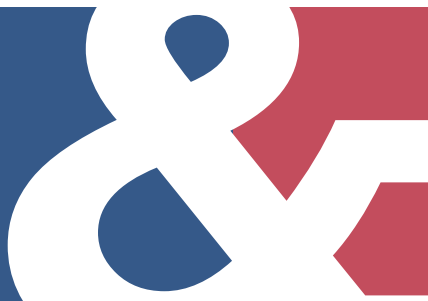


ELDER NEWS

MARCH/APRIL 2023



VIEWS

OFFICE ON AGING
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

JOIN US AT O'CONNOR CENTER'S ANNUAL PANCAKE FEST

FRIDAY, MARCH 31

7:00 am - 12:00 pm

**O'Connor Senior Center
611 Winona, Knoxville**

Tickets are \$5 for all-you-can-eat pancakes and sausage. Heart-healthy options will be available.

It's that time of year again, and we are excited about it! Grab a friend and make your way to the O'Connor Senior Center's annual Pancake Fest. Aside from enjoying a good breakfast and great fellowship, you can peruse the Craft Fair, talk to folks providing programs and services for older adults at the Senior Expo, and tap your toes to live music performed by our talented musician friends. Local celebrity pancake flippers and elected officials will be on hand to serve your breakfast.

Pancake Fest is an annual fundraiser for the O'Connor Senior Center and proceeds allow the Center to continue providing the quality programming and services you have come to expect. Tickets are \$5 for all-you-can-eat pancakes, sausage, coffee, juice, and milk. Heart-healthy, gluten-free, and sugar-free options will also be available.

Want to order pancakes for your team? You can order pancakes to-go by calling 865-523-1135. Free delivery is available within a 5-mile radius of the Center for orders of \$20 or more.



O'CONNOR SENIOR CENTER
Add life to your years



THE COUNCIL ON AGING PRESENTS HOW KNOX COUNTY GOVERNMENT IS PREVENTING FRAUD

with Justin Biggs, Knox County Trustee; Nick McBride, Knox County Register of Deeds; and Mike Hammond, Knox County Criminal Court Clerk

Thursday, March 9, 2023

2:30 pm at O'Connor Senior Center
(611 Winona St.)



This program is free and open to the public.

As Knox Countians, we are fortunate to have access to multiple programs that can not only save you some money, but help you also keep your money from scammers by preventing fraud. Join us as Justin Biggs, Knox County Trustee; Nick McBride, Knox County Register of Deeds; and Mike Hammond, Knox County Criminal Court Clerk tell us about new fraud prevention initiatives to protect Knox County citizens.

Questions? Call 865-524-2786

SENIOR JOB FAIR FOR EVERYONE 50+

Wednesday, May 10
9 am - 11 am
O'Connor Senior Center
611 Winona St.

Are you an older adult seeking employment? Are you retired and looking for something to do? Do you want to re-join the workforce? If so, you should attend the Senior Employment Service's Senior Job Fair.

Employers who want to hire older adults will be on hand to discuss full-time and part-time employment opportunities in fields such as clerical, retail, service industry, home health care, hospitality industry, and more! Grab copies of your resume and find the right job opportunities you've been looking for. Questions? Call the Senior Employment Service at 865-524-2786.

The Senior Employment Service is a program of the CAC Office on Aging.



GRANDPARENTS AS PARENTS

The Grandparents as Parents (GAP) program is committed to making a difference in the lives of relative caregivers and the youth they care for by encouraging and supporting, providing education and connecting grandfamilies to important resources. GAP strives to build, strengthen, and maintain cherished family ties. For more information about any of the GAP programs, call Tracy or Anne at 865-524-2786. All programs are available at no charge.

GRANDFAMILIES TOGETHER MEETINGS ON CONFERENCE CALLS

A guest speaker will join us each month.

Tuesday, March 14 & Tuesday, April 11
10:00 AM - 10:30 AM

Dial: 978-990-5482
Or Toll Free: 844-855-4444
Access Code: 1460466#

GRANDFAMILIES TOGETHER IN-PERSON MEETING

Tuesday, March 28
Ross Building (2247 Western Ave.)
10:00 AM - Noon

GRAND VISIONS

A virtual discussion group for relative caregivers to discuss concerns and find encouragement. Newcomers are always welcome. To join the group, call Tracy at 865-524-2786

Grandparents as Parents presents Parenting the Second Time Around Conference

Tuesday, April 25, 2023

**Call 865-524-2786 to
reserve your seat!**

Grandparents as Parents is a program of the CAC Office on Aging.

BOOST YOUR BUDGET® WEEK APRIL 10-14

According to the National Council on Aging (NCOA), more than 15 million Americans aged 65+ struggle with rising housing and health care bills, inadequate nutrition, lack of access to transportation, diminished savings, and job loss. Every April, NCOA's Boost Your Budget® Week helps educate older adults about the public (and private) benefits that provide hope for the economically insecure. These benefits are often a lifeline to helping low-income people with Medicare age well.

What are examples of public benefits that can help create money savings?

Programs such as the Supplemental Nutrition Assistance Program (SNAP), Medicaid, Medicare Savings Programs, Low-Income Home Energy Assistance Program (LIHEAP), and Part D Low-Income Subsidy (Extra Help) can boost seniors' budgets by thousands of dollars each year by helping with the costs of food, health care, prescriptions, and home heating and cooling.

But research has shown that there are still many barriers to enrollment in these programs, including knowledge of benefits and how to apply. As a result, millions of older adults are likely eligible for, but not enrolled in, benefits that can save money on health care, prescriptions, food, and more.



Call 865-546-6262

Savings Check Up is a program of the CAC Office on Aging.

DO YOU KNOW A CENTENARIAN ?

Do you know an older adult who is or will soon be 100 years old or older? Senior Information & Referral at the CAC Office on Aging would like to recognize them with a special gift of flowers in honor of Older Americans Month this May.

If you know a centenarian, call Senior Information & Referral at 865-546-6262 by Friday, April 28.

Thanks to Food City and Random Acts of Flowers for their support of this tradition!

21ST ANNUAL DUNCAN AWARDS HONOR SERVANT LEADERS

**TUESDAY, MAY 9
4:00 PM - 6:00 PM
THE PAVILION AT HUNTER VALLEY
FARMS (9133 HUNTER VALLEY LN.)**



The Duncan Award for Senior Advocacy, named in memory of John J. Duncan, Sr., pays tribute to people in our community who uphold the same kind of steadfast support and advocacy of seniors and programs that serve older adults as were exhibited by the late congressman. This year's honorees are **Teresa Lawson, Professional Award and Bob Newman, Community Award.**

This year marks the 21st anniversary of this signature event that also serves as a fundraiser for Senior Information & Referral (SIR). SIR aims to be the primary source for quality, dependable information and referral services for Knox County seniors and their caregivers. All too often, seniors and their caregivers become confused and/or discouraged by the complexities of the social service system and give up before they ever find out about services that could assist them. Senior Information & Referral strives to empower seniors by providing information that leads to better service delivery, and by advocating with service providers on behalf of those seniors that need additional help. These same qualities are exhibited in our Duncan Award Recipients as they tirelessly advocate for the needs of seniors in our community. Help us recognize and celebrate these two amazing honorees for all the work they have done, and continue to do in service to our seniors.

Questions? Call SIR at 865-546-6262.



Senior Information & Referral is a program of the CAC Office on Aging.

VAT CELEBRATES 14 YEARS OF SERVICE TO OUR COMMUNITY



Volunteer Assisted Transportation is a volunteer driven program of the Knoxville-Knox County Community Action Committee. This unique program utilizes volunteers from the community to 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 14 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/barber shop. Accessible vehicles are also available to those that need them. The program has served more than **3,000 people** in its 14 years and travelled more than **936,000 miles total**. Collectively **240 volunteer drivers** have stepped up to help provide over **67,000 trips** to Knox County seniors and people with disabilities.

Volunteer drivers are vetted by training and screening. Training includes program and vehicle orientation, First Aid and CPR training and Driver Safety training. As a volunteer it is also required that each volunteer is thoroughly screened for safety which includes MVR checks and fingerprinting. Doing this also reassures the rider that we have checked out the driver and they can be trusted.

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 in the lives they touch. Together we are helping our seniors and people with disabilities to thrive daily.

If you have a client or loved one that could use this service, please call us at **865-673-5001** and request a rider application to see if they qualify.

VAT staff and advisory board are planning a volunteer celebration in the Spring of 2023. Stay tuned for more details! ■



KNOX PAWS IN THE SPOTLIGHT



The Knox PAWS (Placing Animals With Seniors) program received special recognition from Meals on Wheels of America (MOWA) through a "how-to" case study on pet grooming. In the case study, they explored how CAC Office on Aging's Knox PAWS program developed a unique local partnership to provide essential pet care services to clients.

The CAC Office on Aging has operated their pet program, Knox PAWS, for nearly 20 years and over time, their program has expanded to provide a wide range of services, including access to veterinary care, boarding, grooming, and pet food/supply deliveries. The need for grooming services emerged when Knox PAWS' staff and volunteers noticed that nail trimming was one of the most requested services by clients. Their team quickly looked into the resources that the community had to offer and through the local partnership that they were able to establish, they currently provide access to 140 grooming appointments each year. ■

For more information on Knox PAWS, call 865-524-2786.

Knox PAWS is a program of the CAC Office on Aging.

Power of the Purse® 2023

A CAC Mobile Meals Fundraiser




Thursday, September 14


Rothchild Conference Center


Main doors open at 4:45pm


Purse Madness at 6pm

Cleaning out your closet? Follow us on social media to learn how to donate new or gently used purses!

 knoxseniors.org/mobile

 [@KnoxCountyMobileMeals](https://www.facebook.com/KnoxCountyMobileMeals)

 (865) 524-2786

 sara.keel@cacnutrition.org

O'CONNOR CENTER SCHEDULE MARCH & APRIL

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.

The O'Connor Senior Center will be closed on Friday, April 7, for 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 – 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. 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.

KCBC Mammogram Van: Appointments must be made in advance by calling KCBC at 865-583-1003.

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

Qigong: Integrate physical postures and breathing techniques, along with focused attention, to improve health, healing and increase flexibility and balance.

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.

“Exercise is king. Nutrition is queen. Put them together and you’ve got a kingdom.”

Jack Lalanne



Join **Seniors for Creative Living (SCL)** for a fantastic lineup of Spring offerings from Archaeology to Wildflowers! Spring courses begin March 21 and meet on Tuesdays and Thursdays, 1:00 pm-3:30 pm at the O'Connor Senior Center. A celebration luncheon will end the Spring Schedule on May 4. To register, call 865-974-0150. A complete course catalog can be picked up at O'Connor Senior Center.

AARP Safe Driving Class: 10:00 am -2:30 pm on Thursday, April 27 and 10:30 am-2:30 pm on Friday, April 28, 2023. Instructor is Nancy Carmon. To register, call 865-689-5511 and leave your name and phone number.

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. Membership is \$3. Call the Center at 865-523-1135 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.

Chair Volleyball: Friday, April 28 10:00 am -12:00 pm. Join sponsors Oak Street Health for fun with chair volleyball. Enjoy lunch and have a fun time!

Continued on page 8

MARCH 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY	
DINE-A-MITE DINER OPEN DAILY 11:00 AM-1:00 PM		9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga	8:30 SAIL Exercise 9:00 Knitting and Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday 3:00 Spades	
	9:30 Beginning Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO 2:00 Commodities Distribution	8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Beginner French 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing	10:00 Qigong 10:30 Beg. Spanish 11:30 Artist & Crafter's Window Mtg 12:00 Yoga	8:30 SAIL Exercise 9:00 Knitting and Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	9:00 Ping Pong 12:00 Flower Lovers 1:00 Jam Band 1:00 Fun Film Friday 3:00 Spades
					7:00 pm SATURDAY NIGHT DANCE WITH THE AL CURTIS BAND
	9:30 Open Sewing 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO	8:30 SAIL Exercise 9:30 Singing Seniors Practice 10:00 Plant Propagation Workshop 11:00 Adv. Arthritis Exercise 11:00 Beginner French 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing	9:00 Toenail Clipping Clinic 10:00 **NEW** Morning Painting 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga 12:30 **NEW** Afternoon Painting	8:30 SAIL Exercise 9:00 Knitting and Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday 3:00 Spades
	9:30 Beginning Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO 1:00 Mindfulness Workshop	8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Beginner French 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing	9:00 Toenail Clipping Clinic 10:00 **NEW** Morning Painting 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga 12:30 **NEW** Afternoon Painting	8:30 SAIL Exercise 9:00 Knitting and Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday 3:00 Spades
	9:30 Open Sewing 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO 1:00 Mindfulness Workshop	8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Beginner French 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing	10:00 **NEW** Morning Painting 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga 12:30 **NEW** Afternoon Painting	8:30 SAIL Exercise 9:00 Knitting and Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 12:30 Cards & Games	9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday 3:00 Spades

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 10:30 Blood Pressure Checks 10:00 Basic Arthritis Exercise 10:00 French 10:00 Taoist Tai Chi Set Practice 11:30 Painting Open Studio 12:30 SAIL Exercise 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 Basic Arthritis Exercise 10:30 Blood Pressure Checks 10:00 Taoist Tai Chi Set Practice 12:30 SAIL Exercise TECH TUTORING BY APPT.	8:30 Billiards Room Open 10:00 Wood Carvers 10:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Silver Stage Players Rehearsal

APRIL 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
<p>3</p> <p>9:30 Beginning Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Sewing 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO</p>	<p>4</p> <p>8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing</p>	<p>5</p> <p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga</p>	<p>6</p> <p>8:30 SAIL Exercise 9:00 Knitting & Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginning German 12:30 Cards & Games</p>	<p>7</p> <p>CENTER CLOSED</p> 
<p>10</p> <p>9:30 Creative Writers 9:30 Open Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Sewing 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO</p>	<p>11</p> <p>8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing</p>	<p>12</p> <p>10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga</p>	<p>13</p> <p>8:30 SAIL Exercise 9:00 Knitting & Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginning German 12:30 Cards & Games 2:30 Council on Aging</p>	<p>14</p> <p>9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday 3:00 Spades</p>
<p>17</p> <p>9:30 Beginning Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO</p>	<p>18</p> <p>8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beginner Ballroom Dancing</p>	<p>19</p> <p>9:00 Toenail Clipping Clinic 10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga</p>	<p>20</p> <p>8:30 SAIL Exercise 9:00 Knitting & Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginning German 12:30 Cards & Games</p>	<p>21</p> <p>9:00 Ping Pong 1:00 Jam Band 1:00 Fun Film Friday 3:00 Spades</p>
<p>24</p> <p>9:30 Creative Writers 9:30 Open Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Sewing 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO</p>	<p>25</p> <p>8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Beyond Ballroom Dancing</p>	<p>26</p> <p>10:00 Qigong 10:30 Beg. Spanish 12:00 Yoga</p>	<p>27</p> <p>8:30 SAIL Exercise 9:00 Knitting & Crocheting 10:00 AARP Safe Driving Class 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginning German 12:30 Cards & Games</p>	<p>28</p> <p>9:00 Ping Pong 10:00 AARP Safe Driving Class 10:00 Chair Volleyball 1:00 Jam Band 1:00 Fun Film Friday 3:00 Spades</p>
<p>27</p> <p>9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:00 Yoga 1:00 BINGO</p>	<p>28</p> <p>8:30 SAIL Exercise 9:30 Singing Seniors Practice 11:00 Adv. Arthritis Exercise 11:00 Italian 12:30 Cards & Games 1:30 Intro to Line Dancing 2:00 Open Ballroom Dancing</p>			

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Billiards Room Open 10:30 Blood Pressure Checks 11:00 Loss & Life Changes 1:30 Intermediate Line Dancing</p>	<p>8:30 Billiards Room Open 10:30 Blood Pressure Checks 10:00 Basic Arthritis Exercise 10:00 French 10:00 Taoist Tai Chi Set Practice 11:30 Painting Open Studio 12:30 SAIL Exercise</p> <p>TECH TUTORING BY APPT.</p>	<p>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</p> <p>TECH TUTORING BY APPT.</p>	<p>8:30 Billiards Room Open 8:30 Blood Glucose Checks 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 10:00 Taoist Tai Chi Set Practice 12:30 SAIL Exercise</p> <p>TECH TUTORING BY APPT.</p>	<p>8:30 Billiards Room Open 10:00 Wood Carvers 10:30 Blood Pressure Checks 11:00 Advanced Spanish 11:00 Silver Stage Players Rehearsal</p>

CONTINUED FROM PAGE 5

Commodities Distribution: Commodities are a shelf stable food program with food resources provided by 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. A self-declaration of income will be required.

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".

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.

Beginner Ballroom Dancing: Instruction available on the 1st and 3rd Tuesday by Gabriel Akers, Professional Ballroom Instructor from Timeless Ballroom. Put on your dancing shoes and join us! \$3/class

Beyond Ballroom Dancing: For those who know the basics but would like learn more technique; available on the 2nd and 4th Tuesday by Gabriel Akers, Professional Ballroom Instructor from Timeless Ballroom. 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

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

Flower Lovers Garden Club: 2nd 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 pm. Call to register and for the movie title. Light snacks provided, donations appreciated.

French (Beginner): Tuesdays 11:00 am. New introduction to French class beginning March 7. Sign up by calling (865) 523-1135.

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.

German. Thursdays at 11:00 am. Interested in learning or practicing the German language? Join this new class beginning Thursday, April 6.

Greenhouse: Open Mondays 10:00 am - 1:00 pm. Bring your troubled houseplants for hands on care, repotting assistance, and general growing advice. If you cannot bring your plant, a photograph will do. You can also stop by and give us a hand with repotting and care of the Center's greenhouse plants. We also have plants for sale. No registration required. 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.

Propagation Workshop: Tuesday, March 14 at 10:00 am. Learn different methods for propagating plants with Greenhouse Guru, Bonnie.

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!

Knitting & Crocheting: 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. All of the books in our library are donations. We can use books that are in good condition. Large print books are needed- mysteries, novels and non-fiction. Donations must be hardback and are accepted during business hours. Books can be dropped off at the front desk or the library hallway.

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 is provided and donations are appreciated.

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

Mindful Monday Workshop: March 20 and March 27 1:00 pm-2:00 pm. In this two-part workshop, you'll learn how to turn everyday moments into memories and magic. We'll practice the skill of meditative walking, mindful eating, and learn the basics of forest bathing.

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

Ping Pong: Fridays. Join us at 9:00 am 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.

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!

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



O'CONNOR SENIOR CENTER
Add life to your years

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 November and December 2022.

MOBILE MEALS

Anonymous (46)
Robert Adams
Morthy Akula
Sherri Allison
Diana Amann
Joel Anderson
Bob Andres
Andy & Jennifer Robinson
Beverly Ashby
Jeffrey Austin
Jennifer Baumgardner
Robert Beck
Sharon Beeler
Frederick Bell
Laura Brake
Charles & Wilma Branner
Margareta Bratu
Melissa Breneman
Ken & Kaye Brock
Joyce Brown
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Johnny Byrd
Terry Cannon
Tracey Carmichael
Catherine Carter
Ellen Cochrane-Veum
Gary Cooper
Sharon Cope
James & Brooksie Cox
William Dennie
Peggy Duffy
Edna Feulner & Kelly Broderick
Robert Edwards
Allan & Donna Ellstrom
David & Linda Flores
Donna Flynn
Deborah Martin Fore
Kellie Frazier
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George & Sara Goldman
Sandra Goss
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Paul & Princess Haas
Tanya Joyner Hairston
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Robert Kemp
Kenneth Kim
Knoxville Academy of Medicine
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William & Diane Melton
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Dustin Mitchell
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John & Janet Mullins
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Smithwood Baptist Church
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William & Jo Terry
Barbara Torbett
Sharonne Underwood
Rosemary Vandergriff
Mr. John Veeninga
Larry & Chris Warren
Kim Woods
Jonathan & Mary Woody
Sheila Wynn

IN HONOR OR MEMORY

In Honor of Peggy Bradbury
By Dennis Bradbury
In Honor of Joan Wittbrodt
By Ms. Stephanie Davy
In Honor of June Trbovich
By Anna Haese
In Honor of Chas Lindstrom
By David & Nancy Harshman
In Honor of Katelyn Mull
By Katelyn Mull
In Honor of Elaine Frank
By Jenny Stuart
In Memory of Kenneth Crowell Roberts
By Anonymous
In Memory of Barbara Moore
By Anonymous
In Memory of Joseph & Elizabeth Thompson
By Anonymous
In Memory of Peggy Bradbury
By Dennis Bradbury
In Memory of John Brandon
By Stella Harris
In Memory of Robert Schutt
By Joanne Schutt
In Memory of Jason Randall Webb
By Scott Webb

ADOPT-A-SENIOR

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Barbara Abner
Dennis Ailor
Alzheimer's Tennessee
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Thomas & Murray Ayres
Martin Baker
Clinton & Phyllis Ball
Midori Barstow
Samantha Beal
Beaver Creek Cumberland Presbyterian Church
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Corine Crawford
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Lavance Davis
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Steve Early
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In Honor of Cathy & Jim Hill
 By Carole & Burtchel Coffey
In Honor of Dr. Jack & Mrs. Patty Watson
 By Darrell Cook
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In Honor of Marjorie Russell
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In Honor of Mr. & Mrs. Hiram Tipton
 By Ann Van Hassel
In Honor of Mr. & Mrs. David Moon
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In Honor of Dr. & Mrs. George Krisle
 By Ann Van Hassel
In Honor of Ms. Caroline Smith
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In Memory of Ed & Timothy Maples
 By Carole & Burtchel Coffey
In Memory of my mother Dorothy Frost
 By Catherine Cooper
In Memory of Bob Hodges
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 By Mr. Ronald E. Hale
In Memory of Mr. Louis Nickle
 By Mr. Kenton Kidd
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 By Stephen Monday
In Memory of Ethel Ouimet
 By Thomas Ouimet
In Memory of Dr. James Rouse
 By William & Sharon Thomas

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR**Dottie Lyvers****EDITOR****Rachel Kraft**

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2023 March for Meals: Celebrating Mobile Meals Kitchen Makeover



On March 13, local city, county, and state officials will be gathering at the Mobile Meals Kitchen for the 2023 March for Meals Event. This year's event will be celebrating the grand reopening of the CAC Mobile Meals Community

Kitchen after expansive and much-needed renovations were recently completed on the facility, including the addition of a new community space, packing room, and updated equipment.



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 November and December 2022.

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Anonymous (6)
Rose Burgett
Darrell & Katalin Elliott
Diana Lobertini
David & Susan Long
Tammy Mattina, Medispa at Choto
James Miller
Laura Renfro
Joseph Winberry

Laura Potts
Tricia Sellers
Natalie Smith
Leslie Snow
Kevin & Linda Staton
Amy Steele
Bob & Maureen Stokes
Kim Trussell
Patricia Woods
Melissa Wooldridge

KNOX PAWS (Placing Animals With Seniors)

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Amanda Atkins
Tonya Berry
Margaret Brennan
Rebecca Broom
Kristen & Puppy
Erin Fletcher
Monica Franklin
Geoff & Barb Freeman
Patti Gladstone
Edward Henkle
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SENIOR COMPANION PROGRAM

Monica Franklin
Roy Napier

IN HONOR OR MEMORY

In Memory of Lucille Millspaugh
By Anonymous
In Honor of Robert J. Booker, Knox News Sentinel
Columnist
By Anonymous
In Honor of Shawn Powell
By Jacquelyn Schmitt
In Honor of Stan & Tina Heath
By Thode Investment Consulting Group,
Wells Fargo Advisors
In Honor of LeShea Pridham
By Anonymous

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. ■



"Volunteering is such a blessing and I am so grateful to have this opportunity."
- Susan

"Give it a try! You may be surprised at what you get out of it. You may enjoy it. I get as much out of it as my senior match does."
- Deborah



**Be a volunteer.
Befriend a lonely senior.**

An initiative of the CAC Retired and Senior Volunteer Program

**Senior Care Calls is
in search for volunteers
who are age 55 and older!**

If you live in Knoxville/
Knox County and have a desire
to serve local seniors,
this opportunity may be
a good fit for you!

Senior Care Calls seeks to alleviate loneliness and isolation among seniors through phone calls. Volunteers call their senior match weekly and talk with their senior for 30-60 minutes to check in. We ask that volunteers make a six month commitment to their senior match.

To volunteer, call 865-524-2786
or email rsvp@knoxseniors.org



OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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

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ELDER NEWS & VIEWS

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THE COUNCIL ON AGING PRESENTS

LOW BACK PAIN? IT'S SPINE.

WITH DR. BENJAMIN M. WEISENTHAL, M.D.

Thursday, April 13, 2023

2:30 P.M.

O'Connor Senior Center (611 Winona St.)

This program is free and open to the public.



**DR. BENJAMIN
WEISENTHAL**

Do you have low back pain? No worries, it's spine. Puns aside, back and leg pain is no laughing matter. Join us as Dr. Weisenthal discusses good spine health injury prevention. He will also go over the different types of back and neck injuries, leg pain caused by spinal issues, symptom presentation, and treatment options.

Dr. Benjamin Weisenthal is one of four spine surgeons with Knoxville Orthopaedic Clinic. He is from Syracuse, New York, and at the age of ten, he underwent spine surgery that transformed his life for the better.

Dr. Weisenthal graduated from the University of Pennsylvania with a degree in neuroscience. He earned his medical degree from the University of Rochester and completed his residency at Vanderbilt. He did his fellowship training at the Norton Leatherman Spine Institute in Louisville, Kentucky.

His surgical interests include cervical and lumbar degenerative conditions, revision spine surgery, spinal tumors, traumatic spinal injuries, and

adult spinal deformities. Dr. Weisenthal encourages his patients to exhaust conservative treatments before considering surgery. He employs a variety of surgical techniques ranging from minimally invasive decompressions and motion-preserving surgeries like cervical disc arthroplasty, to robotic and navigated fusions, to complex fusions for adult degenerative scoliosis and cervical deformities. He is especially passionate about using new technology to optimize the patient experience.