

**January
2018**



The ESC NEWS

**Everett Senior
Center**

702 Burchfield Street.
Maryville, TN 37804
(865) 983-9422

escAdmin@parksrec.com

**Facebook: Everett
Senior Center**
Open Monday thru
Friday
8am to 4pm

Stacy Homeyer,
Director

Greg Pitner,
Administrator

Corey Shields,
Custodian/Office
Assistant

**ESC Memberships
Per Year:**

\$15.00 Individuals
\$25.00 Couples

ESC RENTAL RATES:

**1-50 People - \$150.00
for 3 Hours**

**50-75 People - \$225.00
for 3 Hours**

**75-100 People - \$300.00
for 3 Hours**

ESC members receive
10% rental discount

**AARP Driver Safety Program
February 22 & 23
9am-1pm**



Cost: \$15.00 AARP Members \$20.00 Non Members.

Safe Tennessee drivers 55 and over may receive a discount on auto insurance for 3 years, with certificate of completion. No test is required to complete course. Space is limited so please call 983-9422 to reserve your place in class.

2018 BUS TRIPS SPOILER ALERT

**** Dates and prices have not been released. More information to come!*

April: Sewanee, TN

The University of the South- Gothic Revival-style architecture- History and music program in the All Saints Chapel. All -you-can-eat lunch in Tennessee Williams Center and so much more!

August: Cartersville, GA

Visit two world-class museums-Tellus Science Museum and Booth Western Art Museum- both affiliates of the Smithsonian Institution. Lunch and Planetarium Show included. Totally fascinating and intriguing.

June: Jonesborough, TN

A town older than Tennessee itself – pure historical charm and quaintness! Enjoy storytelling in the “Storytelling capital of the country”, a Town Tour with a costumed guide, a wonderful lunch, a chance to taste handcrafted whiskey and rum at the “Old Salt House”(now TN Hills Distillery), free time to shop or just sit and chat with locals and leave your footprint on a history that is still being written.

****Dates and prices have not been released. More information to come!*



**ESC will be CLOSED for
Maintenance week February 5th-9th.**

Free Mid-Week Music Concert!!

Every **2nd Wed** and **4th Wed** of each month.

Time: 10:00am – 11:30 a.m.

Ample seating is available so bring a friend! This monthly music event is proudly sponsored by BMH Senior Services featuring Edward Harper as our emcee. Fourth Wednesday sponsored by Brian Tuggle, President of Personal Care Choices. Light refreshments will be served.

SCRAPBOOK & PAPER CRAFTERS

Every **Monday** 9:00 a.m. – 3:45 p.m.

ESC has table space available for scrapbooking and paper crafters. Each table is Free for members of ESC and \$2.00/non-members - per person per day. You can come when you want! We have Free Wi-Fi available and other amenities. Call the center for more details!

Coloring Pages

Every Wednesday!

Time: 1:00pm-3:00pm

Cost: Free

Join Stacy and find your creativity in Coloring Pages! With dozens of pages to choose from and more available every day, we have crayons, markers, color pencils, and water color pencils. Space is limited, please call to sign up!

DIABETES “Sweet Spot”

Date: Thursday, January 11th

Times: 1:00 -2:30pm

Cost: Free

This a monthly seminar that is for diabetic patients and caregivers of diabetic patients. Topics covered range from medications, lifestyle changes, complications of diabetes and much more. Join us for this free class!

Painting Classes

Water Color Painting Instructor: Penny Reasor
Mondays from 9:30 a.m. – 12:30.

Oil Painting Instructor: Barbara Goddard
Wednesdays, 9:30AM-12:30PM.

Cost is \$60.00 ESC members and \$75.00/Non-members for a 6 week session class. Please call for availability.

Textile Groups

Like to Crochet, Knit or Quilt? Every Tuesday and Thursday from 9AM-3:45PM bring in your project and join the comradery. \$2.00 Table fee for non-members.

Potluck/ BINGO

Date: Thursday, January 4th

Time 11:30



A big THANK YOU to our Potluck sponsors!



To the Members of ESC,

Thank you so much for the care packages! They were well received and much appreciated! Your contribution definitely boosted our spirits through this holiday season, while we are away from our families and friends. We could not do what we do without the continuing support we receive from individuals such as you. Thank you so much for thinking of us and we look forward to coming home soon!

Sincerely,
SSgt Sabrina Collins
609 AOC/AMD
Unit 61224
APO AE 09309-1224



Managing Retirement Decisions

Instructor: Ken Catledge
Dates: Monday, January 8th
Times: 10:30 am - 11:30 am
Cost: Free
Ken Catledge FICF, LUTCF, and Retirement Income Certified Professional (RICP) leads these classes on the 2nd Monday each month. During these classes we will define the risks associated with retirement, provide an example, identify the impact and scope of these risk, and explore possible solutions.

BLOOD PRESSURE SCREENINGS

2nd Wednesday of the month: Volunteer Nurse 9am
3rd Tuesday of the month: Williamsburg Villas 9am
3rd Friday of the month: Kroger Pharmacy 9am
4th Monday of the month: Asbury Place 12pm
4th Wednesday of the month: Kroger 9am



**RED HAT SOCIETY,
CHAPTER 77538**

Red Hot Hatters meet every 3rd Friday at 9:30 am. The Red Hat Society shares a good lunch, great conversation and occasionally hosts a guest speaker on an informative topic. Next meeting: January 19th @ 9:30am.



The power to make it better.

Blount County Chapter 2296

P.O. Box 5193, Maryville, TN 37802

AARP Chapter Meetings: 4th Tuesday of each month, 12 Noon at Everett Senior Center. Luncheon is furnished by Blount Memorial Hospital and our members. Next meeting January 23rd.

iPad and iPhone for Beginners

Instructor: Jennifer Dancu
Dates: January 22nd and 23rd
Times: 10:30 am - 12:30 pm
Cost: \$35.00
Understanding Safari Basics, iTunes, iCloud Basics. Using built in apps, troubleshooting and soft reset. Bring your iPhone or iPad with you.

Android and Tablet for Beginners

Instructor: Jennifer Dancu
Dates: January 22nd and 23rd
Times: 12:30-2:30pm
Cost: \$35.00
Care and charging, understanding settings, manage apps and changing wallpaper. Explore Google Chrome basics, Google Play Store, and Galaxy store. Bring your android phone or tablet with you.

Save the Date... February 2018

- Potluck/Bingo Thursday 1st 11:30
- MAINTENANCE WEEK SHUT DOWN 5th-9th***
- Mid Week Music Wednesday 14th 10:00
- New to Medicare Tuesday 20th 11:00
- Driver Safety Thurs/Fri 22nd/23rd 9-1
- Social Media Mon/Tues 26th and 27th
- AARP Meeting Tuesday 27th 12:00
- Mid Week Music Wednesday 28th 10:00

ESC

Winter Weather Policy



In the event that Maryville CITY Schools are closed, due to inclement weather, ESC will also be CLOSED.

BALLROOM DANCE CLASSES

Join us every Wednesday for Free Ballroom dance lessons! This group meets from 1:00 to 3:30pm. Every 1st, 3rd and 5th Saturday Night from 7-9PM come out and dance to live music. The cost is \$6.00 at the door.

COUNTRY MUSIC DANCE

Every Friday night @ 7PM join in on the fun. Cost is \$6 at the door. Come ready to boot, scoot and boogie or sit and enjoy the Country Gentlemen Band.

TONE STRETCH AND BALANCE

Instructor: Kay McDonald
Class meets Tuesdays, 1:30 - 2:30 p.m.
Cost is \$5.00 per class paid to the instructor.
This ongoing class will provide an opportunity to increase flexibility, balance, strength, and range of motion using seated and standing yoga positions!

MAH JONG

Join our Mah Jong group on the 1st, 3rd and 5th Thursdays of each month from 1-4PM. We play a relaxed, fun game and are happy to help those who would like to learn to play. You can simply show up at these times or call Karen at 865-984-3143 or email ksmuckle@aol.com to get more info.

INTRODUCTION to TAI CHI

Every Tuesday and Thursday from 9:00-9:45 am
Cost is \$5.00 per class paid to the instructor.
Tai Chi is easy and fun to learn. Participants can expect to improve their balance, flexibility, strength, coordination and concentration, all while enjoying a pain free, calming and relaxing activity.

ADVANCED BEGINNER TAI CHI CLASS

Every Tuesday and Thursday from 9:45 to 10:30 AM.
Cost is \$5.00 per class paid to the instructor.
This class focus is on learning the Yang 24 and Sun 73 forms as well as progressively challenging Qi Gong exercises. If you want to improve your tai chi skills and take on the challenge of new and different moves, join us for a fun class. Mary Pope, a certified tai chi instructor with 10 years of tai chi experience, will continue to teach these classes.

MONDAYS
Scrap Time 9
Wii Bowling 9:30
Water Color 9:30
Duplicate Bridge 10
Rummikub 10
Ping Pong 2



TUESDAYS
Pinochle 8:30
Party Bridge 9
Tai Chi 9
Hand /Foot 9:30
Knitting 10:30
Quilting 12
Tone/Stretch 1:30



WEDNESDAYS
Oil Painting 9:30
Scrabble 9:30
Duplicate Bridge 10
Coloring Pages 1
Free Ballroom Dance 1:00



THURSDAYS
Pinochle 8:30
Party Bridge 9
Tai Chi 9
Hand / Foot 9:30
Knitting 10:30
Quilting 12
Rummikub 12:30
Ping Pong 2



FRIDAYS
Art Morning 8:30
Dominoes 9:30
Duplicate Bridge 10
Ping Pong 2
Country Music Dance 7 pm



Red Hats Chapter meeting every 3rd Friday of each month.

SATURDAYS
Ballroom Dance 1st 3rd and 5th Saturday 7pm



PING PONG CLUB

Playing Monday, Thursday, and Friday from 2pm til 3:45. Join in the fun! Free to play!

2018 Memberships are due. Stop by the office to update your membership form and pay the yearly fee. **ESC Memberships Per Year: \$15.00 Individuals \$25.00 for Two! Bring a friend!**

