

A Winter Tradition:

SCP Snowflake Ball, Feb. 4

The holidays are over and winter has set in, but the **Snowflake Ball**, hosted by the Senior Companion Program, is a wintertime event worth getting dressed up and going out for. This annual fundraiser dance has become a winter tradition in Knoxville. This year, the Snowflake Ball will be on **Saturday, February 4, from 6:00 p.m. to 9:00 p.m.** at the Kerbela Temple, 315 Mimosa Avenue.

Dance and enjoy the sounds of the Ensemble Swing Time Band. This is a black-tie optional event with dinner provided by B&G Catering. Tickets cost \$50 each with an early bird special of

\$40 if purchased before January 20th and are available from the Office on Aging or by calling Covenant Senior Health at (865) 541-4500.

“This year's Snowflake Ball will be a night to remember,” said Deisha Finley, manager of the Senior Corps programs. “Come enjoy great food, live music, wonderful company, and dance the night away. You can

SENIOR COMPANION SNOWFLAKE BALL

Date: Saturday, February 4*

Time: 6:00 p.m. to 9:00 p.m.

Place: Kerbela Temple, 315 Mimosa Avenue

Ticket cost: Early Bird Special \$40 per person before January 20

\$50 per person at the door

Call 541-4500 to order tickets by phone.

*Snow date: March 25



Virginia Anagnost, CAC Board Chair, and George Kaousias enjoying a brief break at Snowflake Ball 2016.

come alone and make new friends, bring your dancing partner, or make it a friends night out.” Come prepared to bid on enticing silent auction items such as restaurant gift cards, gourmet baskets, art, electronics, and more. For the second year in a row, a special someone will be crowned Snowflake Ball King and Queen.

The Senior Companion Program provides assistance in the homes of frail, homebound persons at no charge. There are currently 85 Senior Companion volunteers in the Knox County program serving over 200

SNOWFLAKE BALL, CONTINUED ON PG. 4



PROVIDE HEATERS THIS WINTER

Project LIVE is an Office on Aging program that serves seniors with the goal of keeping them in their own homes. Many Project LIVE clients do not have working heating units. The program is requesting donations of new or “gently used” (like new) portable heaters of the ceramic type or electric oil-filled radiant type (that look like radiators but are portable, electric, and safe for seniors).

The program also accepts monetary donations toward the

purchase of senior-safe portable heaters. Don't let older adults go without heat this winter.

Please contact Melinda Bryant at 865-524-2786 or melinda.bryant@knoxseniors.org for more information. Donations of heaters can be brought to the Office on Aging at the L.T. Ross building, 2247 Western Avenue, Knoxville. Financial donations should be mailed to the Office on Aging, P.O. Box 51650, Knoxville TN 37950-1650. ■

HEARTFELT THANKS TO ESF, SUBARU, OTHERS WHO BRIGHTENED SENIORS' HOLIDAYS

The Office on Aging staff wishes to thank all of those who gave so generously to its programs during the holiday season. "So many people and organizations gave that it would be impossible to mention them all," said Susan Long, director of the Office on Aging. "We received a variety of blankets, cards, decorations, and gifts for all of the recipients of Mobile Meals," she said. "We especially want to thank Grayson Subaru and its Share the Love campaign, which collected gifts for Mobile Meals."

Gifts were donated by faith-based groups, scout troops, local businesses, civic organizations, student and school groups, and senior centers and retirees' groups. "Many of the donations come from private individuals throughout the community who have a heart for seniors who are alone during the holidays," Long said.

The Empty Stocking Fund (ESF) distributed 3,500 baskets of food and gifts to people in the community in 2016. Because the seniors served by the Mobile Meals program are unable to prepare their own meals, they cannot use the traditional ESF baskets. To provide for the seniors



in our community, 20 years ago, the ESF began giving enough money to the Mobile Meals program to provide all of the Mobile Meals between Thanksgiving and Christmas. For this last holiday season, that was \$65,076 for 19,140 meals—a savings which will make it possible for the program to feed 74 additional seniors in 2017. ■

GRANDPARENTS AS PARENTS (GAP) IS GROWING



Grandparents as Parents (GAP) holds monthly meetings at 10 a.m. on the last Tuesday of each month at the L.T. Ross Building, 2247 Western Avenue, 37921. Participants learn from guest speakers and from the experiences of other members of the group. These meetings are open to the public, to anyone interested in the topic, and to people who work in any role as or with relative caregivers.

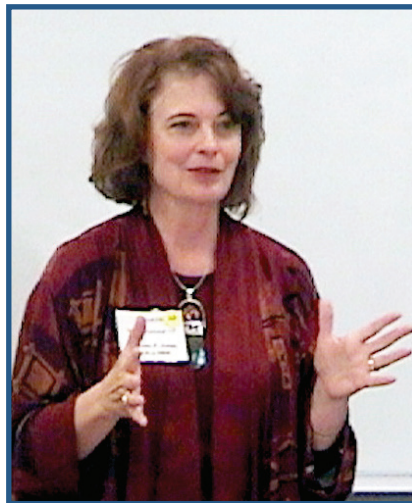
Please call GAP for information about the program for each month or to be put on the mailing list. If you plan to attend, please RSVP by calling the Office on Aging front desk at (865) 524-2786.

The CAC Office on Aging was recently awarded a grant from Trinity Foundation that it will use to begin an evening support group for relative caregivers who are unable to attend the morning meetings. This evening group will include childcare, meals, and an informative program.

Please call GAP or go to www.knoxseniors.org/grandparents.html to learn more. ■

MUSIC AS MEDICINE

Are you suffering from conditions or illnesses that persist, no matter how many lifestyle changes you make or how many physicians you see? For example, perhaps you are extremely stressed and don't know how to get relief. If so, plan to join guest speaker Suzanne Jonas as she addresses the Council on Aging on **February 9, at 2:30 p.m., at the O'Connor Senior Center.**



Jonas will explain the thought behind music and musical medicine. Musical medicine is devoted to bringing the healing and focusing energies of music and sound to everyone. Humans have been using sound to access deeper states of consciousness, expand awareness, and heal the body for thousands of years. Today, with specialized technology, we can observe the effects of sound on the human body and brain. Academic research has explored many responses to sound and discovered profound changes that occur on the physical and emotional levels.

Jonas is a musician, behavioral medicine psychologist, and sound therapist who has worked in the field of sound and music therapies for more than 25 years. She has written books and articles about her research on the effects of music and sound, and she has produced health recordings that are used in hospitals across the U.S. She trains educators and health professionals on how to use music and sound to increase productivity, creativity, and health, and to decrease stress symptoms.

Please mark your calendars and join us on February 9 for an enlightening discussion about sound and music therapy.

Refreshments will be provided by Senior Helpers. ■

Knoxville-Knox County
KCOA
COUNCIL ON AGING

FEBRUARY MEETING

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

PANCAKE FEST SLATED FOR MARCH 3

SAVE THE DATE! The O'Connor Senior Center's **Annual Pancake Fest** will be held on **Friday, March 3**. This longtime tradition is much more than just an all-you-can-eat pancake meal. It's an extravaganza that includes **entertainment, a craft & gift fair, and informational resource booths**. Come in to eat, and enjoy all of the other goings-on at the Center! In a hurry? Call ahead to order Pancakes-To-Go for your whole crew and be on your way! **Meet** local celebrities—they might even be flipping your pancakes! Live broadcasts from local radio and TV stations onsite. All of this for just \$5! Everyone, of any age, welcome.



THROUGHOUT THE SEASONS, ONE CALL CLUB DOES IT ALL

The One Call Club serves people of all ages in Knox County. Membership costs just \$50 each year, and for that, members get the peace of mind that they are one phone call away from the services they need, whether it's shoveling snow or mowing yards, repairing heating units or getting air-conditioners back online, or providing home health services when needed. The club provides referrals for more services than just household repairs and maintenance. Members can get services for their computers, cars, pets, and more.

The program provides referrals to vendors who have been carefully screened so that members can be confident that they are receiving the best service and not being scammed. In addition, One Call members often get significant discounts.

Join now for just \$50. One Call really does it all: (865) 595-3006. ■

SNOWFLAKE BALL, CONTINUED FROM P. 1

individuals, but demand for Senior Companions, who are volunteers, always exceeds supply, with more than 230 older adults waiting for a companion. Community donations allow the program to train and place more Companions. If you or someone you know is interested

in becoming a Senior Companion, call the program at 524-2786 for information.

The Snowflake Ball is sponsored by area businesses and organizations. A special thanks to our local sponsors this year!

PLATINUM SPONSORS

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

Choices in Senior Care is a Care Management company whose mission is to empower individuals and families to enhance well-being by providing compassionate care, advocacy, and navigation through the aging process. We are passionate about "helping

people age well"! For more information visit choicesinseniorcare.com

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

GOLD SPONSORS

Alzheimer's Tennessee, Inc.
Lifecare Center of Blount County
Mac's Pharmacy
Monica Franklin & Associates Elder Law
Summit View

SILVER SPONSORS

Amedisys Home Health and Hospice
Home Helpers of East TN

JP Mackay with Edward Jones
NHC Farragut Assisted Living and Healthcare
Prosperity Pointe Assisted Living
Raintree Terrace and Maple Court
Senior Living
Smoky Mountain Hospice

BRONZE SPONSORS

Advanced Massage & Bodywork
Avalon Hospice
East TN Personal Care Service
Homewatch CareGivers
Humana
Long, Ragsdale and Waters, P.C.
Senior Solutions Management Group
UnitedHealthcare Community Plan

NO SENIOR SHOULD BE ALONE AND HUNGRY

Mobile Meals relies on the generosity of friends in the community to provide nourishing meals and vital human companionship each Monday through Friday to 900 homebound older residents of Knoxville and Knox County. The daily delivery not only provides nutritious food, but a wellness check that sometimes saves a life.

Our need continues to grow because people are living longer, with limited access to good, healthful meals. This expansion increases the cost of food, delivery, needs assessments, and program supplies. Support from the community helps us to continue to serve more men and women in all areas of the county even though our government funding has not kept pace with the growth of the senior population.

By using our resources wisely, we can provide meals to a senior for an entire year for \$884—less than the cost of one day in a hospital or of one week in a nursing home. One month of meals costs only \$74. Mobile Meals is a bargain for our community. **Can we count on your support?** Please give as you can afford—hungry seniors are counting on you. You can donate online at www.knoxseniors.org or send a check to Mobile Meals, PO Box 51650, Knoxville TN 37950-1650. Please call us at (865) 524-2786 if you have questions or need help making a donation.

Remember that every dollar you contribute will be used for the preparation and delivery of meals to our most vulnerable neighbors. We have no development or fundraising staff who have to be paid out of contributions. ■



O'CONNOR CENTER SCHEDULE - JANUARY/FEBRUARY

For more information about any program, or to register for programs, contact us: 865-523-1135 or occonnor@occonnorcenter.org
The O'Connor Center is located at 611 Winona Street, Knoxville, Tennessee.

The O'Connor Center will be closed
Monday, January 2, for the New Year Holiday
Monday, January 16,
for Martin Luther King, Jr., Day
Monday, February 20, for Presidents Day

Happy New Year! Get a jump start on meeting those New Year's resolutions here at the O'Connor Center. We have a broad range of programs that are sure to help you find new talents and passions or rediscover old ones! O'Connor is happy to start a new year full of educational and fun activities for seniors in Knoxville and Knox County. Come by today or call for further information on any activities.

**SAVE THE DATE: FRIDAY, MARCH 3 -
PANCAKE FEST, 7:00 AM - 1:00 PM**

JANUARY/FEBRUARY PROGRAMS

AARP Driver Safety Program: The Smart Driver Course will be offered Thursday and Friday, January 26 & 27. Please call Carolyn Rambo at 382-5822 for info and to register for this two-day refresher course.

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

Ask-A-Pharmacist: Jay Wyrick will be available to answer questions related to medications.

Belly Dance: Wednesdays. Join Rusty and the dancers as they work on their core muscles while having a ton of fun.

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

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

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

Camera Club: Wednesday, January 18. Learn techniques from photojournalist Shawn Poynter.

Cards and Games: Thursdays. Come and join

the game of the day!

Creative Endeavors. Monday, January 9 & February 6. Newcomers always welcome to join this group that provides opportunities to enhance, develop, and advance the creative endeavors of seniors, as well as to offer educational and promotional opportunities to support these goals.

Creative Writers Workshop: 2nd and 4th Mondays. Join Barbara Stephens who lends encouragement and direction to others who enjoy writing.

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

Diabetic Sweet Spot: January 13 and February 10. Group education, discussion, and support provided and sponsored by Mac's Pharmacy.

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

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

Genealogy Group: Wednesdays, January 11 & 18 and February 1 & 15. Two expert genealogists lead an ongoing class in research methods, techniques, and the many online resources used to establish a definitive 15-generation family tree. This class covers all cultures and resources available worldwide. Newcomers welcome.

Gift Shop: Open Monday-Thursday from 10 am-2 pm and Friday from 10 am - 12 pm. Items for sale include handmade/handcrafted treasures provided by Gift Shop members. New crafters are invited to join; call for details. The yearly membership fee is only \$10.

Greenhouse: On Tuesdays and Fridays, those who have "green thumbs" are welcome to lend a hand!

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

January 12 Gatlinburg Trail, 4-mile hike
January 19 Dyllis Orchard, Oak Ridge, 6-mile hike
January 26 Old Sugarland to Cherokee Orchard Blvd, 8-mile hike
February 9 Forks of the River
February 16 East Lakeshore Trails, Tellico, 6-mile hike
February 23 IC King Park, 6-mile hike

Happy Hikers/Thursday Walkers: Walks are less difficult than hikes and are open to anyone. Call Joyce Dukes at 525-2540 for additional information. Walks vary but usually are no more than 2 miles. See the *Weekly Update* for info.

Harrah's Trip: Tuesday, January 3. Call Frankie at 525-1475 for trip information. Light refreshments are available at 7:30 am with departure promptly at 8:00 am. Cost is \$35/person.

Health & Humor: Wednesdays. **Stress relief from laughter? It's no joke!** When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered—join Nurse Claudia for a time to laugh and enjoy the fellowship!

Hearing Screening and Hearing Aids Cleaned and Checked: January 3 and February 7. Basic hearing screening available as well as hearing aids cleaned/checked by a Beltone representative.

Internet Café: Open daily. Drop in and enjoy today's tools of communication—and cable TV as well! Dr. Ron will be available for computer "questions and answers" on Tuesdays and Thursdays, 10:30 am to 3:30 pm.








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

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

Legal Assistance: Call 637-0484 to schedule an appointment for free legal services for seniors.

Loss & Life Changes Support Group: Mondays. The top ten stressful events listed on the original Holmes-Rahe Life Stress Inventory are: *death of a spouse, divorce, marital separation, jail term, death of a close relative, injury or illness, marriage, loss of job, marriage reconciliation, and retirement.*

JANUARY 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>CENTER CLOSED</p> 	<p>8:00 Harrah's Trip 12:00 Hearing Screening/ Hearing Aids Cleaned & Checked 1:30 Tea Dance</p>		<p>10:00 Thursday Walkers</p> 	
<p>10:00 iPad/iPhone Basics 12:00 Lunch & Learn 12:30 Android/Galaxy Basics 1:00 Creative Writers</p>	<p>10:00 iPad/iPhone Basics 12:30 Android/Galaxy Basics</p>	<p>10:00 Facebook Class 12:30 Awesome Apps for Apple & Android 1:00 Genealogy Class</p>	<p>9:00 Tai Chi Open House 10:00 Happy Hikers & Thursday Walkers 2:30 Council on Aging meeting</p>	<p>10:00 Diabetic Sweet Spot FINAL day to register for Singing Seniors</p>
				<p>7:00 Winter Wonderland Dance</p> 
<p> CENTER CLOSED</p>		<p>9:00 Advisory Board 9:00 Toenail Clipping 10:00 Camera Club 1:00 Genealogy Class</p>	<p>10:00 Happy Hikers & Thursday Walkers 2:00 With Hope in Mind</p>	<p>7:00 pm DJ DANCE</p> 
<p>9:00 Legal Assistance 9:30 Creative Writers 10:00 iPad/iPhone Adv Class 12:00 Lunch & Learn 12:30 Android/Galaxy Adv Class</p>	<p>10:00 iPad/iPhone Advanced Class 12:30 Android/Galaxy Advanced Class</p>	<p>1:00 Genealogy Class</p> 	<p>10:00 Happy Hikers and Thursday Walkers 12:00 AARP Driver Safety</p>	<p>12:00 AARP Driver Safety</p> 
				<p>Billiards Room Open Monday-Friday 8:30 am-4:30 pm</p>

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45 Advanced Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance</p>	<p>9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 French 10:00 Party Bridge 10:00 Tai Chi Set Practice 10:00 Water Aerobics 11:00 Advanced Arthritis Foundation Exercise 11:00 Italian 11:30 Washable Oils Painting 1:00 Cribbage & Table Games 1:00 Forever Young Ensemble 1:30 Afternoon Dancing</p>	<p>8:30 Open Painting 8:45 Advanced Senior Cardio 9:00 Cadet Band Practice 9:00 Piano Lessons 10:00 Advanced Painting 10:00 Concert Band Practice 10:00 Party Bridge 10:00 Water Aerobics 12:00 Brain Games 12:15 Health & Humor 12:30 Beginner Painting 12:30 Belly Dance 1:30 Beg. Beg. Line Dance 2:00 Beginning Line Dance</p>	<p>8:30 Blood Glucose Checks 9:00 Knitting & Crocheting 9:00 Piano Lessons 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 Cards & Brain Games 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 11:00 Advanced Arthritis Foundation Exercise</p>	<p>8:45 Advanced Senior Cardio 9:00 Woodcarving 10:00 Spanish 10:00 Water Aerobics 12:30 Fun Film Friday 1:00 Jam Session</p>

FEBRUARY 2017 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
BLOOD PRESSURE CHECKS DAILY 10:30-11:30		1 9:00 Toenail Clipping 1:00 Genealogy Class	2 9:00 Happy Hikers Annual Meeting 10:00 Thursday Walkers	3 11:00 Silver Stage Players 
6 9:00 Legal Assistance	7 9:00 Quilting Group 12:00 Hearing Screening/ Hearing Aids Cleaned & Checked 1:30 Tea Dance	8 9:00 Tax Assistance 10:00 Awesome Apps for Apple & Android 12:30 Facebook Class	9 10:00 Ask A Pharmacist 10:00 Happy Hikers & Thursday Walkers 2:30 Council on Aging meeting	10 10:00 Diabetic Sweet Spot 11 <i>Valentines Dance</i> 
13 9:30 Creative Writers 12:00 Lunch & Learn 	14 9:45 Singing Seniors First Rehearsal	15 9:00 Tax Assistance 9:00 Toenail Clipping 9:00 Piano Lessons 1:00 Genealogy Class	16 10:00 Happy Hikers & Thursday Walkers 9:00 Piano Lessons 2:00 With Hope in Mind	17 7:00 PM DJ Dance 
20 CENTER CLOSED 	21	22 9:00 Tax Assistance 9:00 Piano Lessons	23 9:00 Piano Lessons 10:00 Happy Hikers & Thursday Walkers	24
27 9:30 Creative Writers 12:00 Lunch & Learn	28			Pancake Fest Friday, March 3! 7 am-1 pm See page 11 for details.

RECURRING WEEKLY EVENTS

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

O'CONNOR, CONTINUED FROM P. 5

Pat Green with Tennova Hospice listens to concerns and offers encouragement to folks dealing with the many changes that occur in life.

Low Vision Group: The O'Connor Center is happy to have the involvement of our Low Vision Group. New members are always welcome. Call the Center today to find out more about getting involved.

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

January 9, When In Doubt, Throw It Out!

Shanthi Appelo, a nutritionist from the Knox County Health Department, will teach about food safety: general tips, proper temperature for hot and cold foods, expiration dates, and how long food can be stored in the pantry, fridge, and freezer.

January 23, It Happened Around Here! Join Gerald and Sandra Augustus as they share information about the Civil War in Knoxville and the surrounding area.

February 13, "Lub" "Dub" Goes Our Heart. Join Hope Sellars, nurse practitioner with University Cardiology, UT Medical Center, as she discusses basic anatomy and function of the heart.

February 27, Enhance Your Life! Jeff Olsen, from Riggs Pharmacy, will be here to discuss equipment and supplies that will make self-care easier and safer! Riggs Hospital Supplies will provide a complimentary lunch for *those who preregister*.

O'Connor Center Band (Cadet for Beginners/ Concert for Advanced) Wednesdays. Band Director Linda Edwards provides encouragement and direction to newcomers and pros alike! No experience is necessary and newcomers are

welcome! Some instruments are available. Gently used instruments can be donated to the Center for a tax deduction.

Painting (Advanced and Beginner):

Wednesdays. Instructor: Ann Birdwell. New 10-week lesson series beginning January 4; cost is \$40. Newcomers welcome. Preregistration required.

Painting (Washable Oils): Tuesdays. Instructor: Liberty Gialelis. New 5-week session begins January 10; cost is \$20. Beginners and newcomers welcome. Call for information.

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

Piano Lessons: Wednesdays and Thursdays. New 10-week lesson series will begin in February. *Student must have a piano or keyboard to practice on.* Cost includes a materials fee for the music and a \$5.00 weekly donation; space is limited.

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

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

Silver Stage Players: Classes resume Friday, February 3. Call for information if you are interested in participating in the next production.

Singing Seniors: January 13 will be the last day to sign up for participation in the Spring 2017 chorus. Please contact Joe Atkins at 865-805-6066 to join this group. Rehearsals begin Tuesday, February 14.

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

Taoist Tai Chi Classes and Practice: Open House on Thursday, January 12. Everyone is welcome to participate, regardless of level of involvement. Recent studies show that Tai Chi helps to improve balance and coordination while improving both mental and physical health.

Texas Hold'em: Fun for both experienced and inexperienced card players. Cost is \$2/class.

Toenail Clipping by Appointment Only on January 18, February 1, and February 15. Please call 523-1135 to schedule an appointment with Kelli.

Veterans Services: January 9 and February 13. Counselor available to answer questions.

Water Aerobics: Monday-Friday classes are held at the Cansler Family YMCA. Please come to the O'Connor Center to complete paperwork and to sign in prior to beginning class. Cost is \$2/class.

With Hope in Mind/ National Alliance on Mental Illness (NAMI): Thursday, January 19 and February 16. Support group for families dealing with various mental illnesses. Contact Gerald Segroves at 523-7284.

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

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

Dance Classes – Cost is \$2/Class

Beginner-Beginner Line Dance, Wednesdays. 4-week sessions for true beginners.

Beginners Line Dance, Wednesdays. For beginners with some experience.

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

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

Dances – Cost varies per dance.

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

Tea Dance: First Tuesdays, January 3 and February 7. Good music, fellowship, and refreshments.

3rd Friday Night Dances w/Refreshments: January 20 and February 17. "ALL TYPE" dance with a special DJ from Pro-Audio Mobile DJs; great music and refreshments!

Saturday Night Ballroom Dances w/Refreshments: January 14, Russell Ramsay Band; February 11, Mood Swing Band. Cost: \$10/Dance Club Members; \$15/Nonmembers.

O'CONNOR, CONTINUED FROM P. 8

SENIOR SAVVY COMPUTER CLASSES - PLEASE PRE-REGISTER AND PRE-PAY
Computers, as well as some iPads, tablets, etc., are available; please indicate need when registering.

iPad/iPhone Basics Class:

\$25 for the 2-day class
 Mon-Tues, January 9 & 10, 10:00 am to noon

Android/Galaxy Basics Class:

\$25 for the 2-day class
 Mon-Tues, January 9 & 10, 12:30 pm to 2:30 pm

Intro to Facebook Class:

\$15 for the 1-day class
 Wed, January 11, 10:00 am to noon

Awesome Apps:

\$15 for the 1-day class
 Wed, January 11, 12:30 pm to 2:30 pm

Learn how to download, install, and manage (including how to find, delete, and organize) some of the most popular apps used today.
 For Apple and Android

iPad/iPhone Adv Class:

\$25 for the 2-day class
 Mon-Tues, January 23 & 24, 10:00 am to noon

Android/Galaxy Adv Class:

\$25 for the 2-day class
 Mon-Tues, January 23 & 24, 12:30 pm to 2:30 pm

Intro to Facebook Class:

\$15 for the 1-day class
 Wed, February 8, 12:30 pm to 2:30 pm

Awesome Apps:

\$15 for the 1-day class
 Wed, February 8, 10:00 am to noon
 For Apple and Android

Opportunity for "Q & A in the Internet Café" with Dr. Ron Dickerson on Tuesday and Thursday afternoons.

OCTOBER & NOVEMBER 2016 OOA CONTRIBUTIONS

CAREER CLOSET

Robert & Kristie Pelton

CONNECTING HEARTS

Charles & Kimberly Cerny
 Food Drive

FEED A PET

Anonymous (2)
 Julia Brelsford
 Diana Horner
 Peter & Fawn Landrum
 Roger & Sigrid Miller
 Steve & Linda Oliver
 Martha Rosson
 Judy Scarbro
In Memory of James S. Bennett
 Marjorie Bennett Stephens
In Memory of Louise Musgrove
 E. Streets
In Memory of Mary Newton
 Roxane Bowman
In Memory of Billie & Allan

Petree

Debra Petree

KNOX PAWS

Mary Warden
In Memory of Jack Eschman
 Cribbage Group at O'Connor
 Deedra Glenn
 John Rozek
 Lauri Wingle
In Honor of Carol Harold's
Birthday
 Carolyn Scott
In Memory of Princess Shorty
 Scott
 Carol Harold

MOBILE MEALS

Glen Anderson
 Colonial Heights United
 Methodist Church, J. Ray
 Stuart Sunday School Class
 James & Brooksie Cox
 Timothy Cutshaw

Jerry & Cindy Eisele

Dr. Robert Gentry

Catherine Getty

Pam Lovell

Debbie Lowe

David McCormick

Oakwood Baptist Church,
 Homemaker's Sunday School
 Class

Lewis M. Patterson

John & Patricia Riblett

John & Beth Smith

Smithwood Baptist Church,
 Joy Class

Shirley Sturm

Webb School of Knoxville

David & Carolyn Wells

In Memory or Honor

In Memory of Betty Bacon
 Rubye Rucker
 Patrick & Sherry Wagner
In Memory of Leila Brown

Norma Velasco

In Memory of Tucker Childers

Education of Young Children

Joey McPeak

William & Cathy Youmans

In Honor of Family

Norma Peterson

In Memory of Alex Harkness

Kimberly Sheldon

In Memory or Evelyn Jiffries

Craig & Rhonda Covert

In Memory of Helen Lofaro

Linda Lange & Steve Ahillen

Petty Margo

Carroll Minor

Richard & Debra Rose

In Memory of Ray M.

Rutherford

Barbara Rutherford

In Memory of Louis Thacker

Betty Ann Lewis

Jennifer Pratt

In Honor of Billy Webb

Joanna S. Venable

In Memory of Bill Williamson

Anonymous

PROJECT LIVE

Charles S. Dudley

Sam Bell

RSVP

Alzheimer's Association
 Chef Maurice & Company
 Catering & Cafe'
 Rachel Frazier
 Larry & Susan Hutsell

**SENIOR COMMUNITY SERVICE
 EMPLOYMENT PROGRAM**

Dura-Line Corporation
 Kelly Services
 People Ready
 Ann Young

ADOPT-A-SENIOR SPONSORS OCTOBER & NOVEMBER 2016 DONATIONS

Anonymous (1)	Hillcrest United Methodist Church, UMW	John & Nancy Ray	<i>In Memory of In Memory of Rita Kelleher</i>	Church, Waystation SS Class Mark & Trudy Harris
Barbara Abner		Mr. & Mrs. G.W. Renfro		ONE SENIOR FOR ONE YEAR
Midori Barstow	Johnny & Betty Horton	The Table	Jeanette Kelleher	Aggie Bell
Beaver Creek Cumberland Presbyterian Church, Searchers Sunday School Class	Paul & Glenda Houston	Harold Whedbee	<i>In Memory of Helen Lofaro</i>	Beverage Control, Inc., Pat Scruggs Family
Alan & Dianna Brizzolara	Terese Hullander	Bill R. Woods	Dan & Nancy Hugh	Dura-Line Corporation
Joyce Brown	David & Janice Ishee	IN MEMORY OR HONOR	David & Susan Long	Bruce & Diana Tonn
Chick-fil-A at Kingston Overlook	JFR Consulting, Inc.	<i>In Memory of Tucker Childers</i>	Nancy Maland	Y-12 Federal Credit Union
Chick-fil-A at Turkey Creek	Wayne & Diane Lankford	Alice & Dub Anderson	<i>In Memory of Betty McWhorter</i>	TWO SENIORS FOR ONE YEAR
Robert & Honerlin Del Moro	Gloria Ann Lunsford	Laura Cantrell	David & Susan Long	Asbury United Methodist Church, Fall Festival
Democratic Women of Knoxville	Lynn & Frances Morehous Family Charitable Fund	<i>In Memory of Adam Dew</i>	<i>In Memory of Kenneth Mills</i>	FIVE SENIORS FOR ONE YEAR
Jim & Judy Derrick	Bob McLean	Gordon & Nancy Thomas Fund	Vivian Mills	Katherine Collins Roddy and J.P. Roddy, Sr. Fund
Erin Presbyterian Church	Meridian Baptist Church, Ed Arnett SS Class	<i>In Memory of Dorie Green</i>	<i>In Memory of Melba Morton</i>	
Farragut Presbyterian Church	Steven & Sara Miller	David & Susan Long	Bryan & Susan Eaves	
W.H. Fraker	Marie Norman	<i>In Memory of Bertha J Seymour Humphrey</i>	<i>In Honor of Judy & Frank Rothermel</i>	
Julius Gregg	Helen Roehl O'Connor	Anonymous	David & Susan Long	
			<i>In Memory of Louis Thacker</i>	
			Fountain City Presbyterian	

THE NEW SENIOR SERVICE DIRECTORY WILL BE HERE SOON

The CAC Office on Aging staff has been hard at work on its incomparable Senior Service Directory. We are pleased to announce the debut of the 20th edition of the "little yellow book" at the O'Connor Center Pancake Fest on Friday, March 3, at the O'Connor Center, 611 Winona Street.



"A lot of effort goes into this book, and it shows," said OOA Director Susan Long. "The directory has been offered free to the public in our area for 40 uninterrupted years. That's made possible by the sponsors whose support pays for the book's production. From the beginning stages of identifying sponsors, through researching and updating listings, editing, creating ads, and indexing, we've spent more than a year preparing this resource for our community. We are proud to offer it to you, knowing that it is a valued tool for so many in Knoxville and, through the online version, even farther away."

At the front, the book has a section called the Action Guide that is sort of a "primer" on aging services, explaining the basics in areas such as caregiving, consumer protection, elder abuse & exploitation, housing, legal services, medical insurance & financing, and much more. It's a great place to start for people who are new to senior services.

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

The "little yellow book" features large, easy-to-read print; small size

that's easy to handle while holding a phone; and descriptions of the listed services to guide readers in their decision-making.

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

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

You can pick up copies at

- the Office on Aging
- the O'Connor Senior Center
- any branch of the Knox County Public Library, and
- major sponsors' locations.

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

••••• **TO KEEP YOU INFORMED** •••••

Holiday closings: The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for **New Year's Day, Monday, January 2, Martin Luther King, Jr., Day, Monday, January 16, and Presidents Day, Monday, February 20.**



Mobile Meals participants will receive boxed lunches for all of these holidays.

PROJECT HELP: During cold winter weather, many people in our area need emergency energy assistance from Project Help to stay safe and warm. Your donation helps older or disabled people on fixed incomes and individuals



or families who have an emergency need because of job loss, illness, or injury. The Knoxville-Knox County CAC administers Project Help. KUB collects and sends donations and sends 100 percent of that money to CAC to buy electricity, natural gas, heating oil, propane, coal, or wood for those in need. Project Help relies solely on donations and fundraisers, so community help is vital. To make a donation

or a monthly pledge, go to www.kub.org. You can also give at Food City and area Home Federal banks, Jan. 9–Feb. 3. The KUB website also offers other ways to support Project Help. Please do what you can. Even \$1 a month makes a difference to people in need.



Looking for a way to kick off that New Year's resolution—to be happier, healthier, and more active in the community?

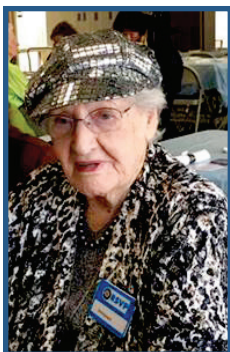
Then, RSVP is perfect for you!

RSVP is America's largest volunteer network for persons age 55-plus. Although RSVP stands for "Retired and Senior Volunteer Program," you do not have to be retired or consider yourself a senior. All persons age 55 and up are eligible for RSVP!

Check out this month's Outstanding RSVP volunteer, as well as reasons for joining RSVP!

Outstanding RSVP Volunteer of the Month

Justapearl is the oldest volunteer currently in the CAC RSVP program. At 98,



Justapearl volunteers more than nine hours a month with the South Knoxville Community Center's Young at Heart Club, helping with events at the center and in the community.

The South Knoxville Community Center has 28 active RSVP volunteers in their Young at Heart Club. Young at Heart RSVP volunteers assist with the South Center's events, luncheons, and dinners. They also help with sorting goodies, setting up, greeting, and cleaning up for events in the community.

Why Join RSVP?

1. Local and National Recognition

RSVP lets you volunteer locally, while also belonging to a national network!

2. Options

Knox County RSVP works with over 17 nonprofit organizations across the county—helping you find the best volunteer opportunities!

3. Volunteer Insurance

You are insured while volunteering! RSVP offers supplemental insurance, in case something happens while on the "volunteer job."

4. Recognition and Opportunities

RSVP hosts an annual volunteer recognition luncheon to say, "Thank you" to you! RSVP also sends out information on upcoming volunteer opportunities and local events.

How can you get involved with RSVP?

Contact Eden Slater:
(865) 524-2786
Eden.Slater@knoxseniors.org

ELDER NEWS & VIEWS

Elder News and Views is a publication of the Knoxville-Knox County Council on Aging. The Knoxville-Knox County CAC Office on Aging prepares this publication bimonthly for the older citizens of Knoxville and Knox County.

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CAC POLICY FOR SNOW CLOSINGS: CAC offices will usually remain open during regular business hours when bad weather occurs. The Senior Nutrition Program, which includes congregate meal sites and Mobile Meals, does NOT follow the Knox County School System closing schedule during inclement weather. Please listen to radio and TV stations for announcements about "snow day" meal services and the need for volunteers to deliver meals.

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

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ELDER NEWS & VIEWS

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

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BEST OF CLUTTER-FREE TIPS & TRICKS



Are you drowning in stacks of paper and "stuff" and aren't sure what to let go of and what to save? Plan to join guest speaker Mary Pankiewicz as she addresses the Council on Aging on **January 12 at 2:30 p.m. at the O'Connor Senior Center.**

She will help you get started by sharing her best secrets and techniques for organizing and conquering clutter. Gathered from her 20-plus years working with clients in their homes and businesses, these tips will help you simplify your life and bring chaos into

order. The goal is to have the freedom to enjoy life and do what is really important to you.

Mary Pankiewicz, certified professional organizer in chronic disorganization, is the owner of Exceptional Productivity Now! and Clutter-Free & Organized. She works hands-on with her clients to help them accomplish their goals. Pankiewicz is the author of two books, the latest of which is *Reduce Mind Clutter: Feel the Freedom!* More information is available at www.clutterfree.biz.

Please mark your calendars and join us on January 12 for an informative and burden-lifting discussion about controlling clutter.

Refreshments will be provided by Deane Hill Place Senior Living. ■



JANUARY MEETING

Date: Thursday, Jan. 12

Time: 2:30 p.m.

Place: O'Connor Center
611 Winona St.