

# ELDER NEWS

SEPTEMBER/OCTOBER 2023

# VIEWS

OFFICE ON AGING  
KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

## 39TH ANNUAL **AGING:** ... A FAMILY AFFAIR ...

*Practical Information Related to Aging*

**THURSDAY, NOVEMBER 9**

Rothchild Conference Center  
8807 Kingston Pike in Knoxville

For 39 years, the Office on Aging has been proud to host its annual Aging: A Family Affair event, providing practical information related to aging. It's a fun day of workshops covering a variety of topics of interest to older adults, their families, caregivers, and professionals. We will have many vendors on hand offering programs and services for older adults. Lunch is provided with your registration.

We are honored to host Mia McNeil, State Director of AARP Tennessee, as she delivers the Peggy Wirtz Keynote Address.

Some of this year's workshop topics include:

- Estate Planning
- Exercise and Staying Active
- Medicare Update
- Gut Health and the Brain Connection
- Stroke
- Housing Issues



**SPECIAL THANKS TO OUR SPONSORS**

**THE UNIVERSITY OF TENNESSEE  
MEDICAL CENTER**  
Wisdom for Your Life.

**AARP**  
Tennessee



UnitedHealthcare

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**Information & registration at [knoxseniors.org](https://knoxseniors.org)**

**KEYNOTE SPEAKER**

**Mia McNeil**

AARP TN, State Director



Mia joined the AARP Tennessee team as State Director in January of 2022. She brings a deep understanding of effective advocacy and community outreach. In her former role as Director of Government and Community Relations at the University of Michigan-Flint, she was responsible for managing community relationships and local, state, and

federal lobbying on behalf of the university.

Prior to her tenure at the University of Michigan, for nine years she was an attorney/lobbyist for Lansing-based multiclient lobbying firm Kelley Cawthorne PC, where she represented a broad portfolio of clients on a wide range of issues. In addition, Mia directed Michigan's Rock the Vote campaign and served on the legislative staff of Governor Jennifer Granholm.

Mia earned a J.D. from Thomas M. Cooley Law School and a B.A. from Tennessee State University, and she is very active in various community organizations. She is a member of the Boards of Directors for the Pearls of Excellence Foundation and 100K Ideas. She is also a member of the State Bar of Michigan, Nashville Rotary Club, and Alpha Kappa Alpha Sorority, Incorporated®. ■

## SENIOR JOB FAIR for everyone 50+

**Wednesday, October 11**

9:00 am - 11:00 am

**O'Connor Senior Center**

611 Winona St., 37917

Job opportunities in fields such as clerical, retail, service industry, home health care, hospitality industry, and more.

**Questions? Call the Office on Aging at 865-524-2786.**

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

## AGING ADULT RESOURCE FAIR

**Friday, October 20**

10 am - 2 pm

Carter Senior Center

9036 Asheville Highway, 37924

A wide variety of organizations and businesses that serve Knox County will be present to answer questions and explain programs that are available to assist families, caregivers, and older adults in our community.

### Medication Take Back

Bring your expired or unwanted medication for disposal

### Free Document Shredding

Two legal boxes of documents per person



## SENIOR CENTER OUTREACH

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

### SEPTEMBER OUTREACH SCHEDULE

**September 6** - Karns Senior Center, 11:30 am - 1:30 pm

**September 7** - South Senior Center, 8:30 am - 10:30 am

**September 11** - West Senior Center, 10:30 am - 12:30 pm

**September 12** - Corryton Senior Center, 10:30 am - 12:30 pm

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

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

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

### OCTOBER OUTREACH SCHEDULE

**October 5** - South Senior Center, 8:30 am - 10:30 am

**October 10** - Corryton Senior Center, 10:30 am - 12:30 pm

**October 16** - West Senior Center, 9 am - 11 am

**October 17** - O'Connor Senior Center, 10 am - 12 pm

**October 23** - Halls Senior Center, 10 am - 12 pm

**October 25** - Carter Senior Center, 10:30 am - 12:30 pm

**October 31** - Karns Senior Center, 9 am - 11 am

**Senior  
Information  
& Referral**

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

**Call SIR at 865-546-6262**



*Mobile Meals*

## Power of the Purse®

*Buy a Purse. Feed a Senior.*

Join us for a night of delicious food, fun auction packages, and **amazing deals** on pocketbooks, designer purses, evening bags, and jewelry - **all for a great cause!**

**Thursday, September 14, 2023**

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

**Rothchild Catering and Conference Center**  
8807 Kingston Pike Knoxville, TN



### Ticket Prices

\$75 General Admission  
\$675 Table of 10

@KnoxCountyMobileMeals

knoxseniors.org | (865) 524-2786 | sara.keel@cacnutrition.org

### THANK YOU TO OUR POWER OF THE PURSE SPONSORS!



## Power of the Purse® POST-EVENT SALE

Can't make it to the Power of the Purse fundraiser? Stop by the next day to shop all the amazing deals left from our sale - **with free entry!**

**Friday, Sept 15 | 9AM-1PM**  
Coffee bar included

All proceeds benefit Knox County Mobile Meals

**ROTHCHILD CATERING AND CONFERENCE CENTER**  
8807 Kingston Pike, Knoxville, TN 37923

@KnoxCountyMobileMeals



The Retired & Senior Volunteer Program (RSVP) presents:

## 2023 SENIOR SAFETY SUMMIT



### Are you prepared?

Join us for a senior resource fair with over 35 vendors representing emergency services, disaster response, medical resources, and organizations that help older adults with end of life planning. We will also have a COVID-19 vaccine clinic.



**Friday, September 15**  
9 am - 12 pm  
O'Connor Senior Center  
611 Winona Street

For more information, call 865-524-2786 or email [rsvp@knoxseniors.org](mailto:rsvp@knoxseniors.org).  
RSVP is a program of the CAC Office on Aging.

## 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.

**MOBILE MEALS KITCHEN/  
MALCOLM MARTIN PARK**  
1747 Reynolds St.

**Tuesday, Sept. 5**  
3:00 pm - 5:00 pm

**SOUTH NEIGHBORHOOD  
CENTER**  
522 Maryville Pike

**Monday, Sept. 11**  
10:30 am - 12:30 pm

**O'CONNOR  
SENIOR CENTER**  
611 Winona St.

**Friday, Sept. 15**  
9:00 am - 12:00 pm

*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!

September 19, 10:00 am - 12:00 pm  
October 17, 12:00 pm - 2:00 pm  
November 7, 12:00 pm - 2:00 pm  
December 13, 10:00 am - 12:00 pm

EVERYONE IS WELCOME!

Brought to you by



Affordable Medicine  
Options for Seniors  
**AMOS**

Questions?

Call the Office on Aging at 865-524-2786

*Save the Date!*



**Saturday, February 17, 2024**

6:00 pm—9:30 pm  
Rothchild Conference Center  
8807 Kingston Pike, Knoxville, TN 37923

**Watch for more information in the  
next issue of Elder News & Views.**

The Council on Aging presents  
**Your Best Shot: The Importance  
of Vaccines for Older Adults**



with Denette Jackson, BSN, RN/Community  
Registered Nurse Navigator, East Region

**September 14, 2023  
2:30 pm  
O'Connor Senior Center  
611 Winona Street**

As you get older, your immune system weakens and it can be more difficult to fight off infections. You're more likely to get diseases like the flu, pneumonia, and shingles — and to have complications that can lead to long-term illness, hospitalization, and even death. Join us as Denette Jackson with The University of Tennessee College of Nursing highlights the importance of vaccination, debunks common myths and misconceptions, and addresses the need for vaccinations later in life.

Denette Jackson is a registered nurse and graduate of East Tennessee State University. She is currently in pursuit of her doctorate degree at The University of Tennessee. Previous work experience includes women's health, public health, and medical/surgical acute care. She worked through the COVID-19 epidemic at The University of Tennessee Medical Center and later at Knox County Health Department. It was at Knox County Health Department on the Community Vaccine Team that she discovered her passion for working with trusted community leaders to improve the health of her community.

Currently, she is the East Region Community Registered Nurse at The University of Tennessee College of Nursing. In this role, she works with trusted community leaders to provide education and opportunities for vaccination.

***This event is free and open to the public!***  
**Questions? Call 865-524-2786**



**WANT TO JOIN THE COUNCIL ON AGING?**  
See page 10.



**Join us for lunch!**  
**11 am - 1 pm**  
**Monday - Friday**  
**O'Connor Senior Center**  
611 Winona St, 37917

**ARE YOU RAISING YOUR  
GRANDCHILD OR THE CHILD  
OF A RELATIVE?**

You are not alone. Over 2.5 million grandparents are responsible for the care of their grandchildren. Grandparents as Parents (GAP) 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 them to valuable resources. There are no age or income requirements to join GAP. For more information, call 865-524-2786.

**GAP Needs Sponsors, Board Games,  
Art Kits & More for Family Game Nights**

You can 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. Call GAP for more information.

**DONATE GAMES & THINGS**

Donate new or gently-loved board games/cards for family game nights, puzzles, art kits, books, toiletries, family game night snacks, or gift cards.

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 now through November 30.**

GAP addresses the unique needs of grandparents and family caregivers raising children whose parents were unable to care for them. GAP provides several programs, support meetings, resources and referrals to help families on their caregiving journey. There are no age or income requirements to join this free program. Call our office to join GAP and receive the monthly newsletter and other information.

**Call GAP at 865-524-2786**

**Learn more about GAP at [knoxseniors.org/grandparents](https://knoxseniors.org/grandparents).** There, you will also find helpful resources such as our *Grandparents as Parents Guidebook*.

*Grandparents as Parents (GAP) is a program of the CAC Office on Aging.*

## O'CONNOR CENTER'S SEPTEMBER & OCTOBER SCHEDULES



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

**The O'Connor Senior Center will be closed on Monday, September 4th, for Labor Day.**

### 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.

**Health Fair & CarFit:** September 22, 8:30 am -12:00 pm. TOUCHDOWN FOR GOOD HEALTH! Join us for our annual Health Fair - complimentary screenings and health information. Knox County Health Department will be conducting balance screenings. We will have flu and COVID-19 vaccinations. Call 865-523-1135 to schedule an appointment for a balance screening and your flu shot. CARFIT CHECKUP! Learn how to make your car "fit" you. This is an educational program developed by AAA, AARP, and American Occupational Therapy Association. The checkup takes about 20 minutes. This is not a driving test or mechanical inspection. Call 865-523-1135 to schedule your CARFIT appointment.

**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.

**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:** 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 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 865-523-1135.

**Toenail Clipping Clinic by Appointment Only:** Cost is \$12. Call 865-523-1135 to schedule an appointment. Sept. 6, 13, 27 and Oct. 4, 11

**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 & Crafter's Window,** September 13, 11:30 am. 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 on 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:** Friday, September 15, 9:00 am -12:00 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 and self-declaration of income will be required.

**Concert Band:** Wednesdays at 10:00 am. Pick up and dust off 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 line dance experience. \$2/class.


**Continued on page 8**



# ELDER NEWS & VIEWS

## SEPTEMBER 2023 CALENDAR OF EVENTS

SEPTEMBER/OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>CENTER CLOSED</p> 	<p>5</p> <p>9:00 Co-Ed Softball</p> <p>9:30 Singing Seniors Practice</p> <p>10:00 Intermediate French</p> <p>11:00 Intermediate Italian</p> <p>11:00 Adv. Arthritis Exercise</p> <p>12:30 Cards &amp; Games</p> <p>1:30 Intro to Line Dancing</p> <p>2:30 Beginner Ballroom Dancing</p>	<p>6</p> <p>9:00 Beginner Quilting</p> <p>9:00 Toenail Clinic</p> <p>10:00 Qigong</p> <p>10:00 Intermediate Painting</p> <p>10:30 Beginner Spanish</p> <p>11:00 Beginner Violin</p> <p>12:00 Yoga</p> <p>12:30 Beginner Painting</p> <p>1:00 Intermediate Quilting</p> <p>1:00 Genealogy</p>	<p>7</p> <p>9:00 Co-Ed Softball</p> <p>9:00 Knitting and Crocheting</p> <p>10:00 Thursday Walkers</p> <p>11:00 Adv. Arthritis Exercise</p> <p>12:30 Cards &amp; Games</p>	<p>1</p> <p>9:00 Ping Pong</p> <p>10:30 Silver Stage Players</p> <p>12:30 Jam Band</p> <p>1:00 Fun Film Friday</p>
<p>11</p> <p>9:30 Creative Writers</p> <p>9:30 Beginner Sewing</p> <p>10:00 Greenhouse Open</p> <p>10:00 Mahjong</p> <p>10:00 Tai Chi</p> <p>11:00 Beginner Drawing</p> <p>12:00 Yoga</p> <p>12:30 Beginner Sewing</p> <p>1:00 BINGO</p>	<p>12</p> <p>9:00 Co-Ed Softball</p> <p>9:30 Singing Seniors Practice</p> <p>10:00 Intermediate French</p> <p>11:00 Intermediate Italian</p> <p>11:00 Beginner Violin</p> <p>11:00 Adv. Arthritis Exercise</p> <p>12:30 Cards &amp; Games</p> <p>1:30 Intro to Line Dancing</p> <p>2:30 Beyond Ballroom Dancing</p>	<p>13</p> <p>9:00 Beginner Quilting</p> <p>9:00 Toenail Clinic</p> <p>10:00 Qigong</p> <p>10:00 Intermediate Painting</p> <p>10:30 Beginner Spanish</p> <p>11:00 Beginner Violin</p> <p>11:30 Artist &amp; Crafter's Window Mtg</p> <p>12:00 Yoga</p> <p>12:30 Beginner Painting</p> <p>1:00 Intermediate Quilting</p>	<p>14</p> <p>9:00 Co-Ed Softball</p> <p>9:00 Knitting and Crocheting</p> <p>10:00 Thursday Walkers</p> <p>11:00 Adv. Arthritis Exercise</p> <p>12:30 Cards &amp; Games</p> <p>2:30 Council on Aging</p>	<p>15</p> <p>9:00 Ping Pong</p> <p>10:30 Silver Stage Players</p> <p>12:00 Flower Lovers</p> <p>12:30 Jam Band</p> <p>1:00 Fun Film Friday</p>
<p>18</p> <p>9:30 Beginner Sewing</p> <p>10:00 Greenhouse Open</p> <p>10:00 Mahjong</p> <p>10:00 Tai Chi</p> <p>11:00 Beginner Drawing</p> <p>11:30 Lunch &amp; Learn: Vaccines</p> <p>12:00 Yoga</p> <p>12:30 Beginner Sewing</p> <p>1:00 BINGO</p>	<p>19</p> <p>9:00 Co-Ed Softball</p> <p>9:30 Singing Seniors Practice</p> <p>10:00 Intermediate French</p> <p>11:00 Intermediate Italian</p> <p>11:00 Beginner Violin</p> <p>11:00 Adv. Arthritis Exercise</p> <p>12:30 Cards &amp; Games</p> <p>1:30 Intro to Line Dancing</p> <p>2:30 Beginner Ballroom Dancing</p>	<p>20</p> <p>9:00 Beginner Quilting</p> <p>10:00 Qigong</p> <p>10:00 Intermediate Painting</p> <p>10:30 Beginner Spanish</p> <p>11:00 Beginner Violin</p> <p>12:00 Yoga</p> <p>12:30 Beginner Painting</p> <p>1:00 Intermediate Quilting</p> <p>1:00 Genealogy</p>	<p>21</p> <p>9:00 Co-Ed Softball</p> <p>9:00 Knitting and Crocheting</p> <p>10:00 Thursday Walkers</p> <p>11:00 Adv. Arthritis Exercise</p> <p>11:00 German</p> <p>12:30 Cards &amp; Games</p>	<p>22</p> <p>9:00 Ping Pong</p> <p>10:30 Silver Stage Players</p> <p>12:30 Jam Band</p> <p>1:00 Fun Film Friday</p>
<p>25</p> <p>9:30 Creative Writers</p> <p>9:30 Beginner Sewing</p> <p>10:00 Greenhouse Open</p> <p>10:00 Mahjong</p> <p>10:00 Tai Chi</p> <p>11:00 Beginner Drawing</p> <p>12:00 Yoga</p> <p>12:30 Beginner Sewing</p> <p>1:00 BINGO</p>	<p>26</p> <p>9:00 Co-Ed Softball</p> <p>9:30 Singing Seniors Practice</p> <p>10:00 Intermediate French</p> <p>11:00 Intermediate Italian</p> <p>11:00 Beginner Violin</p> <p>11:00 Adv. Arthritis Exercise</p> <p>12:30 Cards &amp; Games</p> <p>1:30 Intro to Line Dancing</p> <p>2:30 Beyond Ballroom Dancing</p>	<p>27</p> <p>9:00 Beginner Quilting</p> <p>9:00 Toenail Clinic</p> <p>10:00 Qigong</p> <p>10:00 Intermediate Painting</p> <p>10:30 Beginner Spanish</p> <p>11:00 Beginner Violin</p> <p>12:00 Yoga</p> <p>12:30 Beginner Painting</p> <p>1:00 Intermediate Quilting</p>	<p>28</p> <p>9:00 Co-Ed Softball</p> <p>9:00 Knitting and Crocheting</p> <p>10:00 Thursday Walkers</p> <p>11:00 Adv. Arthritis Exercise</p> <p>11:00 Beg German</p> <p>12:30 Cards &amp; Games</p>	<p>29</p> <p>9:00 Ping Pong</p> <p>10:30 Silver Stage Players</p> <p>12:30 Jam Band</p> <p>1:00 Fun Film Friday</p>

### RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Billiards Room Open</p> <p>10:30 Blood Pressure Checks</p> <p>11:00 Loss &amp; Life Changes</p> <p>1:30 Intermediate Line Dancing</p>	<p>8:30 Billiards Room Open</p> <p>8:30 SAIL Class</p> <p>10:00 Basic Arthritis Exercise</p> <p>10:00 Taoist Tai Chi Set Practice</p> <p>10:30 Blood Pressure Checks</p> <p>11:30 Painting Open Studio</p> <p>12:30 SAIL Class</p> <p>TECH TUTORING BY APPT.</p>	<p>8:30 Billiards Room Open</p> <p>10:30 Blood Pressure Checks</p> <p>10:00 Concert Band</p> <p>11:00 Jazz Band</p> <p>12:30 Texas Hold 'Em</p> <p>1:30 Beginner Line Dancing</p>	<p>8:30 Billiards Room Open</p> <p>8:30 SAIL Class</p> <p>8:30 Blood Glucose Checks</p> <p>10:00 Basic Arthritis Exercise</p> <p>10:30 Blood Pressure Checks</p> <p>10:00 Taoist Tai Chi Set Practice</p> <p>2:30 SAIL Class</p> <p>TECH TUTORING BY APPT.</p>	<p>8:30 Billiards Room Open</p> <p>10:00 Wood Carvers</p> <p>10:30 Blood Pressure Checks</p> <p>11:00 Advanced Spanish</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 11:30 Lunch & Learn: Bulging Belly 12:00 Yoga 12:30 Beginner Sewing 1:00 BINGO	3 9:00 Co-Ed Softball 9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Beginner Violin 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	4 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	5 9:00 Co-Ed Softball 9:00 Knitting and Crocheting 10:00 Happy Hikers 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beg. German 12:30 Cards & Games	6 9:00 Ping Pong 10:30 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
9 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 12:00 Yoga 12:30 Beginner Sewing 1:00 BINGO	10 9:00 Co-Ed Softball 9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Beginner Violin 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing	11 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	12 9:00 Co-Ed Softball 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beg. German 12:30 Cards & Games 2:30 Council on Aging	13 9:00 Ping Pong 10:30 Silver Stage Players 12:00 Flower Lovers 12:30 Jam Band 1:00 Fun Film Friday 2:00 Ballroom Dance
16 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 12:00 Yoga 12:30 Beginner Sewing 1:00 BINGO	17 9:00 Co-Ed Softball 9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Beginner Violin 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beginner Ballroom Dancing	18 9:00 Beginner Quilting 10:00 Qigong 10:00 Intermediate Painting 12:00 Yoga 12:30 Beginner Painting 1:00 Intermediate Quilting 1:00 Genealogy	19 9:00 Co-Ed Softball 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beg. German 12:30 Cards & Games	20 9:00 Ping Pong 10:30 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
23 9:30 Creative Writers 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 11:30 Lunch & Learn: Proton Therapy 12:00 Yoga 12:30 Beginner Sewing 1:00 BINGO	24 9:00 Co-Ed Softball 9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Beginner Violin 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Beyond Ballroom Dancing	25 9:00 Beginner Quilting 10:00 Qigong 10:00 Intermediate Painting 12:00 Yoga 12:30 Beginner Painting 1:00 Intermediate Quilting	26 9:00 Co-Ed Softball 9:00 Knitting and Crocheting 10:00 Thursday Walkers 11:00 Adv. Arthritis Exercise 11:00 Beg. German 12:30 Cards & Games	27 9:00 Ping Pong 10:30 Silver Stage Players 12:30 Jam Band 1:00 Fun Film Friday
30 10:00 Greenhouse Open 10:00 Mahjong 10:00 Tai Chi 11:00 Beginner Drawing 12:00 Yoga 12:30 Beginner Sewing 1:00 BINGO	31 9:00 Co-Ed Softball 9:30 Singing Seniors Practice 10:00 Intermediate French 11:00 Intermediate Italian 11:00 Beginner Violin 11:00 Adv. Arthritis Exercise 12:30 Cards & Games 1:30 Intro to Line Dancing 2:30 Open Ballroom Dancing			

## 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 10:30 Blood Pressure Checks 10:00 Basic Arthritis Exercise 10:00 Taoist Tai Chi Set Practice 11:30 Painting Open Studio 12:30 SAIL Class  TECH TUTORING BY APPT.	8:30 Billiards Room Open 10:30 Blood Pressure Checks 10:00 Concert Band 10:30 Beginner Spanish 11:00 Jazz Band 12:30 Texas Hold 'Em 1:30 Beginner Line Dancing	8:30 Billiards Room Open 8:30 SAIL Class 8:30 Blood Glucose Checks 10:30 Blood Pressure Checks 10:00 Basic Arthritis Exercise 10:00 French 10:00 Taoist Tai Chi Set Practice 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

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**Beginner Ballroom Dancing:** Instruction available on the 1st and 3rd Tuesday by 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 learn more technique; available on the 2nd and 4th Tuesday by 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.

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

**Flower Lovers Garden Club:** 2nd Fridays at 12:00 pm. 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 (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. 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.

**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. 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, 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.

**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.

**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.

**Co-Ed Softball:** The Knoxville Senior Co-ed Softball League — for men 60 and older and for women 50 and older — plays from 9:00 am to 11:00 am Tuesdays and Thursdays, April through October, at Caswell Park. Our non-competitive league plays for fun and exercise. All skill levels welcome. Cost: \$10 for entire season. 865-424-0933.

**Technology Tutoring:** Available one-on-one appointments on Tuesdays and Thursdays 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.

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 or twice a month to talk on topics that are pertinent to you. Call ahead to register. Diner lunch is provided and donations are appreciated.

**All About Vaccines.**  
**Monday, September 18, 11:30 am**

Denette Jackson, from The University of Tennessee College of Nursing, will present information on routine immunizations for Flu, Pneumonia, Tetanus, and Shingles. She will answer any questions you may have about safety, efficacy and side effects. She can review schedules and records if requested.

**Bulging Belly? How to Know If It Is Extra Weight or Hernia!**  
**Monday, October 2, 11:30 am**

Not all belly bulges are the result of excess fat or weight gain. Dr. Kaela Blake, University Surgical Associates, will present this informative talk. Learn more about the signs that may reveal you have an issue that needs attention.

**Proton Therapy**  
**Monday, October 23, 11:30 am**

Proton Therapy is one of the most innovative and advanced forms of radiation treatments available. Shauna Oakley & Nikki Dickson, from the Thompson Proton Center, will be discussing how it works. They will, also, highlight the world-class cancer care, screening and prevention, and patient support services that Thompson Cancer Survival Center provides.



# 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 May and June 2023.*

## MOBILE MEALS

Anonymous (46)  
Barbara Abner  
Wilbur Adkins  
Diana Amann  
Bob Andres  
Jeffrey Austin  
Auto-Owners Insurance Company  
Robert M Bartholomew  
Don & Ruth Batten  
Bearden United Methodist Church  
Beaver Creek Cumberland  
Presbyterian Church  
Lee Benedetti  
Kenneth Bielak  
David Breckenridge  
Melissa Brenneman  
Joyce Brown  
Robert and Mary Bryant  
William Bugg  
Blake and Marcus Bumgarner  
Matthew Buttrey  
T. Gaile Caudle  
Connie Cole  
Colonial Heights United Methodist  
Church  
Kevin Cook  
Gary Cooper  
Covenant Health  
Dominick Dalonges  
Karen Dotson  
Peggy Duffy  
Julie Elepano  
Wayne & Jo Evans  
Farragut Presbyterian Church  
Fidelity Charitable  
Dr. & Mrs. Howard Filston  
Ann Fisher  
John A Fullerton  
Milton Hall  
Ron Hipp  
John & Johanna Hoover  
Wilson Horde  
Terry Hummel  
Art and Tammy Johnson  
Ann Marie Kidd  
John King  
Steve Kirkland

Knoxville Fire Fighters Association  
Local 65  
Knoxville TVA Employees Credit Union  
DeMonte Lackey  
Charles & Annette Levin  
Diana Lee Loper  
Debbie Lowe  
Gloria Ann Lunsford  
John Lutz  
Kenneth Mayo  
Sandra McLeod  
John Mebine  
Brent & Judy Moore  
Mount Olive Baptist Church  
Katelyn Mull  
John & Janet Mullins  
Pintail Capital Partners  
Dawson E. Patty  
Deborah Perry  
Denny Post  
Norman L. Queener  
LaVon & Darlene Rickard  
Rotary Club of Bearden  
Jacqlyn Schmitt  
Julie Schulze  
Susan Seratt  
Jim & Ann Shay  
Bernie Sluder  
John & Elizabeth Smith  
Smithwood Baptist Church  
Brad & Starr Suneson  
Linda Sutton  
Tommy Swabe  
Ms. Jennifer K Taylor  
The Hubbell Foundation  
The Mattner Family  
Jerry Thomas  
Michael Thompson  
Travis and Crisde Cannon  
Rosemary Vandergriff  
Hanno & Carol Weitering  
Anthony White  
Gary Wolfe  
James and Nancy Wright  
Hubert Wrushen

## MOBILE MEALS IN HONOR OR MEMORY

*In Memory of Kenneth Crowell Roberts*  
by Anonymous  
*In Memory of Mary Ellen Keith*  
by Anonymous  
*In Memory of Emma Lou Coffin*  
by John & Lynn Blackburn  
*In Honor of Dave and Mary Fredna*  
*Danford*  
by Ms. Ola Blackmon-McBride  
*In Honor of Wilma Templin-Branner*  
by Chris & Mari Brooks  
*In Honor of Susan Long*  
by Anna Haese  
*In Honor of June Trbovich*  
by L Russell Hagood  
*In Honor of Nancy Bohannon*  
by Evelyn Cherry & Frank Herring  
*In Honor of June Trbovich*  
by Michael & Nancy Lofaro  
*In Honor of Nancy and Chuck Maland*  
by Dr. Reuben & Barbara Pelot  
*In Honor of Mr. and Mrs. Dan Hoskins*  
by Barbara Ryan  
*In Honor of Charley Wood*  
by Robert Aldridge Jr.  
*In Memory of Emma Lou Coffin*  
by Pat Chester  
*In Memory of Emma Lou Coffin*  
R.J. and Lynn Coker  
*In Memory of Emma Lou Coffin*  
by Catherine Cooper  
*In Memory of Dorothy Frost*  
by Callie H Cullom

*In Memory of Emma Lou Coffin*  
by Kay and Gerry Eastman  
*In Memory of Emma Lou Coffin*  
by Ed & Sharon Penico  
*In Memory of Emma Lou Coffin*  
by Mary Jane Elmore  
*In Memory of Emma Lou Coffin*  
by Kathryn Howard  
*In Memory of Emma Lou Coffin*  
by John and Kimberly Googe  
*In Memory of Emma Lou Coffin*  
by William W Jones  
*In Memory of Emma Lou Coffin*  
by Judith R Lantz  
*In Memory of Jim Brannon*  
by David & Susan Long  
*In Memory of Ann Campbell Payne*  
by Matlock Tire Service  
*In Memory of Emma Lou Coffin*  
by Kim McMillan  
*In Memory of Emma Lou Coffin*  
by John and Elizabeth Preston  
*In Memory of Jim Brannon*  
by Nancy Shackelford  
*In Memory of Emma Lou Coffin*  
by Wynn Ware  
*In Memory of Emma Lou Coffin*  
by James R Watterson  
*In Memory of Nancy Bohannon*  
by Gary & Patti West  
*In Memory of Emma Lou Coffin*  
by Charlotte Whaley-Perez

"When we give cheerfully  
and accept gratefully,  
everyone is blessed."

Maya Angelou

OOA PROGRAM CONTRIBUTORS

ELDER ABUSE: SELF-NEGLECT

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 May and June 2023.

AGING SERVICES

Anonymous (3)  
Rose Burgett

KNOX PAWS & FEED-A-PET

Anonymous (3)  
Monica Franklin  
Peter & Fawn Landrum  
The Mattner Family  
Stephen Oliver  
Laura Potts  
Patricia Woods  
Jonathan & Mary Woody

O'CONNOR SENIOR CENTER

Claudia Dicks  
In Memory of Shirley Wright  
Laura Towe  
In Memory of Shirley Wright

SENIOR COMPANION PROGRAM

Michael & Deisha Finley  
Monica Franklin  
Ben Stiefel

DAILY LIVING CENTER

Monica Franklin

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)

Knoxville Utilities Board



Self-neglect occurs when an older adult becomes unable to meet their basic daily needs. Self-neglect in older adults does not involve a third-party perpetrator; however, it is still considered a form of elder abuse. Self-neglect by an older adult can put an already vulnerable person's health, safety, and well-being at risk.

What are the signs of self-neglect?

- Lack of essential food, clothing, or shelter
- Malnutrition and/or dehydration
- Poor personal hygiene
- Unkempt appearance
- Neglecting household maintenance
- Living in unsanitary conditions
- Neglecting needed medical treatment
- Inability or unwillingness to take medication or treat illness or injury

For more information or resources on self-neglect and other forms of elder abuse, please contact the Rise Above Crime program at the CAC Office on Aging.



865-524-2786



- For men 60+ and women 50+
- Non-competitive
- All skill levels welcome
- Cost: \$10 for entire season

LOOKING FOR PLAYERS!

The Knoxville Senior Co-ed Softball League is looking for players to play the rest of the season, which ends in October.

The league plays April through October on Tuesdays and Thursdays from 9 am - 11 am at Caswell Park.

Call 865-424-0933 for more information.

Are you an advocate for older adults in Knoxville and 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!

Any older adult or retiree group, community organization, or agency providing services to older people as well as any adult interested in older adult issues in Knoxville or Knox County is eligible for membership. There are no dues or membership fees.

An elected Executive Committee handles the council business, but members have a voice at general meetings and vote on all important issues. The council meeting is held on the second Thursday of each month (except for July and August) at the O'Connor Center.

Call 865-524-2786 for more information or to become a member.

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

EDITOR

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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.

### UPCOMING VACCINATION CLINICS

**September 15**  
RSVP Senior Safety Summit  
O'Connor Senior Center  
611 Winona Street  
9 am - 12 pm  
**COVID-19 Vaccine**

**September 21**  
CAC Ross Building  
2247 Western Avenue  
10 am - 1 pm  
**COVID-19 Vaccine**

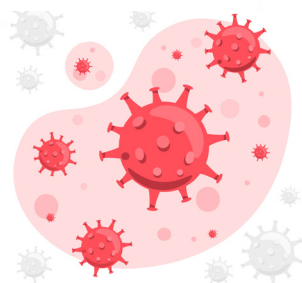
**September 22**  
O'Connor Health Fair  
O'Connor Senior Center  
611 Winona Street  
8:30 am - 12 pm  
**COVID-19 and Flu Vaccines**

**September 22**  
CAC Ross Building  
2247 Western Avenue  
1 pm - 3 pm  
**Flu Vaccine**

**October 2**  
CAC East Center  
4610 Asheville Highway  
1 pm - 4 pm  
**COVID-19 and Flu Vaccines**

**October 11**  
Senior Job Fair  
O'Connor Senior Center  
611 Winona Street  
9 am - 11 pm  
**COVID-19 Vaccine**

**October 19**  
CAC Ross Building  
2247 Western Avenue  
10 am - 1 pm  
**COVID-19 Vaccine**



Participants who receive the flu or COVID-19 vaccine will receive a \$10 Kroger gift card.

**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

**CAC East Center**  
865-546-5125



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.

## 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](http://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).

**Call the Office on Aging at 865-524-2786.**

### AN EVENT OF THE KNOX COUNTY HEALTH DEPARTMENT



**"S.A.I.L.\* DAY IN THE PARK"**  
FRIDAY, SEPT. 15, 2023  
10:00 A.M.

**COME JOIN US FOR THE 3RD ANNUAL  
S.A.I.L. DAY AT LAKESHORE PARK  
FOR A FUN HOUR OF EXERCISE, GREAT MUSIC,  
VARIOUS EXHIBITS (SEE BELOW),  
FOOD TRUCK, ICE CREAM TRUCK,  
RAFFLE DRAWING, & OTHER GIVEAWAYS.**

EXHIBITS presented by:

**\*Stay Active &  
Independent for Life**

- doTERRA - Leah Crawford
- Equalize Sports & Therapeutic Massage - Ingrid Beverly
- Knox Physical Therapy - Dr. Lee Easley
- Lakeshore Park Conservatory - Julieanne Foy
- LifeWave - Ann Lorimer
- The Empirical Herbalist - Ruth Shelton



For more information, contact [rachel.frazier@knoxcounty.org](mailto:rachel.frazier@knoxcounty.org), [kat354@tds.net](mailto:kat354@tds.net) or call 865-215-5175



# 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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ELDER NEWS & VIEWS

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THE COUNCIL ON AGING PRESENTS

## THE LONGEST RESCUE

WITH CAPTAIN WILLIAM (BILL) A. ROBINSON

October 12, 2023  
2:30 pm at O'Connor Center  
611 Winona Street

From 1961 to 1973, the North Vietnamese and Vietcong held hundreds of Americans captive in North Vietnam, and in Cambodia, China, Laos, and South Vietnam. In North Vietnam alone, more than a dozen prisons were scattered in and around the capital city of Hanoi. American POWs in Vietnam struggled to survive horrid conditions, physical pain, and psychological deprivation, often for years on end. Local veteran, Captain Bill Robinson was one of those brave Americans. Join us as he tells his story of hope.

Bill Robinson was born in 1943 in Roanoke Rapids, North Carolina. He enlisted in the U.S. Air Force on November 22, 1961, and was trained as a helicopter maintenance technician at Sheppard AFB, Texas. He deployed to Nakhon Phanom Royal Thai AFB, Thailand, with the 38th Air Rescue Squadron from April 1965 until his helicopter crashed during a rescue mission over North Vietnam and he was captured and taken as a Prisoner of War on September 20, 1965. After spending 2,703 days in captivity, MSgt Robinson was released during Operation Homecoming on February 12, 1973.



Photo credit: Airman 1st Class Megan Munoz

CAPTAIN WILLIAM (BILL) A. ROBINSON

*This event is free and open to the public!*  
**Questions? Call 865-524-2786**