

GET HELP WITH MEDICARE ANNUAL ENROLLMENT

The Medicare Annual Enrollment Period is from October 15 - December 7. Affordable Medicine Options for Seniors (AMOS), a program of the CAC Knoxville-Knox County Office on Aging is providing free, unbiased, individualized appointments for Medicare beneficiaries to help understand their options and make important coverage decisions. AMOS staff are State Health Insurance Assistance Program (SHIP)-certified. It is necessary to review your insurance plan each year to maintain your best coverage and prices.

AMOS will be assisting beneficiaries at several locations in the community. Appointments are required for all locations. Please call the Office on Aging at 865-524-2786 to schedule.

**Affordable Medicine
Options for Seniors
AMOS**

Senior Center Dates

O'Connor: November 1, 8, 22, 29; Dec 6

Corryton: November 3

Halls: November 9

West: November 15

Carter: November 16

South: December 1

Other ways to receive help from an advisor include: Call the Office on Aging at 865-524-2786 or complete the Medicare Part D Worksheet on our website at www.knoxseniors.org/amos. Completed forms can be sent to leshea.pridham@knoxseniors.org. A list of items to bring to appointments is available at each senior center, or by calling the Office on Aging.

Questions? Call LeShea Pridham at 865-524-2786 or email leshea.pridham@knoxseniors.org. ■

Information to Bring to the Office on Aging Open Enrollment Appointment

- Medicare card (new one if available)
- Social Security number
- All active health insurance cards
- Letter about Extra Help or the Medicare Savings Program (if client received one)
- List of current prescription medications – Ask the pharmacy to print a list with drug names, dosages, amount purchased, and price
- Login information for Medicare and Social Security sites (if client has one)

SPREAD HOLIDAY CHEER FOR HOMEBOUND SENIORS BY DONATING GIFT BAGS

While the holidays are considered a time to come together, many socially isolated older adults are unable to gather with loved ones to celebrate the season. Each year, Mobile Meals volunteers dedicate their Christmas morning to delivering nutritious meals and warm holiday greetings to homebound seniors across Knox County who would otherwise go without. In addition to a meal, each senior also receives a holiday gift bag generously donated by friends in the community and filled with fun and useful gifts, such as cozy blankets, large print puzzle books, and personal care products. If you are interested in donating a gift bag to brighten Christmas morning for homebound seniors, see the guidelines on page 2.



Continued from page 1

Suggested Gift Selections

Please include 1-3 items from each category in gift bag:

“Utility”

- Magnifying glass
- Large pens
- Stationery
- Envelopes
- Stamps
- Small notepads
- Flashlight
- Batteries
- Night light
- Pill boxes

LARGE PRINT

- Crossword books
- Word search
- Magazines
- Books
- Clocks (large numbers)
- Watches (large numbers)

“Personal Care”

- Lip balm

- Bars of soap
- Face masks

SMALL SIZE (mini or no more than 8 oz.):

- Lotion
- Body wash
- Shampoo/conditioner
- Powder
- Hand sanitizer
- Shave gel

“Grooming”

- Combs
- Hairbrushes
- Toothbrushes
- Toothpaste
- Nail clippers/files
- Tissues

“Home & Kitchen”

- Hand towels
- Washcloths
- Dish towels
- Dish liquid
- Sponges
- Plug-in air freshener
- Refrigerator magnets

- EZ open jar opener
- Can opener
- Soft grip jar gripper pads

“Comfort”

- Throws (lap robes)
- Socks (non-skid soles)
- Scarves
- Gloves
- Hats
- Small umbrellas

Do not include:

- Food items
- Candles
- Glass items
- Clothing (sizes uncertain)

Gift Guidelines

- Bring only new items
- Please bring gifts in small or medium sized gift bags (preferred) or unwrapped.
- Mark gift bags: Male, Female, or Either

Gift Drop-Off Information

Monday, November 28 – Friday, December 9

Grayson Subaru, 8729 Kingston Pike 37923
Mon – Fri, 9am – 8pm

CAC LT Ross Building, 2247 Western Ave 37921
Mon – Fri, 8am-4:30pm

Bring to main entrance and call 865-524-2786



MAKE THE HOLIDAY SEASON SPECIAL FOR GRANDFAMILIES

Grandparents as Parents is collecting holiday gifts for grandfamilies and there are 2 ways you can participate!

1) You can become a sponsor of a child, grandparent, or grandfamily. Call the GAP program today to be matched to your GAP family. 2) You can donate new or gently-loved toys, books, toiletries, stuffed animals, teen items, games or gift cards. Donations may be dropped off at the CAC Ross Building, 2247 Western Ave. Call the Grandparents as Parents program at 865-524-2786 to schedule a contactless drop-off. Donations will be accepted through November 18th.



Grandparents as Parents (GAP) is a program of the CAC Office on Aging. GAP addresses the unique needs of grandparents and family caregivers raising children whose parents are unable to care for them. GAP provides several different programs, support meetings, resources, and referrals to help families on their caregiving journey. There are no age or income requirements to join this free program. Call our office to join GAP and receive the monthly newsletter and other information. Call GAP at 865-524-2786.

AARP NEEDS YOU!

AARP Foundation Tax-Aide needs additional volunteers for the upcoming income tax season. Tax-Aide volunteers provide free tax assistance to anyone, with emphasis on older and lower-income taxpayers. There are multiple sites in Knox County and one in LaFollette. Volunteer tax preparers receive tax training and complete IRS tax certification. There is also a need this year for receptionists who check for paperwork and keep the site running and people who can use a computer to make appointments from home. Learn more and volunteer at aarpfoundation.org/taxaide or e-mail taxaided5@gmail.com or call 865-523-6168 with questions.

MOBILE MEALS HOLIDAY CARDS ON SALE

Send a holiday message to your family, friends, and loved ones while supporting Mobile Meals. This year’s greeting card features a beautiful poinsettia bloom, created by a member of the Art Class at the O’Connor Senior Center. The greeting cards are blank inside and each 10-card pack, with envelopes, costs only \$10. All proceeds will go directly to providing meals to homebound seniors in Knox County, and every purchase of two packs will provide a week’s worth of meals for a senior in need. Mobile Meals Holiday Cards can be purchased online at www.knoxseniors.org or picked up in person at the CAC L.T. Ross Building, 2247 Western Avenue 37921 and at the O’Connor Senior Center, 611 Winona Street 37917. If you purchase two packs or more and would like to have them mailed to you, we will mail them for a postage and handling fee of \$5.



SHARE THE LOVE: MEALS ON WHEELS SELECTED AS CHARITY PARTNER FOR 15TH YEAR

Mobile Meals is partnering with Grayson Subaru again this year to fight senior isolation and hunger. This local effort is part of the national Share the Love event, celebrating the 15th year that Meals on Wheels has been selected as a charity partner by Subaru of America. Between November 17, 2022 – January 3, 2023, Subaru will donate \$300 for every new Subaru purchased or leased to the customer’s charity of choice (including Meals on Wheels). As the local Meals on Wheels affiliate, Mobile Meals will receive a share of these donations. Last year’s event brought in \$6,294 which provided almost 1,750 meals to homebound seniors across Knox County. ■



Save the Date!

SNOWFLAKE BALL
TO BENEFIT THE SENIOR COMPANION PROGRAM
KNOXSENIORS.ORG

2023
presented by
Morning Pointe Assisted Living & Memory Care

Saturday, February 18
ROTHCHILD CONFERENCE CENTER

TICKETS GO ON SALE DECEMBER 1ST!
VISIT KNOXSENIORS.ORG FOR MORE INFORMATION.

TECH SMART KNOX SENIORS BRIDGES THE DIGITAL DIVIDE

CAC Office on Aging launched our newest initiative called Tech Smart Knox Seniors. We are incredibly proud of this first group of digital learners that participated in 15-hours of training. Tech Smart Knox Seniors is available to eligible Knox County residents age 60 and over who wish to increase their digital knowledge through training, seek affordable digital device, and counseling for in-home connectivity. This initiative is possible with funding through the West End Home Foundation and a partnership with Tech Goes Home. For more information, please visit us at knoxseniors.org or e-mail us at techsmart@knoxseniors.org ■



AGING: A FAMILY AFFAIR

PRACTICAL INFORMATION RELATED TO AGING

Please join us for Aging: A Family Affair on Thursday, November 10 at Rothchild Conference Center. To register or for more information, visit knoxseniors.org or call the Office on Aging at 865-524-2786. ■

NOW SEEKING NOMINEES FOR THE 2023 DUNCAN AWARDS

DEADLINE FOR NOMINATIONS IS JANUARY 13

The annual Senior Information & Referral (SIR) fundraiser, the "Duncan Awards" is an event held each spring to honor individuals who embody the legacy of the late U. S. Representative John J. Duncan, Sr., who was an advocate for seniors of the Second District. SIR is seeking two nominees who exhibit outstanding advocacy for seniors and senior issues in Knox County. The two categories for nominations are as follows: Professional - Eligible individuals are those who work with seniors in Knox County, and demonstrate a strong commitment for addressing the needs of this population. Individuals who go above and beyond the duties of their positions to advocate for the seniors they serve.

Volunteer - Eligible individuals are those who serve in Knox County and display a passion for serving the needs of the seniors in this community. Individuals who give of their time and talents to assist, advocate for seniors and address senior issues. Nominations for the "Duncan Award," will be accepted through Friday, January 13, 2023. If you would like to nominate a person you feel embodies the spirit of this award please send their name, their contact information, a brief biography and explanation of why you feel they should receive the award to: Duncan Award Nominee: SIR PO Box 51650, Knoxville TN 37950-1650 or email sir@knoxseniors.org. The 21st Annual John J. Duncan, Sr., Senior Advocacy Award Reception will be held in May 2023. Date and Location to be determined. ■



O'CONNOR CENTER SCHEDULE - NOV/DEC

Classes and safety precautions 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.

Call the Center at 865-523-1135 for confirmation that programs will be meeting and follow us on facebook.com/oconnorseniorcenter for any additional announcements and virtual activities!

The O'Connor Senior Center will be closed on

Friday, November 11 for Veterans Day
Thursday and Friday, November 24 & 25 for Thanksgiving Holiday
Friday and Monday, December 23 & 26 for the Winter Holiday
Monday, January 2 for New Years Holiday

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.

COVID Vaccination Clinic: Tuesday, November 11 from 9:00 am -1:00 pm
Emotional Health & Wellbeing: Tuesdays. Utilizing new Positive Psychology techniques, Dr. Mark LeMay, a recently retired clinical psychologist, will be leading a weekly education class teaching skills that will help form healthy habits to relax the body, calm the mind, and increase our sense of happiness and well-being. Classes, not intended to serve as psychotherapy or diagnosis, are educational, and meant to be of help to anyone.

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. **There will be no Arthritis Exercise December 26-30.**

Advanced Class has good physical exertion;

Basic Class offers seated exercise with limited physical exertion.

Knoxville Comprehensive Breast Center Mammography Van: The KCBC Mammography Van will be parked at O'Connor from 8:15 am -4:00 pm. Call 865-523-1135 to book your appointment in advance.

Loss & Life Changes Support Group: Mondays. 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.

Happy Hikers: Thursdays. Newcomers are always welcome; please email Tracy Hunter at tracy.tolley.hunter@gmail.com or call the Center for additional information if you are interested in participating in a hike.

SAIL Exercise Class: Learn how this exercise curriculum can improve your balance and strength. Classes meet every Tuesday and Thursday at 8:30 am and 12:30 pm. *Space is limited. Call ahead to reserve your spot!*

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

Tai Chi & Qigong: Mondays & Wednesdays at 10:00 am. Jim and Julia Malia will be instructing this class for health and wellbeing! Tai Chi & Qigong have been proven to reduce risk of falling, enhance aerobic capacity, increase energy and stamina, increase flexibility, balance and agility, and decrease stress, anxiety, and depression. Suggested donation is \$2.00. **There will be no Tai Chi December 26-30.**

Thursday Walkers: This group, a part of the Happy Hikers, 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.

Yoga: Cost is \$3. This class is adaptive for all participation levels. Taught by Susan French, ACE Group Fitness Instructor Certified by the National Commission for Certifying Agencies.

Artist and Crafter's Window: Members 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. Join our next meeting, November 9 at 11:30. Membership is \$3. Call the Center at 865-523-1135 for more information and to speak with the group leader for more information.

Billiards: Come and play a friendly game of billiards and meet our players. They usually grab food and socialize in the Dine-a-Mite Diner and then play after lunch. Or feel free to bring a friend to shoot some pool anytime the center is open!

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

Cards & Games: Tuesdays and Thursdays at 12:30.

Enjoy a game of cards, Rummikub, or a relaxed table game with new friends! Instruction available.

Concert Band: Wednesdays. Dust off and pick up 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".* Holiday performance during the Holiday Luncheon on December 14.

Continued on page 8


NOVEMBER 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
GIFT SHOP HOURS Tues—Thurs 10:00 AM– 2:00 PM	8:30 SAIL Exercise 10:00 French (Intermediate) 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 2:00 Beginner Ballroom Dancing	9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Yoga	8:30 SAIL Exercise 9:00 Knox Threaders 11:00 Adv. Arthritis Exercise	10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
10:00 Greenhouse Open 10:00 Sewing 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 9:00 COVID Vaccinations 10:00 French (Intermediate) 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 2:00 Beyond Ballroom Dancing	10:00 Tai Chi & Qigong 10:30 Beg. Spanish 11:30 Artist & Crafter's Window Mtg 12:00 Yoga	8:30 SAIL Exercise 9:00 Knox Threaders 11:00 Adv. Arthritis Exercise	CENTER CLOSED <i>Happy Veterans Day</i>
9:30 Creative Writers 10:00 Greenhouse Open 10:00 Sewing 10:00 Tai Chi & Qigong 11:30 Lunch & Learn 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 10:00 French (Intermediate) 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 2:30 Beginner Ballroom Dancing	9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Yoga	8:30 SAIL Exercise 9:00 Knox Threaders 11:00 Adv. Arthritis Exercise 12:00 Thanksgiving Meal	10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
10:00 Greenhouse Open 10:00 Tai Chi & Qigong 10:00 Sewing 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 10:00 French (Intermediate) 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 2:00 Beyond Ballroom Dancing	10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Yoga	CENTER CLOSED 	CENTER CLOSED <i>HAPPY thanksgiving</i>
8:15 KCBC Mammography Van 9:00 Deck the Halls & Walls 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 11:00 Adv. Arthritis Exercise 10:00 French (Intermediate) 11:00 Italian 12:30 Cards & Games 2:00 Beginner Ballroom Dancing	9:00 Toenail Clipping Clinic 10:00 Discover Resources with the Knox County Library 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Yoga		

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 10:00 Mahjong 10:30 Blood Pressure Checks 11:00 Loss & Life Changes 1:30 Intermediate Line Dancing	8:30 Billiards Room Open 9:30 Emotional Health & Wellbeing 10:30 Blood Pressure Checks 10:00 Taoist Tai Chi Set Practice 11:30 Painting Open Studio 12:30 SAIL Exercise 1:30 Intro to Line Dancing TECH TUTORING BY APPT.	8:30 Billiards Room Open 10:30 Blood Pressure Checks 10:00 Concert Band 10:00 Morning Painting 11:00 Jazz Band 12:30 Afternoon Painting 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing TECH TUTORING BY APPT.	8:30 Billiards Room Open 8:30 Blood Glucose Checks 10:00 Happy Hikers 10:30 Blood Pressure Checks 10:00 Taoist Tai Chi Set Practice 10:00 Thursday Walkers 12:30 Cards & Games 12:30 SAIL Exercise	8:30 Billiards Room Open 10:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Silver Stage Players Rehearsal

DECEMBER 2022 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
			8:30 SAIL Exercise 9:00 Knox Threaders 11:00 Adv. Arthritis Exercise	10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
10:00 Greenhouse Open 10:00 Sewing 10:00 Tai Chi & Qigong 11:30 Lunch & Learn: Dealing With Life Changes During the Holidays 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 10:00 French (Intermediate) 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 2:00 Beginner Ballroom Dancing	9:00 Toenail Clipping Clinic 10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Yoga	8:30 SAIL Exercise 9:00 Knox Threaders 11:00 Adv. Arthritis Exercise 2:30 Council on Aging & The Silver Stage Players' Live Performance "Where's Santa?"	10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday 7:00 PM Saturday Night Dance
9:30 Creative Writers 10:00 Greenhouse Open 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 10:00 French (Intermediate) 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 2:00 Beyond Ballroom Dancing	10:00 Tai Chi & Qigong 10:30 Beg. Spanish 12:00 Holiday Luncheon	8:30 SAIL Exercise 9:00 Knox Threaders 11:00 Adv. Arthritis Exercise	10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
10:00 Greenhouse Open 10:00 Tai Chi & Qigong 10:00 Sewing 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 10:00 French (Intermediate) 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 2:00 Beginner Ballroom Dancing	9:00 Toenail Clipping Clinic 10:00 Singing Seniors Holiday Concert 10:00 Tai Chi & Qigong 10:30 Beg. Spanish	8:30 SAIL Exercise 9:00 Knox Threaders 11:00 Adv. Arthritis Exercise	CENTER CLOSED 
8:15 KCBC Mammography Van 9:00 Deck the Halls & Walls 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Tai Chi & Qigong 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 11:00 Adv. Arthritis Exercise 10:00 French (Intermediate) 11:00 Italian 12:30 Cards & Games 2:00 Beginner Ballroom Dancing	10:30 Beg. Spanish	8:30 SAIL Exercise 9:00 Knox Threaders	10:00 Ping Pong 10:00 Wood Carvers 11:00 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
CENTER CLOSED <i>Holidays!</i>	8:30 SAIL Exercise 10:00 French (Intermediate) 11:00 Italian 12:30 Cards & Games 2:00 Beyond Ballroom Dancing			

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Continued from page 5

Creative Writers Workshop: 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. For those with no experience. \$2/class. No class 12/26-12/30

Beginner Ballroom Dancing: Tuesdays. Instruction available on the 1st and 3rd Tuesday by

Gabriel Akers, Professional Ballroom Instructor from Timeless Ballroom, will be teaching this fun class. Put on your dancing shoes and join us! \$3/class

Beyond Ballroom Dancing: Tuesdays. Instruction available on the 2nd and 4th Tuesday by Gabriel Akers, Professional Ballroom Instructor from Timeless Ballroom, will be teaching this fun class. Put on your dancing shoes and join us! \$3/class

Beginner Line Dance: Wednesdays. No experience necessary. \$2/class

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

Saturday Night Dance: Cost is \$8.00

Discover Resources of the Knox County Public Library: November 30 at 11:00. Learn how to access a wide variety of digital resources from the Library. We will cover downloadable e-books, audiobooks, historic Knoxville News Sentinel, or stream free videos. The library's electronic resources are vast! Librarians from the Reference Department of Lawson McGhee Library will be on hand to walk you through these resources and get you started on your own device if applicable.

Deck the Halls & Walls: November 28 at 9:00 am. Calling all volunteers! We are asking for all hands-on deck as we decorate the facility for the holidays. If interested, please call 865-523-1135. Light refreshments provided for all volunteers!

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

Flower Lovers Garden Club: Second Fridays at 12:00. 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. Missed the Friday Film? Call to register and for the movie title. Light snacks provided, donations appreciated.

French (Intermediate): Tuesdays. 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.

Gift Shop: Open daily Tuesday, Wednesday, and Thursday, 10:00 am-2:00 pm. Seeking new members. Call the Center for more information.

Greenhouse: Now open on Mondays 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're 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.

Holiday Luncheon: December 14 at 12:00. Call ahead to reserve your seat! Meal is a contribution of \$5.00. Enjoy a delicious luncheon during our Concert Band's holiday performance.

Italian: Tuesdays. Beginners are welcome! We cover language, culture, and history. 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: Fridays. Any type of musician or genre is welcome to play or just hangout and listen with this chill and eclectic group!

Knox Threaders: Thursdays. 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.

Lunch & Learn: 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 once a month to talk on topics that are pertinent to you. Call ahead to register. **DINER LUNCH PROVIDED TO THOSE WHO PRE-REGISTER. Monday, November 14, 11:30 – Leg Cramps** -Are leg cramps disrupting your sleep? Join Alaina from Marino Physiotherapy as she discusses the science behind where they come from, and how to prevent them so you can get back to a restful night's sleep. Complimentary diner lunch provided.

Monday, December 5, 11:30 – Dealing with Life Changes During the Holidays - Dealing with grief and life changes during the holidays can make it difficult to manage gatherings and holiday traditions.

Pat Green, LMSW, will share the many things you can do to support yourself through the Holiday Season and 2023!

Mahjong Mondays: Mahjong classes for beginners offered on Mondays. Call to register for this class.

Painting: Wednesdays. \$40. These once a week instructed art sessions start January 4 and are held for 10 weeks in an art room setting with our painting instructor, Ann Birdwell. Call to register or for more information.

Painting Open Studio: Tuesdays. Painting studio open to participants to work on their own paintings. Call for more information.

Ping Pong: Fridays. 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.

Silver Stage Players: Production of "Where's Santa" will be hosted by the Council on Aging on Thursday, December 8 at 2:30 pm. Light refreshments provided after the show.

Singing Seniors Holiday Concert: Wednesday, December 21 at 10:00 am. Light refreshments provided after the performance.

Spanish:

Beginner – Wednesdays. 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. Class is conversational.

Sewing: Every other Monday. 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 and Wednesdays for computer questions and answers. Please call to schedule an appointment with our volunteers.

Tech volunteer needed! Currently seeking volunteers to help our seniors navigate the technological world. No need to be an expert; if you're tech savvy and patient call us at **865-523-1135**. All ages are encouraged to apply!

Texas Hold 'Em: Wednesdays. Enjoy fellowship and competition with experienced and inexperienced card players; newcomers welcome!

Thanksgiving Meal: Call ahead to reserve your seat! Meal is a contribution of \$5.00. Sponsored by NHC Place Farragut.

Woodcarving: Fridays. Woodcarvers of all abilities are welcome and instruction is available. Bring tools and some-thing to carve on. Call for more information.

3 EASY WAYS YOU CAN SUPPORT THE KNOXVILLE COUNCIL ON AGING

The following three programs are ways for you to donate to KCOA without any outlay except your purchases from them. Take advantage of these painless philanthropy programs to help vulnerable Knoxville and Knox County seniors:

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 of Kroger.

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"].

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

YOU SHOP. AMAZON GIVES.



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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 July and August 2022.

Mobile Meals Anonymous (13) Diana Amann Bob Andres Jacqueline Blair Ken & Kaye Brock Joyce Brown Mrs. Jeanne K. Campbell Constance Carson Jean and Pat Carson Raymond & Delores Chitester Colonial Heights United Methodist Church Gary Cooper Debbie Cutler Peggy Duffy	Earl Hall Barbara Hynes Robert Kemp Deborah King Peck Lay Lee Debbie Lowe Katelyn Mull Norman L. Queener Jim & Ann Shay John & Elizabeth Smith Smithwood Baptist Church Mary Stuart Rosemary Vandergriff	In Honor or Memory of <i>In Honor of Connie Carson</i> By Anonymous <i>In Honor of Avi Finley</i> By Anonymous <i>In Honor of Avi Finley</i> By Ashish Sudra & Avani Shah <i>In Honor of Avi Finley</i> By Aaron & Gabrielle Blake <i>In Honor of Edna Greene</i> By Wanda Caldwell	<i>In Honor of Charley Wood</i> By Keith Eyrich <i>In Honor of Charley Wood</i> By John Miller <i>In Honor of Hazel Ballard</i> By Rusty & Caroline Mahan <i>In Memory of Kenneth Crowell Roberts</i> By Anonymous <i>In Memory of Phyllis Lethco Marks</i> By Anonymous <i>In Memory of Rudy Prijatel</i>	By Anonymous <i>In Memory of Ron Collins</i> By Anonymous <i>In Memory of Patti Bruner</i> By BHS Class of 1967 <i>In Memory of Allen Wilhoit, Bill Ferguson, J Carroll Starnes, & Cathy Young</i> By Bookwalter United Methodist Church <i>In Memory of Peggy Bradbury</i> By Dennis Bradbury	<i>In Memory of Peggy Bradbury</i> By Dennis Bradbury <i>In Memory of Daryle Wayne Gross</i> By Lindsay Hunt <i>In Memory of Sherry Mullins Stewart</i> By Patricia Llewellyn <i>In Memory of Paula Ruth Montgomery</i> By David & Susan Long <i>In Memory of Dr. Terri Orme</i> By David & Susan Long <i>In Memory of Ron</i>	By Harrison & Laurie Alsup <i>In Memory of Daryle Wayne Gross</i> By Rita Montgomery <i>In Memory of Jack Sharp</i> By John and Brenda Moulton <i>In Memory of Bill Dodson</i> By Damaris A. Olsen, PhD <i>In Memory of John C. Retinger</i> By Mary Ann Ann Salsman <i>In Memory of Robert</i>
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Schutt
By Joanne Schutt
In Memory of Rudy Prijatel
By Roxanne Shingleton
In Memory of Mary Egan Betron
By Jenny Sliger
In Memory of Patti Bruner
By Claire Smith
In Memory of Patti Bruner
By Jill Stanley
In Memory of Patti Bruner
By Nancy J Stewart
In Memory of Patti Bruner
By Kim A. Wood

Adopt A Senior
Anonymous (14)
Barbara Abner
Auto-Owners Insurance Company
Beaver Creek Cumberland
Presbyterian Church
Kathy Boyd
Jim Brine
Charlie & Jean Kay Brown
Mr. & Mrs. Edward J. Collier Jr
Catherine Cooper
Debora Coyle
Corine Crawford
Robert & Honerlin Del Moro
Donde Plowman & Dennis Duchon

Karen Dotson
Farragut Presbyterian Church
Wayne and Ann Frazier
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Duane and Marsha Grieve
Loretta Houser
Paul Houston
Inskip Baptist Church, Bethany Sunday School Class
Avis Jones
Clint & Dawn Kirk
Lynn Kleinfelter
Karen Larsen
Terri LeSueur
The Logan Family
The Mattner Family
Dorothy Millner
Rick and Lisa Mixon

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Deborah Perry
Mark Price & Alexis
Kelley Price LaVon & Darlene Rickard
Mr. Rex L. Roush
Mr. and Mrs. H. Joe Russell
Laura Shamiyeh
Linda Sutton
UT Battelle
Becky Verastegui
Alice Woychuk

OOA PROGRAM CONTRIBUTORS

The Office on Aging appreciates all who give so generously to its programs. Your contributions make a difference. The following individuals and organizations gave in October 2022.

- Office on Aging
Grandparents As Parents
Knox PAWS (Placing Animals With Seniors)

- In Memory of Lucille Millspaugh
In Memory of Lucille Millspaugh
In Memory of Debbie Gayk
Four Winds Holistic Animal Services
Paul Houston
Peter & Fawn Landrum
The Mattner Family
Stephen Oliver
Patricia Woods

70 million Americans are retired and have a lot to offer the community!

Retirees have:
Life experience
Skills
Knowledge
Perspective
Time

Help improve our community by volunteering your time today!



Volunteer opportunities are available through AmeriCorps Seniors for anyone age 55 and up.

Join RSVP, the Retired & Senior Volunteer Program, today!

To serve in Knox or Blount County, Call 865-524-2786, or email RSVP@knoxseniors.org



ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

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EDITOR

Rachel Kraft

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VOLUNTEER TO HELP PETS AND OLDER ADULTS

Knox PAWS (Placing Animals With Seniors) needs volunteers to perform services such as picking up PAWS participants' pets and taking them to the vet for checkups and annual vaccinations.



If you're interested in volunteering your time with pets and people, call the Office on Aging at (865) 524-2786, or email monica.brown@knoxseniors.org.

COMMUNITY ACTION COMMITTEE (CAC) GIFT POLICY

CAC (which includes the Office on Aging) employees are often offered gifts from volunteers and participants that they work with throughout the year. Although they appreciate the thoughtfulness behind the gifts, CAC employees may not accept gifts from persons who are receiving benefits or services under CAC programs.

CAC SNOW POLICY

CAC will remain open in most cases of snow. The agency will often make a decision on how the time is counted on the day after the snow. The agency recommends that employees make their decision based on their own circumstances. For example, take into account where one lives, what shape their car is in, how long the trip is, and whatever else is relevant to the safety of that individual as it relates to getting to work in the current snow conditions.



DRIVING FOR INDEPENDENCE

By Mary Mixon, RSVP Blount Coordinator

If you could no longer drive, how would you get to a doctor? Or the grocery store?

The AAA estimates the average senior outlives their ability to drive safely by seven to ten years. Countless seniors need our help to continue living independently and remain socially active. Volunteer drivers fulfill these needs by taking seniors to medical appointments, grocery stores, and other routine trips. In addition to the ride, the driver provides some much-needed social interaction to combat the loneliness of isolation.



Smiles and Volunteer Assisted Transportation provide this service in Blount and Knox counties. Riders report that they enjoy their time with their drivers and greatly appreciate the opportunity to shop for themselves and attend appointments. Volunteers feel more connected with their community and enjoy meeting new people. Studies show countless health benefits to volunteering as well, including better physical wellness, more positive outlook, greater self-esteem, and a lower mortality rate.

Programs accept drivers age 21 and up. Volunteers who are age 55 and up can also enroll as an AmeriCorps Senior with the Retired & Senior Volunteer Program (RSVP). Other service activities are also available for volunteers who do not wish to drive, so contact us today! Join over 250,000 volunteers who serve organizations to make a difference in American communities such as Blount and Knoxville. To volunteer in Knoxville-Knox County, call 865-524-2786 or email rsvp@knoxseniors.org. To volunteer in Blount County, call 865-317-4747 or email rsvp@blountcaa.org.

WINTER WEATHER ALERT

In the event of inclement weather, please check your local news and radio outlets for current CAC information regarding the weather-related event. CAC will be listed as Community Action Committee.



OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

OFFICE ON AGING: (865) 524-2786

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

IN THIS ISSUE

GET HELP WITH MEDICARE ANNUAL ENROLLMENT, **PAGE 1**

HOLIDAY GIFT BAGS FOR HOMEBOUND SENIORS, **PAGE 1**

TECH SMART KNOX SENIORS, **PAGE 4**

O'CONNOR CENTER CALENDARS, **PAGES 6 & 7**

DRIVING FOR INDEPENDENCE, **PAGE 11**

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ELDER NEWS & VIEWS

PAGE 12

THE COUNCIL ON AGING PRESENTS WHERE IS SANTA?

THURSDAY, DECEMBER 8TH • 2:30 PM

O'CONNOR SENIOR CENTER

611 WINONA ST. IN KNOXVILLE

The production of "Where is Santa?" from the O'Connor Silver Stage Players is sure to be the highlight of the holidays and the December Council on Aging meeting! It is Christmas Eve and the North Pole is buzzing with activity but there is one question everyone keeps asking..."Where is Santa?" There is much to be done and time is ticking away. Join us to find out just what happens! ■

