

ELDER NEWS

JULY/AUGUST 2025



POWER OF THE PURSE® GIVE YOUR PURSE A PURPOSE

Thursday, September 18

Doors open at 4:45 pm | Purse Madness at 6 pm sharp!
Rothchild Catering and Conference Center
8807 Kingston Pike in Knoxville

Mark your calendars and get ready to shop for a cause! Power of the Purse® is back and better than ever, bringing together fashion, fun, and community spirit to support CAC Mobile Meals. This year's event will be held on Thursday, September 18, at the Rothchild Catering and Conference Center. Tickets go on sale July 14 at knoxseniors.org.

Nearly 500 guests are expected to attend this evening event featuring:

- A massive Purse Madness Sale
- Amazing auction packages
- A fabulous fashion show by J. Jill
- Delicious food and drinks

Every ticket purchased helps CAC Mobile Meals deliver more than just a meal. The program provides daily meals and safety checks to over 1,100 homebound seniors in Knox County. Funds raised through Power of the Purse® ensure that no senior is left waiting for help.

Donations needed! Help make Power of the Purse® a success by donating your new or gently used purses and jewelry. Please do not donate purses that are badly stained or have holes, rips, or tears.

PURSE DROP-OFF LOCATIONS

- CAC Ross Building – 2247 Western Ave., 37921
- Southern Market – 5400 Homberg Dr., 37919
- Chico's Turkey Creek – 11321 Parkside Dr., 37934
- Farragut Pharmacy – 11424 Kingston Pike, 37934
- Powell Florist – 7301 Clinton Hwy., 37849
- Elder's Ace Hardware Hardin Valley – 10009 Hardin Valley Rd., 37932

JEWELRY DROP-OFF LOCATION

- Arosa Care – 1225 Weisgarber Rd., Suite S290, 37909



Ticket Information

Early Bird (July 14–August 28): \$35 individual | \$325 table of 10
After August 28: \$40 individual | \$375 table of 10
Includes: Light dinner fare, one drink ticket, and access to all event activities.

Doors open at 4:45 pm. Purse Madness starts at 6 pm sharp!

For more information, follow Knox County Mobile Meals on social media or visit knoxseniors.org. Reach out to sara.keel@cacnutrition.org with any questions about the Power of the Purse® fundraiser or call 865-524-2786.



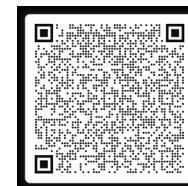
ACTION REQUIRED!



If you receive Elder News & Views by mail,
YOU MUST CONFIRM YOUR SUBSCRIPTION BY DECEMBER 31
or you will be removed from the mailing list.

TWO WAYS TO SUBSCRIBE:

1. Confirm online by scanning the QR code or visiting knoxseniors.org/env.
- OR —
2. Call the Office on Aging at 865-524-2786.



Scan QR code or visit
knoxseniors.org/env

Grandparents as Parents Program:
You are not alone!

Grandparents as Parent (GAP) addresses the unique needs of grandparents and family caregivers raising grandchildren.



Please join us!

Grandparents as Parents Conference Call

Tuesday, August 12, 2025 at 10:00 am

Program: “Teen Dating”

Speaker: Dr. Jasmine Armstrong

Call Grandparents as Parents at 865-524-2786 to receive the dial-in information.

Grandparents as Parents In-Person Meeting

Tuesday, August 26, 2025 at 10:00 am

Program “Contact Care”

Presenter: Tiffany Davis

Reservations are appreciated. Call 865-524-2786.

SCHOOL SUPPLY DRIVE

The Knoxville-area Senior Centers are hosting a school supply drive for GAP during the month of July. Drop off locations are at the Ross Building or any of the Senior Centers listed below. All donations are gratefully accepted. Most needed items are backpacks with computer compartments and 3-ring binders.

- | | |
|-----------------------|--------------------------------------|
| crayons | earbuds |
| red/green pens | highlighters |
| composition notebooks | glue sticks |
| headphones | pencil boxes |
| dry erase markers | pencil pouch |
| plastic folders | Ziploc® bags |
| colored pencils | tissue boxes |
| pencils | backpacks with computer compartments |
| 3-ring binders | |

**Drop off donations at O'Connor Senior Center or any
Knox County Senior Center:**

- O'Connor Senior Center • 611 Winona Street
- Carter Senior Center • 9040 Asheville Highway
- Corryton Senior Center • 9331 Davis Drive
- Halls Senior Center • 4405 Crippen Road
- Karns Senior Center • 8042 Oak Ridge Highway
- South Knoxville Senior Center • 6729 Martel Lane
- West Knox Senior Center • 239 Jamestown Boulevard Suite 101

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



23rd Annual Duncan Award for Senior Advocacy was a Success!

The house was packed with attendees at the 23rd Annual Duncan Award for Senior Advocacy held on May 13th at Rothchild Catering and Conference Center. The Office on Aging's Information and Benefits Department hosts the annual event to honor those in our community who work on behalf of older adults. The event also highlights the services and programs provided by Information and Benefits and serves as a fundraiser for the program.



Honorees Greg O'Connor and Susan Long



KBA President Jimmy Snodgrass recognized the Barristers

2025 Honorees

Community Award
Greg O'Connor

Professional Award
Susan Long

Business Award
The Knoxville Bar Association Barristers

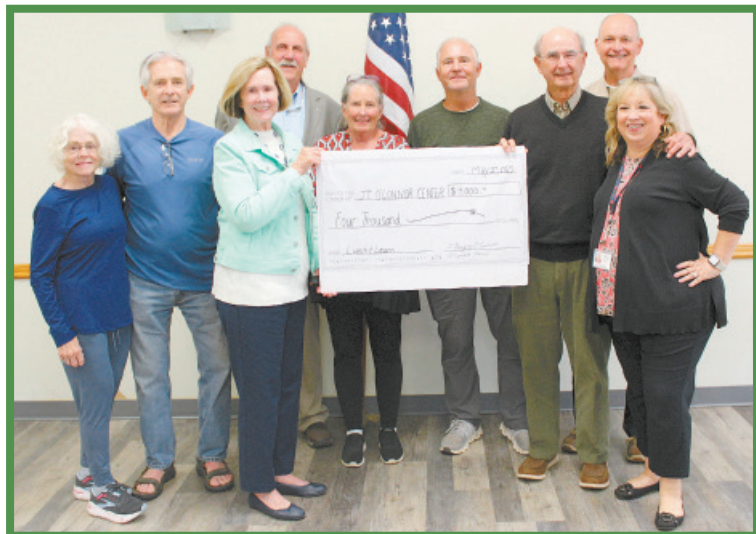
To learn more about Information and Benefits, visit knoxseniors.org or call **865-546-6262**.

SAVE THE DATE!
Aging: A Family Affair

November 6, 2025
Rothchild Conference Center

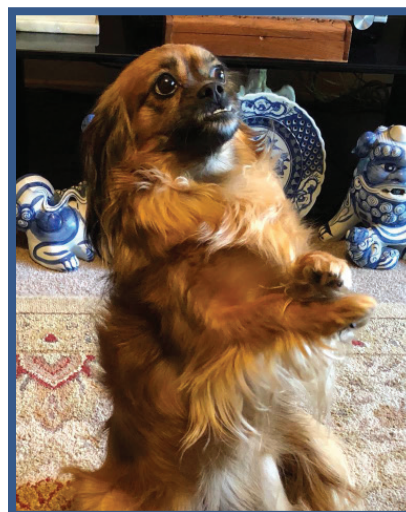


THE O'CONNOR FAMILY SUPPORTS LUNCH AND LEARN PROGRAMS



[L to R] Susie O. Greene, Pat O'Connor, Becky O. Greene, Tom Greer, Sue Greer, Joe O'Connor, Greg O'Connor, Bob O'Connor, & O'Connor Center Manager, Mary Sibbett.

The O'Connor Senior Center would like to thank the O'Connor Family for their generous contribution to this year's Lunch and Learn programs.



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

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

Can you help?

DRY DOG FOOD NEEDED:

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

DRY CAT FOOD NEEDED:

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

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

CANNED DOG FOOD NEEDED:

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

CANNED CAT FOOD NEEDED:

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

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

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

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

Drop off locations:

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



Questions? Call 865-524-2786

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

SENIOR CENTER OUTREACH

**Stop by and get answers to your questions
from Information & Benefits Staff!**

Carter Senior Center

July 30, 10 am-12 pm
August 27, 10 am-12 pm

Corryton Senior Center

July 8, 10 am-12 pm

Halls Senior Center

July 21, 10 am-12 pm
August 18, 10 am-12 pm

Karns Senior Center

August 13, 10 am-12 pm

O'Connor Senior Center

July 17, 10 am-12 pm
August 21, 10 am-12 pm

South Senior Center

July 3, 9 am-11 am
August 7, 9 am-11 am

West Senior Center

July 14, 9 am-11 am
August 11, 9 am-11 am

**Call Information &
Benefits at
865-546-6262**

**Information
& Benefits**

The Information & Benefits office is located in the Ross Building at 2247 Western Avenue in Knoxville.

The Centenarian Project

This year marked the 20th Anniversary of the Centenarian Flower Delivery program—an annual celebration of Knox County's most senior Seniors! Started in 2006 by a local AARP Chapter, this program was taken over by the CAC Office on Aging in 2017 and has continued with the help of great partners like Food City, Random Acts of Flowers, and wonderful volunteers.

Every May, for Older Americans Month, staff and volunteers work to identify the individuals in Knox County who are 100 years-old or older. This year, 12 volunteers made 46 deliveries to Centenarians throughout Knox County.

If you know a Knox County Centenarian to add to our list, please contact Information & Benefits at 865-546-6262.



Thanks to our volunteers and staff who helped with this year's Centenarian Project!

Advisory Council members: Lavonda Cantrell, Grae Potter, Deborah McMillan, Julie Beeler, and Celia Gruzalski. OOA Staff members: John McDonald, Chad West, Susan Patterson, Peggy Ransom, Lisa Sommer, April Overholt, and Melinda Bryant.

Special thanks to Food City and Random Acts of Flowers!

For more information about the Centenarian Project, call Information and Benefits at 865-546-6262.

MOBILE MEALS SUMMER VOL CALL!

Volunteers are needed for the summer months!

If you can help, please call 865-524-2786 or email mobilemealsvols@cacnutrition.org. You can also send a text to 865-680-2594.



TECH SMART KNOX SENIORS

KNOXSENIORS.ORG

Tech Smart Knox Seniors, in partnership with Tech Goes Home, provides individuals 60 and older with digital training and access to digital tools. The 15-hour class gives instruction to gain the skills and confidence needed to navigate technology. Class participants receive a Chromebook after course completion.

Upcoming class locations and dates:

July 7th-11th, 1 pm-4 pm

Ross Building
2247 Western Avenue, 37921

July 21st-25th, 9 am-12 pm & 1 pm-4 pm

O'Connor Senior Center
611 Winona Street, 37917

August 4th-8th, 12:30 pm-3:30 pm

East Neighborhood Center
4610 Asheville Highway, 37914

Space is limited.

Registration is required in advance.

Call 865-524-2786 or email
techsmart@knoxseniors.org

O'CONNOR CENTER'S JULY & AUGUST SCHEDULES



Classes are subject to change. Please visit our Facebook page (facebook.com/oconnorseniorcenter) or call us at 865-523-1135 for a list of current programming as activities may have been added after the time of calendar submission for this publication.

The O'Connor Senior Center will be closed on Friday, July 4, for Independence Day.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

Blood Glucose Checks: Thursdays, \$1.50 (suggested donation). 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.

SAIL Exercise Class: This exercise class focuses on strength, improving flexibility, balance, and fitness. Class can be done standing or from a seated position. Class meets Monday through Thursday at 12:30 pm.

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

Tai Chi for Arthritis: Mondays at 10 am. Improve balance, reduce stress, and obtain arthritis pain relief through slow, gentle movement.

Qigong: Wednesdays at 10 am. Qigong means working with your energy to enhance its flow, which can help achieve vital health and well-being. The exercises integrate physical postures and breathing techniques, along with focused attention, to improve health, healing, and increase flexibility and balance.

Thursday Walkers: This group meets in the community at parks and greenways to get in their exercise, enjoy the outdoors, and fellowship. Meets the 2nd and 4th Thursdays. For more information, call Katy Orrick at 865-643-6148.

Toenail Clipping Clinic by Appointment Only: Cost is \$12. Call 865-523-1135 to schedule an appointment.

Yoga Class: This class will improve flexibility, strength, balance and mental health through various physical poses and breathing techniques. Bring your yoga mat. (Class on recess until August)

Artist and Crafter's Window: Members have a love for expressing through all types of art; including – crafts and upcycling or making old items new again. Membership is \$3.

NEW! Art: Grisailles Technique begins July 2nd. Led by new art teacher Jessica Gregory, this new series is covering a French painting technique called Grisailles. It will run each Wednesday in July and will have two class sessions on Wednesdays, one from 10 am-12 pm and one from 12:30 pm-2:30 pm for \$20. Painters create an image in black and white then use colored glazes over the top to create a realistic work of art. Painters will only need a 16x20 canvas, black and white acrylic paint, and brushes. Call the Center at 865-523-1135 to reserve your spot today.

Artists Trading Cards: These miniature works of art are created and traded all around the world. All experience levels welcome. Join us the 4th Monday of every month at 1 pm. Call the Center for more information. (On recess until September)

Billiards: Come and play a friendly game of billiards. Bring a friend! Open 8:30 am to 4:30 pm, Monday through Friday.

Bingo: Mondays at 1 pm.

Cards & Games: The game room is always open. Enjoy a game of cards, Rummikub, or a relaxed table game with new friends!

Concert Band: Wednesdays at 10 am. Pick up and dust off your old instrument because we are looking for new members! Everyone welcome. Call group leader Linda 865-640-1856 for more info.

Creative Writers Workshop: These classes are held 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.

Darts: Come play a friendly game of darts. Bring a friend and enjoy! Always open.

Dance:

Intro to Line Dance: Tuesdays at 1:30 pm. For those with no line dance experience.

Social (Ballroom) Dances: Monthly Social Ballroom Dances on the 2nd Friday at 1 pm. Live bands providing wonderful music include Al Curtis Band and Gary Bouer, DJ.

Continued on page 8

ELDER NEWS & VIEWS

JULY CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Open Monday—Friday 8:30 am — 4:30 pm Billiards Darts Ping Pong Library Dine-A-Mite Diner 11:00 am—1:00 pm	9:00 Open Painting 1 9:00 Co-Ed Senior Softball 9:30 Singing Seniors 9:30 Beginner Sewing 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom	9:00 Toe Nail Clipping Clinic 2 10:00 Qigong 10:00 Concert Band 10:00 Grisailles Art Class <i>New!</i> 10:30 Beginner Spanish 11:00 Jazz Band 12:30 Grisailles Art Class <i>New!</i> 12:30 SAIL Exercise 1:30 Beginner Line Dancing	9:00 Knitting & Crocheting 3 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Intermediate Guitar 2:00 Beginner Guitar	4 Center Closed for Independence Day
9:00 Open Painting 7 10:00 Mahjong 10:00 Tai Chi for Arthritis 10:30 Music History <i>New!</i> 11:30 Lunch & Learn: What is Occupational Therapy? 12:30 Fall Prevention Clinic <i>New!</i> 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing	9:00 Open Painting 8 9:00 Co-Ed Senior Softball 9:30 Beginner Sewing 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beyond Ballroom	9:00 Toe Nail Clipping Clinic 9 10:00 Qigong 10:00 Concert Band 10:00 Grisailles Art Class <i>New!</i> 10:30 Beginner Spanish 11:00 Jazz Band 11:30 Artist and Crafters Window 12:30 Grisailles Art Class <i>New!</i> 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing	9:00 Knitting & Crocheting 10 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Intermediate Guitar 2:00 Beginner Guitar	9:00 Wood Carvers 11 11:00 Advanced Spanish 1:00 Social (Ballroom) Dance 1:00 Jam Band 1:00 Fun Film Friday
9:00 Open Painting 14 9:30 Creative Writers 10:00 Mahjong 10:30 Music History <i>New!</i> 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn: Energy & Water Savings 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing	9:00 Open Painting 15 9:00 Co-Ed Senior Softball 9:30 Beginner Sewing 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom	10:00 Qigong 16 10:00 Jazz Band 10:00 Grisailles Art Class <i>New!</i> 10:00 Legal Aid—Appt. only * 10:00 Notary Services-Appt. only * 10:30 Beginner Spanish 12:30 SAIL Exercise 12:30 Grisailles Art Class <i>New!</i> 1:30 Beginner Line Dancing	9:00 Knitting & Crocheting 17 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Intermediate Guitar 2:00 Beginner Guitar	9:00 Wood Carvers 18 10:00 Mandolin 11:00 Violin 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday
9:00 Tech Smart Class 21 9:00 Open Painting 10:00 Mahjong 10:30 Music History <i>New!</i> 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn: Financial Elder Abuse 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing	9:00 Tech Smart Class 22 9:00 Open Painting 9:00 Co-Ed Senior Softball 9:30 Beginner Sewing 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beyond Ballroom	9:00 Tech Smart Class 23 9:00 Toe Nail Clinic 10:00 Qigong 10:00 Grisailles Art Class <i>New!</i> 10:30 Beginner Spanish 12:30 SAIL Exercise 12:30 Grisailles Art Class <i>New!</i> 1:00 Genealogy 1:30 Beginner Line Dancing	9:00 Tech Smart Class 24 9:00 Co-Ed Senior Softball 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Intermediate Guitar 2:00 Beginner Guitar	9:00 Tech Smart Class 25 9:00 Wood Carvers 10:00 Mandolin 11:00 Violin 11:00 Advanced Spanish 1:00 Jam Band 1:00 Fun Film Friday
9:00 Open Painting 28 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi for Arthritis 10:30 Music History <i>New!</i> 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing	9:00 Co-Ed Senior Softball 29 9:00 Open Painting 9:30 Beginner Sewing 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom	9:00 Toe Nail Clipping Clinic 30 10:00 Qigong 10:00 Grisailles Art Class <i>New!</i> 10:30 Beginner Spanish 12:30 SAIL Exercise 12:30 Grisailles Art Class <i>New!</i> 1:30 Beginner Line Dancing	9:00 Co-Ed Senior Softball 31 9:00 Knitting & Crocheting 10:00 TNDDA Meeting 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Intermediate Guitar 2:00 Beginner Guitar	30 Classes are subject to change. Call the Center at 865-523-1135 for a current list of programming as some activities may have been added or changed after the publication of this calendar.

RECURRING WEEKLY EVENTS

* Call the Center at 865-523-1135 for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner	8:30 Billiards / Library / 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 12:30 Cards & Games TECH TUTORING BY APPOINTMENT	8:30 Billiards / Library / Darts 10:00 Water Aerobics at YMCA 10:00 Quilting Bee 10:00 Greenhouse Open 10:00 Concert Band 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner 12:30 Texas Hold ‘Em TECH TUTORING BY APPOINTMENT	8:30 Billiards / Library / 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 12:30 Cards & Games TECH TUTORING BY APPOINTMENT	8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner

ELDER NEWS & VIEWS

AUGUST CALENDAR OF EVENTS

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9:00 Open Painting 10:00 Mahjong 10:00 Tai Chi for Arthritis 10:30 Music History 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing	9:30 Beginner Sewing 11:30 Open Painting 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beginner Ballroom	9:00 Toe Nail Clipping Clinic 10:00 Concert Band 10:00 Qigong 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing	9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 SAIL Exercise 1:00 Intermediate Guitar 2:00 Beginner Guitar	9:00 Wood Carvers 10:00 Mandolin 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Social (Ballroom) Dance 1:00 Jam Band
9:00 Open Painting 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi for Arthritis 10:30 Music History 11:30 Lunch & Learn—Cars & Trucks Share the Road 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing	9:00 Open Painting 9:30 Beginner Sewing 12:30 SAIL Exercise 1:30 Intro to Line Dancing 2:30 Beyond Ballroom	10:00 Qigong 10:00 Concert Band 10:00 Legal Aid (Appt only) * 10:00 Notary Services (Appt only) * 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:30 Beginner Line Dancing	9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 Beginner German 12:30 SAIL Exercise 1:00 Intermediate Guitar 2:00 Beginner Guitar	9:00 Wood Carvers 10:00 Mandolin 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band
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Beginner Ballroom Dancing: Instruction available on the 1st and 3rd Tuesdays at 2:30 pm. Gaberial Akers, Professional Ballroom Instructor from Timeless Ballroom, teaches this fun class.

Beyond Ballroom Dancing: For those who know the basics but would like to learn more techniques; available on the 2nd and 4th Tuesday. Gaberial Akers, Professional Ballroom Instructor from Timeless Ballroom, teaches this fun class.

Dine-a-Mite Diner: Stop by for a lunch-time meal 11 am–1 pm. Operated by CAC Mobile Meals.

Fun Film Friday: Enjoy a weekly movie every Friday at 1 pm. Light snacks available for a donation. Want a say in what we are playing? Join our Movie Club which meets bi-monthly to choose fun films.

French: French will be on recess for the Summer and will return in September.

German class: Thursdays at 11 am.

Greenhouse: Now open on Mondays & Wednesdays, 10 am-1 pm. Hands-on care for any troubled houseplants, repotting assistance, and general growing advice. Feel free to stop by and see what we are working on!

Guitar (Beginner): Interested in learning how to strum your favorite tunes? Join us on Thursdays at 1 pm to expand your knowledge.

NEW! Guitar (Intermediate): Build on the skills and styles taught at the beginner level. Students explore more complex chords, strumming patterns, and scales. Join us on Thursdays at 2 pm to expand your knowledge.

Italian class: Italian is on recess for the Summer and will return in September.

Jazz Band: Wednesdays at 11 am after Concert Band rehearsal. Call group leader Linda 865-640-1856 for more information. See “Concert Band” for more information. Will resume in the Fall.

Jam Band: Whether you are a musician looking to play some of your favorite tunes with friends or you're just a music lover

wanting to hear some of your favorite songs, join us on Fridays at 1 pm.

Knitting & Crocheting: Thursdays at 9 am. Meet new friends and enjoy crocheting in this low key and social circle. Crochet may be a suitable alternative for crafters who have set aside more intricate crafts due to vision loss or loss of mobility in the hands. Bring your own craft to work on; instructions and advice provided for beginners are always welcome!

Legal Aid: Basic legal assistance for Knox County residents 60 and older. Second Wednesday of the month, with appointments available from 10 am-12:30 pm. Call 865-637-0484 to make an appointment.

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: Join us on Mondays at 10 am for a fun game of Mahjong.

Mandolin: Mandolin is a great instrument to learn because it's small and portable. It has a very soothing and beautiful sound to listen to too. The mandolin provides a very important sound in the bluegrass band. Join us for this beginner-friendly class every Friday at 10 am.

FREE Notary Services (Exclusive for Members of the O'Connor Center) Second Wednesdays; by appointment only.

NEW! Music History Class: Music history will meet on Mondays at 10:30 am. This course will explore the history of music and the development of the genres we see today. Join this new class to learn more!

Painting Open Studio: Mondays at 8 am and Tuesdays at 11:30 am. Painting studio is open to participants to work on their own paintings. Call for more information.

Ping Pong: Mondays, Thursdays, and Fridays at 9 am. Join us for an active and fun game of table tennis! Beginners and experts are all welcome. We will play games of single players or bring a friend to play doubles.

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. Stay tuned for the next series of classes. Fall semester will begin in September.

Silver Stage Players: Fridays at 10:30 am. Please join us! We are currently looking for new cast and crew to work on the next original theater production for the winter season. There are no small parts! No experience necessary. If interested in joining or supporting the next show, give us a call at 865-523-1135. Currently on recess but resumes in the Fall.

Singing Seniors: Tuesdays at 9:30 am. We are delighted to welcome back 70+ choir members to the Center! Keep a look out in upcoming newsletters for our upcoming concert schedule. Currently on recess but resumes in the Fall.

Spanish:

Beginner – Wednesdays at 10:30 am. We will be guided by “Madrigal’s Magic Key to Spanish”, an accessible and affordable basic textbook.

Advanced – Fridays at 11 am. Class is conversational.

Beginner Sewing: Tuesdays at 9:30 am. Learn machine sewing techniques on small, easy, and useful crafts in this instructed sewing class. Space is limited; please call the Center to reserve a spot.

Technology Tutoring: Available one-on-one appointments with volunteers on Tuesdays, Wednesdays, and Thursdays for computer questions and answers. Call the Center to schedule an appointment.

Texas Hold ‘Em: Wednesdays at 12:30 pm. Enjoy fellowship and competition with experienced and inexperienced card players; newcomers welcome!

Violin: Fridays at 11 am. For the first part of the class, discover the basics of playing the violin. Learn alongside other beginners in a relaxed, small group setting as you explore violin technique, begin to read music, and start learning to play your very own songs. The second half of the class is for those building on their basic violin skills.

Woodcarving: Join us on Fridays at 9 am. Woodcarvers of all abilities are welcome. Instruction is available.



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.**

Monday, July 7 - Improve Independence with Occupational Therapy

Tennessee Wesleyan University staff and students will discuss how Occupational Therapy can be beneficial for adults of all ages with a wide range of conditions and challenges. By improving functional abilities and enhancing independence, occupational therapy can lead to increased quality of life and reduced stress. Fall Prevention Clinic to follow from 12:30 pm - 3:30 pm.

Monday, July 14 - KUB Energy & Water Savings

Oscar Limon, KUB Customer Service Representative, will present easy ways to save energy and water at home. Participants will leave the session with tools and materials to put this information into action. Participants will receive a free energy savings kit.

Monday, July 21 - Financial Elder Abuse

Angel Fields, Branch Manager and Senior Underwriter with UT Federal Credit Union, will lead this informative discussion on how older adults are easy victims for financial abuse, the tactics that scammers use, and how to prevent from being a victim.

Monday, August 11 - Cars & Trucks Share the Road

Eddie Lesueur, Road Team Captain with Tennessee Trucking Foundation, will present information on how to safely share the road with large trucks and commercial vehicles. A big truck will be onsite where you will be able to experience first-hand what it is like to sit behind the wheel of a tractor trailer. You will be educated on the "No-Zone" areas of a truck-which are the blind spots where the truck driver cannot see the motorist.

Monday, August 25 - Smile Wide, Maintain Your Oral Health

Dr. Grayson Tucker Hunley with Golden Rule Dental Center will share how to care for your smile at every stage of life! He will discuss common health issues with your mouth and ways to help alleviate them. He will talk about dry mouth, ulcers, care for dentures and partials, dental implants, flossing, and fluoride.

This program is made possible by the generous support of the O'Connor Family.



FREE FALL PREVENTION CLINIC

Monday, June 30 & Monday, July 7
12:30 pm- 3:30 pm
O'Connor Senior Center, 611 Winona St.

Come to the O'Connor Senior Center for a FREE Fall Prevention Clinic! A fall risk assessment is a screening process used to identify factors in health and environment that increase the likelihood of someone falling. Register for the clinic today to receive a falls risk communication form to take back to your physician and take steps to prevent falls in your life.

On July 7 at 11:30 am, Tennessee Wesleyan staff and students will be hosting a Lunch and Learn presenting on Occupational Therapy then administering fall risk assessments beginning at 12:30 pm.

In conjunction with the fall prevention summit, Walgreens will be there to provide free health screenings from pharmacy students and staff. There will be blood pressure checks, medication reviews, and vaccine assessments.

Call 865-523-1135 to register!

SENIOR NUTRITION PROGRAM SPONSORS

In Mobile Meals’ Adopt-A-Senior program, you can provide Mobile Meals for a month, or more, for a homebound older adult 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 at 865-524-2786. The following people and organizations contributed to Mobile Meals in February and March 2025.

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AmeriCorps Seniors Celebrate Our VOLUNTEERS

The CAC Office on Aging AmeriCorps Seniors Programs celebrated their volunteers in May.



The Foster Grandparent Program held their volunteer recognition on May 8 at the Beaver Brook Country Club. The 48 Foster Grandparents enjoyed delicious food, music, and amazing scenery from the deck at the Country Club. Foster Grandparents volunteer with children in schools, afterschool programs, and day care centers. In honor of the 60th Anniversary of the creation of the program, each Foster Grandparent received a 60th Anniversary pin.



The Retired & Senior Volunteer Program (RSVP) celebrated their volunteers on May 23 at O'Connor Senior Center. The theme "Picnic in the Park" included music by the O'Connor "No Name Band", enjoying lunch from Cracker Barrel, a little fishing, and a few ants. RSVP matches volunteers with nearly 25 volunteer opportunities in the community.



On May 14, the Senior Companion Program's volunteer recognition was held at Beaver Brook Country Club. The 46 volunteers provide companionship and support to home-bound adults in our community. Last year, the national Senior Companion Program celebrated 50 years since its inception. In honor of the Anniversary, each of our Senior Companions received a 50th Anniversary pin.



Call us today to become an AmeriCorps Seniors Volunteer!
865-524-2786

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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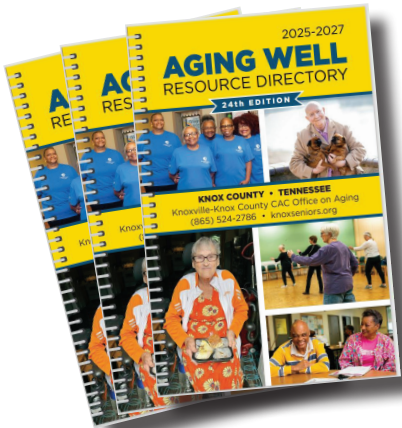
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ELDER NEWS & VIEWS

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