



The ESC NEWS

October 2017

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.

SPECTACULAR SMOKY MOUNTAIN

CHRISTMAS TRIP

Thursday, December 14, 2017



Leave Everett Senior Center: 9:00AM

Return: 7:30 PM

Cost: ESC Members: \$103.00 Non Members: \$113.00

Sign Up & Deposit of \$25 Due by October 23rd

Final Payment Due November 10th No Refunds after final
payment.

Experience the magic of Christmas with a dazzling, multi-million dollar production at the SMOKY MOUNTAIN OPRY. You'll enjoy FREE TIME and lunch at THE ISLAND, one of the newest and most exciting venues in the heart of Pigeon Forge. Towering 200 feet-tall, the Wheel is the centerpiece to The Island. Those choosing to ride the Wheel (Senior rate is \$12) will have an unparalleled view of the Smoky. An amazing "free" attraction is THE SHOW FOUNTAIN which presents "dancing waters" set to music and lights beginning at the top of every hour and surrounded by plenty of seating! The Island has a fascinating variety of shops perfect for last-minute Christmas gifts ~ everything from collectibles, clothing, Christmas decorations galore... and much more! (You can go online to THE ISLAND & click on "Coupons" – print the ones you might want to use.)

TIMBERWOOD GRILL brings you the genuine taste of the mountains inspired by the legendary hospitality of the people who have called the mountains their home for generations. This lodge-themed dining experience (included) is one you are sure to enjoy.

Enhance your holiday season with this very special trip that promises happy, long-lasting memories and entertainment for absolutely everyone! Mountain Memory Tours will be providing snacks, bottled water, fun and surprises en route. Dress comfortably for indoors and outdoors.



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

The First Friday of each Month!

1:00pm-3:00pm

Supply fee: \$2.00

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!

DIABETES “Sweet Spot”

Date: Thursday, October 12th

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!

Take Charge of Your Diabetes

Dates: Oct 11-November 15 (6 week session)

Day & Times: Wednesday 1-3PM

Cost: Free

Instructor: Cassie Wannamaker (Blount County Health Educator)

This 6 week session will help you take control of your diabetes and put you back in control. Call to sign-up for this helpful workshop!

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, October 5th

Time 11:30

A big THANK YOU to our Potluck sponsors!



New To Medicare

Date: Tuesday, October 17th

Time: 11:30 AM

Cost: Free

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-and let us help simplify Medicare for you.

Call 983-9422 to Sign-up for Programs

Awesome Apps (Android or Apple Device)

Instructor: Jennifer Dancu

Day: Monday, October 23rd

Time: 10-12PM

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.

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

Instructor: Jennifer Dancu

Dates: Monday October 23rd

Time: 12:30-2:30

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.

Facebook Class

Instructor: Jennifer Dancu

Dates: Tuesday, October 24th

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.



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: October 20th @ 9:30am.

**ESC Annual 8 Ball Pool Tournament
Bill Tinch 1st Place/Raymond Woods 2nd Place/Gene Hubbard 3rd Place CONGRATULATIONS!**



**AARP Driver Safety Program
October 12th & 13th
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.

Managing Retirement Decisions

Instructor: Ken Catledge

Dates: Monday, October 9th

Times: 10:30 am - 11:30 am

Cost: Free

Ken Catledge FICF, LUTCF, and Retirement Income Certified Professional (RICP) leads these classes on the 2nd Monday each month. During these classes we will define the risks associated with retirement, provide an example, identify the impact and scope of these risk, and explore possible solutions.



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 October 24th@12 noon.

Call 983-9422 to Sign-up for Programs

BALLROOM DANCE CLASSES

Join us every Wednesday for Free Ballroom dance lessons! This group meets from 1:30 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 (No Class Oct 17th or 19th)

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 (No Class Oct. 17th or 19th)

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 1
- Free Ballroom Dance 1:30



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

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