

September 2017

The ESC NEWS

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

**ESC CLOSED Labor
Day Monday,
September 4th**

SPECTACULAR SMOKY MOUNTAIN CHRISTMAS DAY 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

Every Wednesday!

1:00pm-3:00pm

Cost: FREE

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, September 14th

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.

Potluck/ BINGO

Date: Thursday, September 7th

Time 11:30

A big THANK YOU to our Potluck sponsors!



8 BALL POOL TOURNAMENT



Wednesday, September 20th

9:00AM Start



Register by Friday, September 15th

FREE

SIGN-UP Today!

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.

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

Call 983-9422 to Sign-up for Programs

IPAD AND IPHONE FOR BEGINNERS

Instructor: Jennifer Dancu
Dates: Monday & Tuesday, September 25 & 26th
Times: 10:00 am - 12:00 pm
Cost: \$35.00
Understanding Safari Basics, iTunes, iCloud Basics. Using built in apps, troubleshooting and soft reset. Bring your own Iphone or Ipad with you.

ANDROID AND TABLET INSTRUCTIONS

Instructor: Jennifer Dancu
Dates: Monday & Tuesday, September 25 & 26th
Times: 12:30 pm – 2:30pm
Cost: \$35.00
Care and charging, understanding settings, manage apps and changing wallpaper. Explore Google Chrome basics, Google Play Store, and Galaxy store. Bring your own tablet or smartphone with you.

PING PONG GROUP

Playing Monday, Thursday, and Friday from 2pm til 3:30. Join in the fun! Free to play!



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: September 21st @ 9:30am.

ESC Dancers Inc. is having a food drive for the Blount County Food Pantry.

There will be two boxes for collection of canned and boxed food as well as other non perishable items.

Thank you for your support in these efforts to fight hunger in Blount County!

Managing Retirement Decisions

Instructor: Ken Catledge
Dates: Monday, September 11th
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.



**AARP Driver Safety Program
October 12 & 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.

NEW TO MEDICARE

Date: Tuesday, September 19th
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.

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. Classes are led by a wonderful group of friendly volunteers.

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. 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.

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.

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



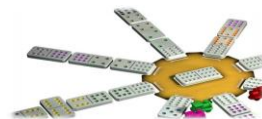
THURSDAYS

Pinochle 8:30
 Party Bridge 9
 Tai Chi 9
 Hand / Foot 9:30
 Knitting 10:30
 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 meets every 3rd Friday 9:30



SATURDAYS

Ballroom Dance 1st 3rd and 5th Saturday 7pm