

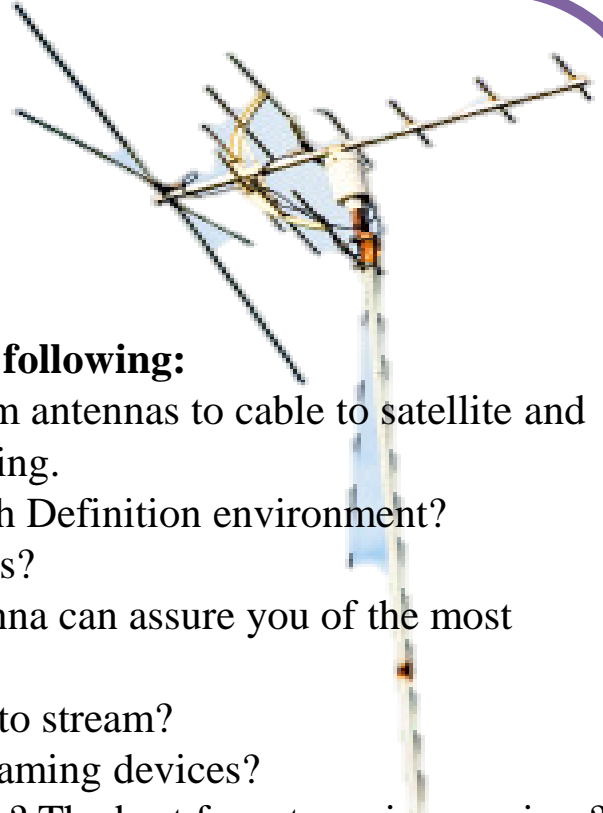
## How to CUT CABLE

Instructor: Don Myers

Dates: Wednesday October 16th

Times: 2pm to 3pm

Cost: FREE



### Call and save your space to learn the following:

- A brief history of TV reception: from antennas to cable to satellite and now back to antennas and/or streaming.
  - How are antennas different in a High Definition environment?
  - How do antennas save you big bucks?
  - Why a professionally installed antenna can assure you of the most channels for your location.
  - What is streaming? What is needed to stream?
  - What are the most user friendly streaming devices?
  - What are the best streaming services? The best free streaming services?
- And more including a handout of local TV channels.



## TAI CHI

beginner and advance  
classes available

call for more details  
865-983-9422

**ESC CLOSED Monday,  
September 2<sup>nd</sup>**



702 Burchfield Street.  
Maryville, TN 37804  
(865) 983-9422

Facebook: Everett Senior  
Center  
[www.Parksrec.com](http://www.Parksrec.com)  
[escAdmin@parksrec.com](mailto: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

Miracle Ear would like to welcome anyone interested, to a complimentary hearing clinic on **Thursday September 5<sup>th</sup> 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, September 12th  
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.



## BEGINNER DUPLICATE BRIDGE LESSONS

Interested in learning Duplicate Bridge?  
The six week session will start Monday, September 9<sup>th</sup> at 2:30 PM. The cost is \$30 due on the first day of class. For more information or to sign –up call Lana Ernsberger @ 865-984-3788.



## Potluck & Trivia with Prizes

Date: Thursday, September 5th  
Time: 11:30

**Come enjoy great food and fun trivia with excellent prizes!!! September’s trivia questions will cover the state of Tennessee.**

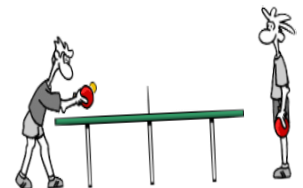
**A BIG Thank You to all our potluck sponsors!**



## ANDROID BEGINNER

Instructor: Jennifer Dancu  
Dates: September 30 & October 1 (both required)  
Times: 10:30-12:30 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.



## PING PONG CLUB

**Playing Monday, Thursday, and Friday  
2-3:45. Join in the fun! Free to play!**

## SLOW FLOW YOGA

Date: Tuesdays Starting September 3rd  
Fee: Free  
Time: 2:00 pm



Join Michelle McCannon, a Registered Yoga Teacher, for Slow Yoga each Tuesday. **Slow Flow Yoga** utilizes a combination of standing, kneeling, seated, and reclined postures. Treat yourself to one hour of mindful movement and deep breathing. All levels are welcome. Please bring your yoga mat and wear comfortable flexible clothes.

## NEW TO MEDICARE

Date: Tuesday, September 17<sup>th</sup>  
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.

# 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 <sup>rd</sup> Tues 11-12:00	Scrabble 9:30 -12:30	Diabetes 2 <sup>nd</sup> Thurs 1:00-3:00	

## LARGE ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrap Time 8:00-3:45	Tai Chi 9:00 -10:30	Elder Watch Meeting 3 <sup>rd</sup> Wed. 9:00-11:00 CornHole 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> 10:30-12	Potluck 1 <sup>st</sup> Thurs 11:30-1:00	Dominoes 9:30 AM
Wii Bowling 9:30-12:00		Mid-Week Music 2 <sup>nd</sup> & 4 <sup>th</sup> 10:00-12:00	Tai Chi 9:00 -10:30	Game Addicts 1PM
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 2PM

## 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 <sup>rd</sup> Fri 10:00
Drawing 12:30-3:30	Quilting group 12:00-3:30	Coloring class 1:00-3:00	Quilting group 12:00-3:30	Beginner Ballroom Dance 1-2PM

## CARD ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Duplicate Bridge 10:00-2:00	Hand and Foot,  Pinochle, Party Bridge,  Rummikub, Game Addicts	Duplicate Bridge 10:00-2:00	Pinochle, Hand and Foot  Party Bridge, Canasta,  Mah Jong, Rummikub, Game Addicts	Duplicate Bridge 10:00-2:00

### 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-members

**Oil Painting** Instructor: Barbara Goddard  
Wednesdays, 9:30AM-12:30. Cost: \$60 per 6 week session for ESC members and \$75 Non-members

**Water Color Painting** Instructor: Penny Reasor  
Mondays, 9:30 a.m. – 12:30. Cost: \$60 per 6 week session for ESC members and \$75 Non-members

**Call for dates and class availability.**

### 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.

### CORN HOLE CLUB

Every 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Wednesday @ 10:30AM. Great exercise and fun. Never played? No worries. Similar to classic horseshoes except with bean bags. Come on out and join us!



### 8 BALL Pool Tournament

Wednesday, September 18<sup>th</sup> @ 10AM  
Entry fee \$10. Sign up at the ESC office.



### **RED HAT SOCIETY, CHAPTER 77538**

Red Hot Hatters meet every 3<sup>rd</sup> 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.

## October Events

Potluck Thursday 3 <sup>rd</sup> 11:30am	Diabetes Thursday 10 <sup>th</sup> 1pm
Medicare Tuesday 15 <sup>th</sup> 11am	Cut Cable Wednesday 16 <sup>th</sup> 2pm
Cold War Patriots 17 <sup>th</sup> 12pm	Hearing Health Friday 18 <sup>th</sup> 9am