

City of Maryville Tree Lighting

Come and enjoy the City of Maryville Tree Lighting ceremony, hosted at the City of Maryville Municipal Center on West Broadway. This annual event features community entertainment, refreshments, and visits with Santa Claus. In the event of inclement weather, the tree lighting program will be held indoors. **Event is free.**

Date: December 3

Time: 6:00 – 8:00 PM

NEW! Location: City of Maryville Municipal Center, 400 West Broadway Ave., Maryville



Merry Christmas

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December POTLUCK

Bring a dish to share, and if you wish to participate in the gift exchange bring a **\$5 gift** marked for a guy or a gal.
Thursday, December 6 @ 11:30AM



Exercise Programs

Tai Chi by Mary Pope on Tuesdays and Thursdays from 9-10:30. \$5.00 per session

Tone and Stretch classes by Kay McDonald is held on Tuesday afternoons from 2:00 to 3:00. \$5.00

Free Ballroom Dance every Wednesday from 1:00 to 3:00.

1 Mile Walking group meets at 8 am and 9 am on Tuesdays and Thursdays.

Managing Retirement Decisions

Instructor: Ken Catledge, Retirement Income Certified Professional

Dates: Tuesday, December 11th

Time: 10:30-12Noon

Cost: Free

This seminar we will define the risks associated with retirement, provide an example, identify the impact and scope of these risk, and explore possible solutions.

DIABETES “Sweet Spot”

Date: Thursday, December 13th

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.

GOOD GRIEF SUPPORT GROUP

Instructor: Sheryl McCormick, CPRS Covenant Health

Date: Wednesday, December 19th

Time: 1:30-3:30 PM

Grieving is necessary and can be hard to process without support, especially from others who are going through similar changes trying to adapt to the loss of a spouse or life partner. 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.



NEW

ANXIETY & DEPRESSION SUPPORT GROUP

Date: Every 1st Wednesday 1:30-3PM

Facilitator: Sheryl McCormick, CPRS Covenant Health

Depression does not always accompany aging, nor is it a weakness or character flaw. As we get older, we face many life changes that may cause us to feel uneasy, stressed or sad. Anxiety can be worry out of control, unwanted thoughts or irresistible actions that take over, or even sudden overwhelming panic attacks that make you think you are going to die. Talking about how you feel with others who are facing similar issues and learning coping skills can help you get and stay better. For anyone who thinks they may have experienced depression or anxiety, the experienced peer facilitator leading the group welcomes you to participate.

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	
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 10:00-12:00	Oil painting class 9:30-12:30	Knitting group 9:00-12:00	Red hats 3 rd Friday 10AM
Beginner Drawing 1:00-3:00	Quilting group 12:00-3:30	Coloring class 1:00-3:00	Quilting group 12:00-3:30	Parkinson's Group 12:30-3:30PM

CARD ROOM

MONDAYS	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY
Duplicate Bridge 9:00-2:00	Hand and Foot, Pinochle, Party Bridge, Standard American Bridge	Duplicate Bridge 9:00-2:00	Pinochle, Hand and Foot Party Bridge, Canasta, Mah Jong, Rummikub	Duplicate Bridge 9:00-2:00

ESC Winter Weather Policy

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



**MERRY
CHRISTMAS**
& HAPPY NEW YEAR



ESC STAFF:
Stacy Homeyer, Director
Greg Pitner, Administrative Coordinator
Corey Shields Admin/Custodian



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(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