TECH SAVVY SENIOR PROGRAM AT O'CONNOR



Don't be left behind! The new **Tech Savvy Senior Program** at the O'Connor Center will help you get up to speed with all of your digital devices such as laptops, smart phones, and tablets. The program offers classes in all of these devices and in a safe learning environment for adults. Instructor Jennifer Dancu is a knowledgeable and patient facilitator in these classes that offer lots of one-on-one time with each participant. Classes are run on a Q&A format rather than lecture style, so

you will be sure to get out of each class exactly what you want to know.

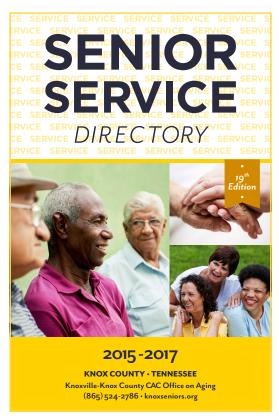
Whether you need help understanding how to install apps on your

smart phone, or just want to start with turning on your tablet, O'Connor Center's classes can help. You will soon be amazing your grandkids with your tech savvy!

Look for the March and April class offerings in the O'Connor Center section on page 5. ■



NEW SENIOR SERVICE DIRECTORY IS HERE!



The Office on Aging has just released the 19th edition of its "little yellow book," the Senior Service Directory. The updated resource books are available free at the Office on Aging, 2247 Western Avenue, and the O'Connor Senior Center, 611 Winona Street. They will soon be available from all Knox County library branches and major sponsors' locations as well. A list of distribution sites will be in the May/June issue of the newsletter. The online version will be on knoxseniors.org.

The book has a fresh new look with a full-

color cover, but we have maintained its identity as the "yellow book." It's still small enough to hold in one hand, has a spiral binding that makes it easy to flip through, has its signature easy-to-read large text, and includes an updated Action Guide (the blue section) that acts as a "primer" for seniors and their family members.



SENIORS CAN FIND JOBS AT JOB FAIR, MAY 13

Job-seeking seniors: Come to the Senior Employment Job Fair on Wednesday, May 13, from 9 a.m. to noon in the **O'Connor Center**. The Senior Employment Service, a program of the CAC Office on Aging, is hosting the event with as many as 45 vendors interested in hiring older adults.

The job fair is an excellent opportunity to market oneself, so attendees should come prepared to discuss part-time and full-time employment opportunities with prospective employers. Plan to bring copies of your resume, lists of your references, and any other information you might need to fill out applications. The O'Connor computer lab will be available for resume assistance all day on the 13th.

If you need help with your resume or interviewing skills, please call Senior Employment Service, 524-2786. ■

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MARCH FOR MEALS: CELEBS, BBQ, AND MORE

Mobile Meals has been in Knoxville for 44 years, sustaining frail seniors with hot, nutritious meals and a daily check on their health and safety. The program delivers more than 825 meals a day, five days a week, to seniors all over Knoxville and Knox County.

"We are blessed to have a corps of about 1,000 volunteers who deliver meals and perform other tasks year round," said Judith Pelot, manager of the program.

"This month, several March for Meals events are planned," Pelot said. "On March 11th and 12th, we'll have our East Tennessee Champions delivering meals to Mobile Meals clients. The Scarecrow Foundation Bracket Challenge will kick off on March 15 (Selection Sunday). Students from UT Culinary Institute will visit the Mobile Meals Kitchen on March 27. There will be a hip hop fundraising event on Saturday, April 11."

The BBQ Doctors are offering a delicious boxed lunch fundraiser on Thursday, March 26, at Oakwood Senior Living, 232 E. Churchwell Avenue, from 11 a.m. to 1:30 p.m. Lunch includes pork BBQ, bun, slaw, pickle chips, cookie, and bottled water, and will be available for just \$7. All of the proceeds will go directly to Mobile Meals. BBQ meals must be preordered by calling 524-2786 by Friday, March 20. Credit cards will be accepted with reservations, or cash will be collected at the event. Meal delivery service will be provided for meal orders of 10 or more within a 10-mile radius. Limited seating is available for diners; carryout is suggested.

Oakwood Senior Living is located off Broadway, near Tennova Physicians Regional Medical Center.

One of the goals of March for Meals is to fuel community involvement in feeding hungry seniors. In addition to delivering for Mobile Meals, there are many other ways that volunteers can help: in the office (clerical), organizing your own grassroots fund raisers for Mobile Meals, being part of Friends of Mobile Meals (an advisory and brainstorming group), and donating to the program. March for Meals is an annual nationwide celebration of Meals on Wheels (our Mobile Meals).

Want to know how you can help? Call (865) 524-2786 or shelly.woodrick@knoxseniors.org. Visit our web site: www.knoxseniors.org/mobile.html and like us on Facebook at Knox County Mobile Meals. ■

REIMAGINE YOUR LIFE

Your world is full of possibilities: new passions to pursue, work that is rewarding, people to help and connect with, plus healthier ways to live. Explore your potential along with others in a new program called *A Life Reimagined Checkup*. This new AARP initiative shows you a new way to think about what is next in your life. Backed by research, *Life Reimagined* introduces you to a powerful approach to prepare for change. The group starts at O'Connor Center, 611 Winona Street, on April 17 at 8:30 a.m. with a light breakfast and ends at 11 a.m. No charge, but you must register by calling the O'Connor Center, 523-1135. Learn more at www.LifeReimagined.org.

QUESTIONS ABOUT THE LAW? COMMUNITY LAW SCHOOL HAS ANSWERS

The Knoxville Bar Association's Community Law School offers information about your rights and how the law affects you, on Friday, March 6, at the O'Connor Senior Center and Saturday, March 7, at Fellowship Church, 8000 Middlebrook Pike.

Session 1, 9 a.m.-10:45 a.m., is on Wills & Estate Planning for Everyone. Topics of discussion include wills and trusts, gift and tax planning, probate options in Tennessee, and the importance of living wills and powers of attorney for everyone, not just the wealthy.

Session 2, 11 a.m. to 12:45 p.m., is on Consumer Rights & Responsibilities: Protect Yourself and Your Assets. As a consumer, make sure you understand the conditions of a loan contract, medical debts, and credit card agreements. This session also covers how to protect yourself against identity theft and how to minimize the damages if you are a victim of ID theft. ■

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POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers, for people who are caregivers of older people (or people with disabilities) will be offered at the O'Connor Center on Tuesdays, starting on March 10 and ending on April 14. The two-hour sessions will begin at 5 p.m.

The class includes a free book plus six weeks of evidence-based training on how to be a better caregiver, which includes how to take better care of your loved one and yourself. We know how busy the life of a caregiver is, so a light dinner is included with the course. Registration is required and donations are accepted. Space is limited, so be sure to call (865) 524-2786 to get in on this valuable training. ■

You are invited to the

John J. Duncan Sr. Award for Senior Advocacy Reception honoring 2015 Award Recipients

> Professional: James (Del) Holley Community: William (Bill) Schall

> Thursday, May 7, 2015 4-6 p.m. Hunter Valley Farm 9111 Hunter Valley Ln. • Knoxville, TN 37922

Donations will be accepted at the door.

Proceeds benefit Senior Citizens Information & Referral Service.

For information, call 546-6262.

DUNCAN AWARD RECEPTION, MAY 7 HONORS SENIOR ADVOCATES

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 seniors as were exhibited by the late congressman. This year marks the 14th anniversary of this signature event that benefits the Office on Aging's Senior Citizens Information & Referral Service (SCIRS). The public is invited.

SCIRS provides information about services for older persons and persons with disabilities who live in Knoxville or Knox County. The agency also provides referrals to these services when needed. This service is provided free of charge to all Knox County seniors and their families.

CELEBRATING CENTENARIANS

In celebration of Older Americans' Month in May, the Office on Aging is coordinating a special tribute to area centenarians. Volunteers will visit people who have reached the age of 100-plus and present them with a bud vase bouquet.

The list of Knox County centenarians is growing! If you know of someone who is 100-plus years of age (or about to turn 100), call Senior Citizens Information & Referral Service at 546-6262.

We will need the name, address, birthdate, contact person, and phone number for each centenarian. All information will be kept confidential. ■



A Special Thank You To Sponsors of the Snowflake Ball!



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2015 PANCAKE FEST: NEW DATE & NEW DIRECTORIES

The 2015 Pancake Fest, which was canceled due to severe weather, has been rescheduled for Friday, March 13, from 7 a.m. to 1 p.m. with an abundance of pancakes, sausage, orange juice, milk, and coffee. The UT Medical Center's Healthy Living Kitchen team will be preparing the famous "Heart Healthy" gluten-free buckwheat pancakes that have been such a hit for the past couple of years!

Pancakes To-Go will be ready at 7 a.m. and can be picked up on your way to work to share with your employees or co-workers. Just give a call to 523-1135 to place your order.

Shuttle service will be provided for those who park at Bill Meyer Stadium or Ashley Nicole Dream Playground.

Previously purchased tickets will be good for this event and \$5 tickets will be available at the door. Tickets include the "all you can eat" pancake menu and admission to other activities, including the craft fair, informational vendor booths, and an all-new component: the launch of the new Senior Service Directory! We'll have the new "little yellow books," hot off the press, and available, free, for all attendees. ■

ADOPT-A-SENIOR SPONSORS DECEMBER 2014 & JANUARY 2015 DONATIONS

ADOPT-A-SENIOR DONATIONS Barbara Abner Paul & Judith Aherns Debbie Ailey Always Best Care American Technical Associates, Inc Dr. & Mrs. Tom Anderson Carlos Angel Anonymous (64) Steve & Barbara Apking Jean Arrants Ron & Jeanne Beatty Beaver Creek Cumberland Presbyterian Church, Searcher SS class Jeanne Bishop John and Lynn Blackburn Edward Bodev

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In Memory of Freda Bird Elmer & Brenda Bonk In Honor of Jacqueline Buchanan The Angelus Association

In Honor of Campbell Station Bunco Girls Linda Calloway In Honor of Julie Frances Clark Wendy McGuire In Memory of Ruth Courtney

Iim & Judy Derrick In Honor of Daddy Bud & Alma Robin Walker

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Haslam II. Mr. Fred Wallace, Mr

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Dr. & Mrs. Alex Robinson, Mr. &

Earl Keister, Mr. & Mrs. Thomas

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Mr. & Mrs. John Testerman,

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Mr. Fred Wallace, Mr. James F

David McWhorter, Dr. & Mrs.

Bertelkamp, Dr. & Mrs. Earl

In Honor of Judy, Tom & Anne

John Testerman

Anonymous

Heffernan

Smith, Mrs. Clyde Maynard, Mrs.

Alex Robinson, Mr. & Mrs. Henry

Keister, Mr. & Mrs. Thomas Avres.

Mrs. Robert Rinearson, Mr. & Mrs

Antinori and family, Cliff & Laurie

Anonymous

In Honor of Grandmo

In Memory of James Gormley Mary Gormley In Memory of Marilvn Gottlieh

In Memory of Kenneth Mills Vivian Mills Jan Bishop In Memory of Rose Gouge, Woodie

In Memory of Barbara Monty Anonymous In Memory of Helen Moore

Anonymous

In Honor of Iesus

Anonymous

Phil Keith

Cathy Hickam

William Schuster

Mark & Nan Gavlord

families

In Honor of Nicholas & Sarah Hood

In Honor of Jane Lakin & Sarah Smith

In Memory of Manthey & Schuster

In Memory of Doris McCammon

Gary & Carol Henderson

In Memory of Irma Keith

Laimon & Angela Godel

In Honor of Rip Kirby

Jennifer Cross In Memory of Lorraine Nicely

Mary Kyzer In Memory of Katherine Nordsieck

Al White

In Memory of parents Christine Williams In Memory of parents Lafayette & Janice Williams In Memory of parents and son

Shirley T. Robinson In Honor of Grace Phillips **MARCH/APRIL 2015**

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O'CONNOR SENIOR CENTER SCHEDULE - MARCH/APRIL

For more information about any program, or to register for programs, contact us: 865-523-1135 or oconnor@oconnorcenter.org The O'Connor Center is located at 611 Winona Street, Knoxville, Tennessee.

The O'Connor Center will be closed on Friday, April 3, for the Spring Holiday.

An Internet Café is becoming a reality at the O'Connor Center! Drop in and see the progress and make plans now to take advantage of the services that will be available – at the touch of a key, a click of a mouse, or a tap on the screen!! Check it out!

MARCH/APRIL PROGRAMS

100 Black Men: Saturday, March 28. We will partner with the Cansler YMCA to promote a day of health screenings and community involvement! The Center will provide complimentary Kidney Early Evaluation Program (KEEP) screenings for seniors who are preregistered. Call to schedule your appointment.

AAA Driver Safety Program: Wednesday, April 22. Please call Kate Fleming at 862-9254 for information and to register for the 1-day refresher course.

AARP Driver Safety Program: The Smart Driver Course will be offered Wednesday & Thursday, March 18 & 19. Please call Carolyn Rambo at 584-9964 for info and to register for the 2-day refresher course.

Art Exhibition, Reception and Open House:

Thursday, April 30. Enjoy this event, featuring works of art created by O'Connor artists! The show, entitled *Reflections*, is open to the public.

Arthritis Foundation Exercise - Advanced, with good physical exertion: Tuesdays & Thursdays, \$2/class.

Arthritis Foundation Exercise - Basic, seated exercise with limited physical exertion: Tuesdays & Thursdays, \$1/class.

Bingo: Wednesdays. Bring a new \$1 to \$2 gift to be shared as a prize. \$1 donation appreciated.

Blood Glucose Checks: Thursdays;12-hour fast recommended. Sponsored by Accu-Chek. \$1.50/ check.

Blood Pressure Checks: Monday–Friday, 10:30 a.m.-11:30 a.m. Checks on Tuesday by Ouality Home Health Care & Thursdays by Priority

Camera Club: Wednesdays, March 18 & April 15. Learn the techniques used by the pros who use more than cell phone cameras!

Cards and Brain Games: Thursdays. Come and play the game of the day!

COA/SCL: Thursday, March 12. Enjoy listening to Dr. Foster, director of East Tennessee Cardiovascular Research, share *Where are We Going with Heart* Disease Treatments? Thursday, April 9. Join Dr. Phelps, medical director, UT Hospice, as he talks about *Living Your Final Chapter: Voice Your Choice.* Both events are open to the public.

Tech-Savvy Senior Computer Classes: You need to preregister and prepay for the classes below. Computers and some iPads will be available for use during class. Class size is limited.

March Tech-Savvy Classes

iPad/iPhone Beginner Class: Mon. - Wed., March 2, 3, 4; 10 - 11:30 a.m. Learn everything from turning on to turning off these new Mac tools of communication. Cost: \$25.

Kindle Fire Beginners Basic: Mon.-Wed., March 9, 10, 11; 10-10:30 am. Class covers basic functions. Cost: \$25.

Galaxy Android Beginner Class: Mon.-Wed., March 9, 10, 11; 12:30-2 p.m. Class covers basic functions. Cost: \$25.

Basic Computer Class: Monday, March 16, 9:30-10:30 a.m., and Thursday, March 19, 3:30 p.m.-5 p.m. Class is for the beginning computer user; focuses on basics of using both the computer and the Internet. Cost: \$20.

Advanced Basic Computer Class: Monday, March 23, 9:30-10:30 a.m., and Thursday, March 26, 3:30-5 p.m. Class covers more advanced use of computer functions and features, including Internet searches and e-mail. Cost: \$20.

April Tech-Savvv Classes

iPad/iPhone Advanced Class: Wednesday & Thursday, April 1-2; 10-11:30 am. Class covers use of advanced functions. Cost: \$15.

iPad/iPhone Beginner Basic Class: Monday-Wednesday, April 6, 7, 8; 10-11:30 am. Learn everything from turning on to turning off these new Mac tools of communication. Class size is limited. Cost: \$25.

Basic Computer Class: Monday, April 13, 9:30 -10:30 a.m., and Thursday, April 16, 3:30-5 p.m. Class is for the beginning computer user: focuses on basics of using both the computer and the Internet. Cost: \$20.

Advanced Basic Computer Class: Monday, April 20, 9:30-10:30 a.m., and Thursday, April 23, 3:30-5 p.m. Class covers more advanced use of computer functions and features, including Internet searches and e-mail. Cost: \$20.

How to Use Facetime/Skype: Tuesday, April 21; 10-11:30 am. Learn how to use your tablet or phone to speak face-to-face with friends and family anywhere! Cost: \$10.

How to Use Facebook: Wednesday & Thursday, April 22 & 23; 10-11:30 am. Learn how to set up and use Facebook on your tablet or phone. Cost: \$15.

Email & Internet Basics for iPad/iPhone Class: Wednesday, April 29; 10-11:30 a.m. Become comfortable using these functions on your phone.

Creative Writers Workshop: Mondays, March 9 & 23 and April 13 & 27. Join Barbara Stephens and be encouraged to put those words on paper for future generations.

Cribbage: Tuesdays. Learn how to play, improve your game, or just enjoy the fellowship! Newcomers

Diabetes Support: Friday, March 13. Susan Fowlkes, Knox County Health Department, will present information and answer your questions about diabetes.

Dream Analysis Class: Wednesdays, April 8, 15, 22. & 29. Join Dr. Pratibha Dabholkar, retired UT professor, to learn to interpret dreams as a new way to understand yourself and to enrich your life. Class size is limited, so call to register for this 4-week class. You must attend all 4 sessions.

Earth Science: Mondays, March 2 & April 6. Learn about scientific discoveries with Dr. Don Byerly.

Evidence-Based Exercise Classes: See the Weekly *Update* in Sunday's paper for details of new exercise opportunities that will further improve your mental and physical health!

Fabric Painting: Mondays, March 9 & April 13. Yvonne Fields teaches the art of fabric painting in a relaxed setting.

Flower Lovers Club: Thursday, April 2. Spring flowers will be the topic of the day.

Forever Young Singing Seniors Ensemble: Tuesday rehearsals for this group that performs at smaller venues.

French: Tuesdays. Opportunity to enjoy learning another language in a setting where being fluent is

Gift Shop: Open daily from 10 a.m. to 2 p.m. Handcrafted treasures provided by Gift Shop members are available for sale. There is room for new crafters to join the Gift Shop; call for details. \$10 yearly membership fee.

Greenhouse: Mondays, Wednesdays & Fridays are work days in the greenhouse; come and enjoy working with the other gardeners. Watch for plant sales at the Center on Wednesday mornings in the spring!

O'CONNOR, CONTINUED ON P. 8

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MARCH 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
8:00 Harrah's Trip 9:00 Legal Assistance 10:00 Earth Science 10:00 iPad/iPhone Beginner Class 1:00 Investment News	10:00 iPad/iPhone Beginner Class 1:00 SCL 1:30 Tea Dance 2:30 SCL	9:00 Income Tax Prep 10:00 iPad/iPhone Beginner Class 1:30 Bingo—each week	10:00 Thursday Walkers 1:00 SCL 2:30 SCL	9:00 LawTalk Program 12:30 Take Charge of Your Diabetes
9:30 Creative Writers 10:00 Kindle Fire Class 10:00 Veterans Q & A 12:00 Lunch & Learn 12:30 Galaxy Tablet Class 1:30 Fabric Painting	10:00 Kindle Fire Class 12:30 Galaxy Tablet Class 1:00 SCL 2:30 SCL 5:00 Powerful Tools for Caregivers	9:00 Income Tax Prep 10:00 Kindle Fire Class 12:30 Galaxy Tablet Class	7:30 Happy Hikers 10:00 Thursday Walkers 1:00 SCL 2:30 SCL and COA	7:00 a.m1:00 p.m. 13 Pancake Fest 10:00 Diabetes Support 7:00 pm St. Patrick's 14 Dance w/ Mood Swing Band
9:00 Legal Assistance 9:30 Basic Computer	17 1:00 SCL 2:30 SCL 5:00 Powerful Tools for Caregivers	9:00 Income Tax Prep 9:00 Advisory Board 10:00 Camera Club 12:00 AARP Driver Safety	8:30 Happy Hikers 19 12:00 AARP Driver Safety 1:00 SCL 2:00 With Hope in Mind 2:30 SCL 3:30 Basic Computer	20 12:30 Take Charge 7:00 pm DJ DANCE
8:30 Mammogram Van 9:30 Adv. Computer 9:30 Creative Writers 12:00 Lunch & Learn 1:00 Market Group	1:00 SCL 2:30 SCL 5:00 Powerful Tools for Caregivers	9:00 Income Tax Prep 1:30 Bingo—Every Wed.	8:30 Toenail Clipping 8:15 Happy Hikers 10:00 Thursday Walkers 1:00 SCL 2:30 SCL 3:30 Adv. Computer	27 12:30 Take Charge SATURDAY — MARCH 28 9:00 am — 2:00 pm Kidney Screening by Appointment Only
9:00 Legal Assistance	31 1:00 SCL Field Trip 5:00 Powerful Tools for Caregivers	PLEASE NOTE: DOORS OPEN AT 8:30 A.M. DAILY.		BLOOD PRESSURE CHECKS DAILY 10:30—11:30

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Advanced Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance	9:00 Beg. Bridge 9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 French 10:00 Party Bridge 10:00 Singing Seniors 10:00 Tai Chi Set Practice 10:00 Water Aerobics 11:00 Advanced Arthritis Foundation Exercise 1:00 Cribbage 1:00 Forever Young 1:30 Afternoon Dancing 1:00 SCL 2:30 SCL	8:30 Adv Open Painting 8:45 Advanced Senior Cardio 9:30 Band Practice 10:00 Advanced Painting 10:00 Party Bridge 10:00 Water Aerobics 12:30 Beginner Painting 12:30 Belly Dance 12:30 Health & Humor 1:00 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance 2:30 Beg Open Painting	8:30 Blood Glucose Checks 8:30 Piano Lessons 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 Cards & Brain Games 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 11:00 Advanced Arthritis Foundation Exercise 1:00 SCL 2:30 SCL	9:00 Woodcarving 10:00 Water Aerobics 11:00 Beginning Spanish 11:00 Silver Stage Players 12:00 Intermediate Spanish 1:00 Jam Billiards Room Open Monday—Friday 8:30 am-4:30 pm

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APRIL 2015 CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY/SATURDAY
BLOOD PRESSURE CHECKS DAILY 10:30—11:30	Watch for new Evidence-Based Exercise classes!	9:00 Income Tax Prep 10:00 Adv. iPad/iPhone Computer Class	8:30 Happy Hikers 2 10:00 Adv. iPad/iPhone 10:00 Thursday Walkers 1:00 SCL 2:00 Flower Lovers 2:30 SCL	Closed for 3 Spring Holiday
8:00 Harrah's Trip 9:00 Legal Assistance 10:00 Earth Science	7 10:00 iPad/iPhone Beginner Class 1:00 SCL Field Trip	9:00 Income Tax Prep 10:00 iPad/iPhone Beginner Class	8:30 AAA Driver Safety 9:00 Happy Hikers 10:00 Thursday Walkers	9:30 Know Your 10 Service Community 12:30 Take Charge
10:00 iPad/iPhone Beginner Class	1:30 Tea Dance 5:00 Powerful Tools for Caregivers	1:00 Dream Analysis Class	1:00 SCL 2:30 SCL/COA	6:35 pm Dance Club 11 7:00 pm Dogwood Dance Al Curtis Band
9:30 Basic Computer 13 9:30 Creative Writers 10:00 Veterans Q & A 12:00 Lunch & Learn 1:30 Fabric Painting	8:30 Toenail Clipping 14 1:00 SCL 2:30 SCL 5:00 Powerful Tools for Caregivers	9:00 Last Tax Prep 9:00 Advisory Board 10:00 Camera Club 1:00 Dream Analysis Class	9:00 Happy Hikers & 16 Thursday Walkers 1:00 SCL 2:00 With Hope in Mind 2:30 SCL 3:30 Basic Computer	7:00 pm DJ Dance
9:00 Legal Assistance 9:00 Adv. Computer Class	10:00 Facetime /Skype Class	10:00 Facebook Class 1:00 Dream Analysis Class	7:45 Happy Hikers 10:00 Facebook Class 3:30 Adv. Computer Class	24
9:30 Creative Writers 12:00 Lunch & Learn 1:00 Market Group	10:00 am Singing Seniors Spring Concert	9:30 Smokies Baseball 29 Game & Brunch 10:00 E-mail & Internet for iPad/iPhone 1:00 Dream Analysis Class	8:30 Toenail Clipping 30 9:00 Happy Hikers 4 p.m. to 6 p.m. "Reflections" O'Connor Art Gallery Open House / Reception	

RECURRING WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 Adv. Senior Cardio 10:00 Party Bridge 10:00 Water Aerobics 10:30 Loss & Life Changes Support Group 1:30 Intermediate Line Dance	9:00 Beginning Bridge 9:00 Quilting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 French 10:00 Party Bridge 10:00 Singing Seniors 10:00 Tai Chi Set Practice 10:00 Water Aerobics 11:00 Adv. Arthritis Foundation Exercise 1:00 Cribbage 1:00 Forever Young 1:30 Afternoon Dancing 1:00 SCL 2:30 SCL	8:30 Adv. Open Painting 8:45 Adv. Senior Cardio 9:30 Band Practice 10:00 Adv. Painting 10:00 Party Bridge 10:00 Water Aerobics 12:30 Beginner Open Painting 12:30 Belly Dance 12:30 Health & Humor 1:00 Texas Hold 'Em 1:30 Bingo 2:00 Beginning Line Dance 2:30 Beg Open Painting	8:30 Blood Glucose Checks 8:30 Piano Lessons 9:00 Knitting & Crocheting 9:00 Tai Chi 10:00 Basic Arthritis Foundation Exercise 10:00 Cards & Brain Games 10:00 Tai Chi Set Practice 10:00 Thursday Walkers 10:00 Water Aerobics 11:00 Adv. Arthritis Foundation Exercise 1:00 SCL 2:30 SCL	9:00 Woodcarving 10:00 Water Aerobics 11:00 Beginning Spanish 11:00 Silver Stage Players 12:00 Intermediate Spanish 1:00 Jam Billiards Room Open Monday—Friday 8:30 am-4:30 pm

ELDER NEWS VIEWS PAGE 8 **MARCH/APRIL 2015**

O'CONNOR, CONTINUED FROM P. 5

Happy Hikers: Thursdays. Newcomers are always welcome; please call Carrie Roller at 719-1604 if you are interested in joining a hike or for additional information. Please meet at the times noted, or at the trailhead at 10 a.m. where not indicated.

- March 12 Charlies Bunion, O'Connor at 7:30 am or trailhead at 9:30 am: 8-mile hike.
- March 19 Cover Hardwood Nature Trail, O'Connor at 8:30 am; 1-mile hike.
- March 26 Porter's Creek, O'Connor 8:15 am: 3.6mile hike.
- 2 Chimney Tops Trail, O'Connor 8:30 am; 4-mile hike.
- 9 Norris River Bluff Walk, O'Connor at 9 a.m., or visitors' center at 9:45 a.m.: 4-mile hike.
- April 16 Reservoir Hill Trail, O'Connor at 9 a.m.; 3-mile hike.
- 23 White Oak Sinks, O'Connor 7:45 a.m., or trailhead at 9 a.m.: 4-mile hike
- April 30 Shoat Lick Pond, O'Connor 9 a.m.; 6-mile hike.

Happy Hikers/Thursday Walkers: Opportunity for those who prefer less difficult hikes and walks. Open to all. Call Iovce Dukes at 525-2540 for additional information. Hikes are usually 2 miles.

Harrah's Trip: Mondays, March 2 & April 6. Light refreshments at 7:30 a.m. with departure promptly at 8 a.m. Cost is \$30/person. Contact Jim & Frankie Hicks, 525-1475, for more information about this and an overnight trip to Belterra Casino, April 13 &14.

Health and Humor: Wednesdays. Join Nurse Claudia for an informative, humorous health discussion!

Investment News: Monday, March 2. Join John Smartt, Ir., as he discusses Your Investment Questions Part 2.

Kidney Screening: Saturday, March 28. Complimentary Kidney Early Evaluation Program (KEEP) screenings for seniors who are preregistered. Call to schedule your appointment.

Knitting & Crocheting: Thursdays. Open to all, regardless of level; free instruction available by Linda Costner.

Know Your Service Community: Friday, April 10. Visit with the different organizations in the community as they provide valuable information on the services they offer to seniors.

Knoxville Comprehensive Mobile Mammography Van: Monday, March 23. Call 583-1003 to schedule an appointment.

Law Talk: Friday, March 6. Free seminars presented by the Knoxville Bar Association. 9 a.m., Wills & Estate Planning; 11 a.m., Consumer Rights and

Responsibilities. Register at 522-6522 or online at www.knoxbar.org. Refreshments provided by East Tennessee Personal Care Service, program partner.

Legal Assistance: Call 637-0484 to schedule an appointment for free legal services.

Loss & Life Changes Support Group: Mondays. Pat Green with Tennova Hospice listens to concerns and offers encouragement to folks dealing with the many changes that occur in life.

Low Vision Group: Monday, March 2, group will attend the Mighty Musical Monday at the Tennessee Theatre. Cost is \$5. Tuesday, April 28, group will attend the Singing Seniors Spring Concert. Wednesday, April 29, group will attend the Smokies Brunch & Baseball Game. Cost is \$15. Call the Center

Lunch & Learn: Mondays, with lunch provided, but you must call to make reservations by Thursday of the prior week.

March 9, Can You "See" Me Now? Join Dr. Cole & Dr. Everette, from Campbell, Cunningham, Taylor & Haun as they talk about aging eyes.

March 23, Oils of the Bible. Kate Petree will take you on a fascinating journey through the history of essential oils as recorded in the Bible. Learn how these oils were used, and how we are rediscovering their use in today's world.

April 27, Acupuncture. Trudy Moore, licensed acupuncturist, will share how this form of alternative medicine aims to treat a range of conditions, especially pain relief.

Market Group: Mondays, March 23 & April 27. Join the Market Group as it plans the Spring Market Group This and That Sale. You must attend meetings in order to participate in the sale scheduled for May 6.

O'Connor Center Band: Wednesdays. Band director Linda Edwards provides encouragement and direction to newcomers and pros alike! No experience is necessary and newcomers are welcome! Some instruments are available.

Painting (Advanced & Beginner): Wednesdays. Class begins March 11. Instructor: Ann Birdwell; cost: \$40 for the 10-week class. You may choose to work in oils, acrylics, or watercolors. Please call to register; remember the class fee is due before or on the first day of class.

Party Bridge: Monday through Wednesday. Call for information and to get on the substitute list.

Piano Lessons: Thursdays. Jean Osborne, director of the Singing Seniors, offers any level individual lessons for seniors. The cost will include a materials fee for the music and a \$5 weekly donation. There is a

Powerful Tools for Caregivers: Tuesdays, March 10, 17, 24, 31 & April 7 & 14. This 6-week training teaches you how to better care for your loved ones & vourself. It is for caregivers of older people or people with disabilities. The 2.5-hour sessions will begin at 5 p.m. A boxed meal is provided. Call 524-2786 to

Quilting: Tuesdays. Have wonderful fun and fellowship while learning to quilt. If you have tops that need to be quilted, please call for information.

Senior Advanced Cardio: Mondays, Wednesdays. Covenant-led low-impact aerobic class with an increased level of intensity and strenuous workout. Cost is \$2-\$3/class depending on class size.

Seniors for Creative Learning (SCL): Partnership between the Center and UT Conferences & Noncredit Department. Lectures on Tuesdays & Thursdays in March & April, at 1 p.m. & 2:30 p.m. Call 974-0150 to register and for information.

Singing Seniors: Tuesday rehearsals weekly and performances at various venues in the spring.

Singing Seniors Spring Concert: Wednesday, April 28. This special concert begins promptly at 10 a.m. Come early to get a good seat. Also, plan to support our Singing Seniors, who will be performing at the Tennessee Theatre's Mighty Musical Monday, on July 6.

Smokies' Baseball Game & Brunch: Wednesday, April 29. Senior Day Breakfast & Game at Smokies Stadium! Meet at the Center. Transportation available. Cost: \$15; includes brunch. Registration and payment is due before April 22.

Spanish – Beginner: Fridays. Instructor Tom Whisman will lead this basic class for true beginners.

Spanish – Intermediate: Fridays, Class for those with some language skills; excellent opportunity to practice speaking.

Take Charge of Your Diabetes: Fridays, February 27, March 6, 13, 20, 27 and April 10. Free, fun, 6-week program designed to help individuals gain skills necessary to manage diabetes...one step at a time. Class is sponsored by UT Medical Center.

Taoist Tai Chi Classes and Set Practice: Tuesdays and Thursdays. Group continues to welcome new members and provides opportunities to improve mental health as well as balance and coordination.

Texas Hold 'Em: Wednesdays. Fun for both experienced and inexperienced card players. Cost: \$2/class.

Toenail Clipping by Appointment Only:

Thursday, March 26, with cosmetologist Kelli Jobe. Tuesday, April 14, with Dr. Carol Akerman; Thursday April 30, with Kelli Jobe. Cost is \$12; please call 523-1135 to schedule an appointment.

Veterans Services: Mondays. March 9 and April 13. A VA representative will be here to answer questions concerning benefits and other matters of concern to veterans and family members.

O'CONNOR, CONTINUED ON P. 10

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ELDER NEWS VIEWS

Lori Thompson

Shirley Todd

June Trbovich

Elizabeth Wall

Betty Watkins

Joan Weis

Margaret Walters

Lynn & Judy White

In Memory of Curtis

Ben & Sue Atchley

In Memory of Clinton &

Albert & Margaret

Rachel Nelson

Zimbrich

Gary M. Wilson

Atchley, Sr

James & Beverly Truan

William & Mary Truex

William & Judith Weimer

Michael & Wanda Williams

Robert & Jennifer Wolbach

Mobile Meals in Memory or Hor

In Memory of Margaret Ault

Beulah Barrick and Al & Emily

Helen Trent

PAGE 9

OOA PROGRAM CONTRIBUTORS

Wavne Finch

Genia Finney

Disciples class

Rollin Geddes

Mary Gentry

Dawna Gray

Julius Gregg

Earl Hall

Sue Haverly

John Heins

Mrs. Logan Hill

Mildred Gregg

Kathleen Hannah

Jimmy & Patti Henard

Rick & Lori Hinchey

Milbrey Hinrichs

Leslie Hinson

Bill & Jan Hogan

Sara Hornbeck

Herbert Howard

Margaret Hughes

Paul Jourdan, M.D.

Charlotte Klieman

Barbara Landau

Agnes Lawrence

David & Linda Londo

Long's Drugstore

Ann Jordan

Martha Keith

David Kirby

LeAnn Lanz

Iris Long

Pam Lovell

Debbie Lowe

Mary Luttrell

Kay Luttrell

Virginia Martin

John McCarthy

Kari McCluer

John & Lois Hoover

Johnny & Betty Horton

John & Ruth Hungerford

Rockforde & Linda King

Jo A. Learn & Candy Gentry

Benjamin & Rebecca Howard

Lisa Gainy

Charlaine Fleming

John & Sandra Gillis

Ronald & Mary Graves

Thomas & Susan Greer

First Christian Church

Knox PAWS (Placing Animals

John & Jodonna Berguist **Iack Eschman**

Mary Jane Gross Beatrice Irwin Dale Kangas Kelly Lane

Mobile Meals

Bill & Lorene Akins Glen Anderson Anonymous (45) Ron Austin

Gamaliel Baez Kimberly Bailey Teresa Beck

Bobbye Bernard Sharon Billings **Grant Bishop**

Floy Blanton Richard & Sharalyn Blattner

Lisa Booher George & Patricia Bradshaw Charles & Lou Ellen Bramwell

William Bristow Alan & Dianna Brizzolara

Stanley Brock Blake Byrd Sharon Camblin

Wade Carlin James & Judy Carpenter

Patricia Cheadle Chick-fil-A at Kingston Overlook

Chick-fil-A at Turkey Creek Steve & Gail Clendenen

Stefani Clowers Barbara Cohen

Betty Coleman Colonial Heights UMC, J. Ray Stuart SS class

Joseph Colonna Diana Cook-Keyhani

Gary Cooper Randall & Robin Covev

Diana Cruze Larry Cunningham Hubert K. Davis

Keena DeAngelo Patricia DeCicco Marg Dietz

Kimberly Egan Jerry & Cindy Eisele

El Charo, Lovell Allan & Donna Ellstrom

James Fielder

David McCormick Eugene & Janet McCullough Catherine McKeown

Michael & Lori Major

Mary Chamberlain Michalsky Matt & Ree Mihelic W.H. & Patricia Miller

Alice Mincher Peggy Minge **Iennifer Mirts** Sandra Moore

Melissa Oakley

Mt. Olive Baptist Church Larry & Sandra Nichols

Oakwood Baptist Church, Homemaker's SS class

Mr. & Mrs. John T. O'Connor Sandra Olive Hobart Palmer

Marjorie Patrick Lewis M. Patterson Dr. Pelot's Office

Norma Peterson Bill & Gina Phelps

William G. Phelps, Sr Leon Pickel

Gean Popiela Bryan Powell

Patricia Rennie

Jill Rider

Joan Rozek

Judy Russell

Seved Sadjadi

William Scholz

Cynthia A. Serbin

Ronald & Virginia Shrieves

Smithwood Baptist Church,

Pat Schraw

Kristi Seal

James Shuler

Karen Smith

Iov Class

Max & Lisa Smith

Elizabeth Sparks

Dan & Jackie Stewart

William & Jo Ann Thomas

Maureen Stokes

Gayle Stripling

Melvin Strum

Danny Spears

Linda Staton

Bill Steben

Zimbrich Marvin Powers In Memory of Patrick W. & Kyle Prater Helen Belland

Richard Quillen Anonymous Baxter & Elizabeth Ragsdale In Memory of Dr. Robert J. Tanya Rankin

Anonymous **Judith Rattner** In Honor of Nellie Brown Conrad & Janice Reinhardt

Carla Goins In Memory of Irene Burchell John & Patricia Riblett Bennie & Sarah Kerley

In Memory of Stephen Cate Catherine Rogers

In Memory of Stella Katherine Collins Ronnie & Sharon Collins In Honor of Jane Cook

Shawna Cook In Honor of Bill Cotter Anonymous

In Honor of Dotcom Ioshua Nehamiah Ben Eliot In Memory of Wayne Duncan Dewayne & Terri

Needham In Memory of Dorothy Ellis James Ellis

In Memory of Ralph Goss Jr. Laura Goss In Honor of GSL

Allan & Donna Ellstrom In Memory of Jodie Hall Imogene Hall In Memory of James Hardin

Trecia Hardin In Honor of Carol Hartley

Gary & Becky Dennis In Honor of Carol Hartley and Ed Taylor Wilbur & LaVonne Dennis

In Honor of Martha Henderson Anonymous In Honor of Bern &

Evelyn Henry Anonymous In Honor of Jeff & Peggie

Eileen Combs In Memory of Arnold C. Jones Janice Emitt & Ed Jones

In Honor of Rich Jordan Randall & Julie Hodges

In Honor of Kathy & Jim Killingsworth Anonymous

Hodgson

In Honor of Michael & Nancy Lofaro Anonymous

In Memory of Archie H. Long Gail Lowe

In Honor of Susan Long Iohn & Ginny Lyon

In Memory of Harold Long Maurice & Johnnie Msarsa In Honor of Mammy & Pap

Anonymous In Honor of Kyle & Dorothy

Maness Benny & Brenda Henderson In Memory of Jessie McCulley

Terry Fox In Memory of Louise Miller

Jim Lawson In Memory of Barbara Monty Akiko Takayama

In Memory of Lorene Niceley Michael, Michelle & Matthew Iones Carroll & Carolyn Cate

In Memory of Gertrude Ogle Gary Miller In Honor of Judith Pelot

Ianie Wendelken In Memory of Robert Persian Tina Minnick In Memory of Ray M.

Rutherford Barbara Rutherford In Memory of Marcy Savarese Adrian & Cathy Gonzalez

In Memory of Robert Schutt Joanne Schutt In Memory of Wilma Shadowens

Anonymous In Honor of Michael Skloff

Larry & Marcia Silverstein

In Memory of Esther Stevens & Eloise Williams Anonymous

In Memory of Ron Suarez **Judy Smith**

In Honor of T.S.E.F. Anonymous

In Memory of Suzanna Waldhauer Richard & Carol Waldbauer

In Honor of Becky Walden Cheryl May

In Honor of Helen Walden Rebecca Walden

In Memory of Mr. & Mrs. Jim Ward

In Memory of Helen Watt William & Pamela Cross In Memory of Virginia

Steve Ward

Westerman

Connie Westerman In Memory of Bill Williamson, Sr.

Anonymous In Memory of Harold Woods TRICOR Executive Leadership Group

In Memory of Gayle Wyrick Buzz & Lisa Adams

One Call Club

Jim & Sue Campbell Robert Cunningham

Jo Ann Fowler Office on Aging

Ken Monty Carolyn Pipkin

roiect LIVE Robert & Patricia Rittenhouse

William Roberts Carolyn Ross

William & Cherrie Stevens

Tabernacle Baptist Church Nancy Walker

Patricia Wilson Senior Companion Program L.S. Buckels

Water Aerobics: Monday-Friday, 10 a.m. Classes are held at the Cansler Family YMCA. Please come to the O'Connor Center to complete paperwork and to sign in prior to beginning class. Cost: \$2/class.

With Hope in Mind: Thursdays, March 19 and April 16. This group offers support to families and friends of people dealing with various mental illnesses. For more information, please contact Gerald Segroves at 523-7284.

Woodcarving: Fridays. Open to all, regardless of experience. Personal instruction is available, if needed.

Dance Classes - Cost is \$2/Class.

Beginner's Line Dance: Wednesdays. For the true beginner.

Belly Dance: Wednesdays. For everyone—a fun and enjoyable way to exercise; taught by Rusty Rosiland.

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

Dances - Cost varies per dance.

Afternoon Dancing: Tuesdays. Opportunity to dance and visit with friends.

Tea Dance: First Tuesdays, March 3 and April 7. Good music, fellowship, and refreshments.

3rd Friday Night Dances: March 20 and April 17. An "ALL TYPE" dance with a special DJ from Pro-Audio Mobile DJs, great music, and refreshments!

2nd Saturday Night Ballroom Dances – with refreshments: March 14: St. Patrick's Dance with Mood Swing Band. April 11: Dogwood Dance with the Al Curtis Band. The Dance Club meeting is April 11 at 6:35 p.m.

The O'Connor Center Staff and Advisory Board say a special "Thank You" for the gifts to the Center from:

The Aslan Foundation Jim and Frankie Hicks
Grant Bishop Judith Pound
Mary Carr Nancy Thomas
The Dance Club Charlenia Wilson

Kathy Gant

In honor of Linda Edwards and the Amazing Senior Band:

Patricia Rozelle

Palmyra A. Moore

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In memory of their parents: Children of Jim and Alice O'Connor

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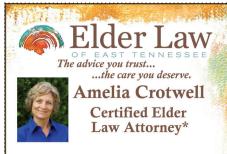
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ELDER NEWS VIEWS

Elder News and Views is a publication of the Knoxville-Knox County Council on Aging. The Knoxville-Knox County CAC Office on Aging prepares this publication bimonthly for the older citizens of Knoxville and Knox County.

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• • • • • • • • • • • TO KEEP YOU INFORMED • • • • • • • • • • • • •

Calling all ladies! Come to the Spring Fashion Show & Afternoon Tea at the O'Connor Center on Friday, May 1, at 2 p.m. for a fun time of fashion and goodies. Clothing vendor is Chico's, Turkey Creek; makeup is provided by Mary Kay. Products from both vendors will be available for purchase. This event, hosted for the Go Red for Women Initiative by East Tennessee Personal Care Service, Tennova, and NHC Farragut, is free, but space is limited. Please call the O'Connor Center, 523-1135, to reserve your space now.

Save the date! Come join Knox PAWS at the fifth annual **PAWS Among the Blooms** for a beautiful evening of music, flowers, plants, and hors d'oeuvres. There will also be a silent auction and wine bar. This fund-raising event is on Friday, May 15, between 5:30 p.m. and 7:30 p.m. at Stanley's Greenhouse, 3029 Davenport Road. Tickets are \$30 at the door. All proceeds support this program that matches senior people with senior pets to make both lives better.

Are you ready for prom? Overcoming Believers Church is offering Hollywood Affair Senior Prom for "seasoned" adults (age 55-plus) on Friday, March 27, from 7 to 11 p.m. This event is free and open to the community and will be held at the church, 211 Harriet Tubman Street. Registration is required by March 13; call the church at (865) 633-9050.



Holiday closings: The Office on Aging, CAC administrative offices, O'Connor Senior Center, and all Senior Nutrition Program dining rooms will be closed for Spring Holiday, Friday,

April 3, 2015. Mobile Meals participants will receive boxed lunches for this holiday.



Volunteering in your community broadens your social circle, promotes healthy activity, and provides improved well-being for you and those who are positively affected by your service.

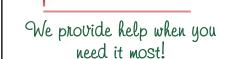
Encourage a Friend to join you, and commit to volunteering one hour this month!

- Attend or lead a Living Well with Chronic Conditions workshop to learn more about self-management of chronic conditions such as asthma, arthritis, chronic pain, depression, anxiety, etc; and/or diabetes self-management. Workshops are FREE to attend and are scheduled for 2.5 hours one day a week for six weeks; but you must call to register. Workshop leaders are also requested, no previous health experience is necessary, and training is provided for FREE! Call 524-2786.
- Once a week or once a month, provide a friendly visit and a nutritious lunch for Knox County residents enrolled with the Mobile Meals Program. Meals are delivered Monday-Friday between 9:30 a.m.-1 p.m.
- Provide much-needed support for community members by answering telephones and assisting with small projects on weekday mornings or afternoons at Alzheimer's TN, Inc.

For more information on volunteering, contact RSVP Coordinator Ashley Rex (865) 524-2786 or ashley.rex@knoxseniors.org.

"The best way to find yourself is to lose yourself in the service of others." ~Mahatma Gandhi

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MARCH MEETING

Date: Thursday, March 12 **Time:** 2:30 p.m.

Place: O'Connor Center 611 Winona St.

WHERE ARE WE GOING

WITH HEART DISEASE TREATMENTS?

To stay healthy, your heart needs to pump several thousands of gallons of blood throughout your body each day. When blood flow to the heart becomes obstructed, the heart cannot get the oxygen it needs and heart disease occurs. Chances are that you or someone you love has dealt with heart disease.

Plan to join us on **Thursday, March 12, at 2:30 p.m.** at the O'Connor Center for a joint meeting of the Council on Aging and Seniors for Creative Learning to hear cardiologist Dr. Malcolm Foster lead an informative discussion about heart disease and current treatments, including cutting-edge technology available through clinical trials.

Foster has been the director of East Tennessee Cardiovascular Research since 2001 and currently provides interventional cardiovascular service at the Tennova Cardiovascular Institute at Turkey Creek Medical Center in Knoxville.

This joint meeting is free and open to the general public.



APRIL MEETING

Date: Thursday, April 9

Time: 2:30 p.m.

Place: O'Connor Center 611 Winona St.

LIVING YOUR FINAL CHAPTER: VOICE YOUR CHOICE

The philosopher Kierkegaard once noted that life, like a book, must be lived front to back-but only understood back to front. In those last pages, we all have some choices in how we live and how we interact with our loved ones.

Failing to face that fact is simply one form of decision. On **Thursday, April 9 at 2:30 p.m.**

at a joint meeting of the Council on Aging and Seniors for Creative Learning at the O'Connor Center, Dr. Greg Phelps will discuss how and when we should give direction about the kind of life we would prefer to live up to the end.

- Phelps will discuss Tennessee advance directives, health care decision-
- making, and what drives current health care choices. With a strong, practical sense of ethics (and humor), Phelps will help us look at how best to
- "voice our choices."
- Phelps is a family physician who has undertaken a fellowship in hospice and palliative medicine, in which he is board-certified. A clinical assistant professor of family medicine at the University of Tennessee Medical Center,
- he serves as medical director of UT Hospice.