



Tuesday, February 12th @ 11:30AM

➤Join us for our 3rd annual Everett Senior Center Chili Cook-off!

➤Bring in your best, heartiest, and tastiest chili. There will be prizes for 1st, 2nd and 3rd place. We will set up the large room in the morning so you can keep your chili simmering all morning long.

➤Anyone that would like to fill their belly and vote on their favorite chili, there will be a \$3.00 supply fee at the door.

➤ESC will provide: bowls, utensils, crackers, water, and coffee. We hope you can join us!

➤Call or stop by the office to get signed up!

“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

APPLE IPHONE/IPAD BEGINNER

Dates: February 25 & 26 (both days required)

Times: 10:00 am - 12:00 pm

Cost: \$35.00

Understanding Safari Basics, Itunes, iCloud Basics. Using built in apps, troubleshooting and soft reset. You must bring an Apple device (iPad or iPhone) whichever is your preference to use for learning, with you to this workshop.

Space is limited. Sign up today!

FACEBOOK CLASS

Date: Monday, February 25th

Time: 12:30-2:30

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.

WINDOWS 10 BASICS

Date: Tuesday, February 26th

Time: 12:30-2:30

Cost: \$20.00

Have you upgraded to Windows 10? Does it look foreign to you compared to the Windows you were using? Have no fear! We will walk you through the entire layout of Windows 10, show you the updates from Windows 8, and answer any questions you might have. Register today for this 2 hour workshop!

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, February 20th

Time: 1:30-3:00 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 February 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, February 19th

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, February 14th

Time: 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	AARP Driver Safety misc
Quarterly for Retirement Decisions 10:30- 12:00	Medicare 3 rd Tues 11:00-12:00		Bunco 3 rd Thurs 1:00- 3:45	

LARGE ROOM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
Scrap Time 8:00-3:30	AARP 4 th Tues 11:30- 1:00	Elder Watch Presentation 3 rd Wed. 10:00-11:00	Potluck/Bingo 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 10:00-3:30	Oil painting class 9:30-12:30	Knitting group 10:00- 3:30	Red hats 3 rd Friday 10AM
Beginner Drawing 1:00-3:00	Quilting group 10:00-3:30	Coloring class 1:00- 3:00	Quilting group 10:00- 3:30	Parkinson's Group 12:30-3:30PM

CARD ROOM

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

AARP DRIVER SAFETY

Date: February 28 & March 1, 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.

ESC Winter Weather Policy



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



Potluck/ BINGO

Date: Thursday, February 7th
Time 11:30

A big THANK YOU to our Potluck sponsors!

Reminder to renew your

Membership!

\$15 individuals \$25 for two

Save the Date...March 2019

- Potluck/Bingo Thursday 7th 11:30
- Sweet Spot "Diabetes" Thursday 14th 1:00
- Mid Week Music Wed 13th & 27th 10:00
- Red Hats Friday 15th 10:00
- Bunco Thursday 21st
- Ballroom Dance Class Wednesdays 1:00
- FRIDAY Night Dance Fridays 7PM

ESC STAFF:

Stacy Homeyer, Director

Greg Pitner, Administrative Coordinator

Corey Shields, Admin/Custodian

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



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