

50 + You are invited to the
Annual ESC Patio Party!
Tuesday, May 14th 11:00-12:00 Noon

\$1.00 Hot Dogs
\$2.00 Hamburgers
Free Drinks and Chips



A MYSTERY TRIP.....somewhere out of state!
Wednesday, June 19, 2019

Be adventuresome and TRUST us to give you a very interesting and exciting day in a place you might never discover on your own. Your "mystery" destination is charming, unexpectedly nice and features the opportunity to "custom design" the day to satisfy your own personal tastes and interests. Lunch is included along with fun, activities, entertainment, snacks and bottled water throughout the day.

Dress comfortably and casually and bring your spirit of adventure! This trip does not involve any strenuous activity and is guaranteed to offer something for everyone! Prepare to make new discoveries and, most importantly, just have fun!

Everett Members COST: \$125 per person ~ Non-members COST: \$130 per person

\$25 DEPOSIT required to book ~ FINAL PAYMENT by **Monday, June 3, 2019**

Wednesday June 19 @ 8:00 a.m Leave Everett Senior Center ~ 6:30 p.m.
Return to Everett Center

ANDROID AND TABLET ADVANCED

Instructor: Jennifer Dancu

Dates: **May 28 & 30th** (Both days Required)

Times: 10-12 Noon

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!

AARP DRIVER SAFETY



Date: May 23 & 24, 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.

Potluck/ BINGO

Date: Thursday, May 2nd

Time 11:30



A big THANK YOU to our Potluck sponsors!



BEGINNERS BALLROOM DANCE

A new class introducing basic ballroom dance steps every **Friday** from 1:00-2:00. The class is free and due to limited floor space, interested adults 50 and up need to sign up at the front desk or email dance4urhealth@gmail.com.

Take Charge of Your Diabetes

Instructor: Cassie Wanamaker

Dates: May 6, 13, 20 June 3, 10, 17

Times: 1:30-3:30 **FREE**

Take Charge of Your Diabetes class beginning May 6 from 1:30-3:30 at Everett Senior Center. The class runs for six weeks, is **FREE**, and is open to anyone with diabetes and their caregivers. We will be learning how to better manage diabetes through exercise, healthy eating, stress management, problem solving, and many other self-management tools. Call To sign up: 865-983-5482 ext. 3586

NEW TO MEDICARE

Date: Tuesday, May 21st

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, May 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.

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.

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 Quarterly Retirement Decisions 2 nd 11- 12:00 Medicare 3 rd Tues 11-12:00	Scrabble 9:30 -12:30	Diabetes 2 nd Thurs 1:00-3:00 Bunco 3 rd Thurs 1:00- 3:30	Beginner Ballroom Dance 1:00-2:00

LARGE ROOM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
Scrap Time 8:00-3:45	Tai Chi 9:00 -10:30	Elder Watch Meeting 3 rd Wed. 9:00-11:00	Potluck 1 st Thurs 11:30-1:00	Dominoes 9:30-3:45
Wii Bowling 9:30- 12:00		Mid-Week Music. 2 nd & 4 th 10:00- 12:00	Tai Chi 9:00 -10:30	Game Addicts 1-3:45
Ping Pong 2:00-3:45	Tone and Stretch 1:30-2:30	Ballroom Dancing 1:00-3:00	Ping Pong 2:00-3:45	Ping Pong 2-3:45

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 10:00- 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, Game Addicts	Duplicate Bridge 10:00-2:00	Pinochle, Hand and Foot Party Bridge, Canasta, Mah Jong, Rummikub, Game Addicts	Duplicate Bridge 10:00-2

WALKING CLUB

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 ½ mile club. Let's Get Moving!



PING PONG CLUB

Playing Monday, Thursday, and Friday 2-3:45.

Join in the fun! Free to play!



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: Thurs-May 2nd, 9th, 16th and 23rd

Time: 1:30-2:30PM

To Register Call: 865-983-9422

ESC STAFF:

Stacy Homeyer, Director

Greg Pitner, Admin Coordinator

Corey Shields, Admin/Custodian



**ESC CLOSED Monday, May 27th
HAPPY MEMORIAL DAY!**



TEXTILE GROUPS

Like to Crochet, Knit or Quilt? Every Tuesday and Thursday starting @ 10AM bring in your project and join the comradery. \$2.00 Table fee for non-members.



**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: May 17th @ 9:30am.

ESC RENTAL RATES:

1-50 People -\$150.00 (3 hrs)

50-75 People -\$225.00(3 hrs)

75-100 People -\$300.00 (3 hrs)

ESC members receive 10% rental discount

