



The ESC NEWS

November 2017



THE INCOME FOR LIFE MODEL®



You're Invited

Join us for an exciting presentation:

Retirement Planning for the 21ST Century

November 13, 2017 at 10:30 AM - Senior Everett Center:
702 Burchfield Street, Maryville, TN 37804

Everett Senior Center

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

escAdmin@parksrec.com
Open Mon-Fri
8-4pm

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

Give us a call for more
information about our classes
and programs.

ESC CLOSED Thursday, Nov 23rd & Friday, Nov 24th



HAPPY THANKSGIVING!



Member Appreciation Pancake Lunch!!!

Thank you Members! Enjoy
pancakes with great
friends, good food, and
some holiday cheer!

Tuesday, November 14th from 11-1 pm

Sponsor:
Caroline Combs-Young; Comfort Keepers
Dinah Herzog; Manorhouse
Kimberly Hogan; Right at Home



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 \$2.00/members and \$5.00/non-members - per person per day. If you pay ahead for 3 visits you will get the 4th visit free!

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!

1:00pm-3:00pm

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!

Sunday, November 5th Daylight Savings Time Ends!



Painting Classes

Water Color Painting Instructor: Penny Reasor

Mondays from 9:30 a.m. – 12:30.

Cost is \$60.00 ESC members and \$75.00/Non-members. Please call for availability.

Oil Painting Instructor: Barbara Goddard

Wednesdays, 9:30AM-12:30PM.

Cost is \$60.00 ESC members and \$75.00/Non-members. Please call for availability.

TEXTILE GROUPS

Like to Crochet, Knit or Quilt? Every Tuesday and Thursday from 9AM-4PM bring in your project and join the comradery. \$2.00 Table fee for non-members.

Potluck/ BINGO

Date: Thursday, November 2nd

Time 11:30

A big THANK YOU to our Potluck sponsors!



DIABETES “Sweet Spot”

Date: Thursday, November 9th

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!

IPAD AND IPHONE FOR BEGINNERS

Instructor: Jennifer Dancu
Dates: Monday & Tuesday, November 27th&28th
Times: 10:00 am - 12:00 pm
Cost: \$35.00
Understanding Safari Basics, iTunes, iCloud Basics. Using built in apps, troubleshooting and soft reset. Bring your own Iphone or Ipad with you.

ANDROID AND TABLET FOR BEGINNERS

Instructor: Jennifer Dancu
Dates: Monday & Tuesday, November 27th&28th
Times: 12:30 pm – 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 own tablet or smartphone with you.



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 November 28th @ 12 noon.



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: November 17th @ 9:30am.

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Smoky Mountain Christmas Day Trip

Thursday, December 14th

FINAL PAYMENT DUE FRIDAY, NOVEMBER 10th



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 Pharmacy 9am

Save the Date... December

- Potluck/Bingo Thursday 7th 11:30
- Mid Week Music Wednesday 13th 10:00
- December Day Trip Thursday 14th 9:00
- Sweet Spot Diabetes Thursday 14th 1:00
- Mid Week Music Wednesday 27th 10:00

Call 983-9422 to Sign-up for Programs

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 0
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 \$6.00 admission.



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