

ELDER NEWS

SEPTEMBER/OCTOBER 2025

VIEWS

41st Annual

Aging: A Family Affair

PRACTICAL INFORMATION FOR AGING WELL

Thursday, November 6 | 7:30 am - 3:45 pm | Rothchild Catering & Conference Center, 8807 Kingston Pike

For 41 years, the Office on Aging has been proud to host its annual Aging: A Family Affair event, providing practical information related to aging. It's a fun day of workshops covering a variety of topics of interest to older adults, their families, caregivers, and professionals.

This year's Peggy Wirtz Keynote Address will feature a panel discussion with Advanced Practice Providers (APPs) from The University of Tennessee Medical Center. APPs are highly trained healthcare professionals who, while not physicians, can perform many of the same clinical duties and collaborate closely with doctors to deliver comprehensive care.

The discussion, titled "Little Every Day Changes", will shed light on the role of APPs, the advantages of seeing them for care, and practical steps we can all begin taking now to support healthy aging. With expertise across a wide range of specialties, the APPs on the panel will offer well-rounded, holistic insights to help us thrive as we age.

We will have many vendors on hand at the Resource Expo offering information about community resources, programs, and services, as well as health screenings. We hope you will join us for this important and informative annual event.

Registration is \$25 and includes light breakfast, lunch, workshops, handouts, and entrance to the Resource Expo.

Pinnacle Sponsor



Presenting Sponsor



Wisdom for Your Life.



Register online at knoxseniors.org or scan the QR code.
You can also call 865-524-2786.

Power of the Purse® is Almost Here!

On Thursday, September 18, at Rothchild Catering and Conference Center, Mobile Meals will be hosting an unforgettable evening of fashion, food, and community impact!

Power of the Purse® features a massive purse and jewelry sale, a fashion show by J.Jill, exciting auction packages, and more - all to provide meals and safety checks for 1,100+ homebound older adults across Knox County.

Tickets are \$40 for individuals and \$375 for a table of 10. For more information or to see if tickets are still available, visit knoxseniors.org or call the Office on Aging at (865) 524-2786.



GIVE YOUR **PURSE** A **PURPOSE**

Power of the Purse® 2025

A CAC MOBILE MEALS FUNDRAISER

Thursday, September 18 | Rothchild Conference Center

PRESENTED BY



Need Help with Medicare Open Enrollment?

Medicare Open Enrollment is October 15 through December 7.

Medicare can be confusing. To assist beneficiaries in making decisions about their Medicare plan, complete and reliable information is available through the CAC Office on Aging's Affordable Medicine Options for Seniors (AMOS) program. This is a free service for people who would like assistance with research and choosing a plan. Call AMOS at 865-546-6262 to schedule an appointment.

Open Enrollment Assistance at Knox County Senior Centers

We will also be available at the seven Knox County Senior Centers to meet with you. Call 865-524-2786 and ask for Melinda Bryant or Lisa Sommer to make an appointment at one of the Senior Centers.

October 15: Karns Senior Center, 9 am - 12:30 pm

October 16: O'Connor Senior Center, 9 am - 3 pm

October 23: South Senior Center, 9 am - 3 pm

October 27: West Senior Center, 9 am - 3 pm

October 28: Halls Senior Center, 9 am - 3 pm

October 29: Carter Senior Center, 9 am - 3 pm

October 30: Corryton Senior Center, 9 am - 3pm

HEALTH FAIR FALL INTO GOOD HEALTH!

FRIDAY, SEPTEMBER 19

9 AM - NOON

O'CONNOR SENIOR CENTER

611 WINONA STREET

**FLU SHOT CLINIC* | HEALTH SCREENINGS
BALANCE SCREENINGS | HEALTH INFORMATION
AND MORE!**

CARFIT CHECKUP!

10 am - 1 pm

Learn how to make your car "fit" you. This is an educational program developed by AAA, AARP and Occupational Therapy Association. You will learn how to enhance your safety in the driver's seat. The checkup takes about 20 minutes. This is not a driving test or mechanical inspection.

Call 865-523-1135 to schedule your CARFIT appointment.

*** To book an appointment for a flu shot, call 865-523-1135.**

Are you raising your grandchild or the child of a relative? You are not alone.

Over 2.5 million grandparents are responsible for the care of their grandchildren. Grandparents as Parents (GAP) is committed to making a difference in the lives of relative caregivers and the youth they care for by encouraging and supporting, providing education, and connecting them to valuable resources.

Join GAP! There are no age or income requirements to join GAP. For more information, call 865-524-2786.

Grandfamilies Luncheon

A Luncheon Honoring Relative Caregivers

Friday, September 26, 2025

11:30 am - 1:30 pm

O'Connor Senior Center

611 Winona Street

Knoxville, TN 37917

Reservations Required. Call 865-524-2786.

JOIN THE COUNCIL ON AGING

**The Knoxville-Knox County Council on Aging
is the advisory body to the Office on Aging.**

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

Council meetings are held on the second Thursday of each month (except July and August) at 2:30 p.m. at the O'Connor Center, 611 Winona Street.

Meetings are open to the public and always include an informational program. The public is invited and encouraged to attend meetings. However, only members may vote on issues before the council.

**For more information or to express interest in
joining the Council on Aging, call 865-524-2786
or email knoxooa@knoxseniors.org.**

Knoxville-Knox County



Please call 865-524-2786 to confirm a meeting date, especially if it is your first time attending.

COUNCIL ON AGING

FEELING THE LOVE:

2025 KNOX ROX BENEFIT CONCERT PRESENTS
IMPACT AWARD TO KNOX PAWS



On June 10, Hillcrest Healthcare Foundation's leadership committee of the 5th Annual Knox Rox Benefit Concert proudly awarded the 2025 Knox Rox Impact Award to Knox PAWS (Placing Animals With Seniors), recognizing their incredible mission to enrich the lives of local older adults through pet companionship. With this \$5,000 award, Knox Rox celebrates the caring work Knox PAWS does to connect adoptable animals with older adults in Knox County, bringing comfort, purpose, and love to those who need it most.

...but wait! There's more!

The Knox PAWS program has received an \$8,000 grant from the Grey Muzzle Organization to provide adoption services, vaccinations, grooming, and medication for senior pets in the program. Out of 440 applicants, Knox PAWS was one of 119 groups across 33 states to receive this much-needed funding. ■



SAVE THE DATE!

SNOWFLAKE BALL
TO BENEFIT THE SENIOR COMPANION PROGRAM
KNOXSENIORS.ORG

2026

JOIN US ON
FRIDAY, JANUARY 31

TICKETS ON SALE
DECEMBER 1



The Knoxville powerhouse Big Ears Festival presents Knoxville Broadcast's Sunsphere Singers featuring a massive "spatial symphony" bringing together a community choir with hundreds of musical Knoxvilleans representing all ages and diverse backgrounds.

Join the initial listening session at O'Connor Senior Center on September 4th at 10:00 am to bring your feedback to award-winning composer and musician, Lisa Bielawa, to help her compose a custom piece of music representing our community.

Join us at one of the Big Ears rehearsals to learn the custom music piece on October 2nd or 6th at 10:00 am. The final rehearsal takes place on October 16th at 10:00 am. Then, you can watch it all come together! You can perform at or simply attend one of the performances at World's Fair Park on October 17th at 6:00 pm and/or October 18th at 11:00 am & 2:00 pm.

Knoxville Broadcast is an amazing FREE opportunity to build community through music-making, to celebrate and connect groups in the Knoxville area, and provide a powerful and unique experience.

Learn more at bigearsfestival.org/knoxville-broadcast

SENIOR CENTER OUTREACH

Stop by and get answers to your questions
from Information & Benefits Staff!

Carter Senior Center
September 24, 10 am-12 pm

Corryton Senior Center
September 9, 10 am-12 pm

Halls Senior Center
September 22, 10 am-12 pm

Karns Senior Center
September 3, 10 am-12 pm

O'Connor Senior Center
September 18, 10 am-12 pm

South Senior Center
September 4, 9 am-11 am

West Senior Center
September 8, 9 am-11 am

See page 2 for
October dates

Information
& Benefits

Call Information & Benefits
at 865-546-6262

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

The Council on Aging presents

Artful Meditation and Mindfulness

with Kenton Yeager, Instructor and
Katy Malone, Manager of Education and Community Engagement

September 11 at 2:30 pm | O'Connor Senior Center

Daily stress can cloud your focus and drain your energy. In this session, you'll explore mindfulness and meditation as tools for clarity and calm. We'll begin with an introduction to artful mindfulness, followed by a guided meditation to help restore focus and ease tension. To close, we'll offer ways to incorporate the practice into your everyday life. This program is being presented by UT's McClung Museum as a part of their community wellness initiative.

Kenton Yeager is a certified advanced meditation teacher with the American Meditation Society, where he also served as President and Head of Teacher Training. A tenured professor at UT and head of the Graduate Theatrical Lighting Design Program, he has led mindfulness and creativity workshops nationwide. Kenton brings 45 years of experience in meditation, visualization, martial arts, and Eastern philosophy.

Katy Malone has worked as a museum educator for more than 10 years. She joined the University of Tennessee in 2018 where she serves as Manager of Education. Her work focuses on adult education and wellness in the museum space.



This program is free and open to the public!



TECH SMART KNOX SENIORS

KNOXSENIORS.ORG

Tech Smart Knox Seniors, in partnership with Tech Goes Home, provides individuals 60 and older with digital training and access to digital tools. The 15-hour class gives instruction to gain the skills and confidence needed to navigate technology. Class participants receive a Chromebook after course completion.

**For more information, call 865-524-2786
or email techsmart@knoxseniors.org.**

FEED-A-PET NEEDS PET FOOD

Knox PAWS (Placing Animals With Seniors) has an ongoing need for dry pet food for our Feed-A-Pet clients' pets.

DOG FOOD ACCEPTED:

- 8 lb. bag Purina One Smartblend Small Bites
- 4 lb. bag Pedigree Small Bites
- 4 lb. bag Kibbles and Bits Small Bites
- 4 lb. bag Beneful Small Bites

CAT FOOD ACCEPTED:

- 3.15 lb. bag Meow Mix
- 3.15 lb. bag Purina Cat Chow
- 3.15 lb. bag Friskies



Please do not donate large bags of pet food. They are too heavy for many of our clients to lift.

Drop off locations:

- CAC Ross Building, 2247 Western Avenue
- Forest Park Animal Clinic, 4600 Chambliss Avenue
- Dogwood Animal Clinic, 5900 Chapman Highway
- Norwood Veterinary Hospital, 2828 Merchant Drive
- O'Connor Senior Center, 611 Winona Street

Without the assistance of Feed-A-Pet, those enrolled in the program struggle each month to feed their pets and sometimes go without food themselves in order to feed their furry friends.

Each month, Knox PAWS and Feed-A-Pet programs provide almost 3,960 pounds of pet food to 237 pets owned by 138 limited-income older adults in the Knoxville-Knox County area.

You can donate directly to Feed-A-Pet on our website at knoxseniors.org/paws. Here, you will also find our Wish List links for Amazon and Chewy. You have the option of making an automatic recurring monthly donation of pet food to ensure our supply remains consistent.

VACCINATION CLINIC

Wednesday, October 1

1 pm - 3 pm

CAC Ross Building, 2247 Western Avenue

Walgreens will administer Flu and COVID-19 vaccinations. Bring your insurance card for billing*.

Light refreshments available. Those receiving vaccinations will receive gift bags.

**A limited number of vouchers will be available for the uninsured.*

O'CONNOR CENTER'S SEPTEMBER & OCTOBER SCHEDULES



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

The O'Connor Senior Center will be closed on Monday, September 1, in observance of Labor Day.

PHYSICAL FITNESS - HEALTH EDUCATION - HEALTH SCREENING

Blood Glucose Checks: Thursdays, \$1.50 (suggested donation). 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.

Stay Active & Independent for Life (SAIL) Exercise Class: This exercise class focuses on strength, improving flexibility, balance, and fitness. Class can be done standing or from a seated position. Class meets Monday through Thursday at 12:30 pm.

Tai Chi Set Practice: Tuesdays and Thursdays at 10 am. Instruction is unavailable at this time for Taoist Tai Chi.

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

Qigong: Wednesdays at 10 am. Qigong means working with your energy to enhance its flow, which can help achieve vital health and well-being. The exercises 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 Orrick at 865-643-6148.

Toenail Clipping Clinic by Appointment Only: Cost is \$12. Call 865-523-1135 to schedule an appointment.

Yoga Class: This class will improve flexibility, strength, balance and mental health through various physical poses and breathing techniques. Bring your yoga mat.

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

NEW! Art: 10-Week Art Class Series will begin on September 3rd each Wednesday for a \$40 class fee. Class supplies list is available at the front desk at the Center.

Advanced Acrylic Painting: For more confident artists, this art class will provide instruction in how to master acrylic painting techniques. This class held is every Wednesday morning through the end of October, 10:00 am to 12:00 pm.

Beginner Drawing & Painting: This foundational art course for beginners will cover the basic elements of art such as

shape, color, line, and more, to increase your artistic confidence and abilities in drawing and painting. This class is held every Wednesday afternoon through the end of October, 12:30 pm to 2:30 pm.

Artists Trading Cards: These miniature works of art are created and traded all around the world. All experience levels welcome. Join us on the 4th Monday of every month at 1:00 pm. Call the Center at 865-523-1135 for more information.

NEW! AARP Smart Driving Class: October 21st and 22nd. This course will help you improve your safety behind the wheel. You will learn defensive driving techniques, updates on traffic laws and road signs, and tips on reducing distractions while driving. Sign up required; call 865-689-5511. Class fee: \$20 for AARP members, \$25 for non-members.

NEW! Big Ears Festival presents Knoxville Broadcast's Sunsphere Singers and YOU can be a part of it! Read more about this unique opportunity on page 3.

Billiards: Come and play a friendly game of billiards. Open 8:30 am to 4:30 pm, Monday through Friday.

BINGO: Enjoy this friendly game on Mondays at 1:00 pm.

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. We are looking for new members! Everyone welcome. Fall Concert will take place on September 17th.

Continued on page 8

ELDER NEWS & VIEWS

SEPTEMBER CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div>Labor Day</div><div>Center Closed</div><div></div></div> <div>1</div>	<div>9:00 Co-ed Senior Softball</div> <div>9:30 Beginner Sewing</div> <div>9:30 Singing Seniors</div> <div>12:30 SAIL Exercise</div> <div>1:30 Intro to Line Dancing</div> <div>2:30 Beginner Ballroom</div> <div>2</div>	<div>9:00 Toenail Clipping Clinic</div> <div>10:00 Advanced Acrylic Paining</div> <div>10:00 Concert Band</div> <div>10:00 Qigong</div> <div>10:30 Beginner Spanish</div> <div>11:00 Jazz Band</div> <div>12:30 Beginner Drawing & Painting</div> <div>12:30 SAIL Exercise</div> <div>1:00 Genealogy</div> <div>1:30 Beginner Line Dancing</div> <div>3</div>	<div>9:00 Co-ed Senior Softball</div> <div>9:00 Knitting & Crocheting</div> <div>10:00 Big Ears Listening Session</div> <div>10:00 Tai Chi Set Practice</div> <div>11:00 Beginner German (on recess)</div> <div>12:30 SAIL Exercise</div> <div>1:00 Intermediate Guitar</div> <div>2:00 Beginner Guitar</div> <div>4</div>	<div>9:00 Senior Safety Summit</div> <div>9:00 Wood Carvers</div> <div>9:00 Yoga</div> <div>9:30 SAIL Day in the Park</div> <div>10:00 Mandolin</div> <div>10:30 Silver Stage Players</div> <div>11:00 Advanced Spanish</div> <div>11:00 Violin</div> <div>1:00 Fun Film Friday</div> <div>1:00 Jam Band</div> <div>5</div>
<div>9:00 Open Painting</div> <div>9:30 Creative Writers</div> <div>10:00 Mahjong</div> <div>10:00 Tai Chi for Arthritis</div> <div>11:30 Lunch & Learn: Wills & Estate Planning</div> <div>12:30 SAIL Exercise</div> <div>1:00 Bingo</div> <div>1:30 Intermediate Line Dancing</div> <div>8</div>	<div>9:00 Co-ed Senior Softball</div> <div>9:30 Beginner Sewing</div> <div>9:30 Singing Seniors</div> <div>10:00 French (Intermediate)</div> <div>11:00 Italian</div> <div>12:30 SAIL Exercise</div> <div>1:30 Intro to Line Dancing</div> <div>2:30 Beyond Ballroom</div> <div>9</div>	<div>10:00 Advanced Acrylic Painting</div> <div>10:00 Concert Band</div> <div>10:00 Qigong</div> <div>10:00 Legal Aid (Appointment only)</div> <div>10:00 Notary (Appointment only)</div> <div>10:30 Beginner Spanish</div> <div>11:00 Jazz Band</div> <div>11:30 Artist & Crafter Window</div> <div>12:30 Beginner Drawing & Painting</div> <div>2:30 SAIL Exercise</div> <div>1:30 Beginner Line Dancing</div> <div>10</div>	<div>9:00 Co-ed Senior Softball</div> <div>9:00 Knitting & Crocheting</div> <div>10:00 Tai Chi Set Practice</div> <div>11:00 Beginner German (on recess)</div> <div>12:30 SAIL Exercise</div> <div>1:00 Intermediate Guitar</div> <div>2:00 Beginner Guitar</div> <div>2:30 Council on Aging</div> <div>11</div>	<div>9:00 Wood Carvers</div> <div>9:00 Yoga</div> <div>10:00 Mandolin</div> <div>10:30 Silver Stage Players</div> <div>11:00 Advanced Spanish</div> <div>11:00 Violin</div> <div>1:00 Fun Film Friday</div> <div>1:00 Jam Band</div> <div>1:00 Social (Ballroom) Dance</div> <div>12</div>
<div>9:00 Open Painting</div> <div>10:00 Mahjong</div> <div>10:00 Tai Chi for Arthritis</div> <div>12:30 SAIL Exercise</div> <div>1:00 Bingo</div> <div>1:30 Intermediate Line Dancing</div> <div>15</div>	<div>9:00 Co-ed Senior Softball</div> <div>9:30 Beginner Sewing</div> <div>9:30 Singing Seniors</div> <div>10:00 French (Intermediate)</div> <div>11:00 Italian</div> <div>12:30 SAIL Exercise</div> <div>1:00 Seniors for Creative Learning</div> <div>1:30 Intro to Line Dancing</div> <div>2:30 Beginner Ballroom</div> <div>16</div>	<div>9:00 Toenail Clipping Clinic</div> <div>10:00 Advanced Acrylic Painting</div> <div>10:00 Concert Band Fall Show</div> <div>10:00 Qigong</div> <div>10:30 Beginner Spanish</div> <div>11:00 Jazz Band</div> <div>12:30 Beginner Drawing & Painting</div> <div>12:30 SAIL Exercise</div> <div>1:00 Genealogy</div> <div>1:30 Beginner Line Dancing</div> <div>17</div>	<div>9:00 Co-ed Senior Softball</div> <div>9:00 Knitting & Crocheting</div> <div>10:00 Tai Chi Set Practice</div> <div>11:00 Beginner German</div> <div>12:30 SAIL Exercise</div> <div>1:00 Intermediate Guitar</div> <div>1:00 Seniors for Creative Learning</div> <div>2:00 Beginner Guitar</div> <div>18</div>	<div>9:00 JTO Senior Health Fair: Fall into Good Health</div> <div>9:00 Wood Carvers</div> <div>9:00 Yoga</div> <div>10:00 CarFit Checkup</div> <div>10:00 Mandolin</div> <div>10:30 Silver Stage Players</div> <div>11:00 Advanced Spanish</div> <div>11:00 Violin</div> <div>1:00 Fun Film Friday</div> <div>1:00 Jam Band</div> <div>19</div>
<div>9:00 Open Painting</div> <div>9:30 Creative Writers</div> <div>10:00 Mahjong</div> <div>10:00 Tai Chi for Arthritis</div> <div>12:30 SAIL Exercise</div> <div>1:00 Artist Trading Cards</div> <div>1:00 Bingo</div> <div>1:30 Intermediate Line Dancing</div> <div>22</div>	<div>9:00 Co-ed Senior Softball</div> <div>9:30 Beginner Sewing</div> <div>9:30 Singing Seniors</div> <div>10:00 French (Intermediate)</div> <div>11:00 Italian</div> <div>12:30 SAIL Exercise</div> <div>1:00 Seniors for Creative Learning</div> <div>1:30 Intro to Line Dancing</div> <div>2:30 Beyond Ballroom</div> <div>23</div>	<div>9:00 Toenail Clipping Clinic</div> <div>10:00 Advance Acrylic Painting</div> <div>10:00 Concert Band</div> <div>10:00 Qigong</div> <div>10:30 Beginner Spanish</div> <div>11:00 Jazz Band</div> <div>12:30 Beginner Drawing & Painting</div> <div>12:30 SAIL Exercise</div> <div>1:30 Beginner Line Dancing</div> <div>24</div>	<div>9:00 Co-ed Senior Softball</div> <div>9:00 Knitting & Crocheting</div> <div>10:00 Tai Chi Set Practice</div> <div>11:00 Beginner German</div> <div>12:30 SAIL Exercise</div> <div>1:00 Intermediate Guitar</div> <div>1:00 Seniors for Creative Learning</div> <div>2:00 Beginner Guitar</div> <div>25</div>	<div>9:00 Wood Carvers</div> <div>9:00 Yoga</div> <div>10:00 Mandolin</div> <div>10:30 Silver Stage Players</div> <div>11:00 Advanced Spanish</div> <div>11:00 Violin</div> <div>1:00 Fun Film Friday</div> <div>1:00 Jam Band</div> <div>26</div>
<div>9:00 Open Painting</div> <div>10:00 Mahjong</div> <div>10:00 Tai Chi for Arthritis</div> <div>12:30 SAIL Exercise</div> <div>1:00 Bingo</div> <div>1:30 Intermediate Line Dancing</div> <div>2:00 Commodities Distribution</div> <div>29</div>	<div>9:30 Beginner Sewing</div> <div>9:30 Singing Seniors</div> <div>10:00 French (Intermediate)</div> <div>11:00 Italian</div> <div>12:30 SAIL Exercise</div> <div>1:00 Seniors for Creative Learning</div> <div>1:30 Intro to Line Dancing</div> <div>2:30 Open Ballroom Dancing</div> <div>30</div>		<div>Open Monday—Friday</div> <div>8:30 am—4:30 pm</div> <div>Billiards</div> <div>Darts</div> <div>Ping Pong</div> <div>Library</div> <div>Dine-A-Mite Diner</div> <div>11:00 am—1:00 pm</div>	<div>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.</div>

RECURRING WEEKLY EVENTS

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

ELDER NEWS & VIEWS

OCTOBER CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
Open Monday—Friday 8:30 am — 4:30 pm Billiards Darts Ping Pong Library Dine-A-Mite Diner 11:00 am—1:00 pm	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.	9:00 Toenail Clipping Clinic 1 10:00 Advanced Acrylic Painting 10:00 Concert Band 10:00 Qigong 10:30 Beginner Spanish 11:00 Jazz Band 12:30 Beginner Drawing & Painting 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing	9:00 Co-ed Senior Softball 2 9:00 Flu Shot Clinic 9:00 Knitting & Crocheting 10:00 Big Ears Rehearsal 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Intermediate Guitar 1:00 Seniors for Creative Learning 2:00 Beginner Guitar	9:00 Wood Carvers 3 9:00 Yoga 10:30 Silver Stage Players 11:00 Advanced Spanish 11:00 Violin 1:00 Jam Band 1:00 Fun Film Friday
9:00 Open Painting 6 10:00 Big Ears Rehearsal 10:00 Mahjong 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn: Loneliness, Loss, & Our Health 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing	9:00 Co-ed Senior Softball 7 9:30 Beginner Sewing 9:30 Singing Seniors 10:00 French (Intermediate) 11:00 Italian (On recess) 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beginner Ballroom	10:00 Advanced Acrylic Painting 8 10:00 Concert Band 10:00 Qigong 10:00 Legal Aid (Appt only) 10:00 Notary Services (Appt only) 10:30 Beginner Spanish 11:00 Jazz Band 12:30 Beginner Drawing & Painting 12:30 SAIL Exercise 1:30 Beginner Line Dancing	9:00 Co-ed Senior Softball 9 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Intermediate Guitar 1:00 Seniors for Creative Learning 2:00 Beginner Guitar 2:30 Council on Aging	9:00 Wood Carvers 10 9:00 Yoga 10:30 Silver Stage Players 11:00 Advanced Spanish 1:00 Fun Film Friday 1:00 Jam Band 1:00 Social (Ballroom) Dance
9:00 Open Painting 13 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing	9:00 Co-ed Senior Softball 14 9:30 Beginner Sewing 9:30 Singing Seniors 10:00 French (Intermediate) 11:00 Italian 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beyond Ballroom	10:00 Advanced Acrylic Painting 15 10:00 Concert Band 10:00 Qigong 10:30 Beginner Spanish 12:30 Beginner Drawing & Painting 2:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing	9:00 Co-ed Senior Softball 16 9:00 Knitting & Crocheting 10:00 Big Ears Rehearsal 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Intermediate Guitar 1:00 Seniors for Creative Learning 2:00 Beginner Guitar	9:00 Wood Carvers 17 9:00 Yoga 10:00 Mandolin 10:30 Silver Stage Players 11:00 Advanced Spanish 11:00 Violin 1:00 Fun Film Friday 1:00 Jam Band
9:00 Open Painting 20 10:00 Mahjong 10:00 Tai Chi for Arthritis 11:30 Lunch & Learn: Lung Cancer Awareness 12:30 SAIL Exercise 1:00 Bingo 1:30 Intermediate Line Dancing	9:00 Co-ed Senior Softball 21 9:30 Beginner Sewing 9:30 Singing Seniors 10:00 AARP Smart Driving Class 10:00 French (Intermediate) 11:00 Italian 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beginner Ballroom	9:00 Toenail Clipping Clinic 22 10:00 AARP Smart Driving Class 10:00 Advanced Acrylic Painting 10:00 Concert Band 10:00 Qigong 10:30 Beginner Spanish 11:00 Jazz Band 12:30 Beginner Drawing & Painting 12:30 SAIL Exercise 1:30 Beginner Line Dancing	9:00 Co-ed Senior Softball 23 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Intermediate Guitar 1:00 Seniors for Creative Learning 2:00 Beginner Guitar	9:00 Wood Carvers 24 9:00 Yoga 10:00 Mandolin 10:30 Silver Stage Players 11:00 Advanced Spanish 11:00 Violin 1:00 Fun Film Friday 1:00 Jam Band
9:00 Open Painting 27 9:30 Creative Writers 10:00 Mahjong 10:00 Tai Chi for Arthritis 12:30 SAIL Exercise 1:00 Artist Trading Cards 1:00 Bingo 1:30 Intermediate Line Dancing	9:00 Co-ed Senior Softball 28 9:30 Beginner Sewing 10:00 French (Intermediate) 11:00 Co-Ed Softball Luncheon 11:00 Italian 12:30 SAIL Exercise 1:00 Seniors for Creative Learning 1:30 Intro to Line Dancing 2:30 Beyond Ballroom	9:00 National Senior Fitness Day 29 9:00 Toenail Clipping Clinic 10:00 Advanced Acrylic Painting 10:00 Concert Band 10:00 Qigong 10:30 Beginner Spanish 11:00 Jazz Band 12:30 Beginner Drawing & Painting 12:30 SAIL Exercise 1:00 Genealogy 1:30 Beginner Line Dancing	9:00 Co-Ed Senior Softball 30 9:00 Knitting & Crocheting 10:00 Tai Chi Set Practice 11:00 German Class 12:30 SAIL Exercise 1:00 Intermediate Guitar 1:00 Seniors for Creative Learning: Final Luncheon 2:00 Beginner Guitar	Halloween 31 9:00 Wood Carvers 9:00 Yoga 10:00 Mandolin 10:30 Silver Stage Players 11:00 Advanced Spanish 11:00 Howloween Pet Costume Contest 11:00 Violin 1:00 Fun Film Friday 1:00 Jam Band

RECURRING WEEKLY EVENTS

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

Continued from page 5

Creative Writers Workshop: These classes are held on the 2nd and 4th Monday from 9:30 am - 11:30 am. Classes for aspiring and experienced writer; all peer-led. We are recruiting a volunteer leader! Do you have experience in creative writing and leading writing workshops? Call us at 865-523-1135 to learn more about this volunteer opportunity.

Darts: Come play a friendly game of darts. Bring a friend and enjoy!

Dance:

Intro to Line Dance: Tuesdays at 1:30 pm. For those with no line dance experience.

Beginner Line Dance: Wednesdays at 1:30 pm.

Intermediate Line Dance: Mondays at 1:30 pm.

Social (Ballroom) Dances: Monthly Social Ballroom Dance on the 2nd Friday at 1:00 pm. Join us for a fun and lively dance. September 12th, Orange & White - John Rutherford, DJ; October 10th, Halloween - John Rutherford, DJ

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.

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

French (Intermediate): Tuesdays at 10:00 am. Suitable for those with some knowledge of French, this class instruction covers intermediate level grammar and conversation.

Enjoy expanding your French vocabulary! Oui? Peut-être? Call the Center at 865-523-1135 for more information.

NEW! Flu Shot Clinic: October 2nd – 9 am to Noon. Walgreens is offering a free flu shot clinic. Walk-ins welcome, but appointments are encouraged. Call 865-523-1135. Bring your insurance card. The CDC recommends adults 65 and over, and those with certain medical conditions receive a flu shot annually.

German class. Thursdays at 11:00 am. Beginners welcome!

Genealogy: Join us every other Wednesday in the computer lab to explore your family tree online with guided ancestry instruction!

Greenhouse: Now open on Mondays & Thursdays 10:00 am-12:00 pm. Hands-on care for any troubled houseplants, repotting assistance, and general growing advice. **Please note the schedule change.**

Guitar (Beginner): Interested in learning how to strum your favorite tunes? Join us every Thursday at 2:00 pm to expand your knowledge.

Guitar (Intermediate): Build on the skills and styles taught at the beginner level. Students explore more complex chords, strumming patterns, and scales. Join us every Thursday at 1:00 pm to expand your knowledge.

Italian: Tuesdays at 11:00 am. Beginners are welcome to join! Call the Center at 865-523-1135 for more information.

Jazz Band: Wednesdays at 11:00 am after Concert Band rehearsal. Call group leader Linda 865-640-1856 for more information. See “Concert Band” for more information.

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, don't miss Jam Band on Fridays at 1:00 pm.

Knitting & Crocheting: Thursdays at 9:00 am. Meet new friends and enjoy crocheting in this low key and social 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 for beginners, who 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: Join us on Mondays at 10:00 am for a fun game of Mahjong. Beginner-friendly.

Mandolin: Mandolin is a great instrument to learn because it's small and portable. It offers a very bright and crisp sound. The mandolin is a mainstay in the American bluegrass music. Join us for this beginner-friendly class every Friday at 10:00 am.

FREE Notary Services (Exclusive for Members of the O'Connor Center): Every second Wednesday. By appointment only from 10:00 am - 12:30 pm.

Painting Open Studio: Mondays at 9:00 am. The Painting studio is open to participants to work on their own paintings without guidance. Call for more information.

Ping Pong: Monday - Friday at 9:00 am.

Quilting Bee: Currently taking reservations. Learn how to create beautiful quilts using sewing machines with some materials provided. We encourage you to bring your supplies.

NEW! S.A.I.L. Day in the Park: Friday, September 5th at 9:30 am. Join your fellow SAIL class members for a day at Lakeshore Park where there will be opportunity for exercise, live music, various exhibits, food trucks and ice cream trucks and giveaways. Reserve your spot today! Call 865-523-1135.

Seniors for Creative Learning: This engaging lecture series features local experts and field trips. Made possible by partnership between the O'Connor Center and the UT Center for Professional Education and Lifelong Learning. Call 865-974-0150 for information, to register for classes, and to pay by credit card. Fee of \$40 for an individual and \$65 for a couple to enroll. The new semester begins on September 16th and ends on October 30th.

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 next 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 concert schedule.

Open Sewing: 11:00 am on Fridays. No instruction available; sewing room open to work on personal projects.

Spanish:

Beginner – Wednesdays at 10:30 am. We will be guided by “Madrigal’s Magic Key to Spanish”, an accessible and affordable basic textbook.

Advanced – Fridays at 11:00 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 865-523-1135 to reserve a spot.

Technology Tutoring: One-on-one appointments on Tuesdays, Wednesdays, and Thursdays for computer questions and answers. 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!

Violin: Fridays at 11:00 am. For the first part of the class, discover the basics of playing the violin. Learn alongside other beginners in a relaxed, small group setting as you explore violin technique, begin to read music, and start learning to play your very own songs. The second half of the class is for those building on their basic violin skills.

Woodcarving: Join us every Friday at 9:00 am for fun and creativity. Woodcarvers of all abilities are welcome, and instruction is available.



O'CONNOR SENIOR CENTER
Add life to your years



Lunch & Learn

FEED YOUR BODY & MIND

If you are always looking to increase your knowledge and learn something new, the O'Connor Center has the program for you! We will be featuring an educational speaker twice a month to talk about topics that are pertinent to you. Lunch from the Dine-A-Mite Diner is provided, and donations are appreciated. **Call the Center at 865-523-1135 to register.**

Wills and Estate Planning

Monday, September 8, 11:30 am

Amy Hess, an attorney for The University of Tennessee College of Law, will speak about the Homer A. Jones Wills Clinic at the University. The clinic provides free estate planning services to East Tennesseans who meet certain financial criteria and other guidelines. In these clinics, you can learn to prepare a will, power of attorney and other estate planning documents.

Loneliness, Loss and Our Health: The Importance of Friendship

Monday, October 6, 11:30 am

Mark LeMay, PhD, Clinical Psychologist, will discuss the prevalence of loneliness, loss, and the impact on mental and physical health. He will share pointers on how “to be the friend you hope to find.”

Lung Cancer Awareness

Monday, October 20, 11:30 am

Dr. Christian Probst, from University Thoracic Surgeons, will discuss lung cancer risk factors, how to lower your risk, and the importance of early detection through lung cancer screening. He will also share information about smoking cessation and nicotine replacement therapies.

This program is made possible by the generous support of the O'Connor Family.

SENIOR NUTRITION PROGRAM SPONSORS

In Mobile Meals' Adopt-A-Senior program, you can provide Mobile Meals for a month, or more, for a homebound older adult 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 at 865-524-2786. The following people and organizations contributed to Mobile Meals in June and July 2025.

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In Honor of Glen Kyle
By Kimbra Humerickhouse
In Honor of June Trbovich
By Anna Haese*
In Honor of Eula H. Baker
By Douglas McNeil*
In Honor of Steve Underwood
By James Hurst

MOBILE MEALS IN MEMORY

In Memory of Joy B. Ridgeway
By Nick Ridgeway
In Memory of Mary Key
By Amelia Myers
In Memory of Ronald Cox
By Kevin Cox (The Jacksons)
In Memory of Sherwin J. Harris
By Joyce Billingsley*
In Memory of Ronald Cox
By Merle Kuberek
In Memory of J. Harvey Gillespie
By Sheryl Sallie
In Memory of Linda Wert
By Piney Grove Baptist Church

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

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By Anonymous
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By Anonymous

RETIRED & SENIOR VOLUNTEER PROGRAM

JBS International, Inc.

SENIOR COMPANION PROGRAM

Monica Franklin*

*Denotes regularly recurring donors

SEPTEMBER
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, Sept. 29th
10:30 am - 12:30 pm

O'CONNOR
SENIOR CENTER

611 Winona St.
Monday, Sept. 29th
2:00 pm - 4:00 pm

MOBILE MEALS KITCHEN/
MALCOLM MARTIN PARK

1747 Reynolds St.
Tuesday, Sept. 30th
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.

Stepping Into a New Chapter:

SCSEP Connects Older Job Seekers with Jobs that Work

It's another busy afternoon at the John T. O'Connor Senior Center. Marcia Satterfield is answering phones and greeting guests in her usual professional manner as a part-time receptionist.

"The joy of it is meeting the mature adults, my peers, having conversations with them, listening to them share things and learning from them," she says. "And the activities here are amazing - there are more than 80!"



Marcia Satterfield is glad to be back to work. Through SCSEP, she found her place at the O'Connor Senior Center.

When older adults like Marcia step down from full-time employment, their vast stores of knowledge and experience step down with them. Marcia had retired with a rich work history in counseling and a heart that remained filled with compassion for others.

SCSEP, the Senior Community Service Employment Program, helped Marcia take steps toward a part-time job that was just the right fit. SCSEP connects older adults with paid, part-time community service (training) assignments as the older job seekers continue to search for permanent, unsubsidized jobs.

After Marcia was enrolled in the training program, she was assigned to community service work with the legal division of a federal agency. She gained new experience and new confidence.

"I'm amazed at what SCSEP does for older job seekers who are eligible to be in the program," Marcia says. "While you're in SCSEP, you're encouraged to keep looking for long-term work, and they give you the tools to do that - job leads, training, and even computer classes." Marcia took advantage of a digital certification program that updated her knowledge base. Her SCSEP assignment eventually led her to apply for an opening at the O'Connor Center.

"I'm so thankful to be working as a senior," she says. "Even after I meet my financial goals, I still want to work. It's a joy to be here."

SCSEP is a federal job training program for unemployed, low-income seniors age 55 or older who face barriers to employment. To find out if it's right for you or someone you care about, call SCSEP at 865-523-1135 for more information.

SCSEP is a program of the CAC Office on Aging.

The CAC Office on Aging Retired & Senior Volunteer Program is proud to present the

2025 Senior Safety Summit



**Friday, September 5, 2025
9am - 12pm**

O'Connor Senior Center (611 Winona St.)

Join us at this **FREE** event to learn more about the importance of mental health, take free and confidential screenings, collect resources from local organizations, and more!

Questions? 865-524-2786 or rsvpcoord@knoxseniors.org



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ELDER NEWS & VIEWS

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OFFICE ON AGING

KNOXVILLE-KNOX COUNTY COMMUNITY ACTION COMMITTEE

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THE KNOXVILLE-KNOX COUNTY OFFICE ON AGING

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

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- BIG EARS: KNOXVILLE BROADCAST'S SUNSPHERE SINGERS, PAGE 3
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SEPTEMBER/OCTOBER 2025

ELDER NEWS & VIEWS

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The Council on Aging, in partnership with
Seniors for Creative Learning, presents

Healing Through Horses

October 9, 2025 - 2:30 pm
O'Connor Senior Center
611 Winona Street



STAR—Shangri-La Therapeutic Academy of Riding—exists to improve quality of life for East Tennesseans through the healing power of horses. Our mission, Healing Through Horses, comes to life through therapeutic riding and equine-assisted services that support individuals with physical, emotional, and cognitive challenges. Horses offer unique benefits—building strength, confidence, connection, and calm. Whether grooming, leading, or riding, every interaction with a horse at STAR has the potential to heal and transform.

Shangri-La Therapeutic Academy of Riding (STAR) works with children and adults aged four to 65+ with physical, mental, and neurological disabilities or those considered at-risk. It serves individuals from Anderson, Blount, Campbell, Fentress, Jefferson, Knox, Loudon,



Monroe, McMinn, Roane, Sevier, and surrounding counties. The mission of STAR is to foster personal achievement by providing therapeutic experiences using horse-related activities for persons with disabilities or other special challenges.

This program is free and open to the public!