

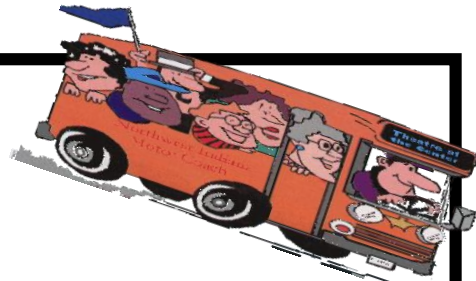
MULTI DAY TRIP

3 Days & 2 Nights to “ Casino Action & Amish Culture”

May 7-9, 2019

Depart: Tuesday, May 7 @ 7:30 AM

Return: Thursday, May 9 @ 6:30PM



SOUTHERN INDIANA is a captivating excursion into the world of farm-to-fork, greatness and gaming, as well as fascinating history and tradition. FRENCH LICK was originally a trading post built near a spring and salt lick and its roots go back to the 1830's. In the early 20th century it featured casinos attracting celebrities such as boxer [Joe Louis](#), composer [Irving Berlin](#) and gangster [Al Capone](#). Next door to French Lick is the charming WEST BADEN SPRINGS with beautifully restored landmark structures once referred to as “The Eighth Wonder of the World.” Awaiting you only minutes from the excitement in French Lick is an authentic AMISH EXPERIENCE where you will meet Amish people in their home and businesses, savor the foods they are famous for, and learn about their culture and a simpler way of life. This trip offers extraordinary variety with Las Vegas-style gaming, Amish discoveries, outstanding local cuisine and, across the Ohio River, you'll be given a chance to sample legendary “spirits” along the Kentucky Bourdon Trail. Get ready to “go for the jackpot” with this unique, custom-designed trip that is sure to leave a lasting impression... making your heart race and your emotions soar!

ESC MEMBERS COST: \$370 per person double occupancy ~ **\$350** pp triple ~ **\$420** pp single

NON-MEMBERS COST: \$375 per person double occupancy ~ **\$355** pp triple ~ **\$425** pp single

\$25 DEPOSIT required at sign up ~ **FINAL PAYMENT** by Thursday, **April 18, 2019**

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: Thursdays--April 4th, 11th, 18st and 25th

Time: 1:30-2:30PM

To Register Call: 865-983-9422



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

ANDROID BEGINNER

Instructor: Jennifer Dancu

Dates: April 22 & 23 (both required)

Times: 10-12 pm

Cost: \$35.00

Information: Care and charging, understanding settings, manage apps and changing wallpaper. Explore Google Chrome basics, Google Play Store, and Galaxy store. You must bring a device (laptop, tablet, or smartphone) whichever is your preference to use for learning, with you to this workshop.

AWESOME APPS (Android/Apple Device)

Instructor: Jennifer Dancu

Day: Monday, April 22

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.

CAMERA (Android or Apple Device)

Instructor: Jennifer Dancu

Dates: Tuesday, April 23

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.

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.



BEGINNERS BALLROOM DANCE

A new class introducing basic ballroom dance steps will start Friday, April 5, 2019. From 1:00-2:00 at Everett Senior Center. 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.

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!



NEW TO MEDICARE

Date: Thursday, April 16th

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, April 11th

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.

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 Anxiety/Depression Support 1:30 1 st Wed Grief Group 1:30 3 rd Wed	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 8:00-3:30 Wii Bowling 9:30-12:00 Ping Pong 2:00-4:00	Tai Chi 9:00 -10:30 Tone and Stretch 1:30-2:30	Elder Watch Meeting 3 rd Wed. 9:00-11:00 Mid-Week Music. 2 nd & 4 th 10:00-12:00 Ballroom Dancing 1:00-3:00	Potluck 1 st Thurs 11:30-1:00 Tai Chi 9:00 -10:30 Ping Pong 2:00-4:00	Dominoes 9:30-1:00 Game Addicts 1-4 Ping Pong 2-4

ART ROOM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
Watercolor Paint 9:30-12:30 Drawing 12:30-3:30	Knitting group 10:00-12:00 Quilting group 12:00-3:30	Oil painting class 9:30-12:30 Coloring class 1:00-3:00	Knitting group 9:00-12:00 Quilting group 12:00-3:30	Red hats 3 rd Friday 11:00

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



CONGRATULATIONS Tim McCannon Winner of ESC's 2019 9 Ball Pool Tournament!!!

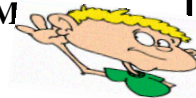
Potluck/ BINGO

Date: Thursday, April 4th
Time 11:30



A big THANK YOU to our Potluck sponsors!

FREE EAR EXAM and HEARING TEST
Thursday, April 4th @ 9AM- 12PM



Miracle Ear has been at the forefront of the hearing assistance industry for 70 years. Miracle Ear would like to welcome anyone interested, to a complimentary hearing clinic on **April 4th from 9:00 – 12:00.** Miracle Ear will be offering complimentary ear examinations, hearing tests, and if you currently wear hearing devices, stop by for a free cleaning. It is absolutely free with no obligations. Please call 983-9422 to reserve your spot for the hearing exams.

ESC STAFF:

Stacy Homeyer, Director
Greg Pitner, Admin Coordinator
Corey Shields, Admin/Custodian

**ESC CLOSED April 19th
Good Friday**

Save the Date...MAY 2019

- Potluck/Bingo Thursday 2nd 11:30
- Sweet Spot "Diabetes" Thursday 9th 1:00
- Mid Week Music Wed 8th & 22nd 10:00
- Bunco Thursday 16th
- Red Hats Friday 17th 10:00
- Ballroom Dance Class Wednesdays 1:00
- FRIDAY Night Dance Fridays 7PM

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

