

“Four-State-Dine-A-Round”
Thursday, April 11, 2019



As we begin a new Springtime season, when life is awakening from its winter’s sleep, we feel a sense of renewal and adventure. This trip is a “FOOD and FUN” adventure like no other... taking you through corners of 4 states in one wonderful, delicious day. In addition to beautiful and diverse scenery, you’ll enjoy lots of new tastes. Your “progressive meal” will begin (of course) in **TENNESSEE** where a quick breakfast-on-the-road will be served. Then, we plan to “Catch A Tiger By The Tail” in Clemson, **SOUTH CAROLINA** where your very exciting “appetizer plate” awaits at a charming café. This variety of “small bites” is sure to satisfy the taste buds of even the most sophisticated Foodie. And, for those Clemson Tiger fans, you’ll actually get a glimpse of this impressive University and its stadium. Next, it’s off to Dillard, **GEORGIA**, where you’ll have a terrific main meal with your entrée and veggies. You won’t believe the many choices you’re offered at this excellent, well-known, farm-to-table restaurant. Last, but certainly not least, is a fabulous, mouth-watering dessert and coffee or tea in Murphy, **NORTH CAROLINA**. Sound yummy? It will be!

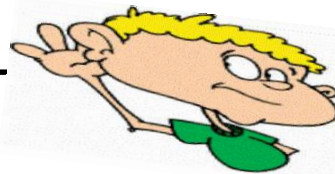
Throughout the trip, you can participate in funny, fast-paced activities and learn about all sorts of “hidden treasures,” giving your appetite time to recover between each delectable food course. This trip is 100 % custom designed for uniqueness, quality and fun and the main feature is... FOOD. You’ll have to experience it to believe it! So get ready to start the 2019 travel season off right with the best of the best by filling your minds, your curiosity and especially your tummies with “food” you’ll long remember.

NOTE: If you have any food allergies or special needs, please mention them when you sign up for the trip and all reasonable requests will be accommodated if possible.

8:00 a.m. – Depart Everett Senior Center~ Return approximately 7:30 p.m.

Cost: \$127 per person \$25 per person DEPOSIT at time of sign-up

Deadline for payment is Wednesday, March 27, 2019



FREE EAR EXAM and HEARING TEST

Thursday, March 7 9AM- 12PM

Miracle Ear has been at the forefront of the hearing assistance industry for 70 years. Miracle Ear would like to welcome anyone interested, to a complimentary hearing clinic on **March 7 from 9:00 – 12:00**. Miracle Ear will be offering complimentary ear examinations, hearing tests, and if you currently wear hearing devices, stop by for a free cleaning. It is absolutely free with no obligations. Please call 983-9422 to reserve your spot for the hearing exams.

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

Facebook: Everett Senior Center
www.Parksrec.com
escAdmin@parksrec.com

Hours:
Monday thru Friday
8am to 4pm

ESC Memberships
Per Year:
\$15.00 Individuals
\$25.00 Two People

IPHONE/IPAD ADVANCED

Instructor: Jennifer Dancu

Dates: March 25 & 26 (Both days Required)

Times: 10:00-12:00

Cost: \$35.00

Ready to take your learning to the next level? This class is for those who have the basics but want to learn more. You must bring a device (laptop, tablet, iPad, or smartphone) whichever is your preference to use for learning, with you to this workshop. Sign up today!

Microsoft Word

Instructor: Jennifer Dancu

Dates: March 25 Times: 12:30-2:30

Cost: \$20.00

Do you have Microsoft Office on your computer? Let us show you how to do word processing using Microsoft Word! In this 2 hour session you will learn to create, open, edit, share, print and for Microsoft 365 users even download documents. Sign up today!

Microsoft Excel

Instructor: Jennifer Dancu

Dates: March 26 Times: 12:30-2:30

Cost: \$20.00

Do you have Microsoft Office on your computer? Let us show you how to create spreadsheets using Microsoft Excel! In this 2 hour session you will learn to create and open workbooks; modify columns, rows and cells; work with Data 8 and simple calculations. Sign up today!

Exercise Programs

Tai Chi Tuesdays and Thursdays from 9 & 9:45 AM \$5.00 per session

Tone and Stretch Tuesday afternoons from 1:30-2:30. \$5.00

Free Ballroom Dance Wed. from 1:00 to 3:00.

GOOD GRIEF SUPPORT GROUP

Date: 3rd Wednesdays, March 20th

Time: 1:30-3:30 PM

Facilitator: Sheryl McCormick, Covenant Health
Grieving is necessary and can be hard to process without support. Learn about the grief process, share feelings, learn about resources to help manage life, and discover what you want and need to reinvent yourself and grieve well.

ANXIETY & DEPRESSION SUPPORT

Date: Every 1st Wednesday 1:30-3PM March 6th

Facilitator: Sheryl McCormick, Covenant Health
As we get older, we face many life changes that may cause us to feel uneasy, stressed or sad. Talking about how you feel with others who are facing similar issues and learning coping skills can help you get and stay better. We would love to have you join us!

NEW TO MEDICARE

Date: Tuesday, March 12th

Time: 11:00 AM

Come in and ask questions and learn about all your Medicare options. If you are newly eligible for Medicare or turning 65 in the next 12 months, please join us at our Medicare Educational Workshop.

DIABETES "Sweet Spot"

Date: Thursday, March 14th

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.

FRIDAY NIGHT COUNTRY DANCE

Every Friday night @ 7PM. Cost is \$6 at the door. Come ready to boot, scoot and boogie or sit and enjoy listening to DUSTY ROADS BAND.

ESC ROOM SCHEDULE

PROJECT ROOM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
SM4S last Mon 10:00-2:30	SM4S Last Tues 10:00-2:30	Scrabble 9:30 -12:30	Diabetes 2 nd Thurs 1:00-3:00	
Quarterly for Retirement Decisions 11:00-12:00	Medicare 3 rd Tues 11:00-12:00		Bunco 3 rd Thurs 1:00-3:30	

LARGE ROOM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
Scrap Time 8:00-3:30	AARP 4 th Tues 11:30-1:00	Elder Watch Meeting 3 rd Wed. 9:00-11:00	Potluck 1 st Thurs 11:30-1:00	Dominoes 9:30-1:00
Wii Bowling 9:30-12:00	Tai Chi 9:00 -10:30	Mid-Week Music. 2 nd & 4 th 10:00-12:00	Tai Chi 9:00 -10:30	Ping Pong 2:00-4:00
Ping Pong 2:00-4:00	Tone and Stretch 1:30-2:30	Ballroom Dancing 1:00-3:00	Ping Pong 2:00-4:00	

ART ROOM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
Watercolor Paint 9:30-12:30	Knitting group 10:00-12:00	Oil painting class 9:30-12:30	Knitting group 9:00-12:00	Red hats 3 rd Friday 11:00
Drawing 12:30-3:30	Quilting group 12:00-3:30	Coloring class 1:00-3:00	Quilting group 12:00-3:30	

CARD ROOM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
Duplicate Bridge 10:00-2:00	Canasta, Hand and Foot, Pinochle, Party Bridge, Mah Jong, Rummikub	Duplicate Bridge 10:00-2:00	Pinochle, Hand and Foot Party Bridge, Canasta, Mah Jong, Rummikub	Duplicate Bridge 10:00-2:00

WALKING CLUB

Starts: Tuesday, March 5
Day: Every Tuesday & Thursday
Time: 9:00 AM
Cost: Free



Meet at the flag pole near entrance of the Everett Senior Center. Walk at your own pace. Be a part of the 1 mile club or 1/2 mile club. Let's Get Moving!



PING PONG CLUB

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

Save the Date...April 2019

- Potluck/Bingo Thursday 4th 11:30
- Sweet Spot "Diabetes" Thursday 11th 1:00
- Mid Week Music Wed 10th & 24th 10:00
- Bunco Thursday 18th
- Ballroom Dance Class Wednesdays 1:00
- Eat Well Feel Well THURSDAYS 1:30
- FRIDAY Night Dance Fridays 7PM

www.Parksrec.com

ESC STAFF:

Stacy Homeyer, Director
Greg Pitner, Admin Coordinator
Corey Shields, Admin/Custodian

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Potluck/ BINGO

Date: Thursday, March 7th
Time 11:30



A big THANK YOU to our Potluck sponsors!

Reminder to renew your

Membership!

\$15 individuals \$25 for two

Coming in
APRIL

Eat Well Feel Well

**Brought to you by UT Extension Tennessee &
Consumer Education Program**

Eat Well, Feel Well is a 4-week curriculum created by the University of Tennessee Extension to address the unique needs of older adults concerning nutrition, food safety, food preparation and physical activity. Learn more about cooking and receive free tools such as a water bottle, vegetable peeler, and refrigerator thermometer. We would love to have you come and join us!

When: Thursdays--April 4th, 11th, 18th and 25th

Time: 1:30-2:30PM

To Register Call: 865-983-9422

