



MAKING A DIFFERENCE IN STYLE: **POWER OF THE PURSE® 2024**

MOBILE MEALS SIGNATURE FUNDRAISING EVENT

Mark your calendars for an evening of fashion, fun, and exceptional deals! Power of the Purse 2024 is set to take place on September 12 at the Rothchild Catering and Conference Center. This signature event raises crucial funds for the Mobile Meals program, supporting its mission to provide nutritious meals and vital services to homebound seniors in our community.

The Power of the Purse promises a night to remember, featuring delicious food and drink, a fabulous fashion show, amazing auction packages, and the highlight of the evening – a giant purse and jewelry sale. From designer labels to stylish everyday bags, there's something to suit every taste and budget.



The funds raised at Power of the Purse 2024 are crucial for the continued operation of Mobile Meals, allowing the program to meet the growing demand for services without the use of a waiting list. By fostering social connections, providing safety checks and delivering nutritious meals, Mobile Meals supports older adults to maintain their health, independence, and ability to age in their own homes and communities.

To learn more about Power of the Purse, follow Mobile Meals on Facebook @KnoxCountyMobileMeals

DONATIONS NEEDED!

See page 2 for more information.



**Buy a purse.
Feed local seniors.**

Thursday, September 12
Rothchild Conference Center
8807 Kingston Pike
Main doors open at 4:45 pm
Purse Madness at 6:00 pm

Tickets will go on sale July 15 at knoxseniors.org.

Early Bird Tickets:	After August 18:
\$35—individual	\$40—individual
\$325—table of 10	\$375—table of 10

Ticket price includes:

- Light dinner fare
- One drink ticket per person
- Entrance into the Purse Madness Sale Room
- Cash bar available

SAVE THE DATE!

Aging:

A Family Affair 2024

Practical Information Related to Aging

November 14

Rothchild Conference Center

Aging: A Family Affair is a day-long series of workshops on topics of importance for seniors, their families, caregivers, and professionals.

More information coming soon!

Continued from page 1

Power of the Purse® Donations Needed! New or like-new purses and jewelry

Drop off purse donations at these locations during normal business hours:

CAC Ross Building Chico's Turkey Creek
2247 Western Ave 37921 11321 Parkside Dr 37934

Southern Market Mac's Pharmacy
5400 Homberg Dr 37919 125 S. Peters Rd 37923

Lulu's Tea Room
3703 W Beaver Creek Dr 37849

Please do not donate purses that are badly stained or have holes, rips, or tears.

Drop off jewelry donations at:

East Tennessee Personal Care, a HouseWorks Company
1225 Weisgarber Rd Suite S290, Knoxville, TN 37909



Reach out to sara.keel@cacnutrition.org with any questions about the Power of the Purse fundraiser or call (865) 524-2786.

Power of the Purse® is a trademark of The Community Foundation of Middle Tennessee and used under license.

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
Tuesday, July 23
2:00 pm - 4:00 pm

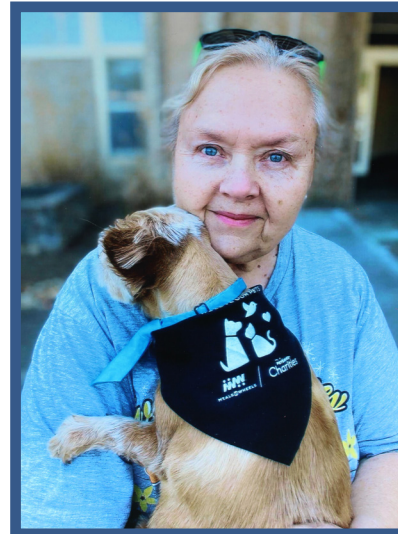
O'CONNOR SENIOR CENTER

611 Winona St.
Monday, July 29
2:00 pm - 4:00 pm

MOBILE MEALS KITCHEN/ MALCOLM MARTIN PARK

1747 Reynolds St.
Tuesday, July 30
2:00 pm - 4:00 pm

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



IMMEDIATE NEED! FILL THE BOWLS: FEED-A-PET NEEDS PET FOOD

The Feed-A-Pet program is for seniors who own pets, but struggle to buy food.

Can you help?

DRY DOG FOOD NEEDED:

8 lb. bag Purina One Small Bites
4 lb. bag Pedigree Small Bites
4 lb. bag Beneful Small Bites

DRY CAT FOOD NEEDED:

3.15 lb. bag Friskies
3.15 lb. bag Meow Mix
3.15 lb. bag Purina Cat Chow

We also need canned foods. A mixture of gravied foods and paté of any of the brands below:

CANNED DOG FOOD NEEDED:

Ceasars canned or trays
Pedigree canned or pouches
Beneful canned or trays

CANNED CAT FOOD NEEDED:

Friskies canned both gravy & paté
9-Lives canned both gravy & paté
Fancy Feast canned both gravy & paté
Meow Mix canned both gravy & paté

Please donate bags weighing LESS THAN 10 pounds, as some of our clients are unable to lift heavy items.

You can find links to our Chewy and Amazon Wish Lists on our website at knoxseniors.org/paws.

Feed-A-Pet needs more than 3,600 lbs of pet food per month to feed hungry pets. Please consider making a recurring donation for this ongoing need.

Drop off locations:

CAC Ross Building: 2247 Western Ave Knoxville 37921
Norwood Veterinary Hospital: 2828 Merchant Rd Knoxville 37912
Forest Park Animal Clinic: 4600 Chambliss Ave Knoxville 37919
Dogwood Animal Hospital: 5900 Chapman Hwy Knoxville 37920
O'Connor Senior Center: 611 Winona St Knoxville 37917



Questions? Call 865-524-2786

Learn more about Feed-A-Pet at knoxseniors.org

THE GRANDPARENTS GUIDEBOOK 3RD EDITION IS NOW AVAILABLE



If you are a grandparent or other relative caring for your grandchildren, nieces, nephews or other related children, you may be considered a “grandfamily”. Undertaking the full-time responsibility for raising a grandchild or other relative causes major changes in one’s life. Grandparents as Parents is a program of the CAC Office on Aging that offers support to grandfamilies. The program is free and there are no age or income requirements. Give Tracy

Van de Vate or Anne Stokes a call to enroll today. 865-524-2786

Grandfamilies Together Conference Call

GAP is hosting a monthly Grandfamilies Together Conference Call on the 2nd Tuesday of the month. Please join us on July 9 and August 13 from 10:00 am - 10:30 am. There will be special guest speakers on each call.

Call-in number: 1-978-990-5482 or toll-free:1-844-855-4444
Access Code: 1460466#

Call Grandparents as Parents for more information at 865-524-2786.

WE SERVE ALL SENIORS!

The purpose of the Aging Rainbow Coalition or ARC, an initiative of the CAC Office on Aging, is to bring together members of the lesbian, gay, bisexual, transgender plus (LGBT+) population and community partners to expand outreach to, services for, and training around the aging related needs of LGBT+ older adults in East Tennessee.

ARC was formed in March 2023 in response to research which showed how many LGBT+ older adults were unsure about who they could turn to for compassionate care as they age.

Some of the accomplishments of ARC since our founding have included holding events for LGBT+ older adults at South Press, mailing 2,500 postcards to providers, and starting to get Office on Aging staff trained to provide culturally competent service to LGBT+ older adults.



To follow our updates, check upcoming issues of Elder News & Views or visit our webpage at knoxseniors.org/arc.

Questions? Call 865-524-2786

SENIOR JOB FAIR

for everyone 50+

Friday, August 9

West Knox County Senior Center

239 Jamestowne Blvd., Suite 101



Employers who want to hire older adults will be on hand to discuss job opportunities in fields such as clerical, retail, service industry, home health care, hospitality industry, and more!

Grab copies of your current resume and be prepared to complete job applications.

Questions?

Call the Senior Employment Service at 865-524-2786

The Senior Employment Service is a program of the CAC Office on Aging

18th Annual O'Connor Center

Golf Open

Friday, September 27

Three Ridges Golf Course
6101 Wise Springs Rd.
Knoxville, TN 37918

Check-in: 10:30 am
Tee time: 12:00 pm

Information & registration at knoxseniors.org
or call 865-523-1135.

AmeriCorps Seniors Celebrate their Volunteers

FOSTER GRANDPARENTS

Foster Grandparent program volunteers were recognized and celebrated on May 9. The Lighthouse was the backdrop for an afternoon of awards, recognition and dancing to sounds of "The Jimmy Show." Foster Grandparents help children in school and after-school programs with reading, math and social skills.



SENIOR COMPANIONS

On May 14, the volunteers for the Senior Companion program gathered at the Lighthouse for lunch, laughter, and recognition of the work they do. A Senior Companion enables older adults to stay in their homes by providing help with simple chores, preparing meals, and companionship.

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)

RSVP had their recognition on May 31 at the O'Connor Center with their theme of "Walking the Red Carpet." 86 RSVP volunteers attended and were celebrated. CAC Executive Director Barbara Kelly addressed the crowd to thank them for their service. Alzheimer's Tennessee donated drinks for this star-studded event.



MAKE GIVING BACK YOUR SECOND ACT

Get involved and make a positive difference in your community. AmeriCorps Seniors volunteers serve with organizations dedicated to helping others.



**AmeriCorps
Seniors**

For more information about
AmeriCorps Seniors programs,
call 865-524-2786

S.A.I.L. IS BACK AT O'CONNOR

Stay Active & Independent for Life

Gain strength and balance to help maintain and improve your quality of life!

This evidence-based program is designed to prevent falls and includes exercise classes, educational materials and self-assessments. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the S.A.I.L. Program can help improve strength and balance, if done regularly. Classes will be held on Tuesdays and Thursdays at 12:30 pm.

Beginning Tuesday, July 2, at 12:30 pm

with our new instructor, Lisa Slagle.

Call the O'Connor Center to reserve your spot.

865-523-1135

GRANDPARENTS AS PARENTS SCHOOL SUPPLY DRIVE

Please donate these items during July:

crayons	dry erase markers
colored pencils	backpacks with computer compartments
headphones	glue
composition notebooks	red/green pens
plastic folders	tissue boxes
spiral notebooks	Ziploc bags
glue sticks	highlighter markers
pencils	

**Drop off school supplies at the Ross Building
(2247 Western Avenue) or any of these Senior Centers:**

O'Connor Senior Center - 611 Winona Street
Corryton Senior Center - 9331 Davis Drive
Halls Senior Center - 4405 Crippen Road
Karns Senior Center - 8042 Oak Ridge Highway
South Knoxville Senior Center - 6729 Martel Lane
West Knoxville Senior Center - 239 Jamestowne Blvd, Suite 101



**Call the Grandparents as Parents
program at 865-524-2786**

Grandparents as Parents is a program of the CAC Office on Aging.

O'CONNOR CENTER'S JULY & AUGUST SCHEDULES



O'CONNOR SENIOR CENTER
Add life to your years

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 Thursday, July 4 for Independence 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.

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 Nurse ensures the class meets your daily requirement of fun and fellowship.

Advanced Class has good physical exertion. Begins at 11:00 am

Basic Class offers seated exercise with limited physical exertion. Begins at 10:00 am.

Loss & Life Changes Support Group: Mondays at 11:00 am. Support Group led by Pat Green, Group Leader/Social Worker and Bereavement Counselor. Newcomers are welcome to this informal time of sharing which always ends on a positive note. Call ahead for information.

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

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. Currently in search of a volunteer to help lead walks. For information, call Nurse Claudia at 865-523-1135.

Toenail Clipping Clinic by Appointment Only: Cost is \$12. Call 865-523-1135 to schedule an appointment. July 3, July 10, July 24, August 7 and August 28

Artists Trading Cards: If you are interested in meeting fellow artists and creating new cards to exchange this group meets on the 4th Monday of the month at 1:00 pm.

Artists and Crafter's Window: Wed. July 10th at 11:30 am. Members who have a love for expressing through all types of art including crafts, music, 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.

Billiards: Come and play a friendly game of billiards. Bring a friend to shoot some pool anytime the Center is open!

Bingo: Enjoy this friendly game on Mondays at 1:00 pm.

Cards & Games: Tuesdays and Thursdays at 12:30 pm. Enjoy a game of cards, Rummikub, or a relaxed table game with new friends! Instruction available.

Commodities Distribution: Monday, July 29, from 2:00-4:00 pm. Commodities are a shelf-stable food program with food resources provided by USDA. Each household will receive 2 bags of food. Any low-income Knox County resident providing proof of residency with name & address (ID card, KUB bill, etc.) upon pick-up. One distribution per household. No sign-up necessary. Just go to pick-up location with your proof of Knox County residency. Self-declaration of income will be required.

Concert Band: Wednesdays at 10:00 am. Pick up and dust off your old instrument because we're 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: "Someone" needs to write our Family History. We are still searching for "Someone". Only you can write "Your Family" history. It starts at the meeting of pencil upon paper. Creative Writers can provide the tools for

your endeavor. You will practice: 1) writing about a specific subject, 2) scheduling time to write, 3) developing a draft, 4) improving by rewriting, and 5) presenting skills to fellow writers. Meets 2nd and 4th Monday. Classes for aspiring and experienced writers. There is a story in all of us! Call for more information.

Dance -

Intro to Line Dance: Tuesdays at 1:30 pm. For those with no line dance experience. \$2/class.

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

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ELDER NEWS & VIEWS

JULY 2024 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p>10:00 Mahjong 10:00 Tai Chi 1:00 BINGO</p>	<p style="text-align: right;">2</p> <p>10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing</p>	<p style="text-align: right;">3</p> <p>9:00 Toenail Clinic 10:00 Qigong 10:00 Morning Painting 10:00 Quilting 11:00 Mahjong 1:00 Afternoon Painting 1:00 Genealogy</p>	<p style="text-align: right;">4</p> <p style="text-align: center; color: red;">Center Closed for Independence Day Holiday</p>	<p style="text-align: right;">5</p> <p>12:30 Jam Band 1:00 Fun Film Friday</p>
<p style="text-align: right;">8</p> <p>9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: The Wonders of Ivermectin!* 1:00 BINGO</p>	<p style="text-align: right;">9</p> <p>10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing</p>	<p style="text-align: right;">10</p> <p>9:00 Toenail Clinic 10:00 Qigong 10:00 Quilting 10:00 Morning Painting 11:00 Mahjong 11:30 Artists & Crafters Window 1:00 Afternoon Painting</p>	<p style="text-align: right;">11</p> <p>9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:00 Guitar</p>	<p style="text-align: right;">12</p> <p>10:00 Mandolin 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday 1:00 Ballroom Dance: Mood Swing Band \$8</p>
<p style="text-align: right;">15</p> <p>10:00 Mahjong 10:00 Tai Chi 1:00 BINGO</p>	<p style="text-align: right;">16</p> <p>10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing</p>	<p style="text-align: right;">17</p> <p>10:00 Qigong 10:00 Morning Painting 10:00 Quilting 11:00 Mahjong 1:00 Afternoon Painting 1:00 Genealogy</p>	<p style="text-align: right;">18</p> <p>9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:00 Guitar</p>	<p style="text-align: right;">19</p> <p>9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday</p>
<p style="text-align: right;">22</p> <p>9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 1:00 BINGO 1:00 Artists Trading Cards</p>	<p style="text-align: right;">23</p> <p>10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing</p>	<p style="text-align: right;">24</p> <p>9:00 Toenail Clinic 10:00 Quilting 10:00 Qigong 10:00 Morning Painting 11:00 Mahjong 1:00 Afternoon Painting</p>	<p style="text-align: right;">25</p> <p>9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games 12:30 SAIL Class* 1:00 Guitar</p>	<p style="text-align: right;">26</p> <p>9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday</p>
<p style="text-align: right;">29</p> <p>10:00 Mahjong 10:00 Greenhouse Open 10:00 Tai Chi 11:30 Lunch & Learn: Decluttering with Delight!* 1:00 BINGO 2:00 Commodities Distribution</p>	<p style="text-align: right;">30</p> <p>10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:30 Intro to Line Dancing 2:30 Open Ballroom Dancing</p>	<p style="text-align: right;">31</p> <p>10:00 Quilting 10:00 Qigong 10:00 Morning Painting 11:00 Mahjong 1:00 Afternoon Painting 1:00 Genealogy</p>	<p>* Registration is required. Call 865-523-1135 to register.</p>	

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Billiards Room & Library Open 9:00 Ping Pong 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Loss & Life Changes 11:00 Dine-A-Mite Diner 1:30 Intermediate Line Dancing</p>	<p>8:30 Billiards Room & Library Open 9:00 Ping Pong 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner 11:30 Painting Open Studio</p> <p style="text-align: center;">TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards Room & Library Open 10:00 Concert Band 10:00 Greenhouse Open 10:30 Blood Pressure Checks 10:30 Beginner Spanish 11:00 Jazz Band 11:00 Dine-A-Mite Diner 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing</p> <p style="text-align: center;">TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards Room & Library Open 8:30 Blood Glucose Checks 10:00 Basic Arthritis Exercise 10:00 Beginner French 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner</p> <p style="text-align: center;">TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards Room & Library Open 9:00 Ping Pong 10:00 Woodcarvers 10:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Dine-A-Mite Diner</p>

ELDER NEWS & VIEWS

AUGUST 2024 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* Registration is required. Call 865-523-1135 to register.			9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games 12:30 SAIL Class* 1:00 Guitar	10:00 Mandolin 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday
9:30 Sewing 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 11:30 Lunch & Learn: Chronic Kidney Disease* 1:00 BINGO	10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	9:00 Toenail Clinic 10:00 Quilting 10:00 Qigong 11:00 Mahjong	9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games 12:30 SAIL Class* 1:00 Guitar	10:00 Mandolin 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday 1:00 Ballroom Dance
9:30 Creative Writers 9:30 Sewing 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 1:00 BINGO	10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing	10:00 Quilting 10:00 Qigong 11:00 Mahjong 1:00 Intermediate Quilting 1:00 Genealogy	9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Beginner German 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:00 Guitar	10:00 Mandolin 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday
10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 11:30 Lunch & Learn: Let's Visit Germany* 1:00 BINGO	10:00 Intermediate French 11:00 Advanced Arthritis Exercise 12:30 Cards & Games 12:30 SAIL Class* 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	10:00 Quilting 10:00 Qigong 11:00 Mahjong	9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Advanced Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games 12:30 SAIL Class* 1:00 Guitar	10:00 Mandolin 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday
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RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 9:00 Ping Pong 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Loss & Life Changes 11:00 Dine-A-Mite Diner 1:30 Intermediate Line Dancing	8:30 Billiards Room Open 9:00 Ping Pong 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner 11:30 Painting Open Studio TECH TUTORING BY APPOINTMENT	8:30 Billiards Room Open 10:00 Greenhouse Open 10:00 Concert Band 10:30 Blood Pressure Checks 10:30 Beginner Spanish 11:00 Dine-A-Mite Diner 11:00 Jazz Band 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing TECH TUTORING BY APPOINTMENT	8:30 Billiards Room Open 8:30 Blood Glucose Checks 10:00 Basic Arthritis Exercise 10:00 French 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner TECH TUTORING BY APPOINTMENT	8:30 Billiards Room Open 9:00 Ping Pong 10:00 Woodcarvers 10:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Dine-A-Mite Diner

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Beyond Ballroom Dancing: For those who know the basics but would like to learn more technique; available on the 2nd and 4th Tuesday at 2:30 pm. Gaberial Akers, Professional Ballroom Instructor from Timeless Ballroom, will be teaching this fun class. Put on your dancing shoes and join us! \$3/class

Ballroom Dances: Monthly Ballroom Dances on select Friday afternoons from 1:00-3:00 pm. Live Bands providing wonderful music include: Mood Swing Band on July 12th; The Dave Correll Band on August 9th.

Beginner Line Dance: Wednesdays at 1:30 pm. No experience necessary. \$2/class

Intermediate Line Dance: Mondays at 1:30 pm. For those with moderate experience. \$2/class

Dine-a-Mite Diner: Stop by for a lunch-time meal 11:00 am-1:00 pm.

Fun Film Friday: Enjoy a weekly movie every Friday at 1:00 pm. Call to register and for the movie title. Light snacks provided; donations appreciated.

French (Intermediate): Tuesdays at 10:00 am. We cover culture, language, and history in this class. Intermediate students welcome. Students should have a basic knowledge of grammar and an interest in finessing and improving listening and speaking skills. Enjoy expanding your French vocabulary! Oui? Peut-être? Call the Center for more information.

Greenhouse: Open Monday and Wednesday, 10:00 am - 12:00 pm. Bring your troubled houseplants for hands on care, repotting assistance, and general growing advice. You may also visit and help in the greenhouse. We take plant donations and have houseplants for sale, too.

Italian (Intermediate): Resumes in September on Tuesdays. Intermediate students welcome. Students should have a basic knowledge of grammar and an interest in finessing and improving listening and speaking skills. Enjoy expanding your Italian vocabulary!

Jazz Band: Wednesdays at 11:00 am. Call group leader Linda 865-640-1856 for more information. Also see "Concert Band".

Jam Band: Fridays at 12:30 pm. Any type of musician or genre is welcome to play or just hangout and listen with this chill and eclectic group!

Knitting & Crocheting: Thursdays at 9:00 am.

Meet new friends and enjoy crocheting in this low key social group. Crochet may be a good 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. 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. All of the books in our library are donations. Donations must be hardback and are accepted during business hours.

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

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

Ping Pong: Monday, Tuesday, and Friday at 9:00 am. Beginners and experts are all welcome. We'll play games of single players or bring a friend to play doubles.

Spanish:

Beginner – Wednesdays at 10:30 am. Hola! We'll 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. The class is conversational.

Technology Tutoring: Available one-on-one appointments on Tuesdays, Wednesdays, and Thursdays for computer questions and answers. Please call 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. Newcomer's welcome!

Woodcarving: Fridays at 10:00 am. Woodcarvers of all abilities are welcome. Instruction is available. Bring tools and something to carve on. Call for more information.

S.A.I.L. (Stay Active and Independent for Life) Classes will return to O'Connor Center in July. This exercise class will return to O'Connor in July. Lisa Slagle will be the new S.A.I.L. instructor. Classes will be held on Tuesdays and Thursdays from 12:30-1:30 pm. Tuesday, July 2nd will be the first session. Class size is limited to 30 participants. Those interested in

attending must call the main office to register the day before the class they want to attend.

Singing Seniors Returning this Fall. This eclectic vocal ensemble will begin the new season on September 3, 2024. The last day to sign up for this upcoming season is August 31, 2024. The yearly fee is \$25, and practice is every Tuesday from 9:30-11:30 am.



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.**

July 8 - The Wonders of Ivermectin!
Join Joe Nowell, D.PH., from Fresh Pharmacy in Lenoir City, as he shares information about this amazing anti-parasitic medicine.

July 29 - Decluttering with Delight!
Did you know that organizing your home could be delightful? Join professional organizer, Monika Miller of Space With, for an engaging session where she introduces a straightforward and enjoyable approach to decluttering and organizing. Learn how to effortlessly decide what to keep and what to release, crafting a living space that truly reflects and honors your life's journey.

August 5 - Chronic Kidney Disease
Chronic kidney disease affects 1 in 7 Americans, with diabetes and high blood pressure being the leading cause. Stephanie Burgett, Nurse Practitioner with University Nephrology, will discuss causes of kidney disease, ways to slow progression, and how to empower yourself to discuss with your provider.

August 19 - Let's Visit Germany
Christa Brundige, from Frankfurt, Germany, will share the culture of Germany. Join us for this fun and 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 April and May 2024.

MOBILE MEALS

Anonymous* (8)
 Anonymous (6)
 Alvin Dziurzynski*
 Amy Stuber*
 Arthur Cathers
 Barbara Abner*
 Beaver Creek Cumberland
 Presbyterian Church*
 Bob Andres*
 Brent & Judy Moore*
 Carol Ogle
 Catherine Cooper
 Catherine Gettys
 Chicken Salad Chick Foundation, Inc
 Colonial Heights United Methodist
 Church*
 Dawson E. Patty*
 Debbie Lowe*
 Deborah King*
 Deborah Perry*
 Diana Lee Loper*
 Dr. & Mrs. Howard Filston
 Earl and Phyllis Brummitt
 First Farragut United Methodist
 Church
 Gail Ludlow
 Glen Anderson*
 Jacquelyn Schmitt*
 Janice Hixson
 Jeffrey Austin*
 Jim & Ann Shay*
 Joanne Schutt*
 John & Elizabeth Smith
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 Karen Dotson
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 LaVon & Darlene Rickard*
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 Meridian Baptist Church

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 Ms. Jennifer K Taylor*
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 Patricia Grant
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 Sequoyah Hills Presbyterian Church
 Smithwood Baptist Church
 Susanne White*
 Volunteer Restaurants Concepts, LLC
 d/b/a Chicken Salad Chick
 W & G Stewart*
 Walter & Betty McMillan
 Washington Presbyterian Church
 William & Christine Haire

MOBILE MEALS IN HONOR

In Honor of Wilma Branner
 By Ms. Ola Blackmon-McBride
In Honor of June Trbovich
 By Anna Haese*
In Honor of Laura Raley Schwartz
 By Jerry & Jane Lubert

MOBILE MEALS IN MEMORY

In Memory of Dorothy Frost, my mother
 By Catherine Cooper
In Memory of Janice Lippert
 By Sheila Cooper
In Memory of Jeanne Claire Kennedy
 By Robert Kennedy
In Memory of Eula G. Baker
 By Douglas McNeil
In Memory of Marjorie Reynolds
 By John & Marjorie Reynolds
In Memory of Vaughn Nave
 By Ms. Lynne Spires
In Memory of Catherine R. Wright
 By Otto Wright

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* (2)
 Rose Burgett*
 Seann Gloss*
 Frank & Avis Jones

DAILY LIVING CENTER

Monica Franklin*

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

Anonymous*
 Amanda Atkins*
 Cathy Chait
 Daughters of the British Empire
 Enrichment Federal Credit Union
 Monica Franklin*
 Barbara Kelly
 Peter & Fawn Landrum*
 Stephen Oliver*
 Jonathan & Mary Woody*

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

*In Memory of James "Holk" Holk &
 Miss Mary*
 By Tonya Holt
In Memory of Mick Fowler
 By Tom & Laura Parkhill

SENIOR COMPANION PROGRAM

Anonymous
 Monica Franklin*
 Gabrielle Stephens

FOSTER GRANDPARENT PROGRAM

Boys & Girls Clubs of the Tennessee Valley
 First Lutheran Church and School
 Partners for Children

SENIOR INFORMATION & REFERRAL

Mrs. Alice Allen
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 Melanie Elswick
 Kelly Frere
 April Hawk
 Caryn Hawthorne
 Thomas Hood
 Andrea Janoyan
 Ewing & Lucy Johnson
 Barbara Kelly
 Vikki Myers
 Barbara Wright

SENIOR INFORMATION & REFERRAL IN HONOR

In Honor of Dr. Monica Crane
 By Celia Gruzalski
In Honor of Dr. Monica Crane
 By Michael & Nancy Lofaro
In Honor of Dr. Joe Tabery
 By John & Linda Thaller

*Denotes monthly recurring donors

One Easy Way You Can Support the Knoxville-Knox County Council on Aging

Kroger Community Rewards

The Kroger Family of Stores is committed to bringing hope and help to local communities. They do this through a variety of activities, including charitable giving, sponsorships and the unique Community Rewards Program. Kroger Community Rewards make fund-raising easy. All you

have to do is shop at Kroger and swipe your Plus Card! Visit their website at www.krogercommunityrewards.com to review the terms and conditions and register to participate. If you don't use a computer for internet business, register by phone at 1-800-576-4377 ["Community Rewards"]. You can also access it through the Kroger app on your phone.

Knoxville-Knox County Council on Aging's organization number is 16424. You must link your card every year starting August 1st.

22nd ANNUAL DUNCAN AWARD FOR SENIOR ADVOCACY



The 22nd annual Duncan Award for Senior Advocacy was held at The Pavilion at Hunter Valley Farm on May 7, 2024. It was a wonderful afternoon of warm fellowship, good food, laughter, and a time to honor special people in our community who advocate for older adults.

This event is held each spring to honor a professional, an individual from the community, and a business that carries the spirit akin to the legacy of the late Representative John J. Duncan, Sr., who was an advocate for the seniors of the Second District.

This year's award recipients were Chaplain Dan Hix (Community Award), Dr. Monica Crane (Professional Award), Norwood Veterinary Hospital (inaugural Business Award).

The Duncan Awards serves as a fundraiser for the CAC Office on Aging's Senior Information & Referral (SIR) program. SIR provides information about services for older adults and persons with disabilities who live in Knoxville or Knox County. The agency also provides referrals to these services when needed.

Older adults and their family members, area civic groups, social service agencies, church groups, and more are all welcome to call when looking for assistance. We are the

place you can call when you don't know who to call. To access services, call 865-546-6262 between the hours of 8:00 am and 4:45 pm, Monday through Friday.



Dr. Monica Crane of Genesis Neuroscience Clinic received the Professional Award.



Dr. Joseph Tabery of Norwood Veterinary Hospital received the inaugural Business Award. [Pictured here with Senator Becky Duncan Massey & former Congressman John J. Duncan, Jr.]



Retired Chaplain Dan Hix received the Community Award.



Duncan Award for Senior Advocacy

Would you like to nominate someone to receive the Duncan Award? Nominees must reside, work, or volunteer in Knox County and exhibit outstanding advocacy for seniors and senior issues. Nominations are solicited from the public each fall and should be mailed to Duncan Award Nominee, SIR, P.O. Box 51650, Knoxville TN 37950-1650.



865-524-2786

Did you miss the event? You can watch it on our website at knoxseniors.org/scirs.

WHAT WILL YOUR LEGACY BE?

Planned giving is a way to give back to a community that you love and care about and that has loved and cared about you. It has little to do with financial or material riches and more to do with where your heart is. Although planned giving may involve financial or estate planning, it is not only for the wealthy. No gift is too small!

What are the benefits of planned giving?

Planned giving offers you the potential for significant income and estate tax savings. Planned giving is one of the most meaningful and effective ways to invest in the future of the Office on Aging programs that serve seniors in Knox County.

What are some examples of planned gifts?

Bequests

You can name the Office on Aging or one of its programs as a beneficiary in your will. Your bequest might be an outright gift of cash, a percentage of your estate, mutual funds, publicly traded and closely-held stocks, real estate or personal property. The advantages of leaving a gift to the Office on Aging in your will are that it allows you to make a contribution without sacrificing spendable income during your lifetime, and it shelters your estate from taxes.

Gifts of Life Insurance

The Office on Aging can be named as a beneficiary or owner of a life insurance policy. Making a gift of life insurance enables you to arrange a future gift to the Office on Aging without financial impact during your lifetime. Charitable tax deductions may also apply to these gifts.

Gifts of Property

Through a "life estate gift," you can donate your house, condominium,

- or other real property to the Office on Aging now, but continue to use it through your lifetime. If you wish, you can also provide for your spouse to continue to use it throughout his or her lifetime.
- When you and/or your spouse can no longer use the property, the Office on Aging inherits it.

Gifts of Retirement Funds

- In addition to sheltering your estate from taxes, there is an income tax advantage to naming the Office on Aging as the beneficiary of your retirement funds. Since it is a tax-exempt organization, it receives 100% of such funds free of income tax.

How can we help?

- If you have already named the Office on Aging in your will, please consider sharing this with us so we may appropriately acknowledge your generosity. If you wish, we can also discuss ways in which your gift could be applied to meet our needs. We are available to help you and your professional advisor formulate a charitable giving plan to achieve maximum tax savings from your gift.

For more information, call Dottie Lyvers at 865-524-2786 or email knox00a@knoxseniors.org.

SENIOR CENTER OUTREACH

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

Carter Senior Center

July 31 & August 31
10:30 am - 12:30 pm

Corryton Senior Center

July 9 & August 13
10 am - 2 pm

Halls Senior Center

July 15 & August 19
10 am - 12 pm

Karns Senior Center

July 2 & August 15
10:30 am - 12:30 pm

O'Connor Senior Center

July 18 & August 13
10 am - 12 pm

South Senior Center

August 7
9 am - 11 am

West Senior Center

July 8 & August 12
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.

ELDER NEWS & VIEWS

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OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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OFFICE ON AGING: (865) 524-2786

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

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ELDER NEWS & VIEWS

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TECH SMART KNOX SENIORS

KNOXSENIORS.ORG

Are you 50 or older?

Interested in learning how to use a laptop computer?

Need help purchasing an affordable laptop computer?

WE CAN HELP!

The CAC Office on Aging is addressing the digital divide with an initiative called Tech Smart Knox Seniors in partnership with Tech Goes Home. Through Tech Smart, individuals aged 50 and over will receive digital training, access to digital tools, and connectivity support to gain the skills and confidence needed to navigate technology.



The CAC Office on Aging is offering classes at various locations each month to provide training led by trained class leaders.

For more information, call the Office on Aging at 865-524-2786 (Monday-Friday, 8:00 am - 4:45 pm)