

MEMBER APPRECIATION ICE CREAM PARTY!!!

Monday, June 17th 11-12PM

**We appreciate you. Please Join Us in the Ballroom.
We wouldn't be here without you!**



DO YOU WANNA DANCE ?

Learn Social Ballroom Dance at ESC
FREE Lessons - New Class Format



Free Dance Classes meet each Wednesday at 1:00 and Dances with live bands are held on 1st, 3rd & 5th Saturday nights 7-9 p.m. \$6.00 admission.

Classes now have a new format. Each class starts with a beginner lesson for participants who haven't danced ballroom before.

Our volunteer instructors tell us Ballroom comes in 3 flavors: Competition, Exhibition and Social. "Dancing with the Stars" shows Competition and Exhibition styles. Social Ballroom includes fewer kinds of dances and is far less rigorous. And, you are dancing for fun - not judges' points or audience approval.

But it still is Ballroom - not "free-style" or "do your thing". You learn the same patterns that are taught at studios and used at all the senior and community centers.

The volunteers tell us that their instructors are trying to co-ordinate lessons with each other so that absolute beginners will be shown some basic patterns in all the main social ballroom dances over a 5 week period.

So come on out. You may discover that one of your "two left feet" is really right!

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

FREE EAR EXAM and HEARING TEST

Thursday, June 6th @ 9AM- 12PM



Miracle Ear would like to welcome anyone interested, to a complimentary hearing clinic on **June 6th 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.

DIABETES “Sweet Spot”

Date: Thursday, June 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.

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!



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 Free for members of ESC and \$2.00/non-members - per person per day. You can come when you want! We have Free Wi-Fi available and other amenities.

Retirement Management

Ken Catledge with Foothills Retirement Income Solutions Join us Tuesday, June 11th @ 11AM.



NEW TO MEDICARE

Date: Tuesday, June 18th

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.

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.

Painting & Drawing Classes

Drawing Class Instructor: Yichen Rineau

Mondays, 12:30-3:30 PM Cost: \$60 per 5 week session for ESC Member and \$75 Non-member

Water Color Painting Instructor: Penny Reasor

Mondays, 9:30 a.m. – 12:30. Cost: \$60.00 per 6 week session for ESC members and \$75 Non-members

Oil Painting Instructor: Barbara Goddard

Wednesdays, 9:30AM-12:30. Cost: \$60.00 per 6 week session for ESC members and \$75 Non-members

Call for dates and class availability.

ESC ROOM SCHEDULE

PROJECT ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SM4S last Mon 10:00-2:30	SM4S Last Tues 10:00-2:30 Medicare 3 rd Tues 11-12:00	Scrabble 9:30 -12:30	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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrap Time 8:00-3:45	Tai Chi 9:00 -10:30	Elder Watch Meeting 3 rd Wed. 9:00-11:00	Pofluck 1 st Thurs 11:30-1:00	Dominoes 9:30-3:45
Wii Bowling 9:30-12:00		Mid-Week Music. 2 nd & 4 th 10:00-12:00	Tai Chi 9:00 -10:30	Game Addicts 1-3:45
Ping Pong 2:00-3:45	Tone and Stretch 1:30-2:30	Ballroom Dancing 1:00-3:00	Ping Pong 2:00-3:45	Ping Pong 2-3:45

ART ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Watercolor Paint 9:30-12:30	Knitting group 10:00-12:00	Oil painting class 9:30-12:30	Knitting group 10:00-12:00	Red hats 3 rd Friday 10
Drawing 12:30-3:30	Quilting group 12:00-3:30	Coloring class 1:00-3:00	Quilting group 12:00-3:30	Parkinson's 12:30-2:30

CARD ROOM

MONDAY	TUESDAY	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

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.

When: Thursdays-June 6th, 13th, 20th & 27th

Time: 1:30-2:30PM Cost: FREE

To Register Call: 865-983-9422



BEGINNERS BALLROOM DANCE

Fridays 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.



RED HAT SOCIETY, CHAPTER 77538

Red Hot Hatters meet every 3rd Friday at 10 am. The Red Hat Society shares a good lunch, great conversation and occasionally hosts a guest speaker on an informative topic.

AARP DRIVER SAFETY



Date: July 25 & 26, 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.

Save the Date...JULY 2019

- Sweet Spot "Diabetes" Thur 11th 1:00
- Mid Week Music Wed 10th & 24th 10:00
- Bunco Thursday 20th
- Red Hats Friday 19th 10:00
- Ballroom Dance Class Wednesdays 1:00
- AARP DRIVER SAFETY 25 & 26 9am

ESC STAFF:

Stacy Homeyer, Director

Greg Pitner, Admin 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

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