

# ELDER NEWS

MARCH/APRIL 2024

# VIEWS

OFFICE ON AGING  
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

O'Connor Senior Center's Annual

# PANCAKE FEST & Senior Expo

**Friday, March 22, 2024**  
**7 am - 12 pm**  
**O'Connor Senior Center**  
**611 Winona St.**

Everybody's favorite benefit breakfast is here again, serving up hot stacks of pancakes to nourish the body and good fellowship with friends to nourish the soul. We will have all-you-can-eat pancakes made especially for you by local celebrity pancake flippers, as well as sausage, coffee, milk, and juice for just \$5. Sugar-free and gluten-free options will be available.

O'Connor crafters will host a craft sale of handmade goodies. You can visit the Senior Expo in the North Addition, where we will have many vendor booths offering information on programs and services for older adults. We'll also have live music and entertainment throughout the day.

To-go orders and delivery within 5 miles of the Center are available with a 5 meal minimum. Call 865-523-1135.

Proceeds benefit the O'Connor Senior Center to provide the quality programming you depend on.



## 2024 Duncan Awards for Senior Advocacy

Join us on Tuesday, May 7, at the Pavilion at Hunter Valley Farms as we honor three very special advocates for older adults in Knox County. Read more about them in the next issue of Elder News & Views.

*Community Award*

**Dan Hix**

Chaplain

*Professional Award*

**Dr. Monica Crane**

Genesis Neuroscience Clinic

*Business Award*

**Dr. Joseph Tabery**

Norwood Veterinary Clinic



**NEW THIS YEAR!** Pancake Fest tee shirts will be available! Share your Pancake Fest love with the world as you sport our brand new shirts for \$15 each, screenprinted by our friends at Borderland Tees.

**Pancake Fest tickets are available at the door or online at [knoxseniors.org](https://knoxseniors.org).**

The Suffrage Coalition and the Council on Aging present

## How Southern Women Won the Vote

**Thursday, March 14**  
**2:30 pm**  
**O'Connor Senior Center,**  
**611 Winona St.**

A musical documentary by Candace Corrigan that tells the story of the final battle to win voting rights for American Women.

The Suffrage Coalition, Inc. has worked for over 25 years to locate and preserve the incredible stories of women and men who worked in Tennessee to bring voting rights to millions of women who had been excluded from meaningful participation in our country's governance.

*Refreshments will be provided. This program is free and open to the public.*

**Questions? Call 865-524-2786**

## Knox County Supports Homebound Seniors During Winter Weather Crisis

Mobile Meals wants to thank the hundreds of people across Knoxville and Knox County who came together to ensure that local homebound seniors remained safe during the recent winter weather crisis. Two in three Mobile Meals clients live alone, making the timely delivery of meals even more critical for their health and well-being.

Despite the snow and ice on the roads, over **350 volunteers** answered the call to cover **280 delivery routes**, providing a total of **4,483 meals and safety checks** to Knox County's homebound older adults. Overall, the support provided by volunteers during this winter weather crisis was essential in safeguarding the health, safety, and overall quality of life for homebound seniors in our communities.



Pictured: Commissioner Larsen Jay and Preston Farabow, Mobile Meals volunteers, and Nutrition Services Director, Judith Pelot.

## SAVE THE DATE! PARENTING THE 2ND TIME AROUND CONFERENCE

**APRIL 23, 8:30 am - 1:45 pm at the Ross Building, 2247 Western Ave.**



Join us at the third annual Parenting the 2nd Time Around Conference. This conference is for any relative caregiver of a family member's child. You are filling a critical role in your family.

This conference will offer information, resources, and connections to assist you on your caregiving journey.

For information & registration, call 865-524-2786. **Registration is required.**

The Grandparents as Parents (GAP) program is open to relatives raising a minor child(ren). GAP provides education and support meetings, connections to resources and community services, and a monthly newsletter. Joining the GAP program is free and there are no age or income restrictions. Call the Grandparents as Parents program at 865-524-2786 to enroll today.



## MARCH IS WOMEN'S HISTORY MONTH

Please join The Suffrage Coalition at O'Connor Senior Center for two documentary films by Candace Corrigan about how women in America fought to win the right to vote.



**Monday, March 11, 2:30 pm**  
**A Vote of Her Own**

The story of the last campaign to pass the 19th amendment. Filled with political intrigue and public debates that are comical and even absurd to modern audiences, this musical also underscores an impassioned belief in equal voting rights for all Americans.

**Thursday, March 14, 2:30 pm**  
**How Southern Women Won the Vote**

A documentary that tells the story of the final battle to win voting rights for American Women.

*Refreshments will be provided. This program is free and open to the public.*

O'Connor Senior Center is located at 611 Winona St. in Knoxville.





## 2024 March for Meals: Celebrating 60 Years of Community Action

This March, local city, county, and state officials will be gathering at the Mobile Meals Kitchen for the 2024 March for Meals Event. This year, we are celebrating 60 years of Community Action in Knoxville and Knox County. Over the past six decades, Knoxville-Knox County CAC has responded to local needs in every corner of the county, including creating the Mobile Meals program to address hunger and isolation among seniors in our community.

The national March for Meals campaign is an annual month-long event designed to generate public awareness about senior hunger and isolation, celebrate the invaluable services provided by senior nutrition programs, and help recruit new volunteers from the community. CAC Mobile Meals participates in this campaign to bring awareness to the invaluable services

they provide to local homebound seniors. Every weekday, 100 volunteers deliver nutritious meals and provide daily safety checks to 1,100 seniors across Knox County who are unable to cook and have no one to prepare meals for them.

### Are you interested in volunteering to deliver Mobile Meals?

Call the volunteer coordinator at 865-524-2786 or email [MobileMealsVols@cacnutrition.org](mailto:MobileMealsVols@cacnutrition.org) to get started as a volunteer.



## SENIOR CENTER OUTREACH

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

### MARCH OUTREACH SCHEDULE

- March 6** - Karns Senior Center, 11:30 am - 1:30 pm
- March 7** - South Senior Center, 9:00 am - 11:00 am
- March 11** - West Senior Center, 9:00 am - 11:00 am
- March 12** - Corryton Senior Center, 10:30 am - 12:30 pm
- March 18** - Halls Senior Center, 10:00 am - 12:00 pm
- March 19** - O'Connor Senior Center, 10:00 am - 12:00 pm
- March 27** - Carter Senior Center, 10:30 am - 12:30 pm

### APRIL OUTREACH SCHEDULE

- April 3** - Karns Senior Center, 11:30 am - 1:30 pm
- April 4** - South Senior Center, 9:00 am - 11:00 am
- April 8** - West Senior Center, 9:00 am - 11:00 am
- April 9** - Corryton Senior Center, 10:30 am - 12:30 pm
- April 15** - Halls Senior Center, 10:00 am - 12:00 pm
- April 16** - O'Connor Senior Center, 10:00 am - 12:00 pm
- April 24** - Carter Senior Center, 10:30 am - 12:30 pm

**Call Senior Information & Referral  
at 865-546-6262**

The SIR office is located in the Ross Building at  
2247 Western Avenue in Knoxville.

## Looking for employment?

The Senior Community Service Employment Program (SCSEP) is a federal job training program for unemployed low-income seniors age 55 or older who face barriers to employment. SCSEP places seniors in part-time paid community service assignments for on-the-job training.

The goal of SCSEP is to give unemployed senior workers the job-search skills, work experience, and up to 48 months of training to prepare them to find unsubsidized jobs in the private sector. The program also promotes senior workers as a valuable resource for employers.

### For seniors who:

- Are 55 or older
- Are unemployed
- Are legally able to work in the U.S.
- Have total family incomes no greater than 125% of the federal poverty guidelines

### Priority is given to:

- Seniors over 60
- Veterans and qualified spouses of veterans
- Minority, limited English-speaking, and Native American seniors
- Seniors with disabilities
- Seniors with the greatest need

**Call SCSEP at  
865-524-2786**



Volunteer Assisted Transportation Program:  
*Celebrating 15 years*  
Serving the Knox County Community



Volunteer Assisted Transportation (VAT) is a volunteer driven program of the Knoxville-Knox County Community Action Committee. This unique program utilizes volunteers from the community who volunteer their time to transport and assist seniors and people with disabilities. Volunteers provide door-through-door transportation assistance to those who need help. The program provides professional training and a program vehicle to drive when volunteering.

VAT is excited to celebrate 15 years of keeping seniors more independent. This program allows seniors to stay in their homes longer, as well as be more active and healthier. The program will transport eligible riders to just about any destination. We make sure individuals get to medical appointments, pharmacy, and grocery pick-ups and of course, the beauty salon or barber shop. The program has served more than 3,100 people in its 15 years and travelled more than 984,000 miles total. Collectively, 258 volunteer drivers have stepped up to help provide over 70,400 trips in its 15 years.

Riders and Volunteers may come and go. It is their experiences while working with VAT that really tells our story.

Our program is a retired nurse who uses her day off to take a man with Alzheimer's to his doctor appointment . . .

. . . a retired naval pilot who transports a fellow veteran to the VA hospital

. . . a full-time professional who volunteers after work to pickup groceries for a woman who can no longer get out and about

. . . a retired engineer who transports a gentleman to physical therapy 3 days a week

. . . a couple of graduate students from Nepal who find joy in assisting a 90 year old woman to church on Sunday mornings

Volunteer Assisted Transportation is a variety of volunteers from different age ranges and backgrounds that share the same common vision - to give back and help their fellow neighbor. All of our volunteers make a lasting impact on the lives they touch. Together we are helping our seniors and people with disabilities to thrive daily.

*Thank you for 15 years and we look forward to many more!*

ARE YOU ON MEDICARE?  
You've earned it. We can help.

Our staff will help you take the next step to save money on:

- Groceries
- Prescriptions & doctor visits
- Utilities

Call Savings Check Up at the  
Office on Aging! 865-546-6262



COMMODITIES DISTRIBUTION

What are commodities?

Commodities are a shelf-stable food program with food resources provided by USDA. Each household will receive two bags of food.

Who is eligible to receive food items?

Any low-income Knox County resident providing proof of residency with name and address (ID card, KUB bill, etc.) upon pick-up. One distribution per household.

How do I sign up?

No sign-up necessary. Just go to the pick-up location with your proof of Knox County residency and self-declaration of income will be required.

SOUTH NEIGHBORHOOD  
CENTER

522 Maryville Pike  
Monday, March 4  
11:00 am - 1:00 pm

O'CONNOR  
SENIOR CENTER

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

MOBILE MEALS  
KITCHEN/ MALCOLM  
MARTIN PARK

1747 Reynolds St.  
Tuesday, March 5  
3:00 pm - 5:00 pm

Commodities Distribution is a program of CAC Nutrition Services.



Did you know making just one call a week could make a difference in the life of an isolated older adult?

SENIOR CARE CALLS IS  
LOOKING FOR VOLUNTEERS  
AGE 55+ TO CALL A SENIOR  
AND HELP ALLEVIATE  
LONELINESS

Call 865-524-2786 or email  
rsvpcoord@knoxseniors.org  
for more information.



## O'CONNOR CENTER'S MARCH &amp; APRIL SCHEDULES



Classes are subject to change. Please visit our Facebook page ([facebook.com/oconnorseniorcenter](https://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 Friday, March 29, for the Spring 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.

**Exercise - Arthritis Foundation:** Tuesdays and Thursdays. Designed for anyone with arthritis or related health issues to reduce pain and stiffness, maintain joint range of motion, improve muscle strength, endurance, balance, and coordination. In addition to exercise, the O'Connor Nurse ensures the class meets your daily requirement of fun and fellowship.

**Advanced Class** has good physical exertion;

**Basic Class** offers seated exercise with limited physical exertion.

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

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

**Tai Chi for Arthritis:** Mondays at 10:00 am. Improve balance, reduce stress, and obtain arthritis pain relief through slow, gentle movement.

**Qigong:** Wednesdays at 10:00 am. Integrate physical postures and breathing techniques, along with focused attention, to improve health, healing, and increase flexibility and balance.

**Thursday Walkers:** This group meets in community parks and greenways to get 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 523-1135 to schedule an appointment. March 6, 13, and 27; April 3 and 24.

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

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

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

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

**Concert Band:** Wednesdays at 10:00 am. 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".

**Creative Writers Workshop:** "Someone" needs to write our Family History. We are still searching for "Someone". Only you can write "Your Family" history. It starts at the meeting of pencil upon paper. Creative Writers can provide the tools for your endeavor. You will practice: 1) writing about a specific subject, 2) scheduling time to write, 3) developing a draft, 4) improving by rewriting, and 5) presenting skills to fellow writers. Meets 2nd and 4th Monday. Classes for aspiring and experienced writers. There is a story in all of us! Call for more information. Interested in leading a group of like-minded individuals? Volunteer needed to be the Creative Writers Workshop Facilitator. Call (865) 523-1135 for more information.

## Dance -

**Intro to Line Dance:** Tuesdays. For those with no line dance experience. \$2/class.

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


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

**Continued on page 8**

ELDER NEWS & VIEWS

MARCH 2024 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Tax Aide by AARP Wednesdays. Make appointments online. www.volsintax.com or call 865-229-4429		1 9:00 Ping Pong 10:00 Mandolin 10:30 Silver Stage Players 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday
4 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Watercolors 11:30 Lunch & Learn 12:30 Beginner Sewing 1:00 BINGO	5 9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	6 9:00 Toenail Clinic 10:00 Beginner Quilting 10:00 Qigong 11:00 Mahjong 1:00 Genealogy	7 9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	8 9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday  1:00 Ballroom Dance* * Russell Ramsey Band!
11 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Watercolors 12:30 Beginner Sewing 1:00 BINGO	12 9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing	13 9:00 Toenail Clinic 10:00 Plant Sale 10:00 Intermediate Quilting 10:00 Qigong 11:00 Mahjong 11:30 Artists & Crafters Window	14 9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 2:30 Council on Aging 1:00 Genealogy	15 9:00 Ping Pong 10:30 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
18 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Watercolors 12:30 Beginner Sewing 1:00 BINGO	19 9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Adv. Arthritis Exercise 11:30 Open Painting 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	20 10:00 Beginner Quilting 10:00 Morning Painting 10:00 Qigong 11:00 Mahjong 12:30 Afternoon Painting 1:00 Genealogy	21 All classes cancelled today  Come to Pancake Fest tomorrow!  To-go and delivery options available	22 Pancake Fest 7 am—12 pm  All Classes Cancelled
25 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Watercolors 11:30 Lunch & Learn 12:30 Beginner Sewing 1:00 BINGO	26 9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing	27 9:00 Toenail Clinic 10:00 Intermediate Quilting 10:00 Qigong 11:00 Mahjong	28 9:00 Knitting & Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	29 Center Closed Spring Holiday

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Billiards Room Open 10:30 Blood Pressure Checks 11:00 Loss & Life Changes 1:30 Intermediate Line Dancing	8:30 Billiards Room Open 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:30 Painting Open Studio  TECH TUTORING BY APPT.	8:30 Billiards Room Open 10:00 Concert Band 10:30 Blood Pressure Checks 10:30 Beginner Spanish 11:00 Jazz Band 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 Basic Arthritis Exercise 10:00 French 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks  TECH TUTORING BY APPT.	8:30 Billiards Room Open 10:00 Wood Carvers 10:30 Blood Pressure Checks 11:00 Advanced Spanish

ELDER NEWS & VIEWS

APRIL 2024 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Watercolors 12:30 Beginner Sewing 1:00 BINGO</div>	<div>2</div> <div>9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Adv. Arthritis Exercise 12:30 Cards &amp; Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing</div>	<div>3</div> <div>9:00 Toenail Clinic 10:00 Greenhouse Open 10:00 Qigong 10:00 Morning Painting 10:00 Beginning Quilting 11:00 Mahjong 1:00 Afternoon Painting 1:00 Genealogy</div>	<div>4</div> <div>9:00 Knitting &amp; Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards &amp; Games</div>	<div>5</div> <div>9:00 Ping Pong 10:30 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday</div>
<div>8</div> <div>9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 12:30 Beginner Sewing 1:00 BINGO</div>	<div>9</div> <div>9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Adv. Arthritis Exercise 12:30 Cards &amp; Games 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing</div>	<div>10</div> <div>10:00 Greenhouse Open 10:00 Qigong 10:00 Intermediate Quilting 10:00 Morning Painting 11:00 Mahjong 11:30 Open Painting 1:00 Afternoon Painting</div>	<div>11</div> <div>9:00 Knitting &amp; Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards &amp; Games 2:30 Council on Aging</div>	<div>12</div> <div>9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday 1:00 Ballroom Dance</div>
<div>15</div> <div>10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 1:00 BINGO</div>	<div>16</div> <div>9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Adv. Arthritis Exercise 12:30 Cards &amp; Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing</div>	<div>17</div> <div>10:00 Greenhouse Open 10:00 Qigong 10:00 Morning Painting 10:00 Beginning Quilting 11:00 Mahjong 1:00 Afternoon Painting 1:00 Genealogy</div>	<div>18</div> <div>9:00 Knitting &amp; Crocheting 10:00 AARP Safe Driving Class 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards &amp; Games</div>	<div>19</div> <div>9:00 Ping Pong 10:00 Mandolin 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday</div>
<div>22</div> <div>9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch &amp; Learn: Qigong 1:00 BINGO</div>	<div>23</div> <div>9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Adv. Arthritis Exercise 12:30 Cards &amp; Games 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing</div>	<div>24</div> <div>9:00 Toenail Clinic 10:00 Greenhouse Open 10:00 Intermediate Quilting 10:00 Qigong 10:00 Morning Painting 11:00 Mahjong 1:00 Afternoon Painting</div>	<div>25</div> <div>9:00 Knitting &amp; Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beg. German 12:30 Cards &amp; Games</div>	<div>26</div> <div>9:00 Ping Pong 11:00 Beginner Violin 12:30 Jam Band 1:00 Fun Film Friday</div>
<div>29</div> <div>10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 10:30 Qigong 1:00 BINGO</div>	<div>30</div> <div>9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Adv. Arthritis Exercise 12:30 Cards &amp; Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing</div>			

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>8:30 Billiards Room Open 10:30 Blood Pressure Checks 11:00 Loss &amp; Life Changes 1:30 Intermediate Line Dancing</div>	<div>8:30 Billiards Room Open 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:30 Painting Open Studio  TECH TUTORING BY APPT.</div>	<div>8:30 Billiards Room Open 10:00 Concert Band 10:30 Blood Pressure Checks 10:30 Beginner Spanish 11:00 Jazz Band 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing  TECH TUTORING BY APPT.</div>	<div>8:30 Billiards Room Open 8:30 Blood Glucose Checks 10:00 Basic Arthritis Exercise 10:00 French 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks  TECH TUTORING BY APPT.</div>	<div>8:30 Billiards Room Open 10:00 Wood Carvers 10:30 Blood Pressure Checks 11:00 Advanced Spanish</div>



CONTINUED FROM PAGE 5

**Ballroom Dances:** Monthly Ballroom Dances on selected Friday afternoons from 1:00-3:00 pm. Live Bands providing wonderful music include:

March 8 - Al Curtis Group; April 12th – Mood Swing Band. \$8 Per person

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

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

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

**Fun Film Friday:** Enjoy a weekly movie every Friday at 1:00. 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.

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

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

**Jazz Band:** Wednesdays after Concert Band rehearsal. Call group leader Linda 865-640-1856 for more information. Also see “Concert Band”.

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

**Knitting & Crocheting:** Thursdays at 9:00 am. Meet new friends and enjoy crocheting in this low key social group. Crochet may be a good alternative for crafters who have set aside more intricate crafts due to vision loss or loss of mobility in the hands. Bring your own craft to work on. Instructions and advice provided for beginners. Newcomers are always welcome!

**Library:** The O’Connor Center Community Library is open! Volunteers organize, sort, and shelve all books. Feel free to stop by and peruse the collection. All of the books in our library are donations. Donations must be hardback and are accepted during business hours.

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

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

**Ping Pong:** Tuesdays & Fridays at 8:30 am. Beginners and experts are all welcome. We’ll play games of single players or bring a friend to play doubles.

**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.

**Tax Aide by AARP.** Wednesdays at O’Connor through the tax season. Make appointments online at [www.volsintax.com](http://www.volsintax.com) or call 865-229-4429.

**Technology Tutoring:** Available one-on-one appointments on Tuesdays, Wednesdays, and Thursdays for computer questions and answers. Please call to schedule an appointment with our volunteers.

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

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



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 at least once a month to talk on topics that are pertinent to you. Call ahead to register. Diner lunch is provided and donations are appreciated. **Programs begin at 11:30 am.**

**Monday, March 4: Promote Your Health & Well-Being**

Tai Chi & Qigong are two health promoting routines that involve slow, gentle movements, deep breathing and meditation. Jim Malia, certified instructor, will share how these routines will improve your flexibility, balance, increase energy, decrease stress and depression.

**Monday, March 25: Aging with Independence**

Alaina Marino, PT, from Marino Physiotherapy, will teach this informative presentation! She will talk about the “8 Better B’s: Balance, Breathing, Bones, Bites, Bladder, Butt, Brain & Boogie” for aging independently.

**Monday, April 1: Pedaling across the USA (11:30 am-1:00 pm)**

Join John Lamacchia, a 66 year old retired school teacher, as he shares his cycling expedition from Anacortes, WA to Boston, MA. Enjoy the beautiful pictures and listen as he talks about his wonderful experience cycling 44.7 miles a day for a total of 4,100 miles in 93 days.

O’Connor Senior Center’s

# Greenhouse Plant Sale

Wednesday, March 13, 10 am - 1 pm

Wide variety of tropical plants for sale including violets, pothos, succulents, ferns, jades, and orchids, to name a few. We have a wide selection, limited quantities. *Please come out and support our greenhouse!*



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 December 2023 and January 2024.*

MOBILE MEALS

Anonymous (142)	Terry & Rhonda Carpenter	Marvin & Brenda Dockery	Karen Greene	Kent & Carol Rinehart
Barbara Abner*	Betty Carroll	Louis A. Dorta	Alta Groover	Fred & Raisa Killeffer
A. Abushaqra	Catherine Carter	Dr. & Mrs. Leonard A. Brabson	Mike & JoAnn Guidry	Angela Fonde Kincaid
Joseph & Leslie Adair	Ms. Patricia Casale	Jack Draper	Tonya Joyner Hairston	Deborah King
Charles & Jean Adams	T. Gaile Caudle	Clyde & Carol Sue Drummond	The Hall Family Living Trust	Jennifer King
Joan Adams	David Cazalet, Jr.	Peggy Duffy*	Earl Hall*	John King*
Michael & Donna Alexander	Reba Chadwell	Carol Dunn	Wahid Hanna	Jane Kinkead
Charles & Verna Allen	Angie Chance	Jon & Amy Dunn	Kelly Hardin	Roger & Mary Ann Kisner
Ameriprise Financial	Charles & Ann Snodgrass	Debbie Dynak	Pat Hardin	Charlotte Klieman
Glen Anderson*	Gary Childress	Steve Early	Joyce Hardwick	William & Candace Kluxen
Thomas & Victoria Anderson	Mary Christofferson	East Tennessee Chapter IFMA	John & Shari Harris	Dave & Debbie Knapp
Bob Andres*	Christopoulos & Kennedy Construction Inc.	Ed & Sharon Penico	Stephanie Harris	Knoxville Fire Fighters
Jim & Pat Andrews	Suzanne Churchill	Mildred Edington	Harry & Katie Gillman	Association Local 65
John & Dixie Andrews	City-Wide Service Club	Ann Effler	Walter & Mary Hearnese	Knoxville Wholesale Furniture
Anne & Doug Dalton	Diana Clapp	Gregory Eidam	Elliot Heffern	Michael Kopp
Nic Arning*	Michael & Marcia Clark	Eugene & Barbara Eisinger*	Andy & Sarah Henderson	Elaine Kreil
Todd & Ylliana Arnsby	Stacy Clark	Harold Elkins*	Angela Henderson	Lillian Lacey
Arthur & Stephanie Clancy	Larry Claxton	Shirley H. Ellis	Connie Hendrix	Kurt & Patricia Land
Asbury United Methodist Church	Clyde & Shirley Sheffield	Robert & Ollie Ellison	Sheri Hensley	Jill Langer
Jeffrey Austin*	James Coffin	Allan & Donna Ellstrom*	Thomas Paul Hensley	James & Darlene Lara
Ron & Lynn Austin	Rick Coker	Bea Emory	Ruben & Arlene Hernandez	Tim & Kimberly Lawson
Thomas & Murray Ayres	Warner S. Colburn	Erin Presbyterian Church	Michelle Herrell	James Leach
Kandice Bewley Baker	Diane Collier	Thomas Evans	Rodger & Virginia Herron	Donelson & Catherine Leake
Martin Baker	Michael Collier & Leann Lovin-Collier	Wayne & Jo Evans	Amy Morris Hess	Jlm & Beverly Lemme
Chris & Tracy Banks	Colonial Heights United Methodist Church	Mary Evars-Goan	Dr. Thomas Hetrick	Charles W. Lett
Constance Barlow	Danny & Manuela Connatser	Joannah M. Ewers	Bob Hill	David Liles
Barry & Linda Wert	Dorothy Graham Conner	Fairfield Service Group, Inc.	Hinton Street Bible Methodist	Dawn Lindsay
Richard & Barbara Bashford	Darrell Cook	Farragut Presbyterian Church	Church	Lisa & Keith Mandrell
Don & Ruth Batten	Norma Cox Cook	Grace Fawver	Laura Hobbs	Mark & Peggy Littmann
Beaver Creek Cumberland	Sherman & Roberta Cook	Ruth Feinberg	David & Mary Jo Holden	Edwin & Gail Lonas
Presbyterian Church*	Catherine Cooper	Susan Fisher	Cynthia S. Holliday	Diana Lee Loper*
Ivan Beltz	Gary Cooper*	James & Ellen Fitzgerald	Kyle Holt	Robert R Lovelace
Beverage Control, Inc.	Robert Cornette	Charles & Anne Fleenor	John & Johanna Hoover	James & Deanie Lovell
Brown Beville	Donnie & Cindy Corum	Judy Fleenor	Doug Horne	Pam Lovell
Tim & Janet Bigelow	Richard & Susan Cowan	Reeta Fletcher	Garry Hudson	Debbie Lowe*
Greg & Joyce Birtsch	Jack Cox	Gary & Dianne Forry	J. Leland Hughes Jr., MD	Greg & Patti Lowe
Jeanne Bishop	Verna Cox	Bill & Janice Fox	Michelle Hull	Michael & Debra Lowery
Tommie Bivens	Debora Coyle	Cindy & Bob Fox	James Hurst	Gail Ludlow
Gracia Bobbitt	M. D. & Marie Craft	Donald & Tammy Francis	Richard & Jackie Imbrey	Michael & Lori Major
Larry & Patsy Bohanan	Craig & Dana Hendrix	Ben Franklin	Frederick & Barbara Jackson	Jim Malesky
Tom & Linda Bolen	David & Clare Crawford	Frank & Avis Jones	Shemeka Jackson	Dorothy Manning
Hughie & Maggie Bolton	Richard & Suzanne Croisdale	Frank & Patricia Balzer	Ben & Libba Jaco	Sarah Mapes
Elmer & Brenda Bonk	Robert & Patricia Croley	Helen Freeh	Don & Sharon Jacobs	Dolores Marsden
Fritz Boothe	Joseph Crump	Clark B. Freeman	James & Gwendolyn Yerger	Mr. Mike Marshall
John & Ruth Bowling	Crumpton Family Dentistry	Doug & Vicki Freeman	Linda James	Arch Martin
David & Ruth Bradford	Corbet & Cindi Curfman	Christine Fricke	Russ Jensen	Jackie Martindale
Laura Brake	William & Floetta Curtis	Barbara Froula	David & Sandra Jester	David Massey & Jamie Harris
Maria Brelstord	Debbie Cutler	James & Diann Fryer	Joe & Kelly Viar	George & Faye Massey
Melissa Brenneman*	Paul & Frances Daugherty	Mayford A Galyon Jr.	John & Anna Guttery	Tom Maxwell
Terry Brewer	David & Laura Bassett	Sharon Gant	Andrea Johnson	Mark Rennich & Vicki Mayfield
Sybil Bridges	David & Lisa Barr	Janet Gantt	Andrew & Jennie Johnson	Stephanie McCarter
Margaret Bright	David & Shirley Hurst	Becki Garland	Lorraine Johnson	Kari McCluer
John & Dinah Brock	Anne Davidson	Donald & Julie Garren	Melissa Johnson	David McCormick
Ken & Kaye Brock*	Ms. Bonnie Y. Davis	Mark & Nan Gaylord*	Warren Johnson	Stanley & Georgia McDaniel
Kenneth & Karen Brooks	Eva Davis	Patrick & Cynthia Gibson	William & Sally Johnson	Lisa McElligot
Bruce Broussard	Jerry & Karen Day	Albert & Joan Gill	Mark Joiner	Nancy McGalliard
Debra Brown	Michael Day	John & Sandra Gillis	Jon & Gail Way	Donald McGavin
Joyce Brown	Elizabeth De Vega	Carla Goins	Gail Jones	Carol McGhee
Buddy & Janine Ryan	Donald Delaney	Carol Goris	Richard & Carol Jones	Catherine McKeown
Nancy Burwell	Ann Delap	Glenn & Caroline Graber	Robert & Lula Jones	Sandra McLeod*
Jane Byars	Democratic Women of Knoxville	Richard Graham	Roberta Jones	Carol McNamee
Jewell Cadle	Robert & Teresa Dempsey	Ronald & Mary Graves	Russell & Minnie Jones	Steven & Jeri McNeany
Sharon Camblin	Pete & Bobbie Denton	Dawna Gray	Miss Gloria Jun	Kenneth & Polly McNutt
Carol Campbell	Karen Dew	Jim & Carol Gray	Dale & Mary Ellen Kangas	Jeffery & Kathleen Meaney
Terry Cannon	Zara Dewhirst	Michael Gray	Peggy Kattine	Ann T. Meek
Lois Carbo	Mark & Helen Dickey	Susan Gray	Seth & Sandra Kehne	The Melrose Foundation Inc.
Jim & Melissa Cardon	Lee Doane	Billie Greene	Larry & June Kelsay	William & Diane Melton

Guenter Meurer  
Michael & Marion Vose  
Judith G. Miller  
Victor & Paula Mills  
Edward & Shirlene Mink  
William Mink  
Samir & Mary Mishu  
Brent & Judy Moore\*  
Kimberly Moore  
Steven Morgan  
Gary Moss  
Laura-Eve Moss  
Mount Olive Baptist Church  
Katelyn Mull\*  
Lyndon Mullins  
Kevin Murphy  
Sarah Alice Nance  
Bob Neal  
John & Karen Needy  
Nancy Newman  
Lisa Nichols  
James & Christina Nixon  
Noah & Elizabeth Chitty  
Carolyn Noey  
Robert Nolter  
Roger & Carol Nooe  
Brenda Ogle  
Mary O'Neil  
Davis & Christy Overton  
Michael & Elizabeth Ownby  
Susan Parker  
Kenneth & Judy Pate  
Dawson E. Patty  
Ann Payne  
Robert & Janet Penilo  
Deborah Perry  
Heather L. Peters  
Elenor Peterson  
James & Dorothy Petrone  
Bettye Phifer  
Bill & Linda Pickett  
Bruce & Christina Pint  
PJ Parkinsons Support  
Augusto Podio  
Judy Poulson  
Charles & Christine Price  
Gloria Price  
Stephen & Helen Prinz  
Norman L. Queener\*  
Michael Rader  
Linda Raulston  
John & Nancy Ray  
Raymond & Christine LeFebvre  
Caleb Redding  
Pamela Reddoch  
Redemption Church  
Rolland & Joan Regester  
Gary & Avice Reid  
Willa Reister  
Richard & Dorothy Warwick  
Richard & Karen Yakubic  
LaVon & Darlene Rickard\*  
Robert & Jessica Hatch  
Robert & Julia Schriver  
Sandra Roberts  
Susan Roberts  
James & Betty Robinson  
Lora Robinson  
Mike & Becca Rogers  
Ronald & Denise Gray  
Ronald & Linda Oglesby  
Rotary Foundation of Knoxville  
Thomas & Christine Rowe  
Mary Rule  
Dennis & Sally Russell  
Field Sanders  
Steven Sautler  
Wade Saye

Wanda Scarbro  
Daniel & Cindy Schilling  
Glenn Schmidt  
Jacqlyn Schmitt\*  
Todd Schott  
Andrew C. Scott  
Jack & Sandra Sellers  
Beverly Selmer  
Cynthia Serbin  
Steven Morgan  
Adventist Church  
G. E. Shacklett, M.D.  
Diana Shaffer  
Robert & Julie Sharp  
Jim & Ann Shay\*  
Rex & Linda Short  
Barry Shumpert  
Betty Siegel  
Carol Y. Simpson  
Doris Simpson  
Sally Sisk  
James Smelcher  
Greg Smith  
Hubert Smith  
Judy Smith  
Patrick Smith  
Susan D. Smith  
William & Alma Smith  
Barbara Snowberger  
George & Betty Southworth  
Stephen Spence  
Ellen Spitzer  
St. Elizabeth's Episcopal Church  
St. George Greek Orthodox Church  
Jarue Stafford  
Kevin & Linda Staton  
Barry Steele  
Stephen & Christina Cox  
Mark Stephens  
Elizabeth E. Stevens  
W & G Stewart  
Judith Stindt  
David & Lisa Stinton  
Stephen Strevel  
Mary Stuart  
Amy Stuber  
Amy Stuber  
Brad & Starr Suneson\*  
Susan Morton Killeffer & James A. Killeffer Charitable Trust  
Tommy Swabe  
James W. Swafford  
John & Cheryl Szabat  
Brown & Julie Tate  
Bernice Taylor  
Ms. Jennifer K Taylor\*  
Wayne Thacker  
Craig Thompson  
John Thompson & Janice Sansing  
Tim & Sherry McEvoy  
Timothy & Ann Marie Horst  
Mary L. Tollison  
Richard & Irene Townsend  
Darrell & Deena Trimble  
Mary Lee Trott  
William & Mary Truex  
Dr. Sandra Twardosz  
Don & Adelle Urban  
Vincent Urdal  
Ann Van Hassel  
Rosemary Vandergriff\*  
John Vanlandingham  
Mr. John Veeninga  
Sam & Mary Ann Venable  
Sherry Vermillion  
Vincent & Shelly Pulsipher  
John Von Der Leith

Jerry & Emily Vreeland  
Wallace & Mary Casnelli Foundation  
Beverly Walton  
Larry & Chris Warren  
John Warwick  
Washington Presbyterian Church  
Courtney Wasson  
Jack & Patricia Watson  
Pat Weaver  
Linda Webb  
Raymond & Joyce Weedon  
Ray Welch  
Ed & Sharon Werden  
Gary & Patti West  
Jimmy & Linda Whaley  
Alan & Pat White  
J. Lynn & Judy White  
Susanne White\*  
Cathy M. Whitehead  
Barry Whitson  
Joan Whitt  
Richter Wiggall  
William & Christine Haire  
William & Shirley Yaggi  
William Edwards & Sonya Whicker  
Randall & Denise Williams  
Paula Williamson  
Charles & Eleanor Wilson  
Dr. Jack Wilson  
William Wilson  
Harold Wimbley  
James & Virginia Wood  
Jerry & Pat Wrinkle  
Phylicia Wynn  
James & Linda Yates  
Janice Zartman  
Eric & Elaine Zeanah  
Leon A. Zevenbergan

MOBILE MEALS IN HONOR

In Honor of Charles & Wilma Branner  
By Anonymous  
In Honor of GrandWilma & GrandCharles Branner  
By Anonymous  
In Honor of Charles Cate  
By Anonymous  
In Honor of Dan & Lee Costanzo  
By Anonymous  
In Honor of June Galloway & Ken & Barbara Coover  
By Anonymous  
In Honor of All Glory to God  
By Anonymous  
In Honor of Rebecca Harmon  
By Anonymous  
In Honor of Martha Henderson  
By Anonymous  
In Honor of the Kiwanas Club of Oak Ridge  
By Anonymous  
In Honor of Bettye Phifer  
By Anonymous  
In Honor of Angie Sewell  
By Anonymous  
In Honor of Carol Taylor  
By Anonymous  
In Honor of Your Volunteers!  
By Anonymous  
In Honor of The Wisecarvers  
By Anonymous  
In Honor of Elanya Chin  
By Carol Akerman, DPM  
In Honor of your mother, Lois Pack  
By Debbie Beeler  
In Honor of Chris Reale  
By Stanley Brown

In Honor of Patricia Cowan  
By Geraldine F Caldwell  
In Honor of Gordon Thomas  
By Charles & Wilma Chadwell  
In Honor of Shelbie Thornton  
By Caroline Cooley  
In Honor of Ms. Mimi Daly  
By Patricia Cowan  
In Honor of Mr. Idris Cox  
By Sheri Crawley  
In Honor of Barbara Craig  
By Susan Crowe Turner  
In Honor of Tim & Betty Galbreth  
By Jenny Galbreth  
In Honor of Neil Fiske  
By Grover & Mary Gentry  
In Honor of Barbara Penland  
By Linda Giles  
In Honor of June Trbovich  
By Anna Haese\*  
In Honor of Skip Hudgens  
By Heather Harris  
In Honor of Chas Lindstrom  
By David & Nancy Harshman  
In Honor of Josh Hedrick  
By Gale & Peggy Hedrick  
In Honor of Michael & Nancy Lofaro  
By Thomas Heffernan & Judith Jennings  
In Honor of Sandy Moye  
By Jack & Brenda Holt  
In Honor of Susan Yanno, Phyllis Cassell, & Mary Lee Ramage  
By Janelle Honeycutt  
In Honor of Mr. & Mrs. Jerry Bodie  
By Joanne Huddleston  
In Honor of LaDonna Hurley  
By Scott Hurley  
In Honor of Rob Ivey  
By Brittany Ivey  
In Honor of your children & grandchildren  
By Harriet & René Jordon  
In Honor of Akima  
By Denise King  
In Honor of James & Barbara Lucas  
By Rachel Kraft  
In Honor of Anna Pritchard  
By James Lawson  
In Honor of Mr. & Mrs. David Moon, Mr. & Mrs. Jimmy Haslam, Dr. & Mrs. Clifford Johnson, Dr. & Mrs. George Krisle, Mr. & Mrs. Hiram Tipton, Ms. Caroline Smith, Dr. & Mrs. Ronald Rimer, Mr. & Mrs. Michael McBrien, & Aggie Bell  
By Sherri Lee  
In Honor of Barbara Kelly  
By Michael & Nancy Lofaro  
In Honor of Teresa Levey  
By Cynthia Marquart  
In Honor of Eula G. Baker  
By Douglas McNeil\*  
In Honor of Mary House  
By Jerrilyn Murrian  
In Honor of Sylvia Easterday  
By Delores Naill  
In Honor of Janice Noe  
By Tyra Noe & Johnny Gallion  
In Honor of Gina Delk  
By Tom Pipkin  
In Honor of Jim Lovell  
By Randy & Faye McConnell  
In Honor of Barbara Rutherford  
By Mark & Janice Rutherford  
In Honor of Dorothy Millner  
By Stuart Scott  
In Honor of Genie Atkins  
By Angela Sewell  
In Honor of Gary & Patti West  
By Justin Simerly

In Honor of Earl & Loretta Spearman  
By Daniel & Michaeline Steinhoff  
In Honor of your daughter  
By I. Kathleen Stringfield  
In Honor of The McPherson Family  
By Don & Sharon White  
In Honor of Mr. & Mrs. Gary L. Miller, Jr  
By Charlenia Wilson  
In Honor of Henrietta Woods  
By Anna Woods  
In Honor of Pace Robinson  
By Ned Borowsky  
In Honor of Pace Robinson  
By Janice N.  
In Honor of Lou & Betty Thacker, Ione Cristil  
By Patricia Cristil  
In Honor of Lou & Betty Thacker  
By Rick & Lisa Mixon

MOBILE MEALS IN MEMORY

In Memory of Frank & Charlotte Disney, Sr.  
By Anonymous  
In Memory of F. Ruth Fulton  
By Anonymous  
In Memory of Donald Hale  
By Anonymous  
In Memory of Ethel Hilton  
By Anonymous  
In Memory of Buford McKinney, Sr.  
By Anonymous  
In Memory of Mother & Father  
By Anonymous  
In Memory of William & Mary Oglesby  
By Anonymous  
In Memory of Marie Palisano  
By Anonymous  
In Memory of John & Hannah Peeler  
By Anonymous  
In Memory of Emmalee Renfro  
By Anonymous  
In Memory of Kenneth Crowell Roberts  
By Anonymous\*  
In Memory of Bill & Jean Salter  
By Anonymous  
In Memory of Walter Edward Snellings  
By Anonymous  
In Memory of Doris Taylor  
By Anonymous  
In Memory of Nellis & Henry Adkinson  
By Patricia Adkinson  
In Memory of Vicky Gardner  
By Elbert & Jane Armstrong  
In Memory of Joyce "Peggy" McGill  
By Miss Logan Bacon  
In Memory of I. R. Sauerwine  
By Patricia Ann Benton  
In Memory of Mabel Black  
By Betty Black  
In Memory of Joyce Raper  
By Don & Ann Brady  
In Memory of Dr. & Mrs. James Burdette  
By Jim Burdette  
In Memory of Barbara & Jerry Ladich  
By Mary Ann Bush  
In Memory of Virginia Allsopp  
By Eric & Susan Carlson  
In Memory of Zelma Walker Carson  
By Charles E. Carson III  
In Memory of Nella Sue Childers  
By Forrest Childers  
In Memory of Dorothy Frost  
By Catherine Cooper  
In Memory of Doyle & Eunice Cox, John Davis Cox, & Stacy Cox  
By Ronal Cox



*In Memory of Helen Moore*  
By J. Lee & Jennifer Cross  
*In Memory of Gwendolyn I. Hardy & Henrietta Cross*  
By Walter & Angela Cross  
*In Memory of family that has passed*  
By Danny & Terri Craze  
*In Memory of Jessie, Thelma, Marsha, & Kenneth Carrington*  
By Marilyn Carrington Davidson  
*In Memory of Grace Honadel & Joyce Bishop*  
By Kathleen Davis-Adams  
*In Memory of Christine Dexter*  
By Edwin Dexter  
*In Memory of Troy Proffitt*  
By John & Carolyn Dobbs  
*In Memory of Dr. Larry Dorsey*  
By Dr. Charlotte Dorsey  
*In Memory of Mom & Dad*  
By Jennifer Duncan  
*In Memory of Melba Morton*  
By Bryan & Susan Eaves  
*In Memory of Joe & Dorothy Speegle*  
By Sherry Ellis  
*In Memory of Bobby Craig*  
By Jennifer Fehling  
*In Memory of My Grandparents*  
By Kim Fitch  
*In Memory of Brenda McSpadden*  
By Mary Ellen Flanders  
*In Memory of Elizabeth McCluskey*  
By Hal & Nina Fletcher  
*In Memory of Carolyn Seagle*  
By Fred & Barbara McGinnis  
*In Memory of Sidney Fritts*  
By Sidney & Helen Fritts  
*In Memory of Paul & Hattie Frye*  
By Rebecca Frye  
*In Memory of Marcy Savarese*  
By Adrian & Cathy Gonzalez  
*In Memory of Charles A. Pruitt*  
By Denise Hamilton  
*In Memory of Robert Marsh*  
By Julia Harkins  
*In Memory of Joaquim L. Heck, Jr.*  
By Joaquim & Lisa Heck  
*In Memory of Peggy Ford*  
By CJ Hellard  
*In Memory of Joyce Henson*  
By Jeff & Angela Henson  
*In Memory of Alvin Horne*  
By Douglas Horne  
*In Memory of Mary Ellen Williams*  
By Richard & Rebecca Jenkins  
*In Memory of Clarence & Clara Mays*  
By Jill & William Akers  
*In Memory of Richard M. Kelly*  
By Barbara Kelly  
*In Memory of Dr. Lois Dickey*  
By Janice Kidd & Richard Woods  
*In Memory of John M. King, Jr.*  
By Georgia Ruth King  
*In Memory of Louise Cohen*  
By Mrs. Lisa Michele Kolinsky  
*In Memory of Samuel E. Dalton*  
By Leonard & Deborah Lamb  
*In Memory of Elbert Heft*  
By Gail Lewis  
*In Memory of Timothy Marshall & Jean Altshuler*  
By Timothy & Jo Ann Marshall  
*In Memory of Earl Willox*  
By Joyce Maxwell  
*In Memory of John & Gladys McCarter*  
By Carl & Sandra McCarter  
*In Memory of Eden McDonald*  
By Carole McDonald

*In Memory of Jean Butter*  
By Fred & Liz Melloy  
*In Memory of Bernice Hammock*  
By Linda Miller  
*In Memory of Robert Mitchell*  
By Mollie C. Mitchell  
*In Memory of Wanda Monday*  
By Stephen Monday  
*In Memory of Max J. Young*  
By Jackie & Deanie Montieth  
*In Memory of Mary Key*  
By Amy Myers  
*In Memory of Margaret E. Ault & Ruby C. Nelson*  
By Rachel Nelson  
*In Memory of Charlie & Jeanne O'Connor/Herb & Lib Kidd*  
By Bob & Renee O'Connor  
*In Memory of John A. & Becca O'Connor, & John T. O'Connor*  
By John & Linda O'Connor  
*In Memory of Joyce B. Burch*  
By Michael & Nancy O'Mary  
*In Memory of Anna Pettit Russell*  
By Victor & Carol Pettit  
*In Memory of Victor E. Pettit*  
By Victor & Carol Pettit  
*In Memory of Betty & Louis Thacker*  
By Charles & Nanci Phillips  
*In Memory of Mrs. Norma Bunker*  
By Tom Pipkin  
*In Memory of Janice Hall*  
By Susan Rather  
*In Memory of Susan Olfe*  
By Donna Schroeder  
*In Memory of Skipper Sey*  
By James Sey  
*In Memory of Robert Galloway Jr.*  
By Linda Shannon  
*In Memory of Marian W. Schlick*  
By Dave & Vim Silvus  
*In Memory of John & Mary Slaten*  
By John Slaten  
*In Memory of Mr. & Mrs. Dudley Summers & Mr. & Mrs. Verlin Leach*  
By Millard & Janet Summers  
*In Memory of Ava Lemmons*  
By Martha Terrell  
*In Memory of Hattie Walker*  
By Gerald & Triesta Walker  
*In Memory of Anthony Newanschwander*  
By Michelle Walter  
*In Memory of Franklin Don Jackson*  
By Michael Wilkerson  
*In Memory of Doris Williams*  
By Greg Williams  
*In Memory of Walton & Garnette Williams & Joe & Mary Hurst*  
By Janice Williams  
*In Memory of Barbara Craig*  
By Carrie Halcott  
*In Memory of Barbara Craig*  
By Carolyn Noey  
*In Memory of Pace Robinson*  
By Anonymous  
*In Memory of S. Pace Robinson*  
By Anonymous  
*In Memory of Pace Robinson*  
By William Abramson  
*In Memory of Pace Robinson*  
By Nolan Aiken  
*In Memory of Pace Robinson*  
By Jack Benhayon  
*In Memory of Pace Robinson*  
By Meg Crawford  
*In Memory of Pace Robinson*  
By Danielle Dixon

*In Memory of Pace Robinson*  
By Margot Dunn  
*In Memory of Pace Robinson*  
By Tim & Mary Flato  
*In Memory of Pace Robinson*  
By Aaron Friedland  
*In Memory of Pace Robinson*  
By Glenn & Teena Harness  
*In Memory of Pace Robinson*  
By David & Susan Long  
*In Memory of Pace Robinson*  
By Elaine Millen  
*In Memory of Pace Robinson*  
By Lindsay & Hilary Rappaport  
*In Memory of S. Pace Robinson*  
By Ken & Patra Rule  
*In Memory of Pace Robinson & Eric Ellerine*  
By Kelly Schiffer  
*In Memory of Sherrill Pace Robinson*  
By Teresa Sylvia  
*In Memory of Pace Robinson*  
By Connie & John Tatgenhorst  
*In Memory of Pace Robinson*  
By Anne Tidwell  
*In Memory of Pace Robinson*  
By Wayne Underwood  
*In Memory of Pace Robinson*  
By Marshall & Clare Wilkins

\*Denotes monthly recurring donors

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 December 2023and November 2024.*

AGING SERVICES

Anonymous (5)  
Alexander Bogda  
Isaac Bosley  
Rose Burgett\*  
Church Street United Methodist Church  
Anita Edwards  
Seann Gloss\*  
Linda Mahan  
William C. Scullin  
Ted Smith  
Joshua Tolen  
Bruce & Diana Tonn

AGING SERVICES

*In Memory of Fred R. Langley*  
By Anonymous  
*In Memory of Stephen Peckham*  
By Anonymous  
Daily Living Center  
Monica Franklin\*  
TSCHSW Mid East Council

ELDER ABUSE / RISE ABOVE CRIME

David & Susan Long

KNOX PAWS / FEED-A-PET

Anonymous (9)  
Amanda Atkins\*  
Kandice Bewley Baker  
Tim & Alice Barlow\*  
Gayle Burnett  
Glen Cavin\*  
TSCHSW Mid East Council  
Monica Franklin\*  
Julie Griffith  
Patricia A Kerr  
Peter & Fawn Landrum\*  
Keith Morrison  
Kimberly O'Connor  
Stephen Oliver\*  
Gillian Perkins  
Bonita Rodgers  
Alexander and Teresa Shafer  
Ronald & Virginia Shrieves  
Natalie Smith  
Bobbie Stallings  
Michela Taufer  
Ultimutt Knoxville Doggie Daycare  
Jonathan & Mary Woody\*

KNOX PAWS / FEED-A-PET IN HONOR

*In Honor of Aden Cunningham*  
By Maryanne Cunningham  
*In Honor of Linda Smith-Staton*  
By Nancy Lubrano  
*In Honor of Mrs. Linda Staton*  
By Sandra Madden  
*In Honor of Betty Blanch*  
By Kristen Ravi

KNOX PAWS / FEED-A-PET IN MEMORY

*In Memory of Mack*  
By Anonymous  
*In Memory of Sandra Allen*  
By Anonymous  
*In Memory of Mary Mazzola*  
By Lisa Page  
*In Memory of Marjorie Louise Wolfe*  
By Anonymous  
*In Memory of Marjorie Louise Wolfe*  
By Kristina Howard  
*In Memory of Marjorie Wolfe*  
By Steven Hughey  
*In Memory of Marjorie Wolfe*  
By Gina Martin  
*In Memory of Marjorie Wolfe*  
By Pete & Maggie Yaeger  
Robert & Kathy Gant  
Sherry Raymond

O'CONNOR SENIOR CENTER

*In memory of Jim and Alice OConnor & their children*  
By T. Patrick & Marcia O'Connor  
*In Honor of the O'Connor Senior Center*  
Anonymous  
Senior Companion Program  
Monica Franklin\*  
Gary and Teresa Peterson

\*Denotes monthly recurring donors

# OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

## ELDER NEWS & VIEWS

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

**OFFICE ON AGING: (865) 524-2786**  
**O'CONNOR SENIOR CENTER: (865) 523-1135**

### IN THIS ISSUE

- PANCAKE FEST, **PAGE 1**
- HOW SOUTHERN WOMEN WON THE VOTE, **PAGE 2**
- CELEBRATING 60 YEARS OF COMMUNITY ACTION, **PAGE 4**
- O'CONNOR CENTER CALENDARS, **PAGES 6 & 7**
- O'CONNOR CENTER'S GREENHOUSE PLANT SALE, **PAGE 8**

Nonprofit Organization  
U.S. Postage  
**PAID**  
Knoxville, TN  
Permit No. 989

The Council on Aging presents  
**Finding Schifrah**  
with Sonja DuBois, Holocaust Survivor

**Thursday, April 11 at 2:30 pm**  
**O'Connor Senior Center, 611 Winona St.**

Sonja DuBois will tell her story of finding herself after her family was murdered in Auschwitz when she was only a small child.

Sonja DuBois was born in Rotterdam the Netherland. Her birth name is Clara Van Thijn. When the Nazi troops invaded the country in May 1940, her parents and extended family were deported to the infamous concentration camp Auschwitz, and were murdered. She became an orphan in 1942, and was under the age of 2. She lost her Jewish identity. Her life long struggle to learn of her heritage was realized when she published her memoir "Finding Schifrah."

***This program is free and open to the public!***

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Dottie Lyvers

EDITOR

Rachel Kraft

Knoxville-Knox County CAC Office on Aging

The Ross Building, 2247 Western Avenue, P.O. Box 51650

Knoxville, TN 37950-1650

Phone: (865) 524-2786 • Fax: (865) 546-0832

knoxooa@knoxseniors.org • www.knoxseniors.org