



Senior Day at the Fair!!
 Saturday, September 7th
 Admission is only \$2
 for adults 60+
 Be sure to stop by to play bingo from
 2-4 p.m. at the Little Red Barn Theater



Tai Chi Classes

starting on August 6
 at 10:00 a.m.
 Will regularly meet
 on Tues & Thurs
 The first class is
 offered at no charge.
 Stop by to learn about
 the benefits of Tai Chi
 and how it can help
 folks suffering with
 Arthritis and other
 medical ailments.
 Hope to see you!!



6th Annual
 Fort Sanders Sevier Senior Center

Craft Fair

Nov. 2
 9-3 pm

- * gifts
- * home decor
- * ornaments
- * handbags
- * ceramics
- * jewelry
- and much more

Fort Sanders Sevier Senior Center
 1220 West Main St., Sevierville

If you are a Crafter and would like
 more information on space availability,
 please contact Karen Estep after
 August 19th by Calling 453-8080 x 107

Free Admission! Free Admission!

Senior Moments

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

6th Annual Summer Spectacular!!

August 17, 2013

August 2013



Come join us for this awesome event!!
 All day entertainment provided by:
 Country Tonight's Stars: Kevin Wilson,
 Ronnie Spann, Mike Caldwell and others!



The Lost Mill Band
 Biblical Times Dinner Theater
 Guy Michaels Comedy/ Hypnotist
 Magician Terry Evanswood
 Sweet Fanny Adams Theatre



Activities include:
 Bingo, Cake Walk, Baffle Raffle, Match Game,
 Show Me Game, Live Auction, Silent Auction &
TWO MEALS INCLUDED IN THE PRICE!
 Lunch- Sandwich, cole slaw, Potato Salad, Pickle, dessert
 Dinner - Meatloaf, Mac/cheese, Green Beans, Dinner Roll , dessert



\$20

For more information or to purchase tickets, please call Karen Estep 865-453-8080 x 107
Proceeds to benefit Senior Center and Office on Aging Programs

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
Tuesdays 11:00
Thursdays (CLAYMATES) 9:30

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

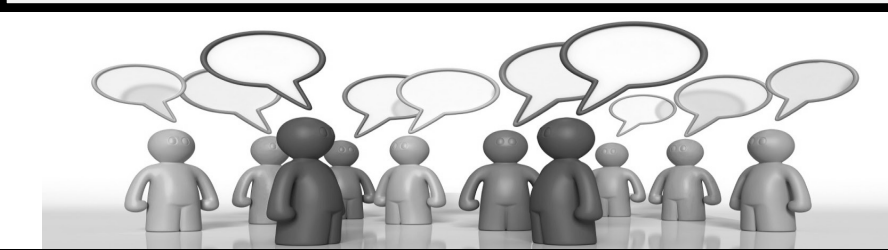
Birthday & Anniversary Luncheon, Music & Bingo
Last Friday at 12:00p.m. Please bring a meat or side dish

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 Aug. 14th and Aug 28th 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*

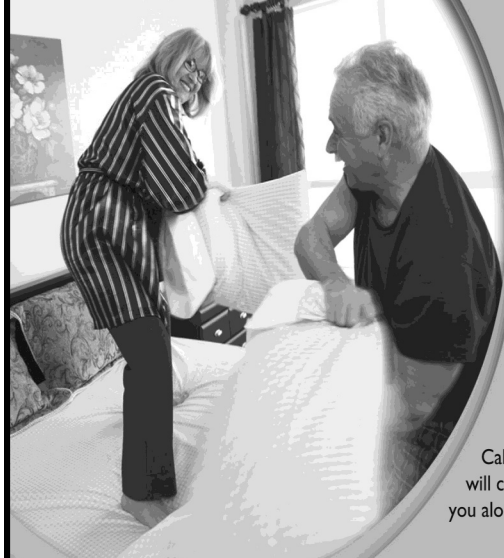


For more information on Senior Center activities and events or to volunteer contact:

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.

Dear friends,

I hope you are having a fantastic summer so far!! If you've been to the senior center lately, you've probably noticed lots of changes. It's amazing to me to be able to witness the increased growth that we've seen over the past couple of years...and with that growth, sometimes changes need to be made to accommodate seniors, so that they have a chance to enjoy all of the wonderful activities that we have to offer. You'll notice that we've got two designated exercise rooms now and that the dining room has been rearranged to seat everyone comfortably!

Although change is not always easy, this is definitely a good problem to have. To see our senior population grow as quickly as it has...means that the word has gotten out about our center and that more people are taking advantage of the center's offerings. We are always open to your suggestions, so please feel free to tell us about any ideas that you may have for special speakers, outings, activities, etc. If we don't already have it being offered, then we'll be more than glad to find instructors that can help us get it started!! We'd like to believe that we are well rounded and offer a variety of activities for everyone.

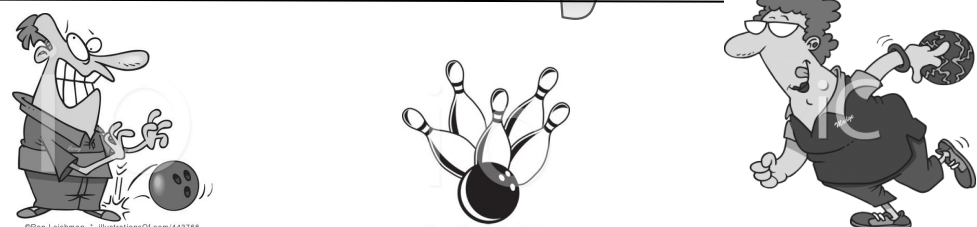
Please join us for our 6th Annual Summer Spectacular scheduled for August 17th! This is a fun filled day for the entire family with entertainment being provided by: The Country Tonite cast, Terry Evanswood, Sweet Fanny Adams Theater, Biblical Times Dinner Theater, The Lost Mill Band, and Guy Michaels (Comedy/Hypnotist). Other activities planned for the day include: Live/Silent Auctions, Cake Walks, Baffle Raffle, Match Game, Bingo, and the Show Me Game. Cost is only \$20, and includes two full meals. Activities are scheduled from 9 a.m. -5 p.m. Please stop in or call Karen Estep at 453-8080 x 107 for more information or to purchase tickets.

HAVE A WONDEFUL MONTH!!

Love, your friend, *Jane*



How'd They Bowl?



Recycled Bowlers	Last game	Current Average
Lucille	108	101
Francis	86	113
Pat		76
Vivian		100
Barbara	91	109
Janette	78	77
Linda		100
Jake	82	100
Margaret	104	100
Dianne	80	87
Chuck		160
Chris	108	115
Jo		106
Joe	138	144
Wayne		118
Sherry		104
Anilee	97	86
Glenn		137
Rick		187
Carol	146	146
Larry	145	145
Ray	107	114
Bev	110	113
Mayra	150	136

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 one more singing engagements lined up so far this summer:

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

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



Wednesday

August 28th

\$6.00

Must Pre-Register

ATTENTION!

THIS MONTH ONLY:

Due to unavoidable scheduling conflicts, Bingo Blitz Will be moved one day later to Thursday August 22nd.

Please make note and plan accordingly.



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



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



August 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Swiss Steak w/ Tomato Gravy Mashed Potatoes Brussel Sprouts, Roll Apple Cobbler	2 Parmes. Crust Catfish w/Sundried Tomatoes and Goat Cheese Fried Potatoes, Coleslaw, Key Lime Pie
5 Pot Roast with Potatoes , Carrots and Onions Dinner Roll Bundt Cake	6 BLT on Wheat Pasta Salad Chips White Cake with Cream Cheese Icing	7 Creamed Chipped Beef Au gratin Potatoes Corn, Carrots Yellow Cake w/icing	8 Meatloaf W/ Brown Gravy Mashed Potatoes Peas & Carrots, Roll Wayne's Fluff	9 Pulled Pork w/ BBQ on the Side, Baked Beans Coleslaw, Potato Bread, Brownie w/Icing
12 Chopped Steak w/Peppers-Onions Scalloped Potatoes Italian Blend Veggies Roll, PNut Butter Cookie	13 Taco Salad w/ALL the fixings + Sour Crm + Salsa + Shell Bowl Refried Beans Brownie w/Icing	14 Grilled Ham & Cheese on Wheat Potato Chips Cole Slaw Choc. Chip Cookies	15 Lasagna w/Small Salad Garlic Bread Green Beans Lemon Bars	16 Closed to Prepare for Summer Spectacular
19 Parmesan Chicken over Spaghetti Green Beans Garlic Bread Spice Cake w/icing	20 Hot Dog on Bun Chili (for Chili Dogs) Chopped Onions Chips Peach Cobbler	21 Bingo Blitz Lunch Provided	22 Fried Chicken (Legs & Thighs) Mashed Potatoes/Gravy Broccoli W/Cheese Roll, Judy's Fluff	23 Liver & Onions (No Gravy) Fried Potatoes Green Beans, Roll Bundt Cake
26 Grilled Chicken Breast Hawaiian Style Sweet Potato Casserole Calif. Blend Veggies Roll, Cheesecake	27 Egg Salad on Wheat Potato Salad Chips Sugar Cookie	28 Hamburger Stroganoff Dinner Roll Carrots Lemon Bars	29 Baked Spaghetti w/Garlic Bread Green Beans Choc. Cake w/Fudge Icing	30 Birthday Anniversary Luncheon Bring a covered dish to share! :)

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

Only \$4.00

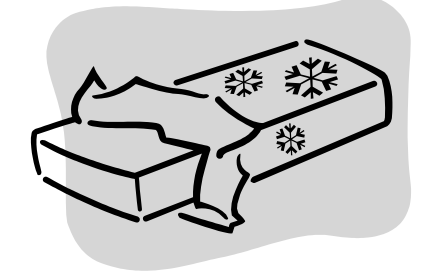
Includes Dessert and Beverage!

Don't you just love summer! And everyone knows that AUGUST is the perfect month for summer activities and everything outdoors, but did you know that August has some little known holidays??



Week #1 of August is: National Simplify Your Life Week
Week #2 of August is: National Put On A Smile Week
Week #3 of August is: National Friendship Week
Week #4 of August is: National Be Kind Week

and it is considered National Family Fun Month as well as National Picnic Month!



August 2nd - National Ice Cream Sandwich Day
August 10th - National S'mores Day
August 14th - National Dreamsicle Day
August 31st - National Trail Mix Day

****Hint: You might keep your eyes open for some of these tasty treats on or around these days!**

From the Business Office

Don't forget about our 6TH Annual SUMMER SPECTACULAR coming up on August 17th.

This years lineup of entertainment is of course.....SPECTACULAR !!

TERRY EVANSWOOD, SWEET FANNIE ADAMS, LOST MILL BAND, COUNTRY TONITE CAST, GUY MICHAELS COMEDY, BIBLICAL TIMES, AND MORE!!

Plus we'll have all your previous favorites like:

Match Games - \$10 and everyone wins a Prize worth \$10 or more.

Only a few spaces remain for the Match Game so sign up quick!!

Cake Walk - \$1 enters you a chance to win one of many yummy treats.

Baffle Raffles - This is our quirky backwards raffle that has been the "Hit" the past 2 years.

Show Me Game Our newest free game - to be played while the Match Game is going on.
(Play and win tickets...winner of most tickets takes home a great prize.)

Ticket Price goes to \$20.00 beginning August 1st.

See me to purchase tickets .

If you're not at the Center call Karen at 865-453-8080 X-107

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

BINGO BLITZ!

If you are a bingo fanatic, then you need to be here on August 22nd 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.



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.

Classifieds:

2005 Jamboree Ford cab over 31 Foot Motorhome. New Tires, New Batteries, Roof Resealed. F-350 V10 slide out in living room. 24241 Miles

EXCELLENT CONDITION

\$39,000 OBO

Appointments only please

Contact (865)-403-9462

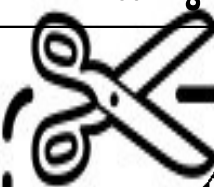


Tri-Flex Exerciser (as seen at Lilly's) for sale. Purchased in June 2013

Asking \$1000.00

Ruth Mitchell (865) 365-1087

Looking to buy or sell? Post it here!!



Activity payments:

Name: _____

Activity:

Amount:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

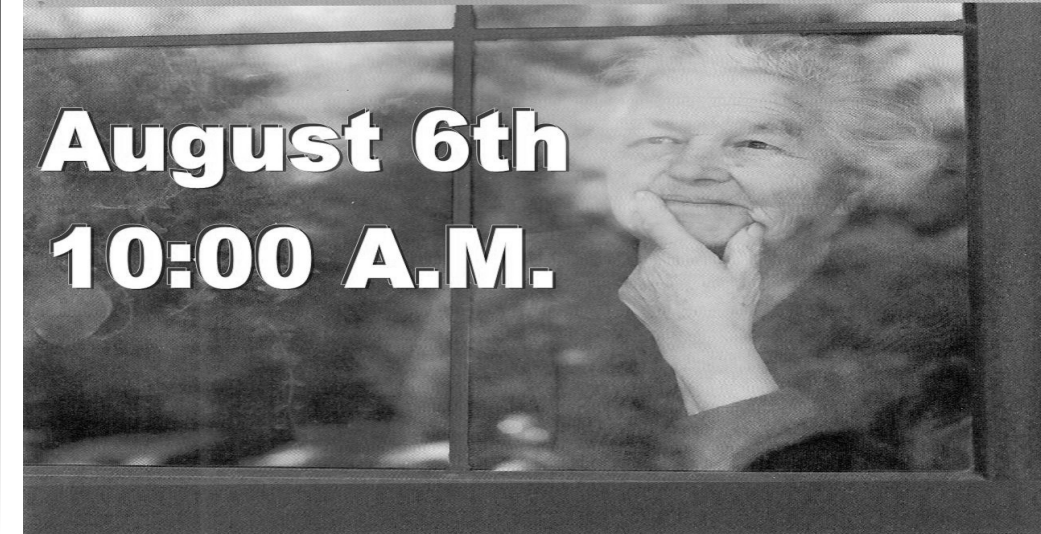
Total Paid: \$ _____



Be Prepared

DISASTER PREPAREDNESS
For Seniors By Seniors

**August 6th
10:00 A.M.**



Be Red Cross Ready for Disaster



Shop Talk:

Notes and News From the woodshop

Don't Forget that the Woodshop is open all day on Wednesday's now. There are new members joining daily and tons of creative and exciting projects in the works. Feel free to drop by and say hello, turn a pen on the lathe or work on a birdhouse. We have a fully equipped shop, so let's get the most out of it!

HOURS:

Tuesday and Thursday 8:00 A.M. - Noon

Wednesday 9 Am. - 4:30

July 8th-9th

9:00 - 1:00

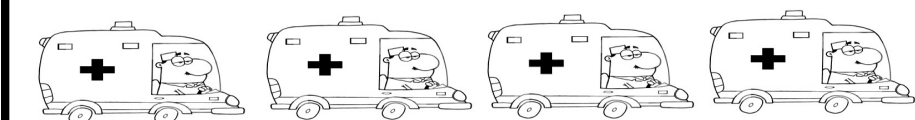
The AARP Driver Safety Program is the nation's first and largest course for drivers age 50 and older.

This nation wide program has helped millions of senior drivers protect their safety on today's roads. Times change and we could all use a little brushing up of our driving skills that can help you identify and correct some of the bad habits you may have un-knowingly picked up over the years.

Here's an easy way to tune up your driving skills and update your knowledge of the rules of the road, learn defensive driving techniques, discover ways to handle left turns, right-of-way, highway traffic and blind spots and much more.



AARP Driver Safety Refresher Course



August 14th - 1:00

THE UNIVERSITY of TENNESSEE Extension

Will be here on Wednesday August 14th at 1:00 to provide an educational course focusing on medical emergencies and the need to call 911 rather than driving to the hospital. The class will Focus on medical symptoms that should be recognized and how the Paramedics and EMT's can help you even before they leave your home. They will show that it's not embarrassing to need medical help and accept a ride in the ambulance. Don't miss out on this valuable information.

New Activities:

Tie....Combo Chee...tos Tight ... Chips Wait..... **TAI CHI!!!**

FIRST CLASS DEMO IS ON
TUESDAY, AUGUST 6 10:00 am THIS
CLASS IS FREE- GIVE IT A TRY!!

CLASSES WILL BE HELD ON
TUESDAYS & THURSDAYS @ 10:00 AM,
Beginning August 8th

FEE IS ONLY \$2.00

**SILVER SNEAKERS MEMBERS ARE
FREE!!**

Whether you have arthritis or not, this class is for you. It will improve your balance, reduce falls, reduce stress and improve serenity. The program can even be done from a seated position. In fact, it will improve practically all aspects of your health.

Remember it is free to try Judy's classes.
Silver Sneaker members are always FREE for the Aging Strong and Tai Chi classes. And \$2.00 for Zumba "Lite"

Fee is only \$2.00 if you do not have Silver Sneakers (\$5.00 for Zumba)



Whether you have arthritis or not, practicing Tai Chi for Arthritis is for you. It will improve your balance, reduce falls, reduce stress and improve serenity. The program can even be done from a seated position. In fact, it will improve practically all aspects of your health.

How Tai Chi for Arthritis Benefit Your Health?
As an effective program for people with arthritis, Tai Chi for Arthritis incorporates exercises that improve muscular strength, flexibility and fitness.

- Muscle strength is important for supporting and protecting joints. It is essential for normal physical function.
- Flexibility exercises enable people to move more easily. Flexibility also facilitates the circulation of body fluid and blood, which enhances healing. Many arthritic conditions such as fibromyalgia, scleroderma and spondylitis are characterized by joint stiffness and impaired physical function. Tai chi gently frees up stiff joints and muscles.
- Fitness is important for overall health and proper functioning of the heart, lungs and muscles. Tai Chi for Arthritis can improve all of these components.

The Tai Chi for Arthritis program also focuses on weight transference, which improves balance and prevents falls.

Additionally, tai chi practice helps to relieve pain and reduce stress This is accomplished in various ways. First, increasing muscular strength helps to protect the joints, thereby reducing pain. Second, improved flexibility allows for better blood and joint fluid circulation, which also leads to less pain. Third, tai chi is a mind body exercise, which improves the serenity and relaxation of the mind and thus reduces pain and stress. As a result, those who practice tai chi often experience less depression and enhanced immunity.

The Benefits of Practicing Tai Chi
Today, tai chi is one of the most effective exercises for the health of mind and body, not only in China, but around the world. Tai chi helps people to relax and feel better. Everything improves when you are more relaxed and feeling good about yourself.

More than 2.3 million Americans practice tai chi for various health-related purposes, including:

- to obtain benefits associated with low-impact, weight-bearing, aerobic exercise;
- to improve physical condition, muscle strength, coordination, and flexibility;
- to improve balance and decrease the risk of falls;
- to ease pain and stiffness;
- to improve sleep; and
- for overall wellness.

Wow LAST MONTH JUST FLEW BY!!

AGAIN THIS MONTH I WANT TO THANK ALL OF YOU THAT ARE OPENING YOUR HEARTS AND HOME (ADOPTED HOME HERE AT THE CENTER) TO ME. I NEVER THOUGHT I COULD MAKE SO MANY FRIENDS THIS FAST AND FEEL THIS MUCH LOVE BUT YOU GUYS CONTINUE TO SURPRISE ME EVERYDAY.

I AM LOVING EVERY MINUTE OF MY JOB AND ALTHOUGH SOME DAYS I DON'T THINK I'LL EVER GET CAUGHT UP IT SURE IS FUN TRYING. I DO HOPE THAT EVERYONE IS ENJOYING THE NEW ACTIVITIES, PARTIES, AND ADVENTURES THAT WE HAVE BEEN THROUGH THE LAST FEW MONTHS. ALTHOUGH I LOVE PREPPING, PLANNING AND PULLING OFF THESE LARGE EVENTS, I ALSO WANT TO MAKE SURE THAT I DON'T FORGET ABOUT THE SMALL THINGS LIKE CARD GAMES, DINNER AND A MOVIE, BUNGEE JUMPING (JUST KIDDING) THAT YOU GUYS LOVE DOING ON A DAILY AND WEEKLY BASIS. A LOT OF THESE THINGS WERE SET UP BEFORE I GOT HERE AND FRANKLY I JUST DON'T KNOW THAT WE EVER DID SOME OF THEM. PLEASE LET ME KNOW OF ANY ACTIVITIES, GAMES, OR TRIPS THAT YOU HAVE DONE IN THE PAST AND WANT TO TRY AGAIN OR IF YOU HAVE ANYTHING NEW THAT YOU THINK A GROUP WOULD ENJOY. I'VE GOT SOME EXCITING THINGS LINED UP FOR THE FUTURE SO STAY TUNED SO YOU DON'T MISS OUT ON ANY OF THE FUN!

**LOVE Y'ALL
DAVID**



Outings

**August 10th —9:00 A.M.
Arts and Crafts Run**

We had such a great time last month that everyone wants to go again! We will be visiting Hobby Lobby as well as Mighty Mud and have lunch at Red Robin. Just \$2.00 for the bus ride. Must register.

**MountainBrook Bingo
July 12th @ 1:00**

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

**August 20th - 5:30 P.M.
Dinner and a Movie**

There are a lot of great movies coming out in August and this is your chance to see your favorite. We will have dinner as a group at the Smoky Mountain Brewery in Pigeon Forge and then split up at the Forge cinema and everyone can see the movie of their choice. Must register

**August 23rd - 5:30 P.M.
Silver Smokies Game**

Great Baseball fun and the incredible Friday Night Fireworks. Make sure to turn in your voucher so I can get everyone a seat!

**August 28th —4:00 P.M.
TRIBAL BINGO in Cherokee**

Back by popular demand we will take a trip over the mountain to enjoy a few games of tribal bingo. Test your luck and come home with some real cash! **MUST REGISTER**

Upcoming Events Page 10

**August 2nd - 1:00
Bunco Bash**

Join us and learn this exciting dice game that is fast paced and fun. Prizes for the winners and losers! There is plenty of room for everyone. Now playing in the lunchroom

**August 8th —9th 9 A.M. - 1 P.M.
AARP SAFE DRIVING**

Update your knowledge of the rules of the road, learn defensive driving techniques, discover ways to handle left turns, right-of-way, highway traffic and blind spots and much more.

**August 8th Noon
Sparklers Lunch & White elephant sale**
Sparklers will have their monthly luncheon in the dining room at noon. At one O'clock everyone is welcome to join them for the white elephant sale and auction!

**August 9th —11:30
Lunch Chats with Stephanie**
Stephanie Milo from Amedisys Home health Care will discuss various topics of healthy living.

**August 17th - ALL DAY LONG!
Summer Spectacular**
It's Summer, it's spectacular.. What's not to love?

**August 22 - 11:45
Bingo Blitz**
If you are a bingo fanatic, then you need to be here ! Cost is only \$5.00 and will include a hot lunch, and great prizes! Sponsored by Rescare Home Health.

**August 28th 10:00
Simple Sewing**
Susan Thacker will present a fun and easy sewing project that anyone can create. Materials are provided

**August 23rd - 12:00 p.m.
Birthday Anniversary lunch**
Join us as we celebrate those that had a birthday or anniversary in August. Our friends at MountainBrook have sponsored the main course this month but please remember to bring a side dish. we will be playing the horse racing game rather than BINGO this time.



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

Name that Bus!

The Votes are in and by an overwhelming majority the winners are.....

Big Bus Small Bus

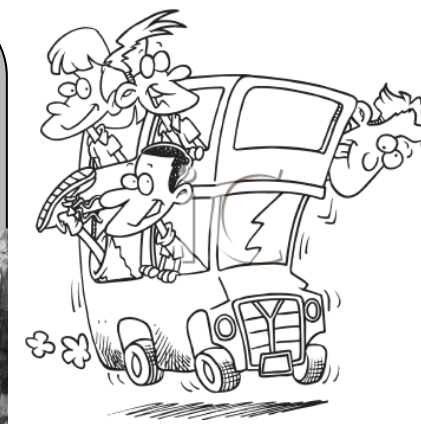
T.H.E.L.M.A. & L.O.U.I.S.E.
Congratulations to Jeanine Stowe who submitted the names. I will get the license plates on the bus soon as well as the brass plaque commemorating our new rides.

Totals:

- Thelma & Louse - 56
- Bessie & Buster - 28
- Sylvester & Tweedy - 20
- Flip & Flop - 2 :(

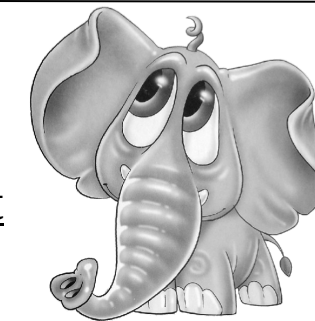
Jutta Says:

“Butterflies can't see their wings. They can't see how truly beautiful they are, but everyone else can. People are like that as well”



Sparkler's News Page 7

White Elephant Sale!



August 8th at Noon

A “White Elephant” is an item that you have (in very good condition) that you are just tired of.

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.

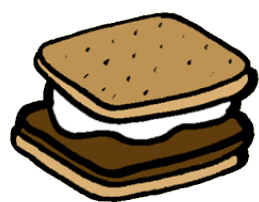
Sparklers Pot Luck (Sparklers members only)

Followed by the White elephant Sale Open to everyone!

Monday

Tuesday

Wednesday



Summer Spectacular



Monday, August 5

- 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
- 3p Ashley's Baby shower

Tuesday, August 6

- 8 Woodshop open
- 9 Painting Class
- 10 & 1:00 - Sequence
- 10 Hand & Foot canasta/Dominoes
- 10 Line Dancing
- 10 Tai Chi
- 10 Disaster Prep for seniors
- 11 Pottery / Zumba Light
- 1p Ladies Bible Study
- 1p Friendly Bridge/Rummikub
- 1p Scrabble

7

- 9 Woodshop open all day
- 10 Sr. Cardio Moderate
- 10 Stitch and chatter
- 10 Arts and Crafts Run
- 11 Aging Strong
- 11 Yoga
- 12:30p Rummy, Pinochle, Poker

Monday, August 12

- 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
- 1p Intermediate Computer Class
- 6p Smoky Mtn Cancer Support
- 6p Learn the Dulcimer

Tuesday, August 13

- 8 Woodshop open
- 9 Hand Embroidery
- 9 Painting Class
- 10 & 1:00 - Sequence
- 10 Hand & Foot canasta/Dominoes
- 10 Line Dancing
- 10 Tai Chi
- 11 Pottery / Zumba Light
- 12:30p Quilts of Valor
- 1p Gardeners/scrapbooking
- 1p Friendly Bridge/Rummikub
- 1p Scrabble

14

- 9 Woodshop open all day
- 9:30 Gadget Class
- 10 Sr. Cardio Moderate
- 10 Stitch and chatter
- 11 Aging Strong
- 11 Yoga
- 12:30p Rummy, Pinochle, Poker

Monday, August 19

- 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

Tuesday, August 20

- 8 Woodshop open
- 9 Painting Class
- 10 & 1:00 - Sequence
- 10 Hand & Foot canasta/Dominoes
- 10 Line Dancing
- 10 Tai Chi
- 11 Pottery / Zumba Light
- 1p Friendly Bridge/Rummikub
- 1p Scrabble
- 5:30p Dinner and a Movie

21

- 9 Woodshop open all day
- 10 Sr. Cardio Moderate
- 10 Stitch and chatter
- 10 ScrapPack
- 10 Volunteers in the Garden
- 11 Aging Strong
- 11 Yoga
- 12:30p Rummy, Pinochle, Poker

Monday, August 26

- 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 Inter. Computer class
- 1p Bingo

Tuesday, August 27

- 8 Woodshop open
- 9 Painting Class
- 10 & 1:00 - Sequence
- 10 Hand & Foot canasta/Dominoes
- 10 Line Dancing
- 10 Tai Chi
- 11 Pottery / Zumba Light
- 1p Friendly Bridge/Rummikub
- 1p Scrabble

Wednesday, August 28

- 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
- 4p Tribal Bingo @ Cherokee

August 2013

Thursday

Friday

Saturday

Aug 1

- 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

2

- 9 Ceramics
- 9 Woodcarving
- 10 Sr. Cardio Moderate
- 11 Yoga
- 1p Bunco Bash
- 1p mah Jongg

3

- 10 Volunteers in the garden

Thursday, August 8

- 9 AARP Safe Driving
- 9:30 Chorus
- 10 cards/Games (Kings in Corner)
- 10 Scrapbooking / Crafting
- 10 Tai Chi
- 11 Pottery
- 11 Sit-B-Fit
- 11 Zumba Light
- 12p Sparklers Luncheon
- 12:30p Duplicate Bridge
- 1p Tripoley

9

- 9 AARP Safe Driving
- 9 Ceramics
- 9 Woodcarving
- 10 Sr. Cardio Moderate
- 11 Yoga
- 11:30 Lunch chats with Stephanie
- 1p Bingo @ Mountainbrook
- 1p mah Jongg

17

- 8 Senior Center Summer Spectacular

Thursday, August 15

- 9 BOB Ross Painting
- 9:30 Chorus
- 10 cards/Games (Kings in Corner)
- 10 Scrapbooking / Crafting
- 10 Tai Chi
- 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

16

- 9 Ceramics
- 9 Woodcarving
- 10 Sr. Cardio Moderate
- 11 Yoga
- 1p mah Jongg

24

Thursday, August 22

- 9 Bob Ross Painting
- 9:30 Chorus
- 10 cards/Games (Kings in Corner)
- 10 Scrapbooking / Crafting
- 10 Tai Chi
- 11 Bingo Blitz @ 11:45
- 11 Pottery
- 11 Sit-B-Fit
- 11 Zumba Light
- 12:30p Duplicate Bridge
- 1p Tripoley

23

- 9 Ceramics
- 9 Woodcarving
- 10 Sr. Cardio Moderate
- 11 Yoga
- 12p Birthday/Anniversary
- 1p mah Jongg
- 5:30p Silver Smokies Game

31

Thursday, August 29

- 9:30 Chorus
- 10 cards/Games (Kings in Corner)
- 10 Scrapbooking / Crafting
- 10 Tai Chi
- 11 Pottery
- 11 Sit-B-Fit
- 11 Zumba Light
- 12:30p Duplicate Bridge
- 1p Tripoley

30

- 9 Ceramics
- 9 Woodcarving
- 10 Sr. Cardio Moderate
- 11 Yoga
- 1p mah Jongg

31

