

What's been happening:



Wayne and Chuck destroy targets at the first "Old Primers" meet



Happy Birthday Dell!



If you Blitz, they will Come!



Joe hard at work



BINGO can be exhausting!



Pottery is popular around here.

Senior Moments

Fort Sanders Senior Center
1220 West Main Street, Sevierville TN 37862 865-453-8080

SENIOR Expo



Featuring:

- 50 Exhibitors with Senior Products & Services
- Educational Seminars & Workshops
- Entertainment
- Health Screenings
- Door Prizes
- Lunch provided by: Tennessee State Bank

Please register!

April 25, 2014
9 am - 4 pm

Free Admission!

Sponsored by:
Sevier County
ElderWatch



April 2014

KRANKY KRABS
MAY 16TH
TICKETS ON SALE NOW!
HOUSE OF BLUES



Kick-off party! April 3rd 3-5 p.m.

Silver Smokies

Refreshments!!
Bingo!!

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 & 1:00

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)
9:30 Second & Fourth Wednesday

Fitness Classes

Gentle Yoga Class
11a.m. Wednesdays & Fridays

Line Dance Class
Tuesdays at 10:00 (Advanced)
Tuesdays at 1:00 (Beginner)

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

Aging Strong Class
11:00 a.m. Mon, Wed, Fri

Tai- Chi
12:00 A.M. Tues,

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

Walk with Ease

Cancelled thru winter

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.

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

Poker Club
Wednesdays at 12:30 p. m.

Wood Carving
Wed & Friday at 9:00

Brain Games

Tuesdays at 11:00

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 (25 Years experience)

Men's \$10.00 / Women's \$12.00
Monday - Friday

Social Events

Birthday & Anniversary Luncheon, Music & Bingo

4th 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



Ipapad - Tablets - Laptops Smartphones - Gizmos Doochickies - Thing-a-ma-Jigs Whatcha-ma-Callits... Etc..

Do you have neat little gadgets such as these?..
AND would like to learn more?

Join us EVERY 2nd and 4th Wednesday of the month

@
9:30am - 11:30am

This is a great opportunity to ask questions
and learn all about your electronic devices!

There is **NO** cost for the class, but we are
requesting that you please register at the front
desk.

Our instructor is Gregory "SMITTY" Smitheman of
Elite Publishings & Graffix



We're on the web!!



www.seviercountyseniors.org

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

dhawkins@seviercountyttn.org

BINGO BLITZ!

If you are a bingo fanatic, then
you need to be here on April
16th at 11:45.

Cost is only \$5.00 and will
include a 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



FITNESS FACTS

News From Judy

COMING IN APRIL - NEW FITNESS CLASSES WITH JUDY



LET'S WALK – M-W-F - 9:00am

Spring has arrived – it's time to get outside and get rid of the winter "excuses" not to move. Join us as we walk the trail, do some joint moves and soak in the Vitamin D. Walk as few or as many laps as you like. See ya outside!! Beginning April 14th. All walks are weather permitting.

HAVE A SEAT – TUE & THU – 1:00pm

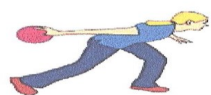
This new class allows you to stay seated while improving joint mobility, spinal flexibility, right-left brain coordination, bone density and balance. Along with fun music and fun moves, this program is designed to focus on exercises that are natural and come with ease. Beginning April 22nd.

BEATS – M-W – 12:00 noon

Are you ready to dance, drum and burn calories? This new and exciting class uses a stability ball, drum sticks and really fun, upbeat music. We will "drum out" to eliminate stress, stimulate the cardiovascular system and improve memory & brainpower using cross-coordinated movements. This class is fun, fun, fun!! Join us beginning April 28th.

Remember, if you have Silver Sneakers, your classes with Judy are FREE!!! All others only \$2.00.

If you are not sure that Silver Sneaker is part of your Medicare Supplement, please see Judy for details.



RECYCLED TEENAGERS BOWLING CLUB

March 2014



Bowlers	Information	February	Cumulative
1 Annette Williamson		86	87
2 Anilee McGill		103	103
3 Bob Rutherford		166	166
4 Beverly Hamilton		117	114
5 Charlotte Evans		137	137
6 Carol Gates	Snowbirds	---	---
7 Chris Flammang		124	124
8 Chuck Flammang		116	116
9 Cheryl Davis		102	104
10 Dianne Ryan		100	100
11 Doris Bates		121	121
12 Don Blair		149	150
13 Frances Henderson		105	104
14 Freda McCrary	New	---	115
15 Glen Bibbins		155	158
16 Ginger Quick		87	---
17 Grace Meintyre	New	---	101
18 Howard Bates		127	127
19 Jake Sonnet		108	109
20 Joe Hutchcraft		145	145
21 Janette Ballard		84	---
22 Jeannine Mitchell		93	96
23 Judy Rogers		125	125
24 Joel Evans		162	162
25 John Herr		150	150
26 John McConville		169	175
27 JoJo (Joann) Puchalsky		144	141
28 Luci Carlinton		107	107
29 Lillie Casteel		119	117
30 Lucille Waller		91	90
31 Linda Schlicht		113	117
32 Larry Hamilton		152	153
33 Larry (Puch) Puchalsky		104	105
34 Mayra Rivera		133	132
35 Margaret Albarran		125	125
36 Margaret Newman		104	107
37 Pat Ingle		87	87
38 Rick Gates	Snowbirds	---	---
39 Ray Sanburn		99	99
40 Sherry Hawkins		96	97
41 Tim Meintyre	New	---	120
42 Ted Floyd		120	---
43 Vivian Carico		96	97
44 Wayne Hawkins		119	121

"Laugh Therapist" to speak at special meeting of the Smoky Mountain Cancer Support Group

Dr. Farris Jordan is a licensed psychologist, motivational speaker and author of four books on the prevention of mental and physical illness. In the evening's topic, "**Laughter for the Health of It**", he will promote laughter as a deterrent to stress. Stress is known to have a negative impact on health whereas laughter can reduce stress and lower blood pressure.

Jordan has received national recognition for his "hands on" study of the effects of stress by personally participating in highly stressful events, including Brahma Bull riding, NASCAR race driving, sky diving, alligator wrestling, 13 consecutive Boston marathons, hiking the 2,150 mile Appalachian trail from Georgia to Maine in 139 days and canoeing the Mississippi River in 57 days.

Professional credentials and personal successes alone do not define Dr. Jordan. For 27 years he has set a personal example as primary caregiver for his mother who suffers from Alzheimer's. In this role, love is his motivation and personal fulfillment is his reward. He says, "I understand that I don't have to do it. Once you understand that concept, it eliminates blame. There's no anger, no hostility, no bitterness, no resentment. It's my choice to be here. I do it because I want to." Jordan is a cancer survivor as well, and can relate to people in many areas of life.

The meeting will take place on **April 14** at the **Fort Sanders Sevier Senior Center**, 1220 W. Main Street, in Sevierville. **Refreshments will be enjoyed at 6:30 p.m.** with the **program starting at 7:00 p.m.**

The public is cordially invited to attend. For further information, please call 865-654-9280.

Dear friends,

YAY!!! I believe beautiful, sunny, warmer weather is finally in our future forecast!! Signs of spring are popping out everywhere...daffodils, redbuds, Forsythia, Hyacinths, and tulips....ahhh life is good. Yes, our allergies may be going bonkers right now...but we can handle it!!!

So many exciting activities are going on this month. April is traditionally our "Mystery Month" here at the center, so be on the look out for some really silly, mysterious things going on. Just a quick hint...you may want to put on your thinking cap and try to remember past group events that we've had...you just may be quizzed at some point. Also, be sure to join us for our mystery Bunco Bash, lunch and trip.

Participants are really having a great time in our "Brain Games" class, so if you have time...be sure to drop in and join us! It is scheduled on Tuesdays at 10:00 a.m.

Judy Collins, Health Educator has added three new and exciting exercise classes starting this month, they include..."Let's Walk, Have A Seat, and BEATS. There is truly an exercise class that best fits everyone's needs!! So grab a bottle of water, and a towel and come join her!!! A description of her new classes can be reviewed in her monthly article located in this month's newsletter.

The Tennessee Smokies will be here on April 3rd for their Annual Silver Smokies Kickoff Party. The party is planned to start at 3:00 p.m. and will include refreshments and games. If you'd like to receive more information about becoming a Silver Smokies Member, please see David Hawkins. If you love baseball and enjoy hanging out with great friends, then this Club would be great for you!

We've been working very hard putting together our SENIOR EXPO scheduled for April 25th. Speakers, workshops, exercise, health checks, vendors and complimentary lunch are on the agenda. This will be a fantastic day for all and we hope you'll invite your friends and neighbors! There is no charge for this event, however, we are requesting that you pre-register. This event is sponsored by: Sevier County ElderWatch.

Have a wonderful month my friends!

Jane Howes, Director



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:

Medicare/Medicaid

Social Security

SSI

Nursing Homes

Housing

Protective Services

Public Education

Lynette Edwards

Title III Attorney

ETHRA

865-691-2551 x 4212

No Charge for Services, Contributions are accepted



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



April 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Egg Salad on Wheat Bread Creamy Veg. Soup Lemon Bundt Cake	2 Taco Salad with Shell Bowl, w/Beef Tomatoes, Sour Crm, Salsa, Lettuce, Cheese Refried Beans, Onions Banana Pudding	3 Meatloaf w/gravy Dinner Roll Mashed Potatoes Peas & Carrots Lemon Bars	4 Fish Sandwich on Bun Tator Tots, Coleslaw Peach Cobbler
7 Chicken Cordon Bleu Hash Brown Casserole Side Salad W/Honey Bacon Dress. Roll, Cherry Delight	8 Ham & Swiss on Rye Potato Salad Tomato/Cucumber Salad Sugar Cookies	9 Pork Roast W/Gravy over White Rice, Roll 3 Bean Salad Applesauce	10 Chicken Fried Steak w/White Gravy Mashed Potatoes Spinach, Dinner Roll Brownie w/icing	11 Chipped Beef over Biscuit Hash Browns Apple Cobbler
14 Parmesan Crusted Catfish (Goat Cheese & Sundried Tomatoes) Baked Mac-Cheese Roll, Waynes Fluff	15 BLT Sandwich on Wheat Bread Tomato Rice Soup Chips, Pineapple Upside Down Cake	16 NO REGULAR LUNCH SERVED Lunch provided for participants of BINGO BLITZ	17 Thick Sliced Honey Baked Ham Sweet Potato Casserole Deviled Eggs, Green Bean Casserole, Roll Choc Cupcake White icing	18 CLOSED FOR GOOD FRIDAY
21 MYSTERY MONTH MEAL Come join us for Lunch But you won't know what your having until you get here!	22 Philly Steak on Sub roll With Onions/peppers Pasta salad and chips chocolate chip cookie	23 Sliced Turkey with Gravy, Dinner Roll, Mashed Potatoes, Dressing, Spinach, Cheesecake	24 CLOSING at Noon NO LUNCH Setting up EXPO	25 CLOSED FOR SENIOR EXPO !!!
28 Lasagna, Italian Green Beans, Garlic Cheese Biscuit, Choc. Cake with Fudge Icing	29 Hot Dogs Chili, Coleslaw, Chopped Onions, Chips Peanut Butter Cookie	30 Birthdays 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!

#1 Mystery Puzzler

There is a fireman fighting a fire standing on the middle rung of his ladder. As he fights the fire he moves 6 rungs up. As the fire gets more deadly he must move again 10 rungs down his ladder. When the fire is put out he moves 18 rungs to the top of his ladder. How many total rungs are on the fireman's ladder?

**Answers can be found at the bottom of this page.

Jan's Mother has 5 kids. She liked to name her kids after the months in the calendar. In order by age, the oldest is named June, next oldest is named Augusta, followed by April, and then followed by May. What is the youngest child's name?

**Answers can be found at the bottom of this page.

There is a pond. On the pond there are many lilies growing. When the lilies started growing they doubled in quantity every day that they grew. On the 48th day the pond was overgrown where not one more lily could possibly grow. So if day 48 was the day the pond was full, what was the day that the pond was exactly half full?

**Answers can be found at the bottom of pg.

FROM THE BUSINESS OFFICE:

Welcome to Mystery Month! Any of you that know me know I love puzzles and trivia. So I am adding

just a few to my page to make you think. I have loved helping Jane with the Brain Games and encourage each of you to come in and have fun with us while challenging your brain just a little. It is not a competition so don't be afraid to join us. It's all in fun! Tuesday mornings at 10:00.

If you like these puzzles then you'll enjoy the Brain Games because what we do is similar. If you have puzzles/riddles that you'd like to share, bring them to Jane or me and we'll copy them to give out during our Brain Games the following week. See you Tuesdays !!

Is everybody ready?? **KRANKY KRABS** is coming again! Mark your calendars.... Friday, May 16th from 6:00p - 9:00p. This year we'll have an actual Blues Band coming so wear your dancing shoes! There'll be tons of food of course and non-alcoholic drinks again that everyone seemed to enjoy.

We want to make this the biggest bash of the year so hold open the date. And come see me for tickets. On sale beginning April 1st - \$10.00

Love Ya,

Karen

#4 Mystery Puzzler

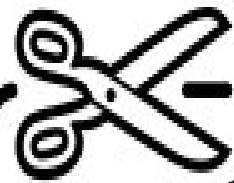
If you have me you want to share me. But if you share me you will not have me so, what am I?

**Answers can be found at the bottom of this page.

Answers to Puzzlers

Puzzler #1 answer = 29
Puzzler #2 answer = Jan
Puzzler #3 answer = On the 47th day (then it doubled)
Puzzler #4 answer = A Secret

Submissions:

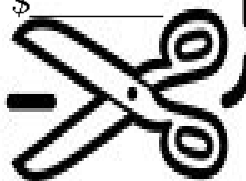


Activity payments:

Name: _____

Activity: _____ Amount: _____

Total Paid: \$ _____



BUYING!

Coin and Stamp collections
Large or Small

Call: **George Brown**
(865)-774-4088
(865)-607-8716



We have had a lot of interest in setting up a hiking and camping trip lately. We are lucky enough to have Morgan Briggs; a highly experienced trail guide volunteer to take us out on the trails. We are planning on a three mile hike with an overnight camping stay at a hikers pavilion.

There will be two training classes prior to the trip that will be scheduled at a later date.. One class will focus on dealing with wildlife and emergencies and the second will cover "leaving no trace" of our adventure. If anyone is interested in this trip, please sign up with Karen now so that we can plan accordingly and know how many to prepare for.

The Hiking trip will be on **May 28th**

We will be taking our first trip of the season to Dollywood on Wednesday April 9th.

You need to have purchased your season pass in advance or bring cash for your daily admission. Lunch is available at the park. We typically will catch a few shows and the braver of you can check out the new coasters.

\$2.00 for the bus ride.

Bus pulls out at 10:00



- Find the Clues!
- Glasses
 - Playing Card
 - Matches
 - Men's Suit
 - Compact Disc
 - Men's Tie
 - Baseball Cap
 - Champagne Bottle
 - Cigarettes
 - Crow
 - Dice
 - Knife
 - Money
 - Oil Can
 - Scissors

Solve the Case by Finding all the Hidden objects listed above.

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.

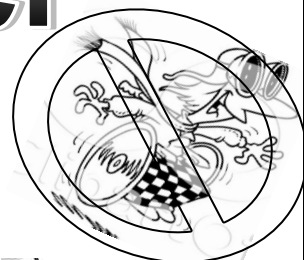
For Sale:

Bruno Heavy Duty Electric Scooter Lift.

Very Good Condition

Call 865-365-1625
(After 3:00)

\$450.00 Firm



Computer Class Schedule



Instructor Harvey Finwick

Beginner Class

Monday 10:00 to 12:00

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

Cost is \$5.00

Beauty Parlor Open

Open 5 days a week!

Anne Marie: Mondays
(make appointments with Karen)

Paulette Griffin: Tuesdays - Friday
Reservations: 517-784-2881



We have
2 stylists



"If I repay the money you spent on my retirement party, can I come back to work? I'm bored already!"

	6		1	4		5	
		8	3		5	6	
2							1
8			4		7		6
		6				3	
7			9		1		4
5							2
		7	2		6	9	
	4		5		8		7

A-A-R-P! I wanna join the A-A-R-P!



The Retirement Village People

Thanks to everyone for the donations of all the plastic bags. We are currently swimming in them. Please hang on to any spare bags you have, for now.

Thanks!

Murder Mystery Word Search

S L J I D D Q L D B W M L T N J
 H I A Q L E E H E F I N K Z P Z
 A L L N D L M A U T E R R O R W
 N I W H I S E A D N S T A B D D
 D A M J O M T G R N T J U D G E
 C B I T V U I E A F L E U M K M
 U M T R N B E R L L C N D P N Z
 F K C L L O W T C L I O A Z Y Y
 F E I N A I S R T F U E P L J Q
 S M V L D W O I O E L B G U N Y
 N I N O L P Y R R P X N Q G D T
 Z R W D E E M E N P W P J N D L
 X C T M N Y R J R T Y Q V W J L

- Bail -Bullets - Crime -Cop - Criminal - Dead - Framed -gun -
- Handcuffs -Hunted - Illegal -Judge - Killer -Knife - Lawyer - Prison
- Plea -Rope -Silhouette -Stab -Terror -Uniform -Victim -Widow

Did you Know?

The Revolutionary War in America began on April 19, 1755.

April is National Mathematics Awareness Month.



MYSTERY TRIP



It's April!!!

Which means its Mystery Month at the Senior Center. Our annual mystery trip is one of the most famous and fun trips here. It's always something crazy, exciting, and new and this year looks to be one of the best ever!

WHAT: Annual Mystery Trip

WHEN: Wed. April 23rd at 9:00 AM

How Much: \$15.00 Gets you on the bus.

You'll also need at least \$20.00 in CASH when we arrive. But I'd bring more!!

(will cover lunch and "additional" costs)

WHERE: Just over the.....WAIT!!!! Can't tell that.

This will be an all day event. Plan on a drive of at least 3 hours each way.

I plan on having us home around 8:00 P.M.

You have to trust me and sign up now! But I'm not telling!

Hey Gang,

If anyone has any old License plates hanging around in your garage, barn, or still stuck to an old car; please consider donating them to us so that we can use them for decoration in the new billiard room. The room has taken on a great 1950's garage feel and we want to continue this with a border of plates from all over. Feel free to drop them off in the crate outside David's office.



Military Remembrance Wall

In honor of the service men and women of Sevier County we are offering memorial bricks for sale that will be placed around our monument donated by the boy scouts. These bricks will serve as a permanent reminder of your loved ones service, sacrifice, and commitment to this country. All military service members, past and present, active, veteran, retired, or deceased are welcome to have a place on this wall. Bricks are available for \$50.00 each and will be 4"x8". All proceeds will go the Fort Sander's Sevier County Senior Center and will help fund the 2014 Veteran's day Ceremony. *Logo's available for additional \$10.00 charge and all engraving will be in capital lettering.*

Yes, we'd like to reserve a permanent brick. Please engrave our brick as follows:

ANY SYMBOL IS CONSIDERED ONE SPACE (PERIOD, COMMA, DASH)
ALL TEXT IS CENTERED UNLESS OTHERWISE NOTED

4 x 8 Brick																																									

EXAMPLE

J	E	F	F	T	H	O	M	A	S																																
U	.	S	.	A	R	M	Y	E	-	4																															
V	I	E	T	N	A	M	1	9	7	0																															

MAKE YOUR CHECK PAYABLE TO:
"Office on Aging"
PLEASE RETURN THIS FORM:
Sevier County Senior Center
1220 West Main Street
Sevierville TN 37862

Name: _____ Phone: (_____) _____
Address: _____
City: _____ State: _____ Zip: _____
Email Address: _____ Amount Paid: _____

FORMS MUST BE RECEIVED BY September 1st 2014.
If you have any questions, please call David Hawkins @ 865-453-8080 x 100.

Place your order online WWW.Bricksrus.com/order/seviercountyseniors



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

Words of ~~Wisdom~~ Will

Hello again! I have a little different topic this month. And Please remember I mean this with love.

As some of you might know I recently lost a few family members (my Granddaughter, my uncle and my Grandmother). But the topic I really want to talk about is our legacy we leave behind. My Grandfather died several years ago and that is when it hit me, "what was the legacy I was leaving this world"? I want people to know me as someone who was kind, friendly and knew Christ and showed his love to everyone I met. I want my funeral to be filled with people that liked and loved me, not for me but for my family. The funeral home is a sad place anyways. But to have no friends for your family to help shoulder the pain it is even worse (as in my Grandfather and Grandmothers funerals, no close friends just family). That is where I leave you. What is your Legacy? What will you be remembered as?

Love,
Will



Featuring Bob Ross, Bill Alexander, & Rick LeBeau Art Techniques

Class is \$45 for materials. Everything is furnished.

Class Dates	Oil Paintings
Thursday, Mar 20 th	Sunflowers
Thursday, Apr 17 th	Tropical Sunrise
Thursday, May 22 nd	TBA

CLASS DESCRIPTION Wet-on-wet technique of oil painting will be taught step-by-step. Students will leave with a completed painting in a single class day, even if they have never painted before. Classes are from 9am till 11:30am

CONTACT
NAME Rick LeBeau. Certified Ross & Alexander Instructor
PHONE 423-623-7361

LET'S HIT THE RANGE!

How's your aim? Think you're a crack shot? Then step up and prove it! We will be headed to the Sevier Indoor Range on **Thursday the 17th at Noon.** We've gotten a special deal and can shoot cheap! Guns are available for rent if you don't have one or you can bring your own. If you are bringing your own gun you **MUST** meet us there.



"Old Primers"
Shooting Club

- Range Fees:**
- \$8.00 per person w/ free target
 - Gun Rental only \$6.00
 - Ammo from \$15.00 - \$25.00

Jutta Says:

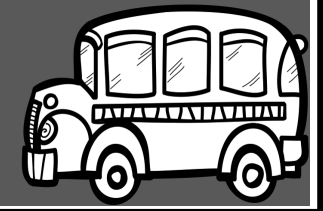
"Never look down on anybody unless you're helping them up."

Love,
Jutta



ACTIVITY REGISTRATION!

When Signing up for activities, everyone will be asked to ride the bus unless prior arrangements have been made with DAVID only. Due to the larger numbers of seniors on each outing it is becoming impossible to keep up with everyone arriving and departing on their own. Besides , half the fun of outings is riding with your friends.





April



Monday

Tuesday

Wednesday

Please note new exercise classes:
Walking with Judy– Starts 4/14
BEATS - Starts 4/28
Have a Seat! - Starts 4/22

1 8:00 Woodworking
 10:00 Brain Games
 10:00 Tai Chi
 11:00 Pottery / Zumba Light
 1:00 Friendly Bridge/Women's Bible Study
 1:00 Scrabble

2 9:00 Woodshop Open all Day 9:00
 Woodcarving 10:00
 Stitch & Chatter
 10:00 Aging Strong
 11:00 Yoga

7 9:00 Ceramics
 9:00 Piecemakers Quilt Guild
 9:00 Painting w/LaViolet/Ceramics
 10:00 Aging Strong/Basic Computer/Bowling
 11:00 B/P Check/Sit B Fit
 12:00 Bible Study
 1:00 Bingo/Computer

8 8:00 Woodworking
 9:00 Hand Embroidery 10:00 Brain Games
 10:00 Tai Chi
 11:00 Pottery / Zumba Light
 12:30 Quilts of Valor
 1:00 Friendly Bridge /Women's Bible Study
 1:00 Scrabble

9 9:00 Woodshop Open all Day
 9:00 Woodcarving 9:30 Gadget Class
 10:00 Stitch & Chatter
 10:00 Aging Strong
10:00 Dollywood Outing
 11:00 Yoga

14 9:00 Ceramics / WALK with Judy
 9:00 Piecemakers Quilt Guild
 9:00 Painting w/LaViolet/Ceramics
 10:00 Aging Strong/Basic Computer/Bowling
 11:00 B/P Check/Sit B Fit
 12:00 Bible Study 1:00 Bingo/Computer
6:00 Cancer Support Grp/ Dulcimers

15 8:00 Woodworking
 10:00 Brain Games
 10:00 Tai Chi / Grief Support Group
 11:00 Pottery / Zumba Light
 1:00 Friendly Bridge/Women's Bible Study
 1:00 Scrabble / Caregiver Support Group
1:00 Easter Bonnet Craft Class!
Limit 18— Please call to register!

16 9:00 Woodshop Open all Day
 9:00 Woodcarving / WALK with Judy
 10:00 Stitch & Chatter / Scrap Pack
 10:00 Aging Strong
 10:00 Volunteers in the Garden
 11:00 Yoga
11:45 Bingo Blitz

21 9:00 Ceramics / WALK with Judy
 9:00 Piecemakers Quilt Guild
 9:00 Painting w/LaViolet/Ceramics
 10:00 Aging Strong/Basic Computer/Bowling
 11:00 B/P Check/Sit B Fit 12:00
 Bible Study 1:00 Bingo/Computer

22 8:00 Woodworking
 10:00 Brain Games
 10:00 Tai Chi
 11:00 Pottery / Zumba Light
 1:00 Friendly Bridge /Women's Bible Study
 1:00 Scrabble / HAVE A SEAT!

23 9:00 Woodshop Open all Day
 9:00 Woodcarving / WALK with Judy
9:00 Mystery Trip
 9:30 Gadget Class
 10:00 Stitch & Chatter
 10:00 Aging Strong
 11:00 Yoga

28 9:00 Ceramics / WALK with Judy
 9:00 Piecemakers Quilt Guild
 9:00 Painting w/LaViolet/Ceramics
 10:00 Charity Quilting
 10:00 Aging Strong/Basic Computer/Bowling
 11:00 B/P Check/Sit B Fit 12:00
 Bible Study / BEATS!
 1:00 Bingo/Computer

29 8:00 Woodworking
 10:00 Brain Games
 10:00 Tai Chi
 11:00 Pottery / Zumba Light
 1:00 Friendly Bridge/Women's Bible Study
 1:00 Scrabble / HAVE A SEAT!

30 9:00 Woodshop Open all Day 9:00
 Woodcarving / WALK with Judy
 10:00 Simply Sewing
 10:00 Stitch & Chatter
 10:00 Aging Strong
 11:00 Yoga 12:00 BEATS!
12:00 Birthday Anniversary Pot Luck



2014



Thursday

Friday

Saturday

3 8:00 Woodworking
 9:30 Claymates Pottery 9:45 Chorus
 10:00 Tai Chi 11:00 Sit-B-Fit
 11:00 Zumba 12:30 Duplicate Bridge
 1:00 Claymates Pottery
3-5 p.m. SILVER SMOKIES PARTY!!

4 9:00 Ceramics
 9:00 Woodcarving
 10:00 Aging Strong
 11:00 Yoga
 12:30 Cribbage 1:00 Mah Jong
1:00 Bunco Bash

5 10:00 Volunteers In The Garden

Lunch is served...

10 8:00 Woodworking
 9:30 Claymates Pottery 9:45 Chorus
 10:00 Tai Chi 11:00 Sit-B-Fit
 11:00 Zumba
 12:30 Duplicate Bridge
 1:00 Claymates Pottery

11 9:00 Ceramics
 9:00 Woodcarving
 10:00 Aging Strong 12:30
 11:00 Yoga
 Cribbage 1:00 Mah Jong
 1:00 Family Feud Game
 1:00 Bingo @ Mountain Brook Village

12 Join us Monday through Friday for a delicious meal at the senior center.

17 8:00 Woodworking
 9:30 Claymates Pottery 9:45 Chorus
 9:00 Bob Ross Style Painting
 10:00 Tai Chi 11:00 Sit-B-Fit
 11:00 Zumba 12:00 Gun Club Outing 12:30
 Duplicate Bridge
 1:00 Claymates Pottery / **Easter Party!**
6:00 D.A.V. Mtg. 6:00 Dulcimers

18 **Good Friday** **Senior Center Closed**

19 Lunch is only \$4.00 per person and includes dessert and a beverage!!

24 8:00 Woodworking
 9:30 Claymates Pottery 9:45 Chorus
 10:00 Tai Chi 11:00 Sit-B-Fit
 11:00 Zumba
No Lunch to be served
CENTER CLOSSES AT Noon to set up for Senior Expo

25 **Senior Expo!!!**
9:00 am - 4:00 p.m.
Vendors, Lunch, Workshops, Prizes, FUN! FUN! FUN!

26 **5:15 Silver Smokies Outing!!**



Cards and miscellaneous games are available

Monday through Friday 8-4:30 p.m.

Everyone is encouraged to join in on the fun!

Hand & Foot Canasta, Shang Hai Rummy, Poker, Tripoley, Dominoes, Sequence, Rummikub, Pinochle, billiards and much more!



Bob Ross Painting -Instructor Rick Le Beau offers a beautiful landscape painting. Participants will finish a completed painting by the end of the class. No experience is needed. There is a charge for supplies and registration is required.

Need A Haircut?



Full service Salon now open Mon-Fri Walk-ins OKAY!



Fort Sanders Sevier Senior Center & Office on Aging

1220 W. Main Street, Sevierville TN 37864

For Activities information call David at 865-453-8080 x 100

For Transportation, please call Ashley at 453-8080 x 105

