



The ESC NEWS

July 2017

Everett Senior Center 702 Burchfield Street.
Maryville, TN 37804
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Celebrating July

CLOSED **JULY 4th** **INDEPENDENCE** **DAY!!!**

Potluck/Bingo
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Textile Groups
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NEW! Ping Pong Group
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ESC Memberships per Year:

\$15.00 Individuals
\$25.00 Couples

AARP Driver Safety Program

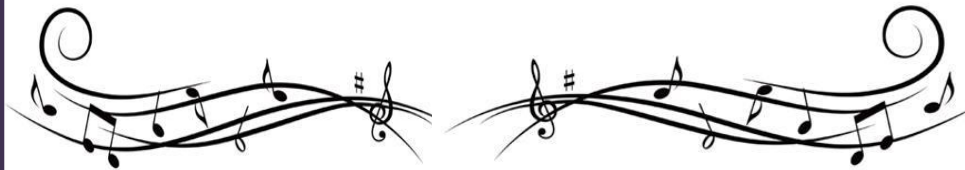
July 27th & 28th

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 this course.

Space is limited so please call 983-9422 and reserve your spot today!



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!



Ping Pong Group

Playing Monday, Thursday, and Friday from 2pm til 3:30.

Join in the fun! Free to play!

DIABETES “Sweet Spot”

Date: Thursday, July 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. Join us for this free class!

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, July 6th

Time: 11:30

A big THANK YOU to our Potluck sponsors!

Potluck and BINGO



New To Medicare

Date: Tuesday, July 18th

Time: 11:30 AM

Cost: Free

Come in and ask questions and learn about all your Medicare options. Call to sign up for this program. Space is Limited 983-9422. 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.



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, July 25th @ 12 noon.

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Call 983-9422 to Sign-up for Programs

Facebook Class

Instructor: Jennifer Dancu
Dates: Tuesday, July 25th
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.

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

Instructor: Jennifer Dancu
Dates: Tuesday, July 25th
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.

Managing Retirement Decisions

Instructor: Ken Catledge
Dates: July 10th
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.

Red Hot Hatters



Our Star with daughter Ursula, with whom she lives, and the ESC staff who made this a Happy Birthday for her— Stacy Homeyer, Greg Pitner, and Corey Shields.

The RED HOT HATTERS sincerely thank all the members of the ESC who came together on June 1, 2017, to make it a really special day for our very own Frieda Buckow. She turned 100 years old on that day with gusto and panache.

Also, special thanks to: (1) The Daily Times for the superb full-page coverage in their June 2 issue; (2) Woodman Life's Ken Catledge for furnishing the birthday cake; (3) Tiffany with Kindred Transitional Care for furnishing drinks; (4) Shelley Best with Brookdale Springbrook for donating a cheese and cracker platter; (5) Gov. Bill Haslam for the honorary Centenarian Award; (6) Roland's Bistro for the German food platter made especially for Frieda. Frieda did so enjoy the native cuisine.

Of course, we Red & Purple ladies made her front and center of our monthly luncheon on June 16. Another Birthday cake with all the trimmings. Every one of us just hope we look this good if we're blessed with 100 years.

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BALLROOM DANCE CLASSES

Join us every Wednesday for Free Ballroom dance lessons! This group meets from 1:30 to 3:30pm. Classes are led by a wonderful group of friendly volunteers.

WII BOWLING

An active bowling video game. Easy to learn and fun to play! Come try it out! It's great exercise! Mondays 9:30a.m. – 12:00 p.m.

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!

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 and an ideal exercise for individuals with physical limitations as well as those seeking its numerous benefits. Regular 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
Free Ballroom Dance 1:30

THURSDAYS

Pinochle 8:30
Party Bridge 9
Tai Chi 9
Hand / Foot 9:30
Knitting 10:30
Rummikub 12:30
Quilting 12
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

