

SEE WHAT YOU'VE BEEN MISSING.....



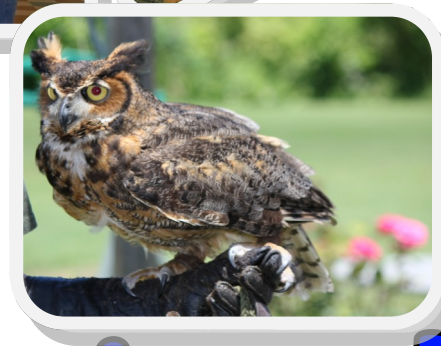
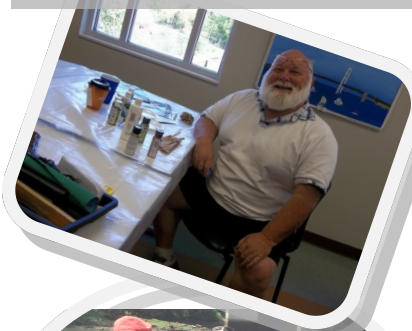
We've Had some GREAT adventures in June. The Fishing trip turned out record numbers of both anglers and fish caught. Phillip caught an Oak tree twice.



Stephen Knowles provided an incredible show at our fathers day lunch. Harry and Tom made some great puppets.

Special thanks again to the American Eagle Foundation for bringing Beth and Bethany along with Mr. Lincoln and some of his feathered Pals to educate and entertain us! It was an amazing show and everyone loved it.

STOP MISSING OUT, COME JOIN THE FUN!



We Love Our Seniors!

SENIOR MOMENTS
1220 West Main Street, Sevierville TN 37862 865-453-8080

June 2013



American Pride

It's Getting Close..

6th Annual Summer Spectacular
August 17th

<http://seviercountyttn.org/livng-in-hawkins-county/senior-living>

Follow our Blog: <http://seviercountyseniors.wordpress.com>

The seniors place for fun...fitness...fellowship...service...learning!

Clubs & Classes

Disabled American Veterans & Auxiliary
Potluck supper and meeting
Third Thursday at 6p.m.

Painting Class with LaViolet
Mondays at 9a.m.
Tuesdays at 9 a.m. (no instructor)

Piecemakers Quilting Guild
Regular Club Meeting 9 a.m. Mondays
Charity Quilting 10 a.m. Last Monday
Scrap Pack 10a.m. Third Wed.

Smoky Mountain Cancer Support Group
Second Monday at 6 p.m. for a light supper, followed by program

Bible Study
Mondays at 12:00 p.m.

Pottery Class
11:00 Tuesdays & Thursdays

Stitch & Chatter
10:00 a.m. Wednesdays

Simply Sewing Class
10:00 last Wed. of every month

Computer Classes
Beginners Class 10:00 Mondays
Intermediate Class 1:00 p.m. Mondays

Learn How to play the Dulcimer
2nd Mon. and 3rd Thur. at 6:00 p.m.

Volunteers in the Garden
10:00 a.m. 1st Saturday & 3rd Wed.

American Sewing Guild
Third Thursday of the Month at 1 p. m.

Hand Embroidery
2nd Tuesday at 9:00

Wood Carving Class
Fridays at 9:00 a.m.

Crafting
Thursday at 10:00

Quilts of Valor
2nd Tuesday at 12:30—3:00

Gardening Scrapbooking
Fourth Tuesday at 1:00

Clubs & Classes

Gadgets Class (Tablets , IPADS, Smart Phones)
10:30 Second & Fourth Wednesday

Fitness Classes

Sr. Cardio Moderate Class
10a.m. Mon/Wed/Fri Total Body class working cardio-vascular fitness.

Gentle Yoga Class
11a.m. Wednesdays & Fridays

Line Dance Class
Tuesdays at 10:00

ZUMBA!! "LITE"
11a.m. Tues & Thurs

Aging Strong Class
Improve strength & balance while using weights, exercise tubes, and handheld balls.
11:00 a.m. Mon & Wed

Sit-B-Fit
Monday and Thursday at 11:00

Games & Hobbies

Bingo
Mondays at 1:00p.m.

Bowling
Mondays at 10:00 a.m.

Ceramics
Mondays & Fridays at 9:00a.m.

Friendly Bridge
Tuesdays at 1:00p.m.

Liverpool Rummy
Wednesdays at 12:30p.m

King's In The Corner
10:00 Thursday

Pinochle Card Game
Wednesdays at 12:30 p.m.

Poker Club
Wednesdays at 12:30 p. m.

Wood Carving
Friday at 9:00

Horseshoes

Anytime

Scrabble Club
Tuesdays at 1:00

Chorus
Thursdays at 9:30

Sequence
Tuesdays at 10:00 a.m. & 1:00

Rummikub
Tuesdays at 1:00 p.m.

Tripoley
Thursdays at 1:00 p.m.

Duplicate Bridge
Thursdays at 12:30p.m.

Woodshop
Tuesdays & Thursdays at 8:00a.m.
Wednesdays 9:00 - 4:30

Mah Jongg
Fridays at 1:00 p.m.

Mexican Train Dominoes
Tuesdays at 10:00

Hand and Foot Canasta
Tuesday at 10:00

Health & Wellness

Blood Pressure Checks
11:00a.m. Mondays.

Hair Cuts By Anna Maria
(25 Years experience)
Men's \$10.00 / Women's \$12.00
Mondays

Social Events

Birthday & Anniversary Luncheon, Music & Bingo
Last Friday at 12:00p.m. Please bring a meat or side dish

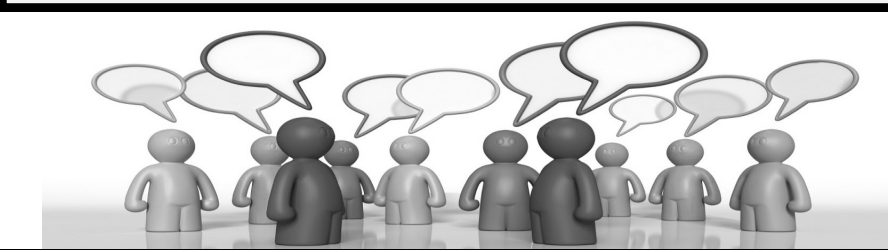
Joy Club
1st Friday at 10:00 a.m.
Pigeon Forge Community Center

Bingo Blitz
3rd Wednesday of the month at 11:45

Gadgets Class

Do you have neat little gadgets such as a smartphone, tablet, or IPAD, that you kind of know the basics on... But, would like to get to "KNOW" the functions or shortcuts a little better? Do you have a volume or mute button that you just can't seem to find, or would you like to facetime with family in Florida and just can't seem to figure it out? Join us for our **GADGETS CLASS** on July 10th and July 24th at 9:30 a.m. This will be a great opportunity for you to ask questions and learn all about your electronic devices!

There is no cost for the class, but we are requesting that you register at the front desk. Our instructor is Gregory "Smitty" Smitheman of Elite Publishing.



We're on the web!!

You can find our Facebook by searching:
Fort Sanders Sevier Senior Center

Our Blog:
WWW.seviercountyseniors.wordpress.com

Fort Sanders Sevier Senior Center & Sevier County Office on Aging
1220 West Main Street
Sevierville TN 37862

Tel 865-453-8080
Fax 865-453-1632



For more information on Senior Center activities and events or to volunteer contact:

David Hawkins
Assistant Director
865-453-8080 X 100



Make 50+ and over Fabulous

**It's Free! It's Fun!
It will keep you Fit!**

Find out why more people are joining the Covenant Health Passport program.

- **Great Health** – programs to keep you fit
- **Great Times** – special events just for our members
- **Great Information** – newsletters and programs to keep you informed
- **Great Savings** – discounts on guest services in our facilities and more!

Call 541-4500 to sign up today. Your new member packet will contain a detailed list of all the free benefits available to you along with a free gift from us.

Apron Party & Exhibit

July 19, 2013

1:30 – 3:00 at Fort Sanders Senior Center

"Aprons don't hold us back, they take us back to many memories." Celebrate the history and variety of aprons, plus the people who wore them. Virginia Borrelli, with the King Family Public

Library will share reflections on aprons as the audience looks at various styles.

Participants are encouraged to wear an apron. Also they are welcome to bring "treasured" aprons for exhibit. For the exhibit, it is requested that a brief description or history be submitted with the apron. At the end of the program, the audience will enjoy strolling in an Apron Fashion Show.

Cost to join this celebration is \$1.00. This event is sponsored by the Sevier County Family Community Education Clubs. The money raised will be used to assist their service projects in the community.



To attend this event, please register at the front desk of the Fort Sanders Senior Center by July 12th.

So, tie on that apron and join this celebration of memories, lifestyles andAprons!

LifeTouch
Portraits

July 1st - 3rd & July 8th - 11th

10:00 A.M. - 4:00 P.M.

Be sure to sign up and reserve your spot. Reservations are required and you are encouraged to bring a prop, pet, or anything else that makes you feel special. One photo will be given at each sitting free of charge and will be used for the yearbook. Additional photos can be purchased as well.

We would love to have everyone participate so we can have a complete record of all of our seniors here. You will also receive a FREE yearbook so what's not to love?



Please speak with Ann Thompson, Accompanist, or Alice Grady, if you would like to line up a program.

How'd They Bowl?



Recycled Bowlers	Last game	Current Average
Lucille	73	92
Francis	105	105
Pat	107	94
Vivian		84
Barbara		101
Janette	86	84
Linda		125
Jake	102	125
Margaret	83	115
Dianne	92	106
Chuck	124	135
Chris	104	121
Jo	110	110
Joe	154	142
Wayne	152	121
Sherry	82	96
Anilee	113	99
Glenn		143
Rick	186	172
Carol	147	134
Larry		179
Ray	117	104
Bev		118
Mayra	137	141



News From the Senior Center Singers

The Senior Center Singers continue to make music every Thursday morning from 9:45 to 11:00 A.M. 20-25 people are currently in this group. Visitors are welcome to attend rehearsals, and you may just join!

The group has two singing engagements lined up so far this summer:

Sunday July 14th—Boyd's Creek Baptist Church in Seymour at 7:00 P.M.

Sunday August 18th French Broad Valley Baptist Church in Kodak at 1:00 P.M

Dear friends,

We have lots going on at the center so be sure to check out the calendar this month!! It's amazing to me that we are already in July and that 2013 is just flying by!! Our center continues to grow and we are seeing many new faces!! As I write this article, Ruth just announced to me that she has made five new member cards this morning and it's only 11:30!! With this continued growth, we will find ourselves with a "Good" problem...a need for more space to hold activities in. :) Over the next month the staff and I will be rearranging rooms to better utilize our existing space. Change is a good thing...although it is a bit of an upset in the beginning, it will provide areas to accommodate larger groups. We will do our best to make this an easy transition by providing directional signs and being available if you should need assistance. We are also hoping for a new parking lot this year and hope to find out if that is a go very soon!!

We are working diligently to encourage members of the senior center to have their picture taken for our yearbook!! Pictures will be taken starting the first week of July. You may bring family members, pets, etc. The yearbook will be offered at no cost to all that allow their photo to be used. We are excited to finally work on this project as this has been a dream of ours for quite some time. Be sure to sign up at the front desk to make your appointments!!

It's Health Fair Time!!! Our annual Health Fair is scheduled for July 18th from 9-noon! LeConte Medical Center sponsors this event and offers many health checks at no charge! This event is open to the community, so be sure to bring your friends, neighbors, and family.

We had such a wonderful time in May during our "Simplicity" activity that we thought we'd try to offer it every other month. Our next "Simplicity" is scheduled for July 30th at 1:00 p.m. Garnet Angelos, of LeConte Medical Center will be here to partner this program with us. Refreshments, crafting, and guest speakers will be on the agenda. Be sure to bring your teacup! This activity is offered at no charge, but reservations are requested by signing up at the front desk.

Our "Crafts with Jane" activity is scheduled for July 19th at 10:00 a.m. We will be making a unique jewelry piece to wear. Please bring in old costume jewelry that you may have that you can no longer use. Examples: you've lost an earring and only have one of a pair...bring in. You've broken the band of your watch...bring the watch piece in. You've got your mom's old broken hat pins, or broach, feel free to bring in. I'll have some on hand too, just in case you can't find anything. This will be fun! Have A WONDEFUL MONTH!!

Love, your friend, *Jane*



East Tennessee Legal Assistance Project

Are you 60 or above?
Do you have legal concerns?
Do you have legal questions?

Counsel is available on issues such as:

- No Charge for Services, Contributions are accepted
- Medicare/Medicaid
- Social Security
- SSI
- Nursing Homes
- Housing
- Protective Services



Lynette Edwards
Title III Attorney
ETHRA
865-691-2551 x 4212

DAV

Transportation is available to Johnson City and Knoxville for medical appointments for Disabled American Vets. There is no charge for this service, and riders meet here at our Senior Center!

To schedule a ride or for more information, Please call 774-3608



July 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Grilled Chicken Breast w/Rice Bread Knot Fruit Kabob Cheese Cake	2 Egg Salad Sandwich on Wheat Bread Pasta Salad Chips Peanut Butter Cookies	3 Stuffed Peppers Mashed Potatoes Corn & Green Beans Corn Muffin Chocolate Pie	4 Closed for 4th of July	5 Fried Catfish Potato Wedges Hushpuppies Coleslaw Lemon Pie
8 Chopped Steak w/Peppers-Onions Scalloped Potatoes Italian Blend Veggies Roll, Choc Cake	9 Taco Salad w/Cheese, Tomatoes, Lettuce, Onions, Salsa, Sour Cream, Refried Beans & Sugar Cookies	10 Ruben Sandwich Potato Chips Broccoli/Cheese Soup Mandarin Orange Cake	11 Meatloaf w/Gravy Mashed Potatoes Peas & Carrots Dinner Roll Wayne's Fluff	12 Stuffed Pork Loin Spiced Apples California Blend Veg. Dinner Roll Jello Cake
15 Turkey & Dressing w/Gravy Mashed Potatoes Green Beans Pumpkin Pie	16 Pinto Beans Fried Potatoes Corn Bread Bundt Cake	17 Bingo Blitz \$5.00 JUTTA'S SPECIAL!	18 Hamburger Stroganoff Carrots Dinner Roll Choc. Pudding with whipped topping	19 Baked Fish Baked Potato Brussel Sprouts Garlic Biscuit
22 BBQ Chicken (Legs & Thighs) Potato Salad Baked Beans, Roll Berry Cobbler	23 BLT Sandwich on Wheat Potato Salad, Chips Choc. Cake w/Cream Cheese Icing	24 Ham Steak Broccoli Cheese Cass. Candied Yams Dinner Roll Yellow Cake	25 Sauerkraut with Wieners Fried Potatoes, Roll Pineapple upside-down Cake	26 Birthday Anniversary Luncheon Bring a covered dish to share! :)
29 Country Fried Steak & Gravy Mashed Potatoes Peas & Carrots, Muffin Cherry Cobbler	30 Beef Stew Corn Bread Lemon Bars	31 Baked Chicken Ziti Chefs Blend Veggies Garlic Bread Lemon Bars		

Lunch Served Monday Through Friday
11:30a.m - 12:30 p.m.

Only \$4.00

Includes Dessert and Beverage!

From the Business Office

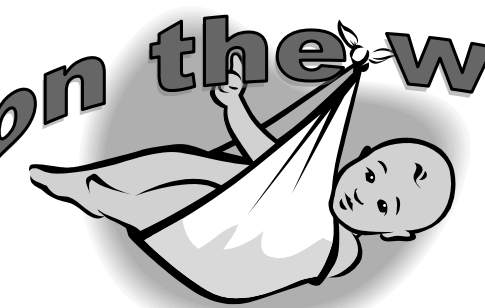
Don't forget about our 6TH Annual **SUMMER SPECTACULAR** coming up on August 17th. Be sure you Save the Date! It's always a fun filled day of Food, Prizes and Entertainment and this year will not be any different. But we have some new and exciting surprises for this years lineup! Plus we'll have all your previous favorites like:

- Match Games** - (\$10 to enter - Everyone wins a Prize worth \$10 or more)
- Cake Walk** - (\$1 enters you a chance to win one of many yummy treats)
- Baffle Raffles** - (This is our quirky backwards raffle. \$1 gets a chance to win \$75)
- Show Me Game** - (A new FREE game to be played while the Match Game is going on)

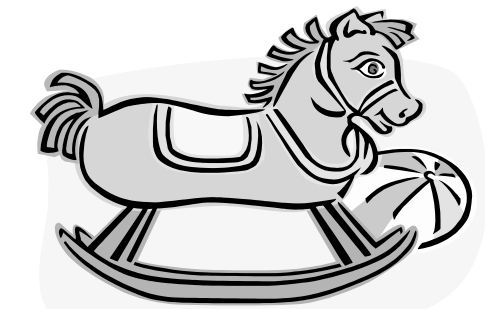
Ticket Price is \$18.00 if purchased in July. Ticket Price goes to \$20.00 in August
See me to purchase tickets and reserve a spot for the Match Games!
If you're not at the Center call Karen at 865-453-8080 X-107

Thanks, Karen

A baby is on the way!



It's a Boy!



As you can tell, if you've seen her lately, Ashley Partin our Outreach Coordinator, is expecting a baby early this fall. Many of you have asked if we could have a shower here for her, so we have scheduled one for her on Monday, August 5th, 3:00 — after bingo.

Come join the fun and see all the baby things... Gifts optional ...we just want you to come share this special time with Ashley.

Refreshments will be served.

Ashley is registered at WalMart and Target. To see her registry search under Ashley Partin. (Timmy, Ashley's husband, will also come up.) Be sure to look under Tennessee - there's another girl with the same name in KY.

Baby Partin is due October 1st
His name is DAKOTA JAMES



It's a Shower

Computer Class Schedule

Instructor Harvey Fenwick

Beginner Class

Monday 10:00 to 12:30

No knowledge of computer required

Advanced Class

Monday 1:00 to 3:00

Must be able to start and turn off computer, select and run a program and use mouse



I hope you are enjoying playing David's DETECTIVES. It appears that a frisky kitty has come and is causing chaos. He's made his way into this newsletter and see if you can follow his shenanigans in the following months. We will be placing all correct answers into a bowl and will be drawing one lucky winner. You can only enter once! Two winners will choose from a free lunch at the Senior Center or Bingo Blitz.

Have fun!



I played DETECTIVE with David. Here is my guess.

My Name: _____

Page #: _____

Where on Page?: _____

I have found the cantankerous cat in the newsletter and this my entry form.

BINGO BLITZ!

If you are a bingo fanatic, then you need to be here on July 17th at 11:45. Cost is only \$5.00 and will include a catered lunch, and great prizes!

We will be playing with bingo packs and daubers.

Arrive no sooner than 11:15 to register and pick up games/information.



Desert and prizes sponsored by Rescare home health care.



Classifieds:

Like new lightweight handicapped scooter. Can be disassembled to carry in car trunk. Paid \$550.00, sell for 300.00.

Call (865) 428-7336 or (865) 604-1457



Invacare power chair Pronto M-51, originally \$6300, asking \$1200 OBO. Batteries hold full charge. Zero Turn 24" width. Charging unit and manuals included. 300 LB capacity weighs 200 LBS

(865)-286-5296 Carol

9AM-9PM



I need a Forever Home!

Sweet longhair Chihuahua, two years old, spayed, shots. Great lapdog 5-7 pounds

Call Cindy (865) 438 2029 in Sevierville, I can even bring her to Senior Center to see.

Looking to buy or sell? Post it here!!



Activity payments:

Name: _____

Activity:

Amount:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Total Paid: \$ _____



Senior Health Fair

Thursday, July 18, 2013
9 a.m. - Noon

Fort Sanders Sevier Senior Center
1220 West Main Street, Sevierville, Tennessee

Free health screenings including blood pressure, carotid ultrasound screening, cardiac rhythm, and many others.

Free educational information on various health topics.

Optional Blood Tests available for a fee:

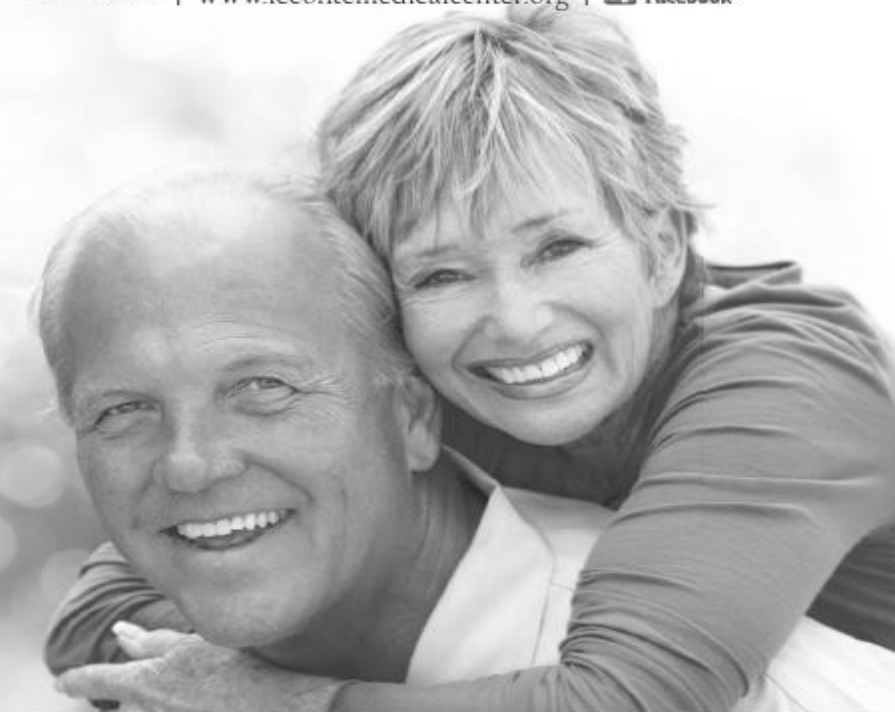
- Blood Chemistry Profile (which includes: lipid panel, total protein, etc.) is available for \$20; 12-hour fasting is recommended. (Note: All regular medications should be taken. Individuals with diabetes should consult with their physician prior to fasting.)
- Complete Blood Count (which includes: white and red blood cell and platelet count): \$15
- Prostate Specific Antigen: \$20
- Thyroid Stimulating Hormone: \$20
- High-Sensitivity C-Reactive Protein (used to assess coronary artery inflammation): \$20
- Hemoglobin A1C (used to assess glucose level over a 3 month period): \$20

No appointment is required.
For more information call 453.WELL.



Count on LeConte

www.lecontemedicalcenter.org | Facebook



Top 5 4th of July Facts

1. It was originally called "Unanimous Declaration."

The term Declaration of Independence is actually a rewording of the original "Unanimous Declaration" of the 13 colonies in North America when they declared themselves free from the rule of the English King. It is a lesser known fact that the United States are called "united" because they were one in proclaiming their being independent from Great Britain.

2. Only one of the 56 people who signed the Declaration of Independence did so on the 4th of July.

John Hancock was alone in signing the document on July 4. The others did so almost a month later on Aug. 2. Hancock used the thickest ink to sign, probably because he wasn't aware of the size of his signature in relation to the paper size and the total number of signers.

3. The traditional 13-gun salute symbolizes the 13 colonies that rose up in rebellion against Britain.

A year after the official declaration of independence, in the year 1777, US citizens celebrated in a similar fashion as it is done nowadays: with parades and fireworks. The most important explosion is the 13-gun salute to symbolize the 13 colonies.

4. July 4, 1779, a Sunday moved to Monday.

Since then, government employees demanded that celebrations that fall on a weekend be moved a day before or after the actual date so they will always have an official day-off. By 1870, it was an unpaid holiday for government employees. By 1941, it was a paid public holiday.

5. Famous personalities born on the fourth of July.

Calvin Coolidge, 30th US president; Nathaniel Hawthorne, author of The Scarlet Letter; sisters Abigail van Buren and Ann Landers of "Dear Abbey" fame; playwright Neil Simon; TV icon Geraldo Rivera; legendary Hollywood producer Louis B. Mayer; movie actress Eva Marie Saint ; cartoonist Rube Goldberg; and rock singer John Waite of The Babys.

Exercise This:

Judy Collins will be starting a Tai-Chi class sometime in July. The class will focus on seniors battling arthritis. Dates and times will be announced soon. Also please note the following changes to the exercise program:

July 11th - No ZUMBA class

July 17th - No Aging Strong



Senior Citizen Joke O' the Month!

"Write It Down"

A couple in their nineties are both having some short term memory loss. While in for a checkup, the physician says that physically they're okay, but since they're having trouble remembering things, they might want to start writing things down.

Later that evening they're sitting and reading, when the husband gets up.

"Would you like anything from the kitchen?" he asks.

"Some vanilla ice cream," his wife replies.

"Okay."

"Shouldn't you write it down so you don't forget it?" she asks.

"Don't worry, I won't forget."

"Well," she says. "A few raspberries on top would be great. You want to write that down?"

"I've got it, honey. A bowl of vanilla ice cream with raspberries on top."

"And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?"

A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!"

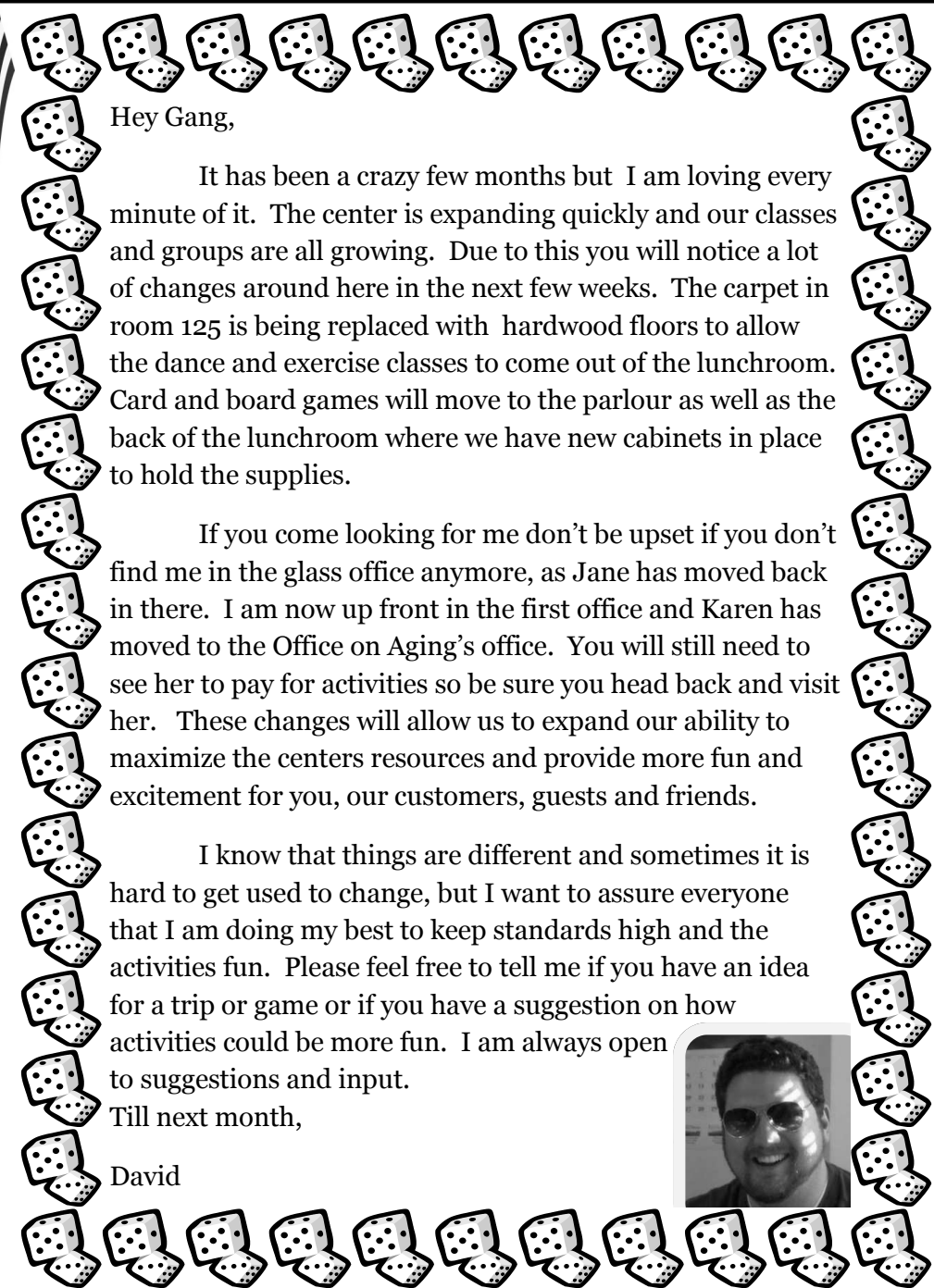
He waddles out to the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife.

She looks at the plate a few seconds, then says, "You forgot my toast."

Feathered Friends



Beth and Bethany from the American Eagle Foundation joined us last month to provide a truly amazing and educational show featuring some incredible birds of prey. The tiny little screech Owl was absolutely adorable and although she was a bit grumpy, Owltila the Great Horned Owl, was beautiful and very vocal. The Red Tailed hawk was quite the show off and finally everyone was in stunned silence and a bit awe struck when Mr. Lincoln the American Bald Eagle made his appearance. He did a great job promoting these amazing birds and symbol of our country while hamming it up a bit for the ladies. Beth and Mr. Lincoln posed for pictures and everyone left with a smile on their face. We eagerly look forward to a return visit in the Fall. For more information on the American Eagle Foundation please visit their website at WWW.Eagles.Org



Hey Gang,

It has been a crazy few months but I am loving every minute of it. The center is expanding quickly and our classes and groups are all growing. Due to this you will notice a lot of changes around here in the next few weeks. The carpet in room 125 is being replaced with hardwood floors to allow the dance and exercise classes to come out of the lunchroom. Card and board games will move to the parlour as well as the back of the lunchroom where we have new cabinets in place to hold the supplies.

If you come looking for me don't be upset if you don't find me in the glass office anymore, as Jane has moved back in there. I am now up front in the first office and Karen has moved to the Office on Aging's office. You will still need to see her to pay for activities so be sure you head back and visit her. These changes will allow us to expand our ability to maximize the centers resources and provide more fun and excitement for you, our customers, guests and friends.

I know that things are different and sometimes it is hard to get used to change, but I want to assure everyone that I am doing my best to keep standards high and the activities fun. Please feel free to tell me if you have an idea for a trip or game or if you have a suggestion on how activities could be more fun. I am always open to suggestions and input.

Till next month,

David



ICE CREAM SOCIAL

July 10th 12:30

Joe and Jo Hutchcraft will be bringing gallons of ice cream for everyone to enjoy. Please sign up at front desk and bring ice cream toppings.



Outings

July 3rd - 1:00 P.M.

Bingo At RiverWalk Apartments

We will be hosting/playing a BINGO game at Riverwalk Apartments to introduce the residents there to our center and some of our activities. Cost is just \$1.00

Wednesday July 10th —7:00 A.M.

Fishing Trip and Lunch

We're headed back to the Dam to try our luck again as we try to beat last months count. We will (hopefully) catch our limit and then stop at Zaxby's on the way home for lunch.

Valid fishing permit required. Trip Cost \$2.00 for bait and transportation, each responsible for lunch cost. Sign up with Ruth

Sparklers Luncheon at Ryan's Sevierville

July 11th @ 1:00

pre-register at front desk for the bus \$1.00

MountainBrook Bingo

July 12th @ 1:00

pre-register at the front desk for the bus

July 16th - 1:00 P.M.

Walt's Wondrous Little World

Walt Weiss has been creating miniature wood carvings for years and has created some amazing sculptures and carvings. He has opened his home to allow us to enjoy this miniature world that he has built including a farmhouse, windmill, stagecoach and many more. \$1.00 for the bus.

July 23rd - 10:00 A.M.

Rainforest Adventure Sevierville

"Featuring over 600 live animals, representing over 130 species, the RainForest Zoo is home to unique and beautiful creatures from the Rain Forests of the world."

\$8.00 For the bus and admission, Lunch at Chick-Fil-A, (not included)

July 31st - 5:15 P.M.

Silver Smokies /Tennessee Smokies present "BUCK NIGHT" please sign up at front desk if you want to ride the bus and be sure David has your voucher to get your seats!



Upcoming Events Page 10

July 5th 1:00

Bunco Bash

Join us and learn this very easy dice game that is fast paced and fun. Prizes for the winners and losers!

July 10th - 12:30

Ice Cream Social

Joe and Jo Hutchcraft will be bringing gallons of ice cream for everyone to enjoy. Please sign up at front desk and bring ice cream toppings.

July 17th - 11:45 a.m.

Bingo Blitz

If you are a BINGO fanatic be sure to join us for BINGO BLITZ. We will have lunch and play with paper cards and daubers. \$5.00 (Sponsored by ResCare Home Health Care)



July 18th - 9:00 - 12:00

Senior Health fair

Sponsored by LaConte Medical Center. Health screenings including blood pressure checks, carotid ultrasound screening, cardiac rhythm and many others.

July 19th - 10:00 - 11:30 A.M.

Crafts with Jane

We will be making a unique jewelry item to wear today in Crafts With Jane. Please bring in old costume jewelry that you can no longer use. Please pre-register at front desk

July 19th - 1:30 - 3:00 P.M.

UT Extension presents "Apron Party"

Aprons don't hold us back, they take us back to many memories." Celebrate the history and variety of aprons, plus the people who wore them. To attend this event, please register at the front desk of the Fort Sanders Senior Center by July 12th. \$1.00

July 26th- 12:00 p.m.

Birthday Anniversary lunch

Join us as we celebrate those that had a birthday or anniversary in July. Please remember to bring a dish and we will be playing the horse racing game rather than BINGO this time.

July 30th- 1:00 p.m.

Simplicity

We would like to invite you to attend Simplicity this month. Enjoy health topics, crafts, special speakers, and refreshments. Be sure to bring your teacup. Please register at the front desk. There is no charge for this activity.



Alzheimer's Tennessee, Inc.

Support Group

1st Tuesday of each Month

6:00-7:00 P.M.

Family Members & Caregivers welcome

Join us and learn about Alzheimer's & Dementia and to discuss any concerns you may have!

MountainBrook Village
700 Markhill Drive

Sevierville, TN

Jutta Says:

"The best and most beautiful things in the world can not be seen or touched, they must be felt with the heart."



Name that Bus!

The Submissions are in and we have selected our favorites. Here are the ones that we like the best. Please find the submission forms in the front hall by the television to vote for your favorite. The winner will be announced next month and name plates will be placed on the bus!!

Big Bus Small Bus

Bessie & Buster

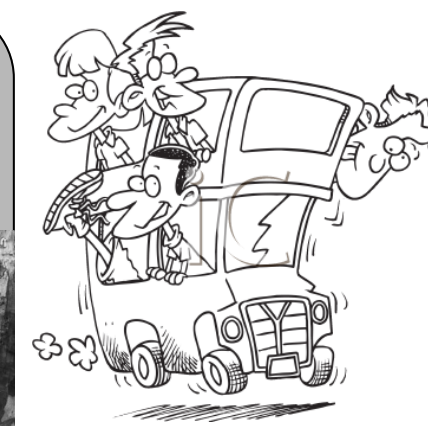
Flip & Flop

Sylvester & Tweety

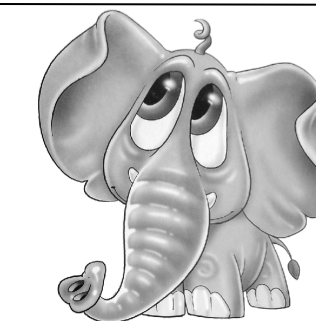
T.H.E.L.M.A. L.O.U.I.S.E.

(The Hippest Elders Love Mtn. Attractions)

(Love Our Ultra Intense Senior Escapades)



White Elephant Sale!



A "White Elephant" is an item that you have (in very good condition) that you are just tired of. If you have any of these elephants bring them into Jeanine Stowe by **July 17th.**

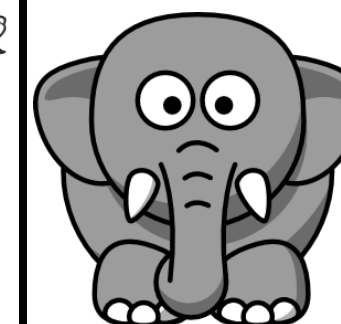
The Pot Luck Lunch and Elephant auction will be held on August 8th at Noon. Please be sure to bring a covered dish.

After lunch, P.J. will be the auctioneer for our "white elephants" All auction proceeds will benefit the Sparklers so you can feel good about giving back to the Sparklers and you just may find that special item that you always wanted.

Be sure to arrive hungry, (with food) and all your extra change so you can bid high and often!

Everyone will have fun and we'll even have door prizes.

Sparklers Pot Luck and White elephant Sale



August 8th
at Noon

July

Monday Tuesday Wednesday

<p>Jul 1 9 Ceramics 9 Haircuts by AnnaMaria 9 painting w/ LaViolet 9 Piecemakers quilt guild 10 Bowling 10 Sr. Cardio / Basic Computer 11 B/P Check, Sit B Fit 11 Aging Strong Exercise 12p Bible Study 1p Bingo</p>	<p>2 8 Woodshop open 9 Painting Class 10 & 1:00 - Sequence 10 Hand & Foot canasta/Dominoes 10 Line Dancing 11 Pottery / Zumba Light 1p Friendly Bridge/Rummikub 1p Scrabble</p>	<p>3 9 Woodshop open all day 10 Sr. Cardio Moderate 10 Stitch and chatter 11 Aging Strong 11 Yoga 12:30p Rummy, Pinochle, Poker 1p Bingo at RiverWalk Apartments</p>
<p>8 9 Ceramics 9 Haircuts by AnnaMaria 9 painting w/ LaViolet 9 Piecemakers quilt guild 10 Bowling 10 Sr. Cardio / Basic Computer 11 B/P Check, Sit B Fit 11 Aging Strong Exercise 12p Bible Study +4 more</p>	<p>9 8 Woodshop open 9 Hand Embroidery 9 Painting Class 10 & 1:00 - Sequence 10 Hand & Foot canasta/Dominoes 10 Line Dancing 11 Pottery / Zumba Light 12:30p Quilts of Valor 1p Gardeners/scrapbooking 1p Friendly Bridge/Rummikub 1p Scrabble</p>	<p>10 7 Fishing Trip 9 Woodshop open all day 10 Sr. Cardio Moderate 10 Stitch and chatter 10:30 Gadget Class 11 Aging Strong 11 Yoga 12:30p Rummy, Pinochle, Poker 12:30p Ice Cream Social</p>
<p>15 9 Ceramics 9 Haircuts by AnnaMaria 9 painting w/ LaViolet 9 Piecemakers quilt guild 10 Bowling 10 Sr. Cardio / Basic Computer 11 B/P Check, Sit B Fit 11 Aging Strong Exercise 12p Bible Study 1p Bingo</p>	<p>16 8 Woodshop open 9 Painting Class 10 & 1:00 - Sequence 10 Hand & Foot canasta/Dominoes 10 Line Dancing 11 Pottery / Zumba Light 1p Trip to Walt's House 1p Friendly Bridge/Rummikub 1p Scrabble</p>	<p>17 9 Woodshop open all day 10 Sr. Cardio Moderate 10 Stitch and chatter 10 ScrapPack 10 Volunteers in the Garden 11 Bingo Blitz @ 11:45 11 Aging Strong 11 Yoga 12:30p Rummy, Pinochle, Poker</p>
<p>22 9 Ceramics 9 Haircuts by AnnaMaria 9 painting w/ LaViolet 9 Piecemakers quilt guild 10 Bowling 10 Sr. Cardio / Basic Computer 11 B/P Check, Sit B Fit 11 Aging Strong Exercise 12p Bible Study 1p Inter. Computer class 1p Bingo</p>	<p>23 8 Woodshop open 9 Painting Class 10 Rain forest Adventure 10 & 1:00 - Sequence 10 Hand & Foot canasta/Dominoes 10 Line Dancing 11 Pottery / Zumba Light 1p Friendly Bridge/Rummikub 1p Scrabble</p>	<p>24 9 Woodshop open all day 9:30 Gadget Class 10 Simply Sewing 10 Sr. Cardio Moderate 10 Stitch and chatter 11 Aging Strong 11 Yoga 12:30p Rummy, Pinochle, Poker</p>
<p>29 9 Ceramics 9 Haircuts by AnnaMaria 9 painting w/ LaViolet 9 Piecemakers quilt guild 10 Charity Quilting 10 Bowling 10 Sr. Cardio / Basic Computer 11 B/P Check, Sit B Fit 11 Aging Strong Exercise 12p Bible Study 1p Bingo</p>	<p>30 8 Woodshop open 9 Painting Class 10 & 1:00 - Sequence 10 Hand & Foot canasta/Dominoes 10 Line Dancing 11 Pottery / Zumba Light 1p Simplicity 1p Friendly Bridge/Rummikub 1p Scrabble</p>	<p>31 9 Woodshop open all day 10 Sr. Cardio Moderate 10 Stitch and chatter 11 Aging Strong 11 Yoga 12:30p Rummy, Pinochle, Poker</p>

To Report Elder Abuse Call
888-277-8366.

Warning signs of Elder Abuse:
 Physical Injuries, Deteriorating Illness,
 Anxiety, Increasing Depression, Confusion,
 Sudden Financial Problems, Isolation, Telling
 stories that differ from Caregivers version.

Bob Ross Painting -Instructor Rick Le Beau offers a
 Wet on Wet technique of oil painting.
 Students will leave with a completed painting,
 even if they've never painted before..
 There is a charge for supplies and
 registration is required.

2013

Thursday Friday Saturday

<p>4  Center Closed</p>	<p>5 9 Ceramics 9 Woodcarving 10 Sr. Cardio Moderate 11 Yoga 1p Bunco Bash 1p mah Jongg</p>	<p>6 10 Volunteers in the garden</p>
<p>11 9:30 Chorus 10 cards/Games (Kings in Corner) 10 Scrapbooking / Crafting 11 Pottery 11 Sit -B-Fit 11 Zumba Light 12:30p Duplicate Bridge 1p Tripoley 1p Sparklers Luncheon</p>	<p>12 9 Ceramics 9 Woodcarving 10 Sr. Cardio Moderate 11 Yoga 1p Bingo @ Mountainbrook 1p mah Jongg</p>	<p>13</p>
<p>18 9 BOB Ross Painting 9 Senior Health Fair 9:30 Chorus 10 cards/Games (Kings in Corner) 10 Scrapbooking / Crafting 11 Pottery 11 Sit -B-Fit 11 Zumba Light 12:30p Duplicate Bridge 1p American Sewing Guild 1p Tripoley 6p D.A.V. 6p Learn the Dulcimer</p>	<p>19 9 Ceramics 9 Woodcarving 10 Crafts With Jane 10 Sr. Cardio Moderate 11 Yoga 1p mah Jongg 1:30p Apron Party</p>	<p>20</p>
<p>25 9 Bob Ross Painting 9:30 Chorus 10 cards/Games (Kings in Corner) 10 Scrapbooking / Crafting 11 Pottery 11 Sit -B-Fit 11 Zumba Light 12:30p Duplicate Bridge 1p Tripoley</p>	<p>26 9 Ceramics 9 Woodcarving 10 Sr. Cardio Moderate 11 Yoga 12p Birthday/Anniversary 1p mah Jongg</p>	<p>27</p>



Fort Sanders Sevier Senior Center & Office on Aging
 1220 W. Main Street, Sevierville TN 37862
 For Activities information call David Hawkins at 865-453-8080 x 100