call 865-523-1135 to schedule an appointment. November 6th, November 20th, November 27th, December 4th, and December 11th.

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

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 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 occur on the 2nd and 4th Monday from 9:30 am until 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 September 13th and Ed Niedens Band on October 11.

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NOVEMBER 2024 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>Open Monday-Friday: 11:00 am - 1:00 pm Dine-A-Mite Diner</p>			<p>9:00 Yoga 9:00 AARP Smart Driving 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Advanced Spanish 11:00 Violin 1:00 Jam Band 1:00 Fun Film Friday</p>
<p>10:00 Mahjong 10:00 Tai Chi 10:00 GAP luncheon 11:30 Lunch & Learn: Dealing with Life Changes During the Holidays 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing</p>	<p>9:00 AMOS Open Enrollment Appts. 9:30 Singing Seniors 9:30 Beginner Sewing 10:00 French 11:00 Italian 12:30 SAIL Exercise 12:30 Intermediate Sewing 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing</p>	<p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:00 Quilting Bee 10:30 Beginner Spanish 11:00 Mahjong 12:30 Texas Hold 'Em 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p>9:00 AMOS Open Enrollment Appts. 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 11:00 Beginner German 12:30 Cards & Games 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 12:00 Flower Lovers Club 1:00 Jam Band 1:00 Fun Film Friday 1:00 Social (Ballroom) Dance</p>
<p>Center Closed for Veterans Day</p>	<p>9:00 AMOS Open Enrollment Appts. 9:30 Singing Seniors 9:30 Beginner Sewing 10:00 French 11:00 Italian 12:30 SAIL Exercise 12:30 Intermediate Sewing 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing</p>	<p>10:00 Legal Aid by appointment 10:00 Qigong 10:00 Quilting Bee 10:00 Q & A with SIR (see page 2) 10:30 Beginner Spanish 11:00 Mahjong 11:30 Arts & Crafters Window 12:30 Texas Hold 'Em 12:30 SAIL Exercise 1:30 Beginner Line Dancing</p>	<p>9:00 AMOS Open Enrollment Appts. 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 Cards & Games 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 Tai Chi 12:30 SAIL Exercise 1:00 BINGO 1:00 Artist Trading Cards 1:30 Intermediate Line Dancing</p>	<p>9:00 AMOS Open Enrollment Appts. 9:30 Singing Seniors 9:30 Beginner Sewing 10:00 French 11:00 Italian 12:30 SAIL Exercise 12:30 Intermediate Sewing 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing</p>	<p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:00 Quilting Bee 10:30 Beginner Spanish 11:00 Mahjong 12:30 Texas Hold 'Em 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p>9:00 AMOS Open Enrollment Appts. 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 11:00 Beginner German 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar O'Connor Thanksgiving Luncheon</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 Art Café with Alz TN 1:00 Jam Band 1:00 Fun Film Friday</p>
<p>9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: Normal Aging vs. Dementia 10:00 Tai Chi 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing</p>	<p>9:00 AMOS Open Enrollment Appts. 9:30 Beginner Sewing 9:30 Singing Seniors 10:00 French 11:00 Italian 12:30 Intermediate Sewing 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing</p>	<p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:00 Quilting Bee 10:30 Beginner Spanish 11:00 Mahjong 12:30 Texas Hold 'Em 12:30 SAIL Exercise 1:30 Beginner Line Dancing</p>	<p>Center Closed for Thanksgiving</p>	<p>Center Closed for Thanksgiving</p>

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 Water Aerobics at YMCA 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Loss & Life Changes</p>	<p>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 11:30 Painting Open Studio 12:30 Cards & Games</p> <p>TECH TUTORING BY APPOINTMENT</p>	<p>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 12:30 Afternoon Painting</p> <p>TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Blood Glucose Checks 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise</p> <p>TECH TUTORING BY APPOINTMENT</p>	<p>10:00 Water Aerobics at YMCA 10:30 Blood Pressure Checks</p>

DECEMBER 2024 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Mahjong 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing	3 9:00 AMOS Open Enrollment 9:30 Singing Seniors 9:30 Beginner Sewing 10:00 French 11:00 Italian 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	4 9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 11:00 Mahjong 12:30 Texas Hold 'Em 12:30 SAIL Exercise 1:00 Genealogy Class 1:30 Beginner Line Dancing	5 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar	6 9:00 Yoga 10:00 Mandolin 10:00 Wood Carvers 10:30 Silver Stage Players 11:00 Advanced Spanish 11:00 Violin 1:00 Jam Band 1:00 Fun Film Friday
9 9:30 Creative Writers 10:00 Mahjong 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing	10 9:30 Singing Seniors 9:30 Beginner Sewing 10:00 French 11:00 Italian 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing	11 9:00 Toenail Clipping Clinic 10:00 Legal Aid of East TN NEW! 10:00 Qigong 10:30 Beginner Spanish 11:00 Mahjong 12:30 Texas Hold 'Em 12:30 SAIL Exercise 1:30 Beginner Line Dancing O'Connor Holiday Luncheon Jazz Band Performance Concert Band Performance	12 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 11:00 Beginner German 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar 2:30 Council on Aging 2:30 Silver Stage Players 6:00 Silver Stage Players (evening performance)	13 9:00 Yoga 10:00 Wood Carvers 10:30 Silver Stage Players 11:00 Advanced Spanish 12:00 Flower Lovers Club 1:00 Art Café—Alz. TN 1:00 Jam Band 1:00 Fun Film Friday 1:00 Social (Ballroom) Dance
16 10:00 Mahjong 11:30 Lunch & Learn: All About Strokes 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing	17 9:30 Singing Seniors 9:30 Beginner Sewing 10:00 French 11:00 Italian 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	18 10:00 Qigong 10:00 Q & A with SIR (see page 2) 10:30 Beginner Spanish 11:00 Mahjong 12:30 Texas Hold 'Em 12:30 SAIL Exercise 1:00 Genealogy Class 1:30 Beginner Line Dancing	19 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar	20 9:00 Yoga 10:00 Mandolin 10:00 Wood Carvers 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday
23 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi 12:30 SAIL Exercise 1:00 Artists Trading Cards 1:00 BINGO 1:30 Intermediate Line Dancing	24 Center Closed Christmas Eve	25 Center Closed Christmas Day	26 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 11:00 Beginner German 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar	27 9:00 Yoga 10:00 Mandolin 10:00 Wood Carvers 10:30 Silver Stage Players 11:00 Advanced Spanish 11:00 Violin 1:00 Jam Band 1:00 Fun Film Friday
30 10:00 Mahjong 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing	31 9:30 Beginner Sewing 10:00 French 11:00 Italian 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing	Happy New Year!		Open Monday-Friday: 8:30 am - 4:30 pm Billiards Darts Ping Pong Library

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Water Aerobics—at YMCA 10:00 Tai Chi for Arthritis 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Loss & Life Changes	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 11:30 Painting Open Studio 12:30 Cards & Games TECH TUTORING BY APPOINTMENT	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 12:30 Afternoon Painting TECH TUTORING BY APPOINTMENT	8:30 Blood Glucose Checks 10:00 Water Aerobics—at YMCA 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise TECH TUTORING BY APPOINTMENT	10:00 Water Aerobics—at YMCA 10:30 Blood Pressure Checks

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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. Suggested donation of \$3 / class.

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.

Golf Tournament: The O'Connor Center Golf Tournament is rescheduled to Friday, November 8th. This is an annual fundraiser for the O'Connor Senior Center. We are looking for golfers of all ages and sponsorships of all levels! For information, please call the Center at 865-523-1135.

Greenhouse: Now open on Mondays & Wednesdays, 10:00 am-1:00 pm. Hands-on care for any troubled houseplants, repotting assistance, and general growing advice. Feel free to stop by and see our new greenhouse renovations! Please call ahead to let us know you are coming.

Plant Care Volunteer Needed! We are seeking volunteers to help care for plants inside the O'Connor Center. Help us turn the Center into a jungle oasis! Call 865-523-1135 if interested.

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 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 to register for this class.

Painting: Wednesdays. These once a week instructed art sessions began September 11th and will be 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.

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

Piano Lessons Volunteer Needed! We are currently seeking a volunteer piano teacher to host one-on-one piano lessons. Call the Center at 865-523-1135 for more information.

Ping Pong: Open every day at 8:30 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.

Continued on page 10



Lunch & Learn

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.**
- **November 4 - Dealing with Life Changes During the Holidays**
- Join Pat Green, LMSW, as she shares how to make plans for the holidays as you navigate life changes.
- **November 25 - Normal Aging vs. Dementia**
- A representative from Alzheimer's Tennessee will share how to tell the difference between normal memory loss and dementia. Brain health tips will be discussed.
- **December 16 - All About Strokes**
- Katie Hall, Stroke Coordinator with UT Medical Center, will discuss stroke symptoms, causes and prevention. Please join us for this informative presentation.

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 August and September 2024.

MOBILE MEALS

Anonymous* (23)
 Anonymous (10)
 Alvin Dziurzynski
 Andrew & Jennie Johnson*
 Barbara Abner*
 Bearden United Methodist Church*
 Beaver Creek Cumberland
 Presbyterian Church*
 Beverage Control, Inc*
 Bob Andres*
 Brent & Judy Moore*
 Charles & Annette Levin
 Colonial Heights United Methodist
 Church*
 Dale & Sandy Davis
 David and Vicki Brandt
 Dawson E. Patty
 Debbie Lowe*
 Deborah King
 Deborah Perry*
 Diana Lee Loper*
 Douglas & Jeanette Ramey
 Elizabeth Griffin
 Evelyn Stalyons
 Farragut Presbyterian Church*
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 Smithwood Baptist Church*
 Susanne White
 Teresa Bumgarner
 Tom & Linda Bolen
 Victoria Durham
 W & G Stewart*
 William Walters
 Winston & Michelle Holmes*

MOBILE MEALS IN HONOR

In Honor of Betty Huff
 By Ameeta Lall
In Honor of Betty Huff
 By Mary Palmer
In Honor of June Trbovich
 By Anna Haese*
In Honor of Eula Baker
 By Douglas McNeil
In Honor of Barbara Kelly
 By Michael & Nancy Lafaro

MOBILE MEALS IN MEMORY

In Memory of Carolyn McConnaughey
 By Chris & Mari Brooks
In Memory of Oliver Chavannes
 By Tara Ericson

OFFICE ON AGING PROGRAM CONTRIBUTORS

The Office on Aging appreciates all who give so generously to its programs. Your contributions make a difference.

AGING SERVICES

Anonymous *(3)
 Rose Burgett
 Seann Gloss
 United Way of South Central Michigan

DAILY LIVING CENTER

Monica Franklin*
O'CONNOR SENIOR CENTER
 Anonymous
 Herbanna Dyer
 International Discount Investors, Inc.
 Edward Bolin
 Mr. & Mrs. Mark Harmon

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

Anonymous*
 Anonymous (2)
 Amanda Atkins*
 Ashley Shields
 Bekkah Massaro
 Donna Isham
 Elizabeth Lee
 Jonathan & Mary Woody*
 Kasi Arnold
 Laurie Houston
 Laurie Valiga
 Lisa Buckner
 Magan Wise
 Magnolia Family Practice
 Melanie O'Connell
 Monica Franklin*
 Patricia Woods*
 Peter & Fawn Landrum*
 Shelley VanCleve
 Stephen Oliver*
 Stephen Streiffer

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

In Memory of Tiger Sieben
 By Hillary Martin
In Memory of Koby
 By Kristina Elliott
In Memory of Layla
 By Sara Davis

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

In Honor of Brownie at Love Towers
 By Paige Travis
In Honor of Carol Davis
 By Annette Brun

SENIOR COMPANION PROGRAM

Monica Franklin*

FOSTER GRANDPARENT PROGRAM

Knox County Schools

SENIOR INFORMATION & REFERRAL

Anonymous

***Denotes monthly recurring donors**

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

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. Classes are currently in recess until Spring. 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 or supporting the winter show, give us a call at 865-523-1135 to speak with the group leader.

Singing Seniors: Tuesdays at 9:30 am. We are delighted to be welcoming 70+ choir members back to the Center! Keep a look out in upcoming newsletters for our upcoming concert schedule. For more information, call 865-523-1135. **See page 4 for Singing Seniors' performance at Fantasy of Trees.**

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. Call to reserve a spot or express interest!

Technology Tutoring: Available for 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 9:00 am for fun and creativity. Woodcarvers of all abilities are welcome and instruction is available. Call 865-523-1135 for more information.

DUNCAN AWARDS NOMINATIONS

The annual Senior Information & Referral (SIR) fundraiser, the “Duncan Awards”, is an event held each spring to honor individuals who embody the legacy of the late U. S. Representative John J. Duncan, Sr., who was an advocate for seniors of the Second District. SIR is seeking three nominees who exhibit outstanding advocacy for seniors and senior issues in Knox County.

The three categories for nominations are as follows:

Professional Award

- Eligible individuals are those who work with seniors in Knox County, and demonstrate a strong commitment for addressing the needs of this population.
- Individuals who go above and beyond the duties of their positions to advocate for the seniors they serve.

Volunteer Award

- Eligible individuals are those who serve in Knox County and display a passion for serving the needs of the seniors in this community.
- Individuals who give of their time and talents to assist and advocate for seniors and address senior issues.

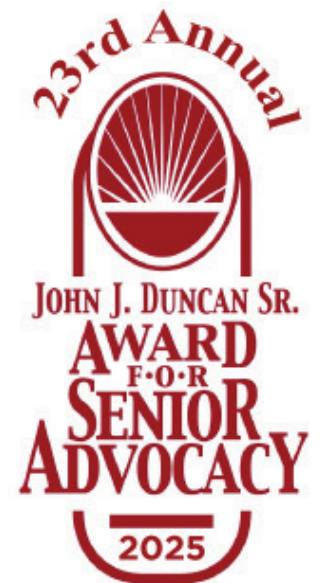
Business Award

- Eligible businesses are those who work with seniors or support the agencies and nonprofits serving seniors in Knox County, and demonstrate a strong commitment for addressing the needs of this population.
- Businesses who go above and beyond in giving of their time/talents/financial support to assist and advocate for seniors and address senior issues.

Nominations for the Duncan Awards will be accepted through Friday, January 10, 2025. If you would like to nominate a person or business you feel embodies the spirit of this award, 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



At the time of this publication, the date and location of the Duncan Awards has yet to be determined. Check the next issue of *Elder News & Views* for more information about the 23rd annual Duncan Awards. **Questions? Call us at 865-546-6262.**

Office on Aging WISH LIST

Do you have any of these items to donate to Office on Aging programs?

DAILY LIVING CENTER

Personal care/beauty for participants:

- Cotton washcloths
- Toileting wipes
- Lip balm
- Hand soap pumps
- Small hand lotions
- Stretchy bracelets or long necklaces (our participants LOVE jewelry and bracelets for birthdays but it needs to be easy on/off)

Craft supplies:

- Standard size hot glue sticks
- Mod Podge
- Stickers
- Canvasses (5x7 and 8x10)
- Acrylic paints
- Ribbons/lace
- Foam sheets in a variety of colors

O'CONNOR SENIOR CENTER

Bingo prizes:

- Colgate® toothpaste
- Listerine® mouthwash
- Dental Floss Picks
- Trim salon boards, grit heavy
- Basic nail clippers
- Manicure Set
- Paper plates
- Band aids – flexible fabric
- Cottonelle® Flushable wipes
- Glade® Candle – Air Freshener

- Dishwashing liquid
- Liquid hand soap
- Kleenex®
- Toilet paper
- Paper towels
- Notebooks
- Umbrella
- Almond snack packs
- Sports water bottle
- Little Debbie® Oatmeal Cream pies

Donations can be dropped off at the CAC Office on Aging, 2247 Western Avenue or O'Connor Senior Center, 611 Winona Street, Monday - Friday, 8:00 am - 4:45 pm. Please let us know which program you are donating to.

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Dottie Lyvers

Knoxville-Knox County CAC Office on Aging

The Ross Building, 2247 Western Avenue, P.O. Box 51650

Knoxville, TN 37950-1650

Phone: (865) 524-2786 • Fax: (865) 546-0832

knoxooa@knoxseniors.org • www.knoxseniors.org

EDITOR

Rachel Kraft



Did you know making just one call a week could make a difference in the life of an isolated older adult?

SENIOR CARE CALLS IS LOOKING FOR VOLUNTEERS AGE 55+ TO CALL A SENIOR AND HELP ALLEVIATE LONELINESS

Call 865-524-2786 or email rsvpcoord@knoxseniors.org for more information

Senior Care Calls is a program of the CAC Office on Aging

NOVEMBER 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, November 25
10:30 am - 12:30 pm

O'CONNOR SENIOR CENTER
611 Winona St.
Monday, November 25
2:00 pm - 4:00 pm

MOBILE MEALS KITCHEN/ MALCOLM MARTIN PARK
1747 Reynolds St.
Tuesday, November 26
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.

OFFICE ON AGING

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

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NOVEMBER/DECEMBER 2024

ELDER NEWS & VIEWS

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MOBILE MEALS GREETING CARDS

Send a message to friends and family while supporting Mobile Meals. The program is once again offering a package of ten greeting cards and envelopes for \$10. The cards are blank inside so you can create your own message - good for any occasion! Cards will be available for purchase soon at the CAC Office on Aging and O'Connor Senior Center.



The artwork for this year's card is a landscape painted by an O'Connor Senior Center participant.



GET HELP WITH **OPEN ENROLLMENT**

**Medicare Open Enrollment Period
is from October 15 through December 7**

To help beneficiaries make sometimes confusing decisions, complete and reliable information about Medicare is available online at www.medicare.gov and at 1-800-633-4227.

In addition, the CAC Office on Aging offers a free service to people who would like assistance with research and choosing a plan. Assistance is available through Affordable Medicine Options for Seniors (AMOS).

**Call AMOS at 865-546-6262
or email amos@knoxseniors.org**