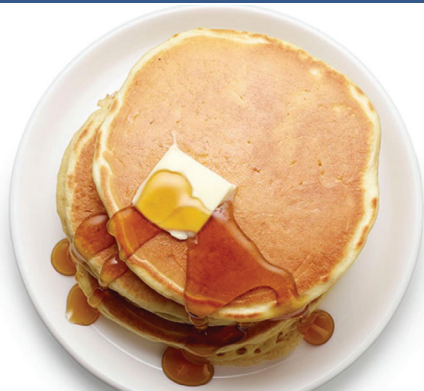


ELDER NEWS

MARCH/APRIL 2025

& VIEWS



JOIN US AT **PANCAKE FEST** & SENIOR EXPO

Friday, April 4 | 7 am - 12 pm | O'Connor Senior Center | 611 Winona St. in Knoxville

EVERYONE WELCOME!

Come one, come all to O'Connor Center's sweetest fundraiser. Enjoy all-you-can-eat pancakes, sausage, milk, juice, and coffee for just five dollars. Gluten-free, heart-healthy, and sugar-free options will be available. As always, we will have very special guests volunteering to flip pancakes - media personalities, local celebrities, and elected officials.



GET YOUR TICKETS

Tickets are available online at knoxseniors.org or at the door on the day of the event.

*Proceeds benefit the
John T. O'Connor Senior Center*

Pancake Fest is more than just pancakes. Be sure to check out the Senior Expo, where companies and organizations will have information on programs and services for older adults in Knox County. You can also peruse the Artisan Fair, where local artists and crafters will have handmade items for sale. And if pancakes, celebrities, and crafts aren't enough, we will have live music and entertainment throughout the day to get your toes tapping.

GET IT TO-GO!

In a hurry and can't stay for Pancake Fest? Call ahead to pick up an order to go. Why, you might even want to pick up an extra for a neighbor, or a round of pancakes for your office. **Call 865-523-1135 to place an order to-go.**

SPONSORSHIP OPPORTUNITIES

Pancake Fest sees almost 1,000 attendees throughout the day. Would you like to join the Senior Expo and talk to people about your products and services? Sponsorships are available and space is limited, so contact us now to reserve your table. **Call 865-523-1135 or visit knoxseniors.org/pf2025 for more information.** ■

Snowflake Ball 2025 Royal Court

The Senior Companion Program's Snowflake Ball Ambassadors raised \$104,631 at this year's event. *Read more on page 2.*



[L to R] Brian Hornback, Ryan Ritter, Tim Wheeler, Dr. Colin Booth, Courtney Cox, Rebekah McCulloch, Kindle Petteway, and Hannah Hood.

Snowflake Ball 2025 continued



King Colin Booth and Queen Courtney Cox



Prince Tim Wheeler and Princess Rebekah McCulloch

It was a night of records for the Senior Companion Program and its eight Ambassadors who competed for the titles of Snowflake Ball King and Queen. Ambassadors spent the past several months hosting fundraisers and collecting donations for the Senior Companion Program. Those who raised the most funds won the 2025 titles.

More than 400 attendees enjoyed dinner and danced to the Swing Time Ensemble while anticipating the crowning of this year's King and Queen. Altogether, the Ambassadors raised a whopping \$104,631 for the Senior Companion Program. And finally, the big moment! The King, Queen, Prince, and Princess were announced . . .

Our Queen this year is Courtney Cox, King is Dr. Colin Booth, Princess is Rebekah McCulloch, and the Prince is Tim Wheeler.

The Senior Companion Program would like to thank all of our Ambassadors for their support!

THE MISSION OF THE SENIOR COMPANION PROGRAM

The Senior Companion Program engages those age 55 years and older in volunteer service to provide companionship and support to older adults who are experiencing loneliness, isolation, and barriers of aging. This volunteer program allows older adults to build meaningful relationships with one another in adult day facilities and in-home settings.

Make an online donation to the Senior Companion Program at knoxseniors.org/support-companions.



GRANDPARENTS AS PARENTS Parenting the 2nd Time Around Conference **Embracing Hope: Sowing Seeds of Encouragement for the Future**

Tuesday, April 29th, 2025

8:30 am – 1:30 pm

Bridgewater Place

205 Bridgewater Road (37923)

Grandparents, Relative Caregivers and Professionals Welcome (Open to the Public)!

Cost: \$15

Scholarships available for relative caregivers.
Light breakfast and lunch included.

**Reservations required. Call 865-524-2785 to RSVP.
Transportation from the CAC Ross Building provided.**



UT Office of Community Engagement & Outreach

Grandparents as Parents (GAP) is a program of the CAC Office on Aging. GAP addresses the unique needs of grandparents and family caregivers raising children whose parents are unable to care for them.

Learn more at knoxseniors.org/grandparents



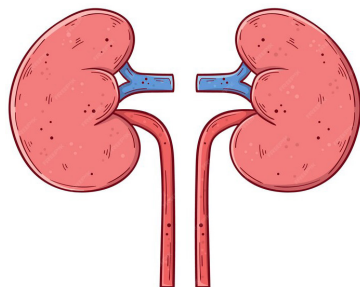
HOT OFF THE PRESS!

Read the
Office on Aging's
**2023-2024
Impact Report**
online at
knoxseniors.org/report.

The Council on Aging presents

KIDNEY SMART

with Hector Rodriguez-Padilla



Thursday, March 13

2:30 pm

O'Connor Senior Center

611 Winona St.

In honor of World Kidney Day, our Council On Aging program speaker, Hector Rodriguez-Padilla, will discuss Chronic Kidney Disease (CKD), 5 stages of CKD, taking control of CKD, and preparing for treatment.

Mr. Rodriguez-Padilla has been a Registered Nurse working in dialysis for 25 years. He has worked 15 years in ICHD (in-center hemodialysis), with 2 years in Facility Administration, and 8 years in peritoneal dialysis. He will also share his personal story of becoming a kidney donor to a family member in 2020.

This program is free and open to the public!



DRUM ROLL, PLEASE . . .

ANNOUNCING THE 2025 JOHN J. DUNCAN, SR. AWARD FOR SENIOR ADVOCACY NOMINEES

Professional Award

Susan Long

Volunteer Award

Greg O'Connor

Business Award

Knoxville Bar Association Barristers

Watch for more details and information in the May/June issue of *Elder News & Views!*

SAVE THE DATE!

MAY 13

Rothchild Conference Center



TECH SMART KNOX SENIORS

KNOXSENIORS.ORG

The CAC Office on Aging is addressing the digital divide with Tech Smart Knox Seniors. Through Tech Smart, individuals 60+ will receive digital training and access to digital tools to gain the skills and confidence needed to navigate technology.

Upcoming Tech Smart Knox Seniors class locations and dates:

March 17-21

10 am-1 pm, Ross Building, 2247 Western Ave.

March 24-28

9 am-12 pm, Covenant South, 7625 Chapman Hwy.

April 21-25

9 am-12 pm & 1 pm-4 pm, O'Connor Center, 611 Winona St.

Call 865-524-2786 or email techsmart@knoxseniors.org.

MARCH COMMODITIES DISTRIBUTION

What are commodities?

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

Who is eligible to receive food items?

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

How do I sign up?

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

SOUTH NEIGHBORHOOD CENTER
522 Maryville Pike
Monday, March 24th
10:30 am - 12:30 pm

O'CONNOR SENIOR CENTER
611 Winona St.
Monday, March 24th
2:00 pm - 4:00 pm

MOBILE MEALS KITCHEN/ MALCOLM MARTIN PARK
1747 Reynolds St.
Tuesday, March 25th
3:00 pm - 4:30 pm

Commodities Distribution is a program of CAC Nutrition Services. This project is funded under a grant contract with the State of Tennessee.

SAVE THE DATE!
SENIOR JOB FAIR
MAY 15
 9 am - 12 pm
 O'Connor Senior Center

For more information about the Senior Employment Service, call 865-524-2786 or visit us online at knoxseniors.org/employment.



Friend Request or Fraud?

Learn the warning signs of a social media scam and what to do if you're a victim.



An outreach of the Tennessee Bureau of Investigation, in cooperation with the East Tennessee Area Agency on Aging and Disability.



Here to help. Just in case.

Introducing the TBI Find app.

Silver Alerts, vital resources, and how best to prepare for a missing persons emergency.

We hope you'll use it, but never need it.



Download on the App Store



GET IT ON Google Play



TENNESSEE BUREAU OF INVESTIGATION

SENIOR CENTER OUTREACH

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

Carter Senior Center

March 26, 10 am-12 pm
 April 30, 10 am-12 pm

Corryton Senior Center

March 11, 10:30 am-12:30 pm
 April 8, 10:30 am-12:30 pm

Halls Senior Center

March 17, 10 am-12 pm
 April 21, 10 am-12 pm

Karns Senior Center

March 5, 10 am-12 pm
 April 2, 10 am-12 pm

O'Connor Senior Center

March 20, 10 am-12 pm
 April 17, 10 am-12 pm

South Senior Center

March 6, 9 am-11 am
 April 3, 9 am-11 am

West Senior Center

March 10, 9 am-11 am
 April 14, 9 am-11 am



Call Information & Benefits at **865-546-6262**

The Information & Benefits office is located in the Ross Building at 2247 Western Avenue in Knoxville.

O'CONNOR CENTER'S MARCH & APRIL SCHEDULES



O'CONNOR SENIOR CENTER
Add life to your years

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 Friday, April 18, for the Spring holiday.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

Blood Glucose Checks: Thursdays, \$1.50. A 12-hour fast is recommended to ensure a correct reading.

Blood Pressure Checks: Monday-Friday, 10:30 am-11:30 am.

Exercise – Arthritis Foundation: Tuesdays and Thursdays. Designed for anyone with arthritis or related health issues. Reduce pain and stiffness, maintain joint range of motion, improve muscle strength, endurance, balance, and coordination. In addition to exercise, the O'Connor friendly 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.

SAIL Exercise Class: Learn about how this exercise curriculum can improve your balance and strength. Classes meet every Monday and Thursday at 12:30 pm. Registration is required.

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. Meets the 2nd and 4th Thursdays. For more information, call Katy O. at 865-643-6148.

Toenail Clipping Clinic by Appointment Only: Cost is \$12. March 5th, 12th, 26th and April 9th and 23rd. Call 865-523-1135 to schedule an appointment.

AARP Foundation Tax Aide appointments.

Wednesdays at O'Connor Tax-Aide volunteers will provide free tax preparation assistance. Schedule your appointment online at www.volsintax.com or call 865-229-4429 for an appointment.

Artist and Crafter's Window: Members have a love for expressing through all types of art; including – crafts 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.

NEW! Acrylic Folk Techniques with Jacquie Bell begins March 24th from 9:00 to 10:30 am. Call the Center at 865-523-1135 to reserve your spot today.

Artists Trading Cards: These miniature works of art are created and traded all around the world. All experience levels welcome. Join us the 4th Monday of every month at 1 pm. 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 with us!

Bingo: Enjoy this friendly game on Mondays at 1:00 pm. Bingo hosts are needed. Call 865-523-1135 to find out how to get involved.

Cards & Games: The game room is always open! Enjoy a game of cards, Rummikub, or a relaxed table game with new friends.

Concert Band: Wednesdays at 10:00 am. Pick up and dust off your old instrument because we are looking for new members! Trumpet, trombone, tuba, clarinet, and flutes, etc. are all welcome. Call group leader Linda at 865-640-1856 for more information. Also see "Jazz Band."

Creative Writers Workshop: These classes are held on the 2nd and 4th Monday from 9:30 am until 11:30 am. Classes for aspiring and experienced writers. There is a story in all of us. Volunteer needed for the Creative Writers Workshop Facilitator. Call 865-523-1135 for information.

Darts: Come play a friendly game of darts with our new dart board. Bring a friend and enjoy!

Dance:

Intro to Line Dance: Tuesdays. For those with no line dance experience.

Social (Ballroom) Dances: Monthly Social Ballroom Dances on the 2nd Friday at 1:00 pm. Live bands providing wonderful music include the Al Curtis Band and Mood Swing.

Beginner Ballroom Dancing: Instruction available on the 1st and 3rd Tuesdays at 2:30 pm. Gaberial Akers, Professional Ballroom Instructor from Timeless Ballroom, teaches this fun class. Put on your dancing shoes and join us! Suggested donation of \$3/class.

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

Continued on page 8

MARCH 2025 CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Mahjong 3 10:00 Tai Chi 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p>9:30 Singing Seniors 4 9:30 Beg/Adv Sewing 10:00 French Class 11:00 Italian Class 12:30 SAIL Exercise 12:30 Open Sewing 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p>	<p>9:00 AARP Tax Aide* (Appt only) 5 9:00 Toenail Clipping Clinic 10:00 Qigong 10:00 Concert Band 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p>9:00 Knitting & Crocheting 6 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Beginner Guitar</p>	<p>9:00 Yoga 7 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band</p>
<p>9:30 Creative Writers 10 10:00 Mahjong 10:00 Tai Chi 11:30 Lunch & Learn: Aging with Independence 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p>9:30 Singing Seniors 11 9:30 Beg/Adv Sewing 10:00 French Class 11:00 Italian Class 12:30 SAIL Exercise 12:30 Open Sewing 1:30 Intro to Line Dancing 2:30 Beyond Ballroom</p>	<p>9:00 AARP Tax Aide* (Appt only) 12 9:00 Toenail Clipping Clinic 10:00 Concert Band 10:00 Qigong 10:00 Legal Aid* (Appt only) 10:30 Beginner Spanish 11:00 Jazz Band 11:30 Artist & Crafters Window 12:30 SAIL Exercise 1:30 Beginner Line Dancing</p>	<p>9:00 Knitting & Crocheting 13 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Beginner Guitar 2:00 Council on Aging Meeting</p>	<p>9:00 Yoga 14 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 12:00 Flower Lover's Club 1:00 Social (Ballroom) Dance 1:00 Fun Film Friday 1:00 Jam Band</p>
<p>10:00 Mahjong 17 10:00 Tai Chi 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p>9:30 Singing Seniors 18 9:30 Beg/Adv Sewing 10:00 French Class 11:00 Italian Class 12:30 SAIL Exercise 12:30 Open Sewing 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p>	<p>9:00 AARP Tax Aide* (Appt only) 19 10:00 Concert Band 10:00 Qigong 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p>9:00 Knitting & Crocheting 20 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Beginner Guitar</p>	<p>9:00 Yoga 21 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band</p>
<p>9:00 Music Theory 24 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi 10:30 Acrylic Folk Techniques 12:30 SAIL Exercise 1:00 Artist Trading Cards 1:00 Bingo 1:30 Intermediate Line Dancing 2:00 Commodities Distribution</p>	<p>9:30 Singing Seniors 25 9:30 Beg/Adv Sewing 10:00 French Class 11:00 Italian Class 12:30 SAIL Exercise 12:30 Open Sewing 1:30 Intro to Line Dancing 1:30 Seniors for Creative Learning 2:30 Beyond Ballroom</p>	<p>9:00 AARP Tax Aide* (Appt only) 26 9:00 Toenail Clipping Clinic 10:00 Qigong 10:00 Concert Band 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:30 Beginner Line Dancing</p>	<p>9:00 Knitting & Crocheting 27 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Beginner Guitar 1:30 Seniors for Creative Learning</p>	<p>9:00 Yoga 28 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advance Spanish 1:00 Fun Film Friday 1:00 Jam Band</p>
<p>9:00 Music Theory 31 10:00 Mahjong 10:00 Tai Chi 10:30 Acrylic Folk Techniques 11:30 Lunch & Learn—Advance Directives 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p>Open Monday—Friday 8:30 am—4:30 pm Billiards Darts Ping Pong Library Dine-A-Mite Diner 11:00 am—1:00 pm</p>	<p>Classes are subject to change. Call the Center at 865-523-1135 for a current list of programming as some activities may have been added or changed after the publication of this calendar.</p>		

RECURRING WEEKLY EVENTS * Call the Center at 865-523-1135 for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner</p>	<p>8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner 11:30 Painting Open Studio 12:30 Cards & Games TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards / Library / Darts 10:00 Water Aerobics at YMCA 10:00 Morning Painting 10:00 Quilting Bee 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner 12:30 Afternoon Painting 12:30 Texas Hold 'Em TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards / Library / Darts 8:30 Blood Glucose Checks 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner</p>

ELDER NEWS & VIEWS

APRIL 2025 CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Classes are subject to change. Call the Center at 865-523-1135 for a current list of programming as some activities may have been added or changed after the publication of this calendar.</p>	<p style="text-align: right;">1</p> <p>9:30 Singing Seniors 9:30 Beg./Adv. Sewing 10:00 French Class 11:00 Italian Class 12:30 Open Sewing 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p>	<p style="text-align: right;">2</p> <p>9:00 AARP Tax Aide* (Appt only) 10:00 Qigong 10:00 Concert Band 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p style="text-align: right;">3</p> <p style="text-align: center;">Classes cancelled</p>	<p style="text-align: right;">4</p> <p style="text-align: center;">PANCAKE FEST 7 am—12 pm</p> 
<p style="text-align: right;">7</p> <p>9:00 Music Theory 10:00 Mahjong 10:00 Tai Chi 10:30 Acrylic Folk Techniques 11:30 Lunch & Learn—Final Wishes 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p style="text-align: right;">8</p> <p>9:30 Singing Seniors 9:30 Beg./Adv. Sewing 10:00 French Class 11:00 Italian Class 12:30 Open Sewing 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beyond Ballroom</p>	<p style="text-align: right;">9</p> <p>9:00 Toenail Clipping Clinic 9:00 AARP Tax Aide* (Appt only) 10:00 Qigong 10:00 Concert Band 10:00 Legal Aid* (Appt only) 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:30 Beginner Line Dancing</p>	<p style="text-align: right;">10</p> <p>9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Beginner Guitar 1:00 Seniors for Creative Learning 2:30 Council on Aging</p>	<p style="text-align: right;">11</p> <p>9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advanced Spanish 12:00 Flower Lover's Club 1:00 Fun Film Friday 1:00 Jam Band 1:00 Social (Ballroom) Dance</p>
<p style="text-align: right;">14</p> <p>9:00 Music Theory 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi 10:30 Acrylic Folk Techniques 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p style="text-align: right;">15</p> <p>9:30 Singing Seniors 9:30 Beg./Adv. Sewing 10:00 French Class 10:00 Tai Chi Set Practice 11:00 Italian Class 12:30 Open Sewing 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beginner Ballroom</p>	<p style="text-align: right;">16</p> <p>10:00 Qigong 10:00 Concert Band 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p style="text-align: right;">17</p> <p>9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 German Class 12:00 Knitting & Crocheting 12:30 SAIL Exercise 1:00 Beginner Guitar 1:00 Seniors for Creative Learning</p>	<p style="text-align: right;">18</p>  <p style="text-align: center;">Center Closed for Spring Holiday</p>
<p style="text-align: right;">21</p> <p>9:00 Music Theory 9:00 Tech Smart Class 10:00 Mahjong 10:00 Tai Chi 10:30 Acrylic Folk Techniques 11:30 Hands only CPR 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p style="text-align: right;">22</p> <p>9:00 Tech Smart Class 9:30 Singing Seniors 9:30 Beg./Adv Sewing 10:00 French Class 11:00 Italian Class 12:30 Open sewing 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beyond Ballroom</p>	<p style="text-align: right;">23</p> <p>9:00 Tech Smart Class 9:00 Toenail Clipping Clinic 10:00 Concert Band 10:00 Qigong 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:30 Beginner Line Dancing</p>	<p style="text-align: right;">24</p> <p>9:00 Tech Smart Class 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 10:00 Grief Recovery Group 11:00 Beginner German 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:00 Beginner Guitar</p>	<p style="text-align: right;">25</p> <p>9:00 Tech Smart Class 9:00 Yoga 9:00 Wood Carvers 10:00 Mandolin 10:30 Silver Stage Players 11:00 Violin 11:00 Advance Spanish 1:00 Fun Film Friday 1:00 Jam Band</p>
<p style="text-align: right;">28</p> <p>9:00 Music Theory 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi 10:30 Acrylic Folk Techniques 12:30 SAIL Exercise 1:00 Artist Trading Cards 1:00 Bingo 1:30 Intermediate Line Dancing</p>	<p style="text-align: right;">29</p> <p>9:30 Singing Seniors 9:30 Beg./Adv Sewing 10:00 French Class 11:00 Italian Class 12:30 Open sewing 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Open Ballroom Dancing</p>	<p style="text-align: right;">30</p> <p>10:00 Concert Band 10:00 Qigong 10:30 Beginner Spanish 11:00 Jazz Band 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing</p>	<p style="text-align: center;">Open Monday—Friday 8:30 am—4:30 pm Billiards Darts Ping Pong Library</p> <p style="text-align: center;">Dine-A-Mite Diner 11:00 am—1:00 pm</p>	

RECURRING WEEKLY EVENTS * Call the Center at 865-523-1135 for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Greenhouse Open 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner</p>	<p>8:30 Billiards / Library / Darts 9:00 Ping Pong 9:00 Co-Ed Senior Softball 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:00 Tai Chi Set Practice 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner 11:30 Painting Open Studio 12:30 Cards & Games TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards / Library / Darts 10:00 Water Aerobics at YMCA 10:00 Morning Painting (concludes 4/9/25) 10:00 Quilting Bee 10:00 Greenhouse Open 10:00 Concert Band 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner 12:30 Afternoon Painting (concludes 4/9/25) 12:30 Texas Hold 'Em TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards / Library / Darts 8:30 Blood Glucose Checks 9:00 Co-Ed Senior Softball 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:00 Basic Arthritis Exercise 10:30 Blood Pressure Checks 11:00 Adv. Arthritis Exercise 11:00 Dine-A-Mite Diner TECH TUTORING BY APPOINTMENT</p>	<p>8:30 Billiards / Library / Darts 9:00 Ping Pong 10:00 Water Aerobics at YMCA 10:30 Blood Pressure Checks 11:00 Dine-A-Mite Diner</p>

Continued from page 5

Timeless Ballroom, teaches this fun class. Put on your dancing shoes and join us! Suggested donation of \$3/class.

Dine-a-Mite Diner: Stop by for a lunch-time meal 11:00 am – 1:00 pm. Operated by CAC Mobile Meals.

Fun Film Friday: Enjoy a weekly movie every Friday at 1:00 pm. Light snacks available for a donation. Want a say in what we are playing? Join our movie club which meets bi-monthly to choose the fun films. Call the Center at 865-523-1135 for more information.

French: Tuesdays at 10:00 am. Enjoy expanding your French vocabulary! Oui? Peut-être? Call the Center for more information.

German: Thursdays at 11:00 am.

Greenhouse: Now open on Mondays & Wednesdays 10:00 am-1:00 pm. Hands-on care for any troubled houseplants, repotting assistance, and general growing advice. Feel free to stop by and see our new greenhouse renovations! Please call ahead to let us know you are coming.

Guitar (Beginner): Interested in learning how to strum your favorite tunes? Join us every Thursday at 1:00 pm to expand your knowledge. To register and ask questions, contact the Center at 865-523-1135.

Italian: Tuesdays at 11:00 am. Call the Center for more information.

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

Jam Band: Whether you are a musician looking to play some of your favorite tunes with friends or you're just a music lover wanting to hear some of your favorite songs, Jam Band on Fridays at 1:00 pm is the place to be!

Knitting & Crocheting: Thursdays at 9:00 am. Meet new friends and enjoy crocheting in this low key and social sewing circle. Crochet may be a suitable 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. Beginners 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.

Mahjong Mondays: Mahjong classes for beginners offered on Mondays at 10:00 am. Call to register for this class.

Painting: Wednesdays. These once a week instructed art sessions started February 5th and will be held for 10 weeks in an art room setting with our painting instructor, Ann Birdwell. Call to register. Cost is \$40/person for 10-week session.

Morning – We invite beginning and intermediate painters to practice and hone their skills with assignments from our painting instructor.

Afternoon – We invite experienced and advanced painters to practice their skills with guidance from our painting instructor.

NEW! FREE Notary Services (Exclusive for Members of the O'Connor Center). By appointment only.

Music Theory Class

The purpose of this course is to guide students to learn to read music, then build on that knowledge by helping them understand the musicality in the piece. This will be done by learning the differences in time and key signatures, counting the measures, and the history of music.

PANCAKE FEST! Friday April 4, 7 am to 12 pm. Join us for some good ole' breakfast comfort food, Senior Expo, Artisan Fair and live music all the while supporting your favorite Senior Center.

Painting Open Studio: Tuesdays at 11:30 am. Painting studio is open to participants to work on their own paintings. Call for more information.

Ping Pong: Mondays, Thursdays and Fridays at 9:00 am. Join us for an active and fun game of table tennis! Beginners and experts are all welcome. We will play games of single players or bring a friend to play doubles.



FEED YOUR BODY & MIND

If you are always looking to increase your knowledge and learn something new, this is the program for you! We will be featuring an educational speaker twice a month to talk on topics that are pertinent to you. Call ahead to register. Lunch from the O'Connor diner is provided, and donations are appreciated. **All programs begin at 11:30 am.**

Monday, March 10 Aging with Independence

Alaina Marino from Marino Physiotherapy, will share the 8 Better Bs: Breathing, Bones, Bites, Bladder, Butt, Brain and Boogie that you must maintain to age independently.

Monday, March 31 Advance Directives

Sophie Fielder, Associate Attorney with Elder Care Law of Tennessee, will share information on the two common types of advanced directives: Living Will and Durable Power of Attorney for health care. Advanced Directives are legal documents that provide instructions for medical care when you are not able to communicate your own wishes.

Monday, April 7 Final Wishes

A representative from Mynatt Funeral Home will share information on preplanning your final wishes, which is one of the greatest gifts you can give your loved ones. Preplanning will give you and your family peace of mind during a difficult time.

Monday, April 14 Tune In: Ear Health & Hearing Loss

Julie Beeler, Program Liaison from UT Health Science Center Audiology and Speech, will be discussing ear health and hearing loss. Join us for a lively presentation on how to address various ear issues and reduce hearing-related challenges in your life.

Continued on page 10

SENIOR NUTRITION PROGRAM SPONSORS

In Mobile Meals' Adopt-A-Senior program, you can provide Mobile Meals for a month, or more, for a homebound senior citizen for \$80 a month. Your contribution will be recognized in this list in the next newsletter issue following your donation. For information about Adopt-A-Senior, call the Senior Nutrition Program, 865-524-2786. The following people and organizations contributed to Mobile Meals in December 2024 and January 2025.

MOBILE MEALS

Anonymous (78)	Sandra Cardwell	Edwin Dexter	Mark & Kathy Hastings	Kurt & Patricia Land	Bill & Janet Osteen
Anonymous* (25)	Frank & Johnnie Carringer	Roberta Dougherty	Walter & Mary Hearnes	James & Darlene Lara	Davis & Christy Overton
Barbara Abner*	Betty Carroll	Dana J Droke	George Heaslip	Tim & Kimberly Lawson	Thomas J Owen
A. Abushaqra	Catherine Carter	Clyde & Carol Sue Drummond	Gale & Peggy Hedrick	Peck Lay Lee	Roger Ownby
Joseph & Leslie Adair	Scott & Cindy Cassity	Lori Dube	Mr & Mrs Mark Hennes	Robert & Susan Lee	Dawson E Patty*
Michael Adam	Virginia Chambers	Carol Dunn	Thomas Paul Hensley	Jim & Beverly Lemme	April Pellom
Patricia Adkinson	Angie Chance	Thomas Dyer	Michelle Herrell	Jonathan & Holly Letson	Brigitte Perrine
Carol Akerman, DPM	Charles & Ann Snodgrass	Alvin Dziurzynski*	Amy Morris Hess	David Levin	Deborah Perry
Burton & Ruth Akers	Julie Childers	Steve Early	Mr & Mrs John Hess	Owen Liles	Elenor Peterson
Glen Anderson*	Dr J & Carolyn Childress	East Tennessee Chapter IFMA*	Dr Thomas Hetrick	Dawn Lindsay	James & Dorothy Petrone
Thomas & Victoria Anderson	Margaret Christian &	Ed & Sharon Penico	Dale Hewin	Lisa & Keith Mandrell	Bruce & Christina Pint
Bob Andres*	Mary Tullison	Eugene & Barbara Eisinger*	Matthew Hill	Mark & Peggy Littmann	PJ Parkinsons Support
Jim & Pat Andrews	Christopoulos & Kennedy	Harold Elkins	Russell Hill	Diana Lee Loper*	Joyce Porterfield
John & Dixie Andrews	Construction Inc.	Bea Emory	Hillcrest United	Mariana & Lauren Lorenz	Jennie L Poynter
Nic Arning	Suzanne Churchill	Bill Enser	Methodist Church	James & Deanie Lovell	Gloria Price
Arthur & Stephanie Clancy	Larry Claxton	Erin Presbyterian Church	Helen K Holmes	Pam Lovell	Teresa Prisolovsky
Ron & Lynn Austin	Fred Cline	Tim Evans	Bryan Honaker	Debbie Lowe*	Norman L Queener*
Thomas & Murray Ayres	Debbie Coffey	Wayne & Jo Evans	Jessie A Hood	Steve Lyden	Patricia Radford
Martin Baker*	John Cogdill	Fairfield Service Group, Inc	Loretta Houser	Lynn McGinnis & Elizabeth	Joyce Rasar
Clinton & Phyllis Ball	Warner S Colburn	Farragut Presbyterian Church	Joanne Huddleston	Johnson*	John & Nancy Ray
Pat Ball	Colin Booth & Jacqlyn Schmitt*	Kay Whitt Fecher	Garry Hudson	Michael & Lori Major	Pamela Reddoch
Willie Banks	Michael Collier & Leann	Neil & Linda Feld	Karyn Hudson	Renée Mathies	Harry & Marcia Reed
Raymond Barkowski	Lovin-Collier	Scott & Kimberly Fitch	Dawn Huff	Jo Ann Matthews	Phyllis Reed
Mark Barnes	Karen Collins	Lee Fitzsimmons	Michelle Hull	The Mattner Family*	Rolland & Joan Regester
Barry & Linda Wert	Colonial Heights United	Mary Ellen Flanders	Randy & Sue Humble	Nate McAlmond	Gary & Avice Reid
Midori Barstow	Methodist Church	Charles & Anne Fleenor	James Hurst	Jo Ann McCallen	David K Rhines
Clifford & Lois Beach	Janice Connell	Bill & Janice Fox	Karen Hurst	Carl & Sandra McCarter	LaVon & Darlene Rickard
Alice Beauchene	Dorothy Graham Conner	Kathy F Frederick	Richard & Jackie Imbrey	Juliana McCleary	Robert & Jessica Hatch
Beaver Creek Cumberland	Sherman & Roberta Cook	Diana Cook-Keyhani	Janice Jacobik	Yolanda McCormick	Mike & Kim Roberts
Presbyterian Church	John Cooper*	John Cooper*	Clark B Freeman	Stanley & Georgia McDaniel	Susan Roberts*
John & Connie Begovich	Donnie & Cindy Corum	Donald & Suzanne Freeman	Charles D Jansen	Thomas & Patricia McDaniel	Karen Robinson
Tim & Janet Bigelow	Patricia Cowan	Christine Fricke	John & Margaret Jansen	Carolyn McDonald	Lora Robinson
Sam & Nancy Bills	Richard & Susan Cowan	Barbara Froula	David & Sandra Jester	Harry & Ruth McLeod*	Ronald & Denise Gray
Jeanne Bishop	Greg Cox	Merlin Froyd	Joe & Kelly Viar	Sandra McLeod*	Thomas & Christine Rowe
John & Debbie Black	Jack Cox	Michael & Suk Galloway	Elizabeth Johnson	Robert McManus	Terry & Susan Rowland
Tasha Blakney	James & Brooksie Cox	John & Carole Galyon	Everett & Patricia Johnson	Carol McNamee	Kenneth & Patra Rule
Melody Block	Verna Cox	Janet Gantt	Jim & Beverly Johnson	Donald McWilliams	Mary Rule
Gracia Bobbitt	Susan Crabtree	George & Sara Goldman	Kalman Johnson	Martha Meigs	Robin & Sherrie Rumbolt
Shirley Bomar	Craig & Dana Hendrix	Beth Gheen	Melissa Johnson	The Melrose Foundation Inc	Dennis & Sally Russell
Elmer & Brenda Bonk	David & Clare Crawford	Dr Hichom Ghossein	Warren & Karen Johnson	William & Diane Melton	Mark & Janice Rutherford
George & Silvia Borcean	Hugh & Carol Crawford	Patrick & Cynthia Gibson	Josephine Jones	Wardell Milan	Nathanael Rutherford
M P Borden	Hugh & Carol Crawford	Kenneth Gilbert	Rick & Carol Jones	Victor & Paula Mills	W Thomas Salter
John & Ruth Bowling	Robert & Patricia Croley	Jason Goins*	Roberta Jones*	William Mink	George & Cheryl Sanders
Kathy Boyd	Joseph Crump	Terry & Sandra Goodwin	Roberta Jones	Lester & Karen Mitchell	Wade Saye
Brad & Lori Skaggs	Jan Cruze	Richard Graham	Dottie Justice-Spilman	Brent & Judy Moore*	Scarecrow Foundation
Laura Brake	Elaine Culbert	Ronald & Mary Graves	Dale & Mary Ellen Kangas	Vasudevan & Savithry Mooss	Peter Schmidt
Dale Brandstetter	Jack & Gail Cunningham	Dawna Gray	Sandy Keagy	Gary & Lindsey Morton	Joanne Schutt*
Maria A Brelsford	Corbet & Cindi Curfman	Michael Gray	Seth & Sandra Kehne	Colin & Debbie Moskal	Andrew Scott
Melissa Brenneman*	Janet Darr	Billie Greene	Donald Keith	Joyce Mosley	Andrew & Tracy Scruggs*
Stella Brewer*	Margaret Darr	William Greene	Dr Richard Kelso	Gary Moss	David Sells
Terry Brewer	Paul & Frances Daugherty	Sarah Greeson	Robert Kemp	Laura-Eve Moss	Sequoyah Hills Presbyterian
Jim Brine*	David & Laura Bassett	Groves at Oak Ridge	Ken & Ondie Reese	Gary & Ann Motz	Church
Ken & Kaye Brock*	Anne Davidson	Paul & Janet Grubb	Bennie & Sarah Kerley	Mount Olive Baptist Church	Cynthia Serbin
Bruce Broussard	Deana Davis	Mike & JoAnn Guidry	Deborah King	Subhaji Mukherjee	Sevier Street Seventh Day
Joyce Brown*	Linda Davis	H & M Builder	Elaine King	Katelyn Mull*	Adventist Church
Nancy Brown	Mr & Mrs Mike Davis	Paul & Princess Haas	Jennifer King	Kevin Murphy	Larry Shaw
Bridgett Burchfield	Billie Dawes	Lynette Hackler	John King*	Mike & Stacey Mysinger	Jim & Ann Shay*
John & Laura Burka	Michael Day	Scott Hahn	Darioush Kiumarsi	Nancy Newman	Estate of Ita Ray Sienknecht
Janie Burney	Nancy Day	Tanya Joyner Hairston	Knoxville Fire Fighters	Steve & Cecille Newman	Dave & Vim Silvus
Matthew Buttrey	Joe & Nancy Deatherage	Earl Hall	Association Local 65	Lien Nguyen	Sally Sisk*
Jane Byars	Decks and More	Ralph Hall & family	Jay & Susan Kohlbusch	James & Christina Nixon	John & Elizabeth Smith
Sharon Camblin	Ann Delap	Greg Hamilton	Kramer Rayson LLP	Paul & Deb Noe	Patrick Smith*
Terry Cannon	Democratic Women of Knoxville	Samia Hanna	Kyle & Nancy Rowland	Carolyn Noey	Russell Smith
Mary Alice Canon	Robert & Teresa Dempsey	Glenn & Teena Harness	Jude Lam	Roger & Carol Nooe	Ted Smith
Jim & Melissa Cardon	Susan Denning	John & Shari Harris	Gary Lamb	Barbara Olson	
	Zara Dewhirst	Stephanie Harris	Harold Lampkin	Martha Olson	

*Denotes regularly recurring donors

You can donate to any of the programs at the CAC Office on Aging
on our website at knoxseniors.org/donate.

Seniors for Creative Learning: A partnership between the O'Connor Center and the UT Center for Professional Education and Lifelong Learning makes this lecture series possible. Call 865-974-0150 for information, to register for classes, and to pay by credit card.

Silver Stage Players: Fridays at 10:30 am. Please join us! We are currently looking for new cast and crew to work on the next original theater production for the winter season. There are no small parts! No experience necessary. If interested in joining or supporting the winter show, give us a call at 865-523-1135.

Singing Seniors: Tuesdays at 9:30 am. We are delighted to welcome back 70+ choir members to the center! Keep a look out in upcoming newsletters for our upcoming concert schedule. For questions, please call us 865-523-1135.

Spanish:

Beginner – Wednesdays at 10:30 am. Hola! We will 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 at 11 am. Class is conversational.

Beginner Sewing: Every Tuesday at 9:30 am. Learn machine sewing techniques on small, easy, and useful crafts in this instructed sewing class. Space is limited; please call to reserve a spot or express interest!

Tech Smart Knox Seniors

Tech Smart is for older adults 60+. The students in class will receive digital training and access to digital tools to gain the skills and confidence needed to navigate technology. Morning and afternoon sessions available. Space is limited. Call 865-524-2786 to reserve your spot!

Technology Tutoring: Available one-on-one appointments on Tuesdays, Wednesdays, and Thursdays for computer questions and answers. Please call 865-523-1135 to schedule an appointment with our volunteers.

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

Woodcarving: Join us every Friday at 9 am for fun and creativity. Woodcarvers of all abilities are welcome, and instruction is available. Call 865-523-1135 for more information.

MOBILE MEALS SPONSORS (continued)

- Smithwood Baptist Church
- Craig Snow
- George & Betty Southworth
- Ellen Spitzer
- St Elizabeth's Episcopal Church
- Mary Stair
- Brian Stannard
- MartinStansberry
- Judy Staruk
- Kevin & Linda Staton
- James & Nancy Staub
- Barry Steele
- W & G Stewart*
- Vernon Stinnett
- Edward Stooksbury
- Jay Strozier
- Millard & Janet Summers
- Susan Morton Killeffer & James A Killeffer Charitable Trust
- James W Swafford
- Cori Sweet & Roy Copping*
- Shaun & Wendy Taft
- Walter & Laura Tappan
- Mr & Mrs M Scott Tarver
- Chris & Mary Sue Tavino
- Jennifer K Taylor*
- Portia Taylot
- Terry & Kay Weaver
- Zoran Terzic*
- Mr & Mrs John Thigpen
- Bernice Thomas
- Sam & Teresa Tillery
- Margaret Timm
- Estate of James S Tipton, Jr
- Mary L Tollison
- Richard & Irene Townsend
- Arthur & Carol Troyer
- James & Beverly Truan
- Dr Sandra Twardosz
- Bobbie Underwood
- Laurie Valiga
- Ann Van Hassel
- John Vanlandingham
- Linda Vaughn
- Sam & Mary Ann Venable
- Dorothy Vinson
- John von der Leith
- Jerry & Emily Vreeland
- Gerald & Triesta Walker
- Hugh & Shirley Wallen
- Greg Waller & Elizabeth Black
- Margaret Walters
- Jennifer Ward
- Wynn Ware
- John Warwick
- Courtney Wasson
- Philip & Laura Watson
- Charles Webster
- David & Kay Wellons
- Ed & Sharon Werden
- Alan & Pat White
- Don & Sharon White*
- J Lynn & Judy White
- Susanne White*
- Cathy M Whitehead
- Beverly F Widby
- Marshall & Clare Wilkins
- William & Patricia Twiddy*
- William & Shirley Yaggi
- Levi & Shirley Williams
- Charles & Eleanor Wilson
- William Wilson
- Alan & Kim Wintenberg
- Bill & Barbara Winzurk
- Michael Wohn
- Anna Woods
- Sylvia Woods
- Mary Workman
- Naomi Wynn & Elizabeth Wynn
- James & Linda Yates
- Eric & Elaine Zeanah
- Leon & Kay Zevenbergen

MOBILE MEALS IN HONOR

- *In Honor of David Carringer*
- By Anonymous
- *In Honor of Martha Henderson*
- By Anonymous
- *In Honor of Angela Koontz*
- By Anonymous
- *In Honor of Patti Jo Moore*
- By Anonymous
- *In Honor of Dee Roberts*
- By Anonymous
- *In Honor of Carol Taylor*
- By Anonymous
- *In Honor of Patricia Watson*
- By Anonymous
- *In Honor of Edna Allison*
- By Kenny & Rebekah Allison
- *In Honor of Bill and Carol*
- By Mr & Mrs Danny Bingham
- *In Honor of Jack Draper*
- By Kevin & Kelly Blankenburg
- *In Honor of Christopher Reale*
- By Stanley Brown
- *In Honor of Lyn and Jeff Johnson*
- By Jim Burdette
- *In Honor of Harold Gene Hill*
- By Robin Butler
- *In Honor of Thompson Cancer Survival Center*
- By Sheila Cooper
- *In Honor of Edith Harber*
- By Dennis & Katherine Chumley
- *In Honor of Mae Pearl Davis*
- By Lillian Dirl
- *In Honor of Donna Balch*
- By Jon & Amy Dunn
- *In Honor of Ray Payne*
- By Steve Dyer
- *In Honor of Suzanne & Don Freeman*
- By Jenny Galbreth
- *In Honor of Doris McCammon*
- By Mark & Nan Gaylord
- *In Honor of Neil Fiske*
- By Grover & Mary Gentry
- *In Honor of June Trbovich*
- By Anna Haese
- *In Honor of Jessica Crowe*
- By Nora Hassell
- *In Honor of Susan Yanno, Phyllis Cassell, and Mary Lee Rumage*
- By Janelle Honeycutt
- *In Honor of Carey*
- By Mr & Mrs Doyle Johnson
- *In Honor of Shirley McKinney*
- By Patricia Kline
- *In Honor of All the lonely hearts...*
- By Michael Lacienski
- *In Honor of Friends*
- By Sherri Lee
- *In Honor of Joan Regester*
- By Barbara Lester
- *In Honor of Martha Johnson*
- By Marianne McLaughlin
- *In Honor of Eula H Baker*
- By Douglas McNeil*
- *In Honor of My Children*
- By Kenneth & Polly McNutt
- *In Honor of C Davis*
- By Jerry & Doris Millsaps
- *In Honor of Lou & Betty Thacker*
- By Rick & Lisa Mixon
- *In Honor of Mary House*
- By Jerrilyn Murrian
- *In Honor of Mary I Key*
- By John & Amelia Myers
- *In Honor of Betty "Nan" Sumrow*
- By Lisa Nichols
- *In Honor of Rebecca Perry*
- By Mrs Judy J. Perry
- *In Honor of Teresa Skinner & Steven Berger*
- By Diana Salesky
- *In Honor of Gary and Patti West*
- By Justin Simerly
- *In Honor of Gary and Patti West*
- By Rebecca Simerly
- *In Honor of Earl and Loretta Spearman*
- By Daniel & Michaeline Steinhoff
- *In Honor of Gina Delk*
- By Tom & Beth Stewart
- *In Honor of Beth Larkin*
- By Judith Stindt
- *In Honor of June Trbovich*
- By Terry & Carolyn Alfrey
- *In Honor of Linda Van Beke*
- By Chris Van Beke
- *In Honor of Mr & Mrs Gary L Miller, Jr*
- By Charlenia Wilson

MOBILE MEALS IN MEMORY

- *In Memory of Wanda Sue Alvis*
- By Anonymous
- *In Memory of Oliver Chavannes*
- By Anonymous
- *In Memory of JoAnn Cooper*
- By Anonymous
- *In Memory of Dan Costanzo & Don Atchley*
- By Anonymous
- *In Memory of Hal Cultice*
- By Anonymous
- *In Memory of Frank & Charlotte Disney*
- By Anonymous
- *In Memory of John Foley*
- By Anonymous
- *In Memory of F Ruth Fulton*
- By Anonymous
- *In Memory of Elbert Heft*
- By Anonymous
- *In Memory of Teresa Lawson*
- By Anonymous
- *In Memory of James Franklin Luster*
- By Anonymous
- *In Memory of Buford McKinney, Sr*
- By Anonymous
- *In Memory of John & Hannah Peeler*
- By Anonymous
- *In Memory of Justin J Petitpren*
- By Anonymous

*Denotes regularly recurring donors

In Memory of Anna Pritchard
By Anonymous
In Memory of Pace Robinson
By Anonymous
In Memory of Pete & Barb Valela
By Anonymous
In Memory of Camilla Willis
By Anonymous
In Memory of Charles Adams
By Charles & Jean Adams
In Memory of Hazel Anderson
By John Anderson
In Memory of Mary Virginia Anderton
By Mr & Mrs Daniel E Anderton Jr
In Memory of Don Hutchison
By Brittany Ashin
In Memory of Homer & Dale Moss
By Kimberly Bailey
In Memory of Sgt Wayne Bell
By Wayne & Mary Bell
In Memory of Fred Wynn
By Becky Bolding
In Memory of Luther Leavell
By Woody & Gwen Byars
In Memory of Zelma Walker Carson
By Charles E Carson III
In Memory of Virginia A Caudle
By T Gaile Caudle
In Memory of Oliver Chavannes
By Tracy Chavannes & Louis Veal Jr
In Memory of Agnes Cook
By Diane Cook
In Memory of Army Veteran Fred Dees
By Gary Cooper
In Memory of Ione Goff Cristil, & Lou & Betty Thacker
By Patricia Cristil
In Memory of Helen Moore
By J Lee & Jennifer Cross
In Memory of Gwendolyn I Hardy & Henrietta Cross
By Walter & Angela Cross
In Memory of Charles Currens
By Charles & Jeanette Currens
In Memory of Bill & Marilyn White & Ardell & Lonnie Craze
By Danny & Terri Craze
In Memory of John D Dobbs, Sr
By Carolyn Dobbs
In Memory of Jack Dotson
By Karen Dotson
In Memory of Verneta Kisker
By Larry & Maureen Dunn
In Memory of Melba Morton
By Bryan & Susan Eaves
In Memory of Pace Robinson
By Harron Ellenson
In Memory of Pace Robinson
By Jacqueline Ellenson
In Memory of my parents
By Sherry Ellis
In Memory of Kat England
By John England Jr
In Memory of Bobby Craig
By Jennifer Fehling
In Memory of Carolyn Seagle
By Fred & Barbara McGinnis
In Memory of Paul & Hattie Frye
By Rebecca Frye
In Memory of Marcy Savarese
By Adrian & Cathy Gonzalez
In Memory of Betsy O'Connor
By Carol Goris
In Memory of Lucy Vandella Duncan
By Barbara Gorman

In Memory of Mark A Burnette
By Michael Grabman
In Memory of Alford Lee Grant
By Patricia Grant
In Memory of Joan Letsinger
By John & Lucinda Guler
In Memory of John Moore
By Linda Gunnells
In Memory of Charles A Pruitt
By Denise Hamilton
In Memory of Robert Marsh
By Julia Harkins
In Memory of Wilma Ivester
By Carolyn Helterhoff
In Memory of Edward & Evelyn Jeffries
By Harry & Sonya Jackson
In Memory of your mother Marilyn
By Don & Sharon Jacobs
In Memory of Clarence & Clara Mays
By Jill & William Akers
In Memory of Richard & Shirley Meyer
By Jonathan & Pat Shireman
In Memory of Carolyn Jones
By Carolyn & Tony Jones
In Memory of Dr Lois Dickey
By Janice Kidd & Richard Woods
In Memory of Marilyn Johnson
By Roger & Mary Ann Kisner
In Memory of Samuel E Dalton
By Leonard & Deborah Lamb
In Memory of Lowell Langford
By Lowell & Joan Langford
In Memory of Barbara J Mixon
By Patti Lee
In Memory of Ruth & Jack Robinson
By Gina R Locke
In Memory of Teena King
By David & Susan Long
In Memory of June Dyer Trbovich
By Polly Marquette
In Memory of Tim Marshall
By Jo Ann Marshall
In Memory of Fay Martin
By James & Sherburne Martin
In Memory of Martha McClain
By Tom McClain
In Memory of Alice McClurg
By Rylie McClurg
In Memory of Marilyn Ohligschlager
By Eugene & Janet McCullough
In Memory of Eden McDonald
By Carole McDonald
In Memory of Thomas Calvin "Tom" McGalliard
By Nancy McGalliard
In Memory of Ada B Smith
By Alice McMillan
In Memory of Eula H Baker
By Douglas McNeil
In Memory of Jean Butter
By Fred & Liz Melloy
In Memory of Marilyn Mitchell
By Michelle Mitchell
In Memory of Max J Young
By Jackie & Deanie Montieth
In Memory of Jack Mulholland
By LeAnne Mulholland
In Memory of Mary R Newton & Sanie D Neal
By Mr & Mrs Randy Neal
In Memory of John Needy
By Karen Needy
In Memory of Lanny Payne
By Ann P Payne
In Memory of Alvin Perryman
By Jerelene Perryman

*Denotes regularly recurring donors

In Memory of Betty & Louis Thacker
By Charles & Nanci Phillips
In Memory of Norma Bunker
By Tom Pipkin
In Memory of Lola Patt
By Powell Florist
In Memory of Hayward Cecil
By Sandra Roberts
In Memory of Mr & Mrs Sam McDonald and Mr & Mrs WL Oglesby
By Ronald & Linda Oglesby
In Memory of Lillian Currie
By Dorothy G Seay
In Memory of Clayton & Suzanna Sheldon
By Kimberly Sheldon
In Memory of John & Mary Slaten
By John Slaten
In Memory of Margaret Stanford
By Steven Stanford
In Memory of S Pace Robinson
By Mr & Mrs Bob Stephens
In Memory of Lauretta Gayle Porter
By Clark & Rebecca Stewart
In Memory of Ava Lemmons
By Martha Terrell
In Memory of My parents, Glen & Katie Garvin
By The Knoxville Friday Book Club
In Memory of Edythe Tipton
By Philip Tipton
In Memory of June Dyer Trbovich
By Carol Trbovich
In Memory of Anthony A Kattine, MD
By Dr Stuart Van Meter
In Memory of Virginia Gorski
By Greg Volrath
In Memory of Margaret Waldbauer
By Richard & Carol Waldbauer
In Memory of Brenda Goslee & John Brock
By Michelle Walter
In Memory of Jolene
By Shalena Walton
In Memory of Selma Whitson
By Barry Whitson
In Memory of my parents
By Janice Williams
In Memory of Jennie Berry
By Sherry Witt
In Memory of Jerry Wrinkle
By Pat Wrinkle
In Memory of Zareba Family members
By Adelajda Zareba

OFFICE ON AGING PROGRAM CONTRIBUTORS

The Office on Aging appreciates all who give so generously to its programs. Your contributions make a difference.

AGING SERVICES

Anonymous (3)
Anonymous(2)*
Karly Bales
Rose Burgett*
Brian Dennison
Anita Edwards
Seann Gloss*
Dick & Carol Helsel
Kyle Hungate
Diana Lobertini
Eugene Stowers Jr

DAILY LIVING CENTER

Bill & Kat Eldridge
Monica Franklin*
David & Mary Jo Holden
Andrew & Tracy Scruggs*

GIFT OF SIGHT, HEARING, & DENTURES

Anonymous (1)
Andrew & Tracy Scruggs*

GRANDPARENTS AS PARENTS

Anonymous (1)
Daughters of the British Empire in Tennessee

O'CONNOR SENIOR CENTER

Anonymous (2)
Ed & Corinne Patrick
Andrew & Tracy Scruggs*

O'CONNOR TRIBUTES

In Honor of Dr & Mrs Michael Lofaro
By Thomas Heffernan & Judith Jennings
In memory of Jim & Alice O'Connor by their children
By T Patrick & Marcia O'Connor

KNOX PAWS & FEED-A-PET

Anonymous (6)
Anonymous (1)*
Julie Adams
Kathy Allen
Amanda Atkins*
Carol Blair
Andy Bostick
Jane L Brimmer
Melinda Bryant
Gayle Burnett
Beth Cobb
Austin Coombes
Patricia Cowan
Kim Denton
Monica Franklin*
Courtney Fuson
Robert Hertwig
Nancy James
Caroline Khoury
Rachel Kraft
Peter & Fawn Landrum*
Mary Lindholm
Diana Lee Loper

Zach Lord
Dottie Lyvers
The Mattner Family*
John McDonald
Daniel Monday
Tony Murchison
April Nicholson
Stephen Oliver*
Ralph & Bonita Rodgers
Sara Smyth
Craig Snow
John & Wanda Sobieski
Lisa Sommer
Bobbie Stallings
Kevin & Linda Staton
Michela Taufer
Trish Underwood
Julia Watts
David Wilkey
Patricia Woods*
Jonathan & Mary Woody*
Brenda Wyatt

KNOX PAWS & FEED-A-PET IN MEMORY

In Memory of All my beloved dogs
By Anonymous
In Memory of Billy Jack Gallamore
By Anonymous
In Memory of Portia
By Anonymous
In Memory of Debbie Gayk
By Anonymous
In Memory of Mark Burnette
By Becky Bolding
In Memory of Richard M Kelly
By Barbara Kelly
In Memory of Kyle Matthews
By Leslie Matthews
In Memory of Sandals, Little Bear, Flomar, & Charlie
By Jason & Sara Scott
In Memory of Mark Burnette
By Alex Widener

KNOX PAWS & FEED-A-PET IN HONOR

In Honor of 5 fur kids in your neighborhood
By Carol Blair
In Honor of Stan & Tina Heath
By Thode Investment Consulting Group

Are you on Medicare?

You may be able to save money on groceries, healthcare, and utilities.

Savings Check Up can help you find your benefits to age well. This is a free service. Call today and see what benefits you qualify for.



Savings

CheckUp

Call

865-546-6262

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

OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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

ELDER NEWS & VIEWS

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

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

IN THIS ISSUE

PANCAKE FEST, **PAGE 1**
SNOWFLAKE BALL KING & QUEEN, **PAGE 2**
GRANDPARENTS AS PARENTS CONFERENCE, **PAGE 2**
2025 DUNCAN AWARDS NOMINEES, **PAGE 3**
O'CONNOR CENTER CALENDARS, **PAGES 6 & 7**
LUNCH AND LEARN SCHEDULE, **PAGE 8**

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

MARCH/APRIL 2025

ELDER NEWS & VIEWS

PAGE 12

The Council on Aging, in Partnership with AARP Tennessee
and Seniors for Creative Learning, presents

GETTING YOUR HOUSE IN ORDER

with Deanna Waddell, Community Educator,
Greg Chandler, and Kim Miller

Thursday, April 10 at 2:30 pm
O'Connor Senior Center, 611 Winona St.

Getting Your House In Order is a book that was created by Smoky Mountain Hospice in order to help you make decisions to relieve others from the anxiety and burden of making them at a very difficult time. It assists you in recording memories, information, and directives for your loved ones to go by at end of life.

Speakers include experts from Smoky Mountain Hospice, including Deanna Waddell, Community Educator, who educates and supports patients, families and healthcare professionals on the benefits of early hospice intervention. An Attorney and a Notary will also be on hand to answer questions and assist with documents. Refreshments generously provided by AARP Tennessee.



Serving our community since 1975

ELDER NEWS & VIEWS

OFFICE ON AGING DIRECTOR

Dottie Lyvers

EDITOR

Rachel Kraft

Knoxville-Knox County CAC Office on Aging
The Ross Building, 2247 Western Avenue, P.O. Box 51650
Knoxville, TN 37950-1650

Phone: (865) 524-2786 • Fax: (865) 546-0832
knoxooa@knoxseniors.org • www.knoxseniors.org