



THE ESC NEWS

MARCH 2018

SEWANEE ... *A True Tennessee Treasure!*

Thursday, April 12, 2018

*Created especially for Everett Senior Center by
Mountain Memory Tours, LLC*

The “purposefully” small town of Sewanee lies on the western edge of the Cumberland Plateau and is home to The University of the South, one of the top liberal art institutions in the nation. Founded in 1857, this university is committed to academic excellence and has a campus which offers unparalleled natural mountain-top beauty. The beautiful Gothic Revival Architecture, rich history and legends of Sewanee are enchanting and unforgettable! You’ll visit the magnificent All Saints Chapel which rivals the finest cathedrals of Europe and tour the fascinating Tennessee Williams Center. You are sure to enjoy an all-you-care-to-eat lunch at the multi-million dollar McClurg Dining Hall offering nutritious, inviting, custom cuisine to please everyone. This extremely special, one-of-a-kind trip features incredible scenery, well-kept secrets of TN, fabulous music, surprises and new discoveries throughout. Activities, snacks and bottled water will be provided by your tour director. Requires a moderate amount of “easy” walking at comfortable pacing.

Leave Everett Senior Center 8:00 a.m., return 6:00p.m.

Cost: \$80 pp members, \$90 pp non members

\$25 pp deposit due at time of booking - final payment due by Mon, March 26, 2018

NOTE: This “all new” custom-designed trip is sure to be popular so sign-up early. In the event of emergency and a necessary cancellation, all payments are refundable until 3/26/18.

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



TAI CHI

beginner and advance
classes available

call for more details
865-983-9422



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!

Continuum of Healthcare

Date: March 29th
Time: 2 pm to 3pm
Cost: Free

There are a lot of options for individuals seeking home care or residential care. It can be confusing to understand the differences or how to access them. Caroline will start with non-medical personal care, all the way to hospice care. Levels of care will include assisted living, home health, hospice, independent living communities, out-patient physical therapy, and nursing home (skilled nursing care and long term care). VA benefits and the CHOICES program will also be included. Light refreshments will be served.

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, March 1st
Time 11:30



A big THANK YOU to our Potluck sponsors!



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 March 27th.



**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: March 16th @ 9:30am.

Call 983-9422 to Sign-up for Programs

Awesome Apps (Android or Apple Device)

Instructor: Jennifer Dancu
Day: Monday, March 26th
Time: 12:30-2:30PM
Cost: \$20.00

Information: How to manage apps: searching, organizing into folders, and deleting. Downloading and installing apps from the App Store or the Google Play Store. Introduction to some of the most popular apps used today.

Facebook Class

Instructor: Jennifer Dancu
Dates: Monday, March 26th
Times: 10:00-12:00
Cost: \$20.00

Information: Facebook explained. Steps to set up Facebook account. Discuss & set security and privacy options. Meaning of “like” and ‘follow’”. Connect with Facebook friends. Create a post on Facebook. Reply to others on Facebook. Upload a picture to Facebook.

Get the Most Out Of Your Camera (Android or Apple Device)

Instructor: Jennifer Dancu
Dates: Tuesday, March 27th
Time: 10-12:00
Cost \$20.00

Information: How to take a picture. Front vs. Rear Facing. Tools on your mobile device camera. Editing your pictures. Creating Albums. Sending and Receiving pictures from email and text.

managing retirement
retirement is cool!

Tuesday,
March 6th
11:00am
Free

Save the Date... April 2018

- Potluck/Bingo Thursday 5th 11:30
- Mid Week Music Wednesday 11th 10:00
- Sweet Spot Thursday 12th 1:00
- New to Medicare Tuesday 17th 11:00
- Social Media Mon/Tues 23rd and 24th
- AARP Meeting Tuesday 24th 12:00
- Mid Week Music Wednesday 25th 10:00

sweet spot

DIABETES CLASS
THURSDAY, MARCH 8
1:00-2:30

Call 983-9422 to Sign-up for Programs

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.

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

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!



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



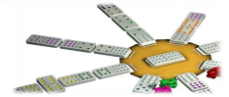
THURSDAYS

- 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

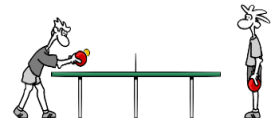
- Art Morning 8:30
- Dominoes 9:30
- Duplicate Bridge 10
- Ping Pong 2



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!