

ELDER NEWS

SEPTEMBER/OCTOBER 2024



Join us at the 40th Annual

Aging: A Family Affair

Practical Information Related to Aging

For 40 years, the CAC Office on Aging has presented its well-known conference, Aging: A Family Affair, a day-long series of workshops on aging-related topics of interest to older adults, their families, care-givers, and professionals.

Registration includes a light breakfast, lunch, any handouts used in the presentations, and access to the Senior Expo, where exhibitors offering programs and services for older adults will be on hand with information and goodies.

The Peggy Wirtz Keynote Address will be presented by a panel of experts who will present "Should I Stay or Should I Go?" Panelists will discuss housing options, including aging in place, in-home care, independent living, memory care, and skilled nursing. Speakers include:

Jackie Mayo, Certified Aging in Place Specialist
Deborah McMillan, East Tennessee Personal Care Service
Diana Fisher, Hillcrest Healthcare
Kay Lorick, Morning Pointe Senior Living
Maureen Chippas, Trustwell Senior Living

Some of this year's workshop topics include:

Medicare Update
Estate Planning
Pre-diabetes/Diabetes
Tax Freeze/Disabled Veterans
Medication Safety
Budget in a Box
Dementia
Caregiving

Special thanks to our sponsors.



Wisdom for Your Life.



THURSDAY, NOVEMBER 14

8:00 am - 3:45 pm

Rothchild Catering & Conference Center
8807 Kingston Pike in Knoxville

REGISTRATION

Early bird registration is \$25 before October 25 and \$30 after. You may also register at the door, but lunch cannot be guaranteed. Register at knoxseniors.org or call the Office on Aging at 865-524-2786 Monday-Friday, 8:00 am - 4:45 pm.

SENIOR JOB FAIR

for everyone 50+

Wednesday, October 9

9 am - 12 pm at the CAC Ross Building
2247 Western Avenue, 37921



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

O'CONNOR CENTER HEALTH FAIR

KICK OFF TO GOOD HEALTH

FRIDAY, SEPTEMBER 20

9:00 am - 12:00 pm

O'Connor Senior Center

611 Winona Street

Join us for our annual Health Fair! We will have complimentary screenings and health information. Knox County Health Department will be conducting balance screenings. Walgreens will administer flu shots. Call 865-523-1135 to schedule an appointment for a balance screening and your flu shot.

DARTS, PING PONG, & BILLIARDS AT O'CONNOR CENTER

*Grab a friend and enjoy a little friendly competition!
See calendars on pages 6 & 7 for schedule.*

A few fun facts:

The game of **darts** has a long history and many different origin stories, but the modern game can be traced back to France in the 19th century. The French game, called fléchettes, which means "small arrows", involved throwing wooden darts with metal points and turkey feather flights at a target with concentric rings.

Ping pong, also known as table tennis, originated in Victorian England in the late 1800s as a leisure activity for the upper classes. The game was inspired by lawn tennis and adapted to be played indoors during the winter. Early players were creative with their equipment, using champagne corks as balls, cigar boxes as paddles, and books as nets. The game was originally called "whiff-whaff" and was played in parlors after dinner.

The origins of **billiards**, also known as pool, are unclear, but the game likely originated in the 14th century in France as an outdoor lawn game similar to croquet and golf. The game was popular with royalty and the upper class, and the earliest records of it date back to the 1340s. In the 15th century, the game became more popular in Northern Europe as wealthy nobles began playing. The game's popularity with the nobility is why it's still known as the "Noble Game of Billiards".

CREATIVE WRITERS GROUP SEEKS LEADER AND NEW PARTICIPANTS

The Creative Writers group at the O'Connor Senior Center is looking for someone to lead the class. They are also looking for new participants to join their group. Creative Writers meets on the 2nd and 4th Mondays of the month at 9:30 am at the Center.

We wish a fond farewell to longtime friend, teacher, and Creative Writers group leader, Barbara Stephens, for her 40+ years of dedication and service to older adults in our community.



[L to R] Caitlin Steele, O'Connor Center Program Coordinator, Barbara Stephens, Creative Writers group leader, and Dottie Lyvers, Office on Aging Director.

SENIOR CENTER OUTREACH

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

Carter Senior Center

September 25 - 9:30 am-11:30 am
October 23 - 10:30 am-12:30 pm

Corryton Senior Center

September 10 - 9:30 am-11:30 am
October 8 - 9:30 am-11:30 am

Halls Senior Center

September 16 - 10 am-12 pm
October 21 - 10 am-12 pm

Karns Senior Center

September 4 - 10:30 am-12:30 pm
October 2 - 10:30 am-12:30 pm

O'Connor Senior Center

September 19 - 10 am-12 pm
October 17 - 10 am-12 pm

South Senior Center

September 5 - 9:30 am-11:30 am
October 3 - 9:30 am-11:30 am

West Senior Center

September 9 - 9 am-11 am
October 7 - 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.

GRANDPARENTS AS PARENTS



Are you raising your grandchild or the child of a relative? You are not alone. Over 2.5 million grandparents are responsible for the care of their grandchildren. Grandparents as Parents (GAP) is committed to making a difference in the lives of relative caregivers and the youth they care for by encouraging and supporting, providing education and connecting them to valuable resources. There are no age or income requirements to join GAP. For more information, call 865-524-2786.

GRANDFAMILIES LUNCHEON

A Luncheon Honoring Relative Caregivers

Friday, September 27, 2024

11:30 am- 1:30 pm
O'Connor Senior Center
611 Winona Street
Knoxville, TN 37917

RESERVATIONS REQUIRED. CALL GAP AT 865-524-2786.

THE COUNCIL ON AGING PRESENTS SUICIDE AWARENESS & PREVENTION

with Scott Payne,
Contact Care Line

Thursday, September 12
2:30 pm
O'Connor Senior Center
611 Winona Street, 37921

Discussion will focus on Suicide Prevention Month, including risk signs for seniors and an introduction to resources that can offer support. Scott will talk about what happens in suicide crisis and how active listening can encourage someone to stay safe now and seek help for the future. Participants will learn about Contact Care Line and how we support our communities through training and support services.

Scott is the Manager for Outreach and Support for Contact Care Line. He does presentations on suicide prevention and support for those impacted by suicide loss. He attended The University of Tennessee and Vanderbilt Divinity School. He lives in Knoxville with Betsy, Alison, and a small pack of dogs.

THIS PROGRAM IS FREE AND OPEN TO THE PUBLIC!

Questions? Call 865-524-2786

GRANDPARENTS AS PARENTS

Holiday Toy 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 now through November 27th.

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 were 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.



Save the Date!



2025

Saturday, February 8, 2025

6:00 pm—9:30 pm

Rothchild Conference Center

8807 Kingston Pike, Knoxville, TN 37923

Watch for more information in the next issue of Elder News & Views.

O'Connor Senior Center's Annual Fundraiser

GOLF OPEN

Friday, September 27

Three Ridges Golf Course | 6101 Wise Springs Rd.



Registration & information at knoxseniors.org or call 865-524-2786

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

DO YOU NEED LEGAL SUPPORT?

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.

POWER OF THE PURSE

Power of the Purse will take place the evening of September 12 at the Rothchild Catering and Conference Center, featuring a purse and jewelry sale, amazing auction items, delicious food and drinks, and a fabulous fashion show. All proceeds help provide meals and safety checks for homebound seniors across Knox County. Tickets are \$40 for individual tickets and \$375 for a table of 10. For more information, visit knoxseniors.org or call 865-524-2786.



Mobile Meals

Power of the Purse[®]

Buy a Purse. Feed a Senior.

Thank you to our sponsors!



TENNESSEE
ORTHOPAEDIC
CLINICS



O'CONNOR CENTER'S SEPTEMBER & OCTOBER 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 Monday, September 2, for Labor 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 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 11:00am. 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 Tuesday and 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. 9/12 Dowell Springs. 9/26 Sycamore Loop, Urban Wilderness. 10/10 Neyland Drive and Vol Navy. 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. September 4, September 11, September 25, October 4 and October 23.

AARP Smart Driving Class: October 31 & November 1, 10:00 am-2:30 pm. As the nation's first driving course for people aged 50 and older, students participating in this 8-hour class will learn, laugh, and discuss many driving issues and challenges. The class will explore how we navigate changes in our roads, rules, vehicles, and ourselves. Students will learn smart strategies to evaluate and improve driving in normal and challenging situations. Each student will develop a personal plan for extending their years of safe driving and plan for independent mobility. In addition, students completing the course will receive a certificate to file with their insurance company to receive a discount on their automobile insurance! Call 865-689-5511 or email ncyellen@gmail.com to register.

Artist and Crafter's Window: October 9 at 11:00 am. 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 1pm. 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!

Carfit Checkup: September 20, 10:00 am -1:00 pm. Learn how to make your car "fit" you. This is an educational program developed by AAA, AARP and American Occupational Therapy Association. The checkup takes about 20 minutes. This is not a driving test or mechanical inspection. Call 865-523-

1135 to schedule your Carfit appointment.

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 at the 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

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

Continued on page 8

ELDER NEWS & VIEWS

SEPTEMBER 2024 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CENTER CLOSED</p> <p>HAPPY LABOR DAY</p> <p>2</p>	<p>3</p> <p>9:30 Singing Seniors 10:00 French 11:00 Italian 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing</p>	<p>4</p> <p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 11:00 Mahjong 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing</p>	<p>5</p> <p>9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar</p>	<p>6</p> <p>9:00 Wood Carvers 10:30 Silver Stage Players 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday</p>
<p>9</p> <p>9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: Wills & Estate Planning 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing</p>	<p>10</p> <p>9:30 Singing Seniors 10:00 French 11:00 Italian 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing</p>	<p>11</p> <p>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 SAIL Exercise 12:30 Texas Hold 'Em 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p>12</p> <p>9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar 2:30 Council on Aging</p>	<p>13</p> <p>9:00 Wood Carvers 10:30 Silver Stage Players 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday 1:00 Social (Ballroom) Dance 1:00 Dental BINGO</p>
<p>16</p> <p>10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: All About Feet 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing</p>	<p>17</p> <p>9:30 Singing Seniors 10:00 French 11:00 Italian 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing</p>	<p>18</p> <p>10:00 Beginner German 10:00 Qigong 10:30 Beginner Spanish 11:00 Mahjong 12:30 SAIL Exercise 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing</p>	<p>19</p> <p>9:00 Knitting & Crocheting 10:00 Q&A with SIR (see page 2) 10:00 Tai Chi Set Practice 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar 1:00 Seniors for Creative Learning</p>	<p>20</p> <p>9:00 Health Fair 10:00 Carfit Checkup 10:00 Wood Carvers 10:30 Silver Stage Players 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday</p>
<p>23</p> <p>9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi 12:30 SAIL Exercise 1:00 BINGO 1:00 Artists Trading Cards 1:30 Intermediate Line Dancing</p>	<p>24</p> <p>9:30 Beginner Sewing 9:30 Singing Seniors 10:00 French 11:00 Italian 11:30 Intermediate Sewing 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing</p>	<p>25</p> <p>9:00 Toenail Clipping Clinic 10:00 Beginner German 10:00 Qigong 10:30 Beginner Spanish 11:00 Mahjong 12:30 SAIL Exercise 12:30 Texas Hold 'Em 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p>26</p> <p>9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar 1:00 Seniors for Creative Learning</p>	<p>27</p> <p>9:00 Wood Carvers 10:30 Silver Stage Players 10:30 O'Connor Golf Open 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday</p>
<p>30</p> <p>10:00 Mahjong 10:00 Tai Chi 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing</p>				<p>SEPTEMBER IS SENIOR CENTER MONTH!</p>

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Billiards Room Open 8:30 Darts 9:00 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 Room Open 8:30 Darts 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 Room Open 8:30 Darts 10:00 Water Aerobics—at YMCA 10:00 Morning Painting 10:00 Quilting 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 Room Open 8:30 Darts 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 Room Open 8:30 Darts 9:00 Ping Pong 10:00 Water Aerobics—at YMCA 10:00 NEW! Mandolin (Begins 9/13) 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner 11:00 NEW! Violin (Begins 9/13)</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Singing Seniors 10:00 French 11:00 Italian 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	2 9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 11:00 Mahjong 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing	3 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar 1:00 Seniors for Creative Learning	4 9:00 Wood Carvers 10:30 Silver Stage Players 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday
7 10:00 Mahjong 10:00 Tai Chi 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing	8 9:30 Singing Seniors 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	9 10:00 Legal Aid of East TN— NEW! 10:00 Qigong 10:30 Beginner Spanish 11:00 Artists & Crafters Window 11:00 Mahjong 12:30 SAIL Exercise 12:30 Texas Hold 'Em 1:00 Genealogy 1:30 Beginner Line Dancing	10 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar 1:00 Seniors for Creative Learning 2:30 Council on Aging	11 9:00 Wood Carvers 10:30 Silver Stage Players 11:00 Advanced Spanish 12:00 Flower Lovers 1:00 Jam Band 1:00 Fun Film Friday 1:00 Social (Ballroom) Dance
14 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing	15 9:30 Singing Seniors 10:00 French 11:00 Italian 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	16 10:00 Qigong 10:30 Beginner Spanish 11:00 Mahjong 12:30 SAIL Exercise 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing	17 9:00 Knitting & Crocheting 10:00 Q&A with SIR (see page 2) 10:00 Tai Chi Set Practice 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar 1:00 Seniors for Creative Learning	18 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday
21 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: Vaccines for Seniors 12:30 SAIL Exercise 1:00 BINGO 1:30 Intermediate Line Dancing	22 9:30 Singing Seniors 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	23 9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beginner Spanish 11:00 Mahjong 12:30 SAIL Exercise 12:30 Texas Hold 'Em 1:00 Genealogy 1:30 Beginner Line Dancing	24 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar 1:00 Seniors for Creative Learning	25 9:00 Wood Carvers 10:30 Silver Stage Players 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday
28 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: CAC 60 Years 12:30 SAIL Exercise 1:00 Artists Trading Cards 1:00 BINGO 1:30 Intermediate Line Dancing	29 9:30 Singing Seniors 10:00 French 11:00 Italian 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Open Ballroom Dancing	30 10:00 Qigong 10:30 Beginner Spanish 11:00 Mahjong 12:30 SAIL Exercise 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing	31 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 AARP Smart Driving Class 12:00 Seniors for Creative Learning 12:30 Cards & Games 12:30 SAIL Exercise 1:00 Beginner Guitar	AARP Smart Driving Class October 31st & November 1st from 10am—2:30pm.

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 8:30 Darts 9:00 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	8:30 Billiards Room Open 8:30 Darts 9:30 Beginner Sewing 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 12:30 Intermediate Sewing TECH TUTORING BY APPOINTMENT	8:30 Billiards Room Open 8:30 Darts 10:00 Beginner German 10:00 Water Aerobics—at YMCA 10:00 Morning Painting 10:00 Quilting 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	8:30 Billiards Room Open 9:00 Ping Pong 8:30 Darts 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 11:00 Dine-A-Mite Diner TECH TUTORING BY APPOINTMENT	8:30 Billiards Room Open 8:30 Darts 9:00 Ping Pong 10:00 Water Aerobics—at YMCA 10:00 Mandolin 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner 11:00 Violin

Continued from page 5**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.

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.

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 11:00am – 1:00pm. 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. First meeting back will be September 3rd. Enjoy expanding your French vocabulary! Oui? Peut-être? Call the Center for more information.

German (Beginner): Wednesday at 10:00 am beginning September 18th.

Golf Tournament: The O'Connor Center Golf Tournament 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)-NEW!: 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.

Health Fair. September 20, 9:00 am-12:00 pm- KICK OFF TO GOOD HEALTH – Join us for our annual Health Fair! Complimentary screenings and health information. Knox County Health Department will be doing balance screenings. Walgreens will administer flu shots. Call 865-523-1135 to schedule an appointment for a balance screening and your flu shot.

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're 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 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 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 September 11 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.

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.

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 to express interest and learn more about how to apply.

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.**
- **September 9 - Wills & Estate Planning**
- Join Amy Hess as she talks about the Homer A. Jones Jr. Wills clinic at the UT College of Law. The clinic provides free estate planning services to those who meet certain financial criteria.
- **September 16 - All About Feet**
- Dr. Kendal Ritchey, from Heelex Podiatry, will talk about common foot problems, causes and how to treat them.
- **October 21 - Vaccines for Seniors**
- Vaccines are an important step in protecting your health. Jay Wyrick, RPH, from Walgreens will discuss the vaccines that older adults should consider to prevent certain diseases.
- **October 28 - CAC Celebrates 60 Years!**
- Barbara Kelly, Executive Director of CAC, will share the 60 year history of Community Action! Please join us for this interesting 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 June and July 2024.

MOBILE MEALS

Anonymous*(8)
 Anonymous (6)
 Allan & Donna Ellstrom
 Alvin Dziurzynski*
 Ann Payne*
 Arlie & Kathleen Henry
 Barbara Abner*
 Beaver Creek Cumberland
 Presbyterian Church*
 Bob Andres*
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 Sharon Anderson
 Susan Fowlkes
 Susanne White*
 Ted and Carla Hatfield
 Teresa Fisher
 Terry Pearson
 The Kroger Co.
 W & G Stewart*
 Washington Presbyterian Church

MOBILE MEALS IN HONOR

In Honor of June Trbovich
 By Anna Haese*
In Honor of DeWayne Gibson
 By Rebecca Walden
In Honor of Eula H. Baker
 By Douglas McNeil

MOBILE MEALS IN MEMORY

In Memory of Robert D Hall
 By Thomas, Gordon & Nancy

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)
 Care Around the Block
 Daniel & Lavonda Cantrell
 Interfaith Dental Clinic Inc
 Ms. Rhonda Dunn*
 Quality Private Duty Care Inc
 Rose Burgett*
 Seann Gloss*
 Senior Helpers Knoxville
 Susan Cowden

DAILY LIVING CENTER

Monica Franklin*

O'CONNOR SENIOR CENTER

Anonymous
 Anne McIntyre
 Estate of Ronald G. Wyrick

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

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 Amanda Atkins*
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 Caitlin Rogers
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 Daughters of the British Empire
 Donna Conner
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 Pam Kelley
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 Stephanie Manson
 Stephen Horrocks
 Stephen Oliver*
 Susan Gennoe
 Tammy Mersino

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

In Memory of All of my pets who have crossed the rainbow bridge.
 By Brenda Wyatt
In Memory of Judy McCarthy
 By Monica Franklin*
In Memory of Willie Mae Sharpe
 By Tasha Blakney

SENIOR COMPANION PROGRAM

Anonymous
 Monica Franklin*

FOSTER GRANDPARENT PROGRAM

Wesley House Community Center
 Brickey McCloud Elementary
 SHADES of Development
 YMCA of East Tennessee

SENIOR INFORMATION & REFERRAL

David & Susan Long

*Denotes monthly recurring donors

Continued from page 8

Ping Pong: Mondays, Thursdays and Fridays at 9:00am. Join us for an active and fun game of table tennis! Beginners and experts are all welcome. We'll 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. Cost for the 2024 Fall series is \$40 for one person and \$65 for a couple. Workshops will run Tuesdays & Thursdays from September 17, 2024 – October 31, 2024.

Silver Stage Players: Fridays at 10:30 am. First meeting of the fall season is September 6. 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.

Singing Seniors: Tuesdays at 9:30am, returning September 3rd. We are delighted to be welcoming back 70+ choir members back to the center! Keep a look out in upcoming newsletters for our upcoming concert schedule in the fall. For questions, please call us at 865-523-1135.

Spanish:

Beginner – Wednesdays at 10:30am. 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 11:00am. Class is conversational.

Sewing: Every Tuesday beginning September 24. Learn machine sewing techniques on small, easy, and useful crafts in this instructed sewing class. Beginners welcome! Space is limited; please call to reserve a spot or express interest!

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 12:30pm. 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.

WE WANT TO HEAR FROM YOU!

Please complete the CAC client satisfaction survey

Do you have feedback on how we could make your experience even better? Is there someone who went above and beyond that you want to give a shout? Do you want to recognize the importance of a particular program? Please take 5 minutes to answer a 10-question survey. There are three ways you can complete the survey: in-person at one of our facilities, online by visiting the CAC website home-page at www.knoxcac.org, or you can use a cell phone camera to link to the survey using a QR Code.



THE CAC - RETIRED & SENIOR VOLUNTEER PROGRAM PRESENTS:

2024 SENIOR SAFETY SUMMIT

EMERGENCY PREPAREDNESS FOR
WEATHER DISASTERS

LOCAL EMERGENCY ORGANIZATIONS WILL BE PRESENT TO
SHARE INFORMATION AND RESOURCES TO BE PREPARED!

FRIDAY, SEPTEMBER 6, 2024
10AM - 12PM

O'CONNOR SENIOR CENTER
611 WINONA ST, KNOXVILLE, TN

 **AmeriCorps Seniors**

 **CAC** Community Action Committee
OFFICE ON AGING



CAC CELEBRATES 60 YEARS OF HELPING PEOPLE & CHANGING LIVES

PROMISE OF COMMUNITY ACTION

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live.

We care about the entire community and we are dedicated to helping people help themselves and each other.

MISSION

CAC helps people of all ages thrive by promoting a spirit of hope, delivering quality services, and building effective community partnerships at all levels.

COMMITMENT

We strive to promote a culture that encourages, supports, and celebrates inclusivity. We value the individual lives of our clients, employees, volunteers, and partners. We are committed to fostering a community where everyone can thrive.

Everyone is welcome.

CAC: Helping People. Changing Lives.

COMING SPRING 2025!

The Office on Aging's SENIOR SERVICE DIRECTORY 24th edition

Interested in advertising? Call us at 865-524-2786

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

knox00a@knoxseniors.org • www.knoxseniors.org

EDITOR

Rachel Kraft

Drivers Needed!

"It's More Than Just a Ride"



The Volunteer Assisted Transportation Program provides one-on-one transportation assistance to Knox County seniors and people with disabilities.

Become a Volunteer Driver!

- Gas and vehicle are provided
- You can choose your own schedule by deciding how much you want to drive
- Provide support with mobility aids
- Help with paperwork
- Stay with client at destinations

If you are interested in volunteering as a driver, please complete an application at www.knoxseniors.org/vat/.

You can also reach VAT at:
865-673-5001
vat@cactrans.org

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, September 23
2:00 pm - 4:00 pm

O'CONNOR SENIOR CENTER
611 Winona St.
Tuesday, September 24
11:00 am - 1:00 pm

MOBILE MEALS KITCHEN/ MALCOLM MARTIN PARK
1747 Reynolds St.
Tuesday, September 24
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.

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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THE COUNCIL ON AGING & SENIORS FOR CREATIVE LEARNING PRESENT

BE4 STAGE 4

with Ben Harrington and Sara O'Brien

THURSDAY, OCTOBER 10 | 2:30 PM

O'CONNOR SENIOR CENTER (611 WINONA ST.)

Presenters will discuss mental health consequences of Covid-19 and the need to intervene early before stage 4 mental illness. You will learn the best ways to identify if you or another needs help and how to communicate concerns; and how conditions frequently co-occur with others and impact health and wellbeing.

Ben Harrington is the CEO of the Mental Health Association of East Tennessee where he has served as the CEO for 30 years. The agency has grown dramatically to provide early intervention and client services. The newest program is the Co-Occurring Disorders Outreach Program. Sara O'Brien is the Co-Occurring Disorders Outreach Program Coordinator.

This program is free and open to the public!

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!

Any older adult or retiree group, community organization, or agency providing services to older people as well as any adult interested in older adult issues in Knoxville or Knox County is eligible for membership. There are no dues or membership fees.

An elected Executive Committee handles the council business, but members have a voice at general meetings and vote on all important issues. The council meeting is held on the second Thursday of each month (except for July and August) at the O'Connor Center.

**Call 865-524-2786 for more information
or to become a member.**