

ELDER NEWS

NOVEMBER/DECEMBER 2023



Holiday gift bags are needed for Mobile Meals, who will be delivering hot, delicious meals to over 700 homebound seniors in Knox County on Christmas morning.

Donate gift bags between November 27 - December 11 at:

L.T. Ross Building
2247 Western Ave.
Mon-Fri, 8 am - 4:30 pm

Grayson Subaru
8729 Kingston Pike
Mon-Fri, 9 am - 8 pm
Sat, 9 am - 6 pm

Suggested Gift Selections

Please include 1-3 items from each category:

Utility

- Magnifying glass, large pens, stationary, notepads, large print puzzles and books, flashlights, batteries, night light, pill boxes, coloring books and supplies

Personal Care

- Lip balms, bars of soap, small size toiletries (less than 8oz), combs/brushes, toothbrushes and toothpaste, nail clippers/files, tissues

Home and Kitchen

- Hand towels, washcloths, dishtowels, dish liquid, sponges, plug-in air fresheners, fridge magnets, jar openers, soft-grip can openers

Comfort

- Throws (lap robes), socks (non-skid), scarves, gloves, hats, small umbrellas, face masks

Mark each bag as male, female, or either.

Package gifts in a small or medium gift bag (no larger than 13"x11"). Do not include food items, candles, glass, or clothing in your gift bags. New items only. Handmade items (scarves, blankets, etc) are welcome!

While the holidays are considered a time to come together, many homebound and socially isolated older adults are unable to gather with loved ones to celebrate the season.

Each year, Mobile Meals volunteers dedicate their Christmas morning to delivering nutritious meals and warm holiday greetings to homebound seniors across Knox County.

In addition to a meal, each senior receives a holiday gift bag generously donated by you and other friends in the community. For many, this may be their only visitor that day.

Volunteers are needed all holiday season.

Visit knoxseniors.org/mobile to learn how to join our family of volunteers. Call (865) 524-2786 or email sara.keel@cacnutrition.org with any questions.

Download the full 2023 Gift Guide at knoxseniors.org.



SHARE THE LOVE: MEALS ON WHEELS SELECTED AGAIN AS CHARITY PARTNER

Mobile Meals is partnering with Grayson Subaru again this year to fight senior isolation and hunger. This local effort is part of the national Share the Love event, celebrating the 16th year that Meals on Wheels has been selected as a charity partner by Subaru of America. Between November 16, 2023 – January 2, 2024, Subaru will donate \$300 for every new Subaru purchased or leased to the customer's charity of choice (including Meals on Wheels). As the local Meals on Wheels affiliate, Mobile Meals will receive a share of these donations. Last year's event brought in \$4,803.10 which provided over 1,300 meals to homebound seniors across Knox County.



GET HELP WITH OPEN ENROLLMENT

**Medicare Open Enrollment Period
is from October 15 through December 7**

To help beneficiaries make sometimes confusing decisions, complete and reliable information about Medicare is available online at www.medicare.gov and at 1-800-633-4227.

In addition, the CAC Office on Aging offers a free service to people who would like assistance with research and choosing a plan. Assistance is available through Affordable Medicine Options for Seniors (AMOS).

Affordable Medicine
Options for Seniors

AMOS

**Call AMOS at 865-524-2786
or email amos@knoxseniors.org**

AMOS is a program of the CAC Office on Aging.

SENIOR CENTER OUTREACH

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

NOVEMBER OUTREACH SCHEDULE

November 2 - South Senior Center, 8:30 am - 10:30 am

November 13 - West Senior Center, 9:00 am - 11:00 am

November 14 - Corryton Senior Center, 10:30 am - 12:30 pm

November 20 - Halls Senior Center, 10:00 am - 12:00 pm

November 21 - O'Connor Senior Center, 10:00 am - 12:00 pm

November 29 - Carter Senior Center, 10:30 am - 12:30 pm

November 30 - Karns Senior Center, 10:00 am - 12:00 pm

DECEMBER OUTREACH SCHEDULE

December 6 - Karns Senior Center, 10:30 am - 12:30 pm

December 11 - West Senior Center, 9:00 am - 11:00 am

December 12 - Corryton Senior Center, 10:30 am - 12:30 pm

December 14 - South Senior Center, 9:00 am - 11:00 am

December 18 - Halls Senior Center, 10:00 am - 12:00 pm

December 19 - O'Connor Senior Center, 10:00 am - 12:00 pm

December 27 - Carter Senior Center, 10:30 am - 12:30 pm

**Senior
Information
& Referral**

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

Call SIR at 865-546-6262

Now Seeking Nominees for the 2024 Duncan Awards

Deadline for nominations is January 12

The annual Senior Information & Referral (SIR) fundraiser, the "Duncan Awards" is an event held each spring to honor individuals who embody the legacy of the late U. S. Representative John J. Duncan, Sr., who was an advocate for seniors of the Second District. SIR is seeking three nominees who exhibit outstanding advocacy for seniors and senior issues in Knox County.



The three categories for nominations are as follows:

Professional Award

- Eligible individuals are those who work with seniors in Knox County, and demonstrate a strong commitment for addressing the needs of this population.
- Individuals who go above and beyond the duties of their positions to advocate for the seniors they serve.

Volunteer Award

- Eligible individuals are those who serve in Knox County and display a passion for serving the needs of the seniors in this community.
- Individuals who give of their time and talents to assist and advocate for seniors and address senior issues.

Business Award - NEW CATEGORY!

- Eligible businesses are those who work with seniors or support the agencies and nonprofits serving seniors in Knox County, and demonstrate a strong commitment for addressing the needs of this population.
- Businesses who go above and beyond in giving of their time/talents/financial support to assist and advocate for seniors and address senior issues.

Nominations for the Duncan Award will be accepted through Friday, January 12, 2024. If you would like to nominate a person or business you feel embodies the spirit of this award, please contact us with their name, their contact information, a brief biography and explanation of why you feel they should receive the award. Mail or email to:

SAVE THE DATE!
The 24th Annual Duncan Awards will be held on May 7 at the Pavilion at Hunter Valley Farms.

SIR - Duncan Award Nominee
P.O. Box 51650
Knoxville TN 37950-1650

or email sir@knoxseniors.org



Join us at O'Connor Center on Thursday, December 14, 2:30 pm, to jingle all the way with the Council on Aging's Rockin' Holiday party with the musical stylings of Larry Blair of the BlairXperience.

It will be an unforgettable afternoon of yuletide joy as we transform your winter dreams into a reality! It's the perfect way to kick off the holiday season and create cherished memories with friends. But here's the icing on the gingerbread cookie: we're also serving up delicious festive refreshments. Thank you to United Healthcare for sponsoring our magical holiday soirée!

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, Nov. 6 11:00 am - 1:00 pm	O'CONNOR SENIOR CENTER 611 Winona St. Monday, Nov. 6 2:00 pm - 4:00 pm	MOBILE MEALS KITCHEN/ MALCOLM MARTIN PARK 1747 Reynolds St. Tuesday, Nov. 7 3:00 pm - 5:00 pm
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Commodities Distribution is a program of the CAC Nutrition Services.

TENNCARE CONNECT

PREPARE FOR YOUR TENNCARE REDETERMINATION AT O'CONNOR SENIOR CENTER (611 WINONA ST.)

GET FREE HELP WITH YOUR APPLICATION!

November 7, 12:00 pm - 2:00 pm
December 13, 10:00 am - 12:00 pm

Brought to you by Grandparents as Parents program

Questions?

Call the Office on Aging at 865-524-2786

GAP NEEDS SPONSORS, BOARD GAMES, ART KITS & MORE FOR FAMILY GAME NIGHTS



Support grandfamilies through the holidays in two ways:

BECOME A SPONSOR

Make a child's, grandparent's or grandfamilies' Holiday Season special by being a sponsor.

DONATE GAMES & THINGS

Donate new or gently loved board games, books, stuffed animals, puzzles, art/craft kits or new toiletries.

Donations may be dropped off at the CAC Ross Building, 2247 Western Ave. Call the Grandparents as Parents program to schedule a contactless drop off. Call 865-524-2786. Donations will be accepted through November 30.

Call Grandparents as Parents at 865-524-2786

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

39TH ANNUAL

AGING:

... A FAMILY AFFAIR ...

Practical Information Related to Aging

THURSDAY, NOVEMBER 9

Rothchild Conference Center
8807 Kingston Pike in Knoxville

Information & registration at knoxseniors.org

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE OFFICE ON AGING
WWW.KNOXSENIORS.ORG

TECH SMART KNOX SENIORS

Overview

- Telehealth Training
- Onsite Telehealth Station
- Digital Literacy Classes
- Affordable Laptops
- In-Home Connectivity Counseling

Impact

- 79% report being more likely to use telehealth services
- 70% plan to use their device to communicate with health provider
- 82% report increased comfort in using technology
- 80% report more confidence with internet safety
- 70% report increased connection to community by internet usage
- Top 3 Tech Uses: Access Health Services, News, and Educational Resources

Telehealth - Phase I

Accomplishments

- Exceeded project goal with 23 participants completing 15-hour training curriculum
- 56% of participants were age 75 and over
- 42% had an annual income less than \$20,000
- Partnered with Tech Goes Home to develop project
- Designed class curriculum for aging adults
- Connected participants to affordable in-home internet
- Provided affordable laptops for \$25 and FREE digital tutoring upon class completion
- Established an onsite O'Connor Senior Center Telehealth Station

HEALTHCARE MADE EASY
REFILL A PRESCRIPTION
FIND A DOCTOR

CAC Community Action Committee OFFICE ON AGING

The CAC Office on Aging received a Phase I grant from the Trinity Health Foundation of East Tennessee to support telehealth and technology trainings. The graphic above shows the success of this initiative, and confirms that additional trainings are important to Knox County older adults. To learn more, please email us at techsmart@knoxseniors.org.

SPECIAL THANKS TO THE SPONSORS OF THE O'CONNOR GOLF TOURNAMENT

The annual tournament was held on September 8 at Three Ridges Golf Course and raised \$18,524.01 for the John T. O'Connor Senior Center.



PRESENTING SPONSORS
Senior Financial Group
Premier Services Group, Inc.

Oakwood Senior Living
Mac's Hometown Pharmacies
Home Federal Bank
NHC Place Farragut
Greg O'Connor
Vinyard Floor Covering & Carpet
Farm Bureau Health Plans
Astute Realty, LLC
Elder Law of East Tennessee
Franklin & Kyle Elder Law

- Alan Carmichael & Cynthia Moxley

Alan Cheatham & Herbanna Dyer

Broadway Carpets & Flooring

Business Graphics & Services

Computer Systems Plus

Daily Living Center

Dan Green—Young Marketing/Realty Executives

Ed & Maze Bolin

Friend of O'Connor Center

Garza Law Firm

Hubert Smith & Greg O'Connor

International Discount Investors, Inc.

Jackie Raley

Knoxville TVA Employees Credit Union

Long, Ragsdale, & Waters

Michele Carringer

O'Connor Advisory Board

In memory of Chris O'Connor

By The O'Connor Family
- In memory of Red & Libb Kidd and Charlie & Jeanne O'Connor

By Bob & Renee O'Connor

In memory of Martha Canfield

By The Canfield and O'Connor Families

Office Furniture Outfitters

Phil Ballard

Smoky Mountain Hospice

Stephen O'Connor & Brian O'Connor

Time Construction, LLC

Realty Executives—Sharon Bailey & Dick Brower

Right at Home

Ron Zuker & Tony Norman

Seniors for Creative Learning

UT Federal Credit Union

In memory of Pat Yochim

By The Yochim & O'Connor Families

FREE to the public!

Fight Flu TN Vaccination Clinic

John T. O'Connor Senior Center

(Vaccine trailer in parking lot)
611 Winona Street, Knoxville

When:
Wednesday, November 1
2 p.m. - 5 p.m.
#FightFlu23

¡Gratis para el público!

Clínica de Vacunación La Influenza de Fight Flu TN

CAC Ross Building

2247 Western Avenue, Knoxville

Quando:
Miércoles, 1 de noviembre
2 p.m. - 5 p.m.
#LuchaContragripe23

Department of Health

centro hispano DE EAST TENNESSEE

KNOX COUNTY TENNESSEE HEALTH DEPARTMENT

O'CONNOR CENTER'S NOVEMBER & DECEMBER SCHEDULES



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

The O'Connor Senior Center will be closed Friday, November 10, for Veterans Day and Thursday & Friday, November 23 & 24, for Thanksgiving 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. 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.

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

KCHD Statewide Flu Shot Day: November 1, 2:00 pm – 5:00 pm. The Knox County Health Department will be participating in a statewide event on November 1st, called Fight Flu TN. During this event, every

health department across the state will be providing free flu vaccines at various locations in their community. Flu vaccines will be available at the John T. O'Connor Senior Center from 2:00 pm - 5:00 pm.

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

Thursday Walkers: This group meets in the community at parks and greenways to get in their exercise, enjoy the outdoors, and fellowship. 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. Nov. 1, 8, 29 and Dec. 6, 20

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

Artist and Crafter's Window: November 8, 11:30. 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. 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, November 6, 2:00 pm-4:00 pm. 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. 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".

Craft Fair: November 16, 10:00 am-2:00 pm. Enjoy the Thanksgiving meal and get ready to shop for some unique and spectacular holiday items. Presented by the O'Connor Artist and Crafters Window.



Craft Fair: December 6, 10:00 am-2:00 pm. Enjoy the holiday play and get ready to shop for some unique and spectacular holiday items. Take care of special someone's on your list – sometimes that's you! Presented by the O'Connor Artist and Crafters Window.

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ELDER NEWS & VIEWS

NOVEMBER/DECEMBER 2023

NOVEMBER 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Beginner Quilting 9:00 Toenail Clinic 10:00 Qigong 10:00 Intermediate Painting 12:00 Yoga 12:30 Beginner Painting 1:00 Intermediate Quilting 2:00 Statewide Flu Shot Day	2 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	3 9:00 Ping Pong 10:30 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
6 9:30 Beginner Sewing 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 12:00 Yoga 12:30 Beginner Sewing 1:00 BINGO 1:00 Quilts of Valor Veterans Program	7 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	8 9:00 Beginner Quilting 9:00 Toenail Clinic 10:00 Qigong 10:00 Intermediate Painting 12:00 Yoga 12:30 Beginner Painting 1:00 Intermediate Quilting 1:00 Genealogy	9 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	10 CENTER CLOSED 
13 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn 12:00 Yoga 1:00 BINGO	14 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	15 9:00 Beginner Quilting 10:00 Qigong 12:00 Yoga 1:00 Intermediate Quilting	16 9:00 Knitting and Crocheting 10:00 Thursday Walkers 10:00 CRAFT FAIR 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:00 THANKSGIVING MEAL 12:30 Cards & Games	17 9:00 Ping Pong 10:30 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
20 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 12:00 Yoga 1:00 BINGO	21 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	22 9:00 Beginner Quilting 10:00 Qigong 12:00 Yoga 1:00 Intermediate Quilting 1:00 Genealogy	23 CENTER CLOSED 	24 CENTER CLOSED 
27 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 12:00 Yoga 1:00 BINGO	28 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	29 9:00 Beginner Quilting 9:00 Toenail Clinic 10:00 Qigong 12:00 Yoga 1:00 Intermediate Quilting	30 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	

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

ELDER NEWS & VIEWS
DECEMBER 2023 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Deck the Halls Event 9:00 Ping Pong 10:30 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
4 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn 12:00 Yoga 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 Beginner Quilting 9:00 Toenail Clinic 10:00 Qigong 10:00 CRAFT FAIR 12:00 Yoga 1:00 Intermediate Quilting 1:00 Genealogy 1:00 Silver Stage Players Holiday Performance	7 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	8 9:00 Ping Pong 12:30 Jam Band 1:00 Fun Film Friday 2:00 Ballroom Dance
11 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 12:00 Yoga 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 Beginner Quilting 10:00 Qigong 12:00 Yoga 12:00 HOLIDAY LUNCHEON & CONCERT 1:00 Intermediate Quilting	14 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Beginner German 12:30 Cards & Games 2:30 COA Holiday Party	15 9:00 Ping Pong 12:30 Jam Band 1:00 Fun Film Friday
18 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 12:00 Yoga 1:00 BINGO 1:00 Singing Seniors Holiday Concert	19 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	20 9:00 Beginner Quilting 9:00 Toenail Clinic 10:00 Qigong 10:00 Intermediate Painting 12:00 Yoga 12:30 Beginner Painting 1:00 Intermediate Quilting 1:00 Genealogy	21 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beginner German 12:30 Cards & Games	22 9:00 Ping Pong 12:30 Jam Band
25 CLOSED	26 CLOSED	27	28 9:00 Knitting and Crocheting 12:30 Cards & Games	29 9:00 Ping Pong 12:30 Jam Band

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CONTINUED FROM PAGE 5

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

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

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

Deck the Halls & Walls: December 1 at 9:00 am. Want to get O’Connor ready for the holidays? Join UT volunteers as we deck the halls and walls of O’Connor! Call 865-523-1135 to sign up. Light refreshments provided for all volunteers!

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 pm. 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.

German: Thursdays. 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 German vocabulary!

Greenhouse: Open Mondays & Wednesdays 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.

Holiday Luncheon: December 13 at 12:00 pm. Call ahead to reserve your seat! Meal is a contribution of \$6.00. Enjoy a delicious luncheon during our Concert Band’s holiday performance.

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. 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. 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.

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: 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.

Quilts of Valor Veterans Day Program: November 6, 1:00 pm. Join us as we honor the veterans of O’Connor Senior Center with the Quilts of Valor program. Quilts provided by the O’Connor Quilting Class.

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.

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!

Thanksgiving Meal: Thursday, November 16, 12:00 pm. Call ahead to reserve your seat! Meal is a contribution of \$5.00.

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

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.

Alzheimer’s Update

November 13, 11:30 am. Janice Wade-Whitehead, President and CEO of Alzheimer’s Tennessee, will share the latest in Alzheimer’s research. She will also discuss brain health.

Bladder Issues in Older Women

December 4, 11:30 am. Dr. Bryce Bowling, from UT Urogynecology, will discuss incontinence and urinary bladder issues in our aging female population. He will share surgical and non-surgical solutions.

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 from July and August 2023.

MOBILE MEALS

Anonymous (52)
Barbara Abner
Diana Amann
Glen Anderson
Bob Andres
Jeffrey Austin
Martin Baker
Poppy & Cliff Beach
Beaver Creek Cumberland
Presbyterian Church
Ivan Beltz
M. P. Borden
Laura Brake
Melissa Brenneman
Ken & Kaye Brock
Joyce Brown
Christian Women's Fellowship of
Knoxville
Colonial Heights United Methodist
Church
Gary Cooper
James & Brooksie Cox
Corine Crawford
Dale & Sandy Davis
Lee Doane
Peggy Duffy
Harold Elkins
ETHRA
First Farragut United Methodist
Church
Rita Ford
Charles Glasscock
Dawna Gray
Ann Hansen
Hard Knox Roller Derby
David & Mary Jo Holden
Paul Houston
David & Janice Ishee
Angel Jones
John King
Knoxville TVA Employees
Credit Union
Kroger
Lake Hills Presbyterian Church
Diana Lee Loper
Pam Lovell
Debbie Lowe

Gail Ludlow
The Mattner Family
Sandra McLeod
Messiah Evangelical Lutheran Church
Dorothy Millner
Joe and Charlene Mischlich
Brent & Judy Moore
Katelyn Mull
Old North Knoxville, Inc.
ORNL Federal Credit Union
Dawson E. Patty
Deborah Perry
Carl & Mary Porter
Norman L. Queener
Douglas & Jeanette Ramey
LaVon & Darlene Rickard
Don Roberts
Buddy & Janine Ryan
Jacqlyn Schmitt
Andrew & Tracy Scruggs
Jim & Ann Shay
Ronald & Virginia Shrieves
John & Elizabeth Smith
Smithwood Baptist Church
Cara Sparks
Amy Stuber
Brad & Starr Suneson
Linda Sutton
Ms. Jennifer K. Taylor
Rosemary Vandergriff
Kaye Williams
Sylvia Woods

MOBILE MEALS IN
HONOR OR MEMORY
In Honor of Pete & Barb Valela
By Anonymous
In Honor of Dr. Fazal & Tally Ahmad
By Shazi Ahmad
In Honor of June Trbovich
By Anna Haese (3)
In Honor of Dr. & Mrs. Michael Lofaro
By Thomas Heffernan & Judith Jennings
In Honor of Piccola Doggett
By Heather L. Peters
In Honor of Carol Christofferson
By Deborah Raines

In Memory of Kenneth Crowell Roberts
By Anonymous (3)
In Memory of Kimberly Conroy
By Anonymous
In Memory of Jim Brannon
By Anonymous (2)
In Memory of Kimberly Conroy
By Anonymous (3)
In Memory of Kimberly Conroy
By Brenda Sahtoe
In Memory of Kimberly Conroy
By Jeffrey Abrams
In Memory of Kimberly Conroy
By Dave and Tess Annand
In Memory of Kimberly Conroy
By Cindi Bavry
In Memory of Kimberly Conroy
By John & Sabra Buchheit
In Memory of Clarence Buchheit
By Colin D. Booth
In Memory of Dorothy Frost
By Catherine Cooper
In Memory of Nancy Bohannon
By Michele Dion
In Memory of Nancy Bohannon
By Joni Dunn
In Memory of Dawn Matias
By Kim Garber
In Memory of Ann Payne
By Helen Grandone
In Memory of Ann Campbell Payne
By James A. Haslam III
In Memory of Kimberly Conroy
By Naomi Heiskell
In Memory of Kimberly Conroy
By Ginny Kelly
In Memory of Kimberly Conroy
By Jean Kernus
In Memory of Bettye Carpenter
By Jim & Randy MacDonald
In Memory of Kimberly Conroy
By Sarah McNamara
In Memory of Kimberly Conroy
By Nancy and Chip O'Leary
In Memory of Thomas "Tank"
Strickland Jr.
By Dr. Reuben & Barbara Pelot

In Memory of Marjorie Reynolds
By John & Marjorie Reynolds
In Memory of Joy B. Ridgeway
By Nathan A. Ridgeway
In Memory of Kimberly Conroy
By Jennifer Ross
In Memory of Kimberly Stage Conroy
By Nicole Saarikko
In Memory of Dan Hart
By Robert & Marketta Smiddy
In Memory of James Harris
By Terri Wilson
In Memory of Kimberly Conroy
By Jane Winstead

NUTRITION SERVICES -
CONGREGATE MEALS

In Honor of Caroline Wilder
By Aaron & Gabrielle Blake

Power of the Purse

The Power of the Purse
2023 was a huge success!
Mobile Meals would like
to thank everyone who
attended as well as those
who donated purses,
jewelry, or auction items.

Thanks to your support,
Mobile Meals will be
able to provide an
additional 11,000 meals
and safety checks to
homebound seniors in
Knox County.

THANK YOU!

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 July & August 2023.

DAILY LIVING CENTER

Monica Franklin
Andrew & Tracy Scruggs

GRANDPARENTS AS PARENTS

Knoxville Bar Foundation

GIFT OF SIGHT, HEARING, & DENTURES

Andrew & Tracy Scruggs

O'CONNOR SENIOR CENTER

Anonymous
The Melrose Foundation Inc.
Andrew & Tracy Scruggs

AGING SERVICES

Anonymous (8)
Rose Burgett
East Tennessee Foundation
In Memory of Ben Roberts
By Keely Hoekstra

KNOX PAWS & FEED-A-PET

Anonymous (6)
Amanda Atkins
Glen Cavin
Connie Dolvin
Sheri Doubrey
Monica Franklin
Paul Houston
Peter & Fawn Landrum
The Mattner Family
Lisa Ogle
Stephen Oliver
Jonathan & Mary Woody

In Honor of Kathy & Dennis Hayward's birthdays

By Kevin & Linda Staton
In Memory of Richard Kelly

By Anonymous (2)

In Memory of Richard Kelly

By Virginia Anagnost

In Memory of Copper Teubert

By Sara Andersen

In Memory of Richard Kelly

By Thomas Bell

In Memory of Richard Kelly

By Christopher Craig

In Memory of Richard Kelly

By Maryanne Cunningham

In Memory of JoAnne Flanagan

By Carol Harold

In Memory of Gypsy

By Lisa King

In Memory of Kim Conroy

By Sarah Beth King

In Memory of Richard Kelly

By Dave & Wendi Krishock

In Memory of Dale Dickey

By Tom & Laura Parkhill

In Memory of Richard Michael Kelly

By Jason & Sara Scott

In Memory of Zeke Scott (beloved dog)

By Kevin & Linda Staton

SENIOR COMPANION PROGRAM

Monica Franklin

In Honor of Caroline Wilder

By Aaron & Gabrielle Blake

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

Retirees have:

- Life experience
- Skills
- Knowledge
- Perspective
- Time



Help improve our community by volunteering your time today!



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

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

To serve in Knox County, call 865-524-2786

To serve in Blount County, call 865-680-2729

Or email RSVP@knoxseniors.org for either program.



Retired & Senior
Volunteer Program

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Dottie Lyvers

EDITOR

Rachel Kraft

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Knoxville, TN 37950-1650
Phone: (865) 524-2786 • Fax: (865) 546-0832
knoxooa@knoxseniors.org • www.knoxseniors.org

GET VACCINATED. STAY VACCINATED.

The CAC Office on Aging has received a grant from the National Council on Aging to provide flu and COVID-19 vaccinations for older adults and people with disabilities. Vaccination clinics are being planned throughout the year for anyone who needs the flu shot or COVID-19 shot.

FIGHT THE FLU VACCINATION CLINICS administered by the Knox County Health Department

Wednesday, November 1

CAC Ross Building
2247 Western Ave.
10 am -12 pm
Flu Vaccine

Wednesday, November 1

O'Connor Senior Center
611 Winona St.
2 pm - 5 pm
Flu Vaccine

Everyone who receives a Flu Shot will be given a \$10 gift card upon completion of a short survey.

COVID-19 & FLU VACCINATION CLINIC administered by Walgreens

Thursday, November 16

CAC Ross Building
2247 Western Ave.
10 am -1 pm
COVID-19 & Flu Vaccine

Bring your insurance card for billing.

Remote Area Medical (RAM) will provide Flu Shots for uninsured as well as Telehealth Services.

Amedisys Home Health will conduct Blood Pressure Screenings.

Everyone who gets a vaccination will receive a \$10 gift card

Vaccinations will also be offered at Aging: A Family Affair on November 9. \$10 gift cards will be given to all who are vaccinated at the event.

**Please note: Dates and locations are subject to change.
Call ahead to confirm the details before you go.**

CAC Ross Building
865-546-3500

O'Connor Senior Center
865-523-1135



This COVID-19 and Influenza Vaccine Uptake Initiative for Older Adults and People with Disabilities is supported with funding from the Administration for Community Living, U.S. Department of Health and Human Services.

The 2024 Snowflake Ball

Saturday, February 17th, 2024
Rothchild Catering and Event Center
6pm-9:30pm

Please welcome our 2024 *Royal Court*

CANA JOHNSON
 HOME
FEDERAL BANK

DASHA LUNDY
 KNOX COUNTY
COMMISSIONER

CRYSTAL PALMER
 DEANE HILL
PLACE

JEFF PELL
 AMADA SENIOR
CARE

JESSE MOSS
 COLLEGE OF
SOCIAL WORK

MARCOS GARZA
 GARZA
LAW FIRM

CARLOS LOPEZ
 WATE SPORTS
ANCHOR

EVENT TICKETS ON SALE :

DEC 1ST
\$75

SUPPORT YOUR NOMINEES!

FOR MORE INFO, VISIT US AT KNOXSENIORS.ORG OR CALL US AT (865) 524-2786

Are you an advocate for older adults in Knoxville & Knox County?

JOIN THE COUNCIL ON AGING!

The Knoxville-Knox County Council on Aging is the advisory body to the Office on Aging. Membership is open to organizations and individuals and we are looking for members!

**For more information on joining the Council on Aging,
call the Office on Aging at 865-524-2786 or visit
knoxseniors.org/coa.**

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

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2023
HOLIDAY
GREETING
CARDS
TO BENEFIT
MOBILE MEALS



The art featured on the front of this card was painted by a member of the O’Connor Senior Center Painting Class, who graciously donated its use to the Mobile Meals program.

Just in time for the holidays, Mobile Meals is once again selling Holiday Cards for you to send to your family, friends, and loved ones. The cards are blank inside so you can personalize them with your own message. A pack of ten cards with envelopes is \$10. Proceeds go to Mobile Meals to provide nutritious meals to homebound older adults in every zip code in Knox County.

Mobile Meals Holiday Cards can be purchased online at www.knoxseniors.org or picked up in person at the CAC Ross Building, 2247 Western Avenue, and at the O’Connor Senior Center, 611 Winona Street. If you purchase two packs or more and would like to have them mailed to you, we will mail them for a postage and handling fee of \$5.

Call the Office on Aging at 865-524-2786 or visit knoxseniors.org.