



**Clubs & Classes**

**Disabled American Veterans & Auxiliary**  
Potluck supper and meeting  
Third Thursday at 6p.m.  
**BOB ROSS PAINTING**  
3rd Thursday 9:00 AM  
**Painting Class with LaViolet**  
Mondays at 9a.m.  
**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**  
Tuesdays at 11:00 a.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**  
Beginner - Mondays at 10:00  
Intermediate - Mondays @ 1:00

**Bible Study**  
Wednesdays at 11:00  
**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.  
**Hand Embroidery**  
2nd Tuesday at 9:00

**Clubs & Classes**

**Wood Carving Class**  
Wednesday & Fridays at 9:00 a.m.  
**Quilts of Valor**  
2nd Tuesday at 12:30—3:00  
**Gadgets Class (Tablets , IPADS, Smart Phones)**  
9:30 Second & Fourth Wednesday  
**Women's Bible Study**  
Tuesdays 1:00 p.m.  
(suspended thru September)

**Creative Writing**

2nd and 4th Wed at 9:00

**Wood burning**

Tuesdays at 1:00

**Fitness Classes**

**Mind and Body Class** —  
—**CANCELLED THRU JAN** —

**ZUMBA!! "LITE"**

11a.m. Tues & Thurs

**Aging Strong Class**

10:00 a.m. Mon, Wed, Fri

**Tai- Chi**

10:00 A.M. Tues, Thursdays

**Walk with Judy**

Mon, Wed. & Fri 9AM

**"DRUMS"**

Mon, Fri at 11:30

**YOGA**

Wednesdays at 11:15

**Games & Hobbies**

**Bingo**

Mondays at 1:00p.m.

**Bowling**

Mondays at 10:00 a.m.

**Friendly Bridge**

Tuesdays at 1:00p.m.

Tuesdays at 10:00

**Bunco Bash**

First Friday monthly @ 1:00

**Brain Games**

Tuesdays at 10:00 (resumes October)

**Horseshoes**

Anytime

**Chorus**

Thursdays at 10:00

**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.

**Health & Wellness**

**Blood Pressure Checks**

11:00a.m. Mondays.

**Paulette's Hair Salon**

Men's \$10.00 / Women's \$12.00

Tuesday - Friday (Call for Appt.)

Paulette Griffin—(517) 784-2881

**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

SPAN-Tastic Friday Night Dances



**MEALS served 5 days a week**

Breakfast served 8:30 -9:30

Lunch served 11:30 - 12:30

Please note that activities, dates, and times are subject to change. Sorry for any inconvenience.

**Gadgets Class**



**Ipad - Tablets - Laptops  
Smartphones - Gizmos  
Doohickies - 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 2<sup>nd</sup> and 4<sup>th</sup> 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](http://www.seviercountyseniors.org)



Our Blog:

[www.seviercountyseniors.wordpress.com](http://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@seviercountytn.org](mailto:dhawkins@seviercountytn.org)

**BINGO BLITZ!**

If you are a bingo fanatic, then you  
need to be here on  
**Sept. 17th 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



## Healthy eating over 50: Feeding the body, mind and soul

Remember the old adage, *you are what you eat?* Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you'll feel vibrant and healthy, inside and out.

• **Live longer and stronger** – Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming fewer calories and more nutrient-dense foods, keeping weight in check.

• **Sharpen the mind** – Key nutrients are essential for the brain to do its job. People who eat a selection of brightly colored fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids can improve focus and decrease their risk of Alzheimer's disease.

**Feel better** – Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It's all connected—when your body feels good you feel happier inside and out.

### How many calories do adults over 50 need?

Use the following as a guideline:

#### A woman over 50 who is:

- Not physically active needs about 1600 calories a day
- Somewhat physically active needs about 1800 calories a day
- Very active needs about 2000 calories a day

#### A man over 50 who is:

- Not physically active needs about 2000 calories a day
- Somewhat physically active needs about 2200-2400 calories a day
- Very active needs about 2400-2800 calories a day

Source: *National Institute of Aging*

Of course, balanced nutrition is more than calorie counting. There are many other aspects to creating a nutritious lifestyle. IN THE NEXT ISSUE THERE WILL BE TIPS TO CREATING YOUR NUTRITIOUS LIFESTYLE!



## Need Financial Help?

John Miller from UBS Financial is here the 2nd Wednesday of every month at 10:00 to offer retirement planning & general financial advice. Take advantage of this amazing free resource and help make sure you can retire in style!



# YOGA

## Every Wed at 11:15 starting Sept. 17th



## We have a Massage! Tuesdays at 9:00 A.M.



\$3.00 for 3 Minutes

\$5.00 for 5 Minutes

My name is Diane Rice, Licensed Massage Therapist. I have been a massage therapist for 22 years. I went to school in Bonita Springs, Florida. I have worked in Fort Myers, Florida, Waynesville, North Carolina and now in Sevierville/Pigeon Forge Tennessee. I am working as a Independent Contractor at the Bear Cove Falls Spa in Pigeon Forge.



## Jutta Says:

“ Are you worried about doing things right, or doing the right things? ”

Love, Jutta



Dear friends,

Ahhhh, summer is fading fast and we are quickly approaching Fall. Autumn begins on September 22 and is my absolute favorite time of the year. Fall leaves, pumpkins, hayrides, and sweater time!! I recently saw a beautiful quote that said, Autumn is a second Spring when every leaf is a flower. Isn't that the truth!?? I hope you enjoy these cooler days as much as I do.

I have some exciting news to share! We had a generous donor offer to fund a beautiful porch enclosure on the back-side of our senior center. The enclosure will be used every season of the year and will provide 800 square foot of extra space to use for activities. The enclosure will have screen and storm windows, heating and air conditioning, ceiling fans, etc. The donor has asked to remain anonymous, however we'd like to say thank you, thank you, thank you!! As many of you have seen over the past several years, our center continues to grow, so this added space is very much needed. We are hoping that the project will be completed in early to mid October.

On another note, opportunities are available for front desk volunteers. We would like friendly faces assisting us with answering phones, giving tours, and helping guests/participants with questions regarding activities/services. If you have a few hours a week to spare, and you'd like to help out...please see Ruth for a volunteer application or for more information. Volunteers are also needed in the kitchen, activities and transportation department. Thank you for your consideration! J

We'd love to have a great turnout for our annual senior health fair scheduled on Wednesday, September 10<sup>th</sup> from 9-11 a.m. Each year, LeConte Medical Center provides many free health screenings as well as offer great information on healthcare type topics. We hope to see you here and be sure to invite your friends and family members to attend this great event!

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

Pick up point:  
**1124 Blanton Drive, Sevierville 37862**



# September 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CLOSED FOR LABOR DAY</b>	<b>2</b> Tuna Salad on Wheat Bread Crm Mushroom Soup Vanilla Pudding w/ Whipped Topping	<b>3</b> Chicken Kabobs over Asian Rice Egg Roll Banana Cream Pie	<b>4</b> Wieners and Sauer Kraut, Carrots Fried Potatoes, Roll Peaches	<b>5</b> Ham & Turkey w/ Tortilla as Wrap Cheese, Lettuce, Tomato, Chips, Pea Salad Sugar Cookie
<b>8</b> Swiss Steak with Tomato Gravy, Mashed Potatoes, Peas & Carrot Dinner Roll Apple Cobbler	<b>9</b> Turkey Rueben Sandwich on Rye Pasta Salad, Chips Jello with Fruit	<b>10</b> Beef Stew w/ Carrots & Potatoes Cornbread Spice Cake with Crm. Cheese Icing	<b>11</b> Fried Chicken (Legs & Thighs) Butter Potatoes Carrots Banana Nut Bread	<b>12</b> Pork Roast w/ Gravy & White Rice 3 Bean Salad Applesauce
<b>15</b> Meatloaf w/ gravy, Peas Mashed Potatoes, Roll, Apple Crisp	<b>16</b> Hot Dog on Bun (2 each) Chili, Steak Fries Slaw & Onions for Dogs PNut Butter Cookie	<b>Bingo Blitz</b> <b>Lunch Provided for those playing Bingo Blitz</b>	<b>18</b> Baked Spaghetti Garlic Bread Stick Small Side Salad Peach Cobbler	<b>19</b> English Muffin Pizzas Small Side Salad Chocolate Pudding w/ whipped topping
<b>22</b> Stuffed Cabbage (2 ea.) w/ Tomato Gravy Small Side Salad Dinner Roll Strawberry Shortcake	<b>23</b> Chicken Salad w/ Celery & Grapes on a Croissant, Deviled Eggs, Chips, Pineapple Upside Down Cake	<b>24</b> Taco Salad w/ Shell bowl + Salsa, Sour Crm, Cheese, Lettuce Tomato Refried Beans + onions Carrot Cake	<b>25</b> Pinto Beans with sliced Onions, Cornbread Fried Potatoes Brownie w/icing	<b>26 ANNIVERSARY POTLUCK</b> <b>Bring a dish to share if you wish to join us.</b>
<b>29</b> Chicken Fried Steak w/ White Gravy Mashed Potatoes, Brussel Sprouts, Roll Judy's Fluff	<b>30</b> Egg Salad on Wheat Tomato/Cucumber Salad Chips Bundt Cake	<b>31</b> Baked Potato (w/ Sour Crm + Cheese) Pulled Pork Broccoli Cheese Banana Cream Pie		

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

Only \$4.00

Includes Dessert and Beverage!

## 7th Annual PRE-HOLIDAY CRAFT FAIR

Vendor Booth Spaces still available approx. 8 ft. X 10 ft. \$35.00

Please call Karen 865-453-8080 X-107 to reserve your space.



Most spaces will have electric power available. Some spaces have round tables available for your use at no Charge. Ask when reserving if interested.

Our Annual Craft Fair is the perfect place to start your holiday shopping. Beautiful Handcrafted Items!! Including: Wood Crafts Candles, Jewelry, Hand Stitched Items, Painting, Glass, Art Items, Something for Everyone!!!



ADMISSION IS FREE



Over 50 Vendors set up each year and offer fantastic holiday items. CONCESSIONS AND BAKED SALE ITEMS OFFERED.

## PRE-HOLIDAY CRAFT FAIR

NOVEMBER 1st

9:00am-3:00pm

Now Reserving Booth Space

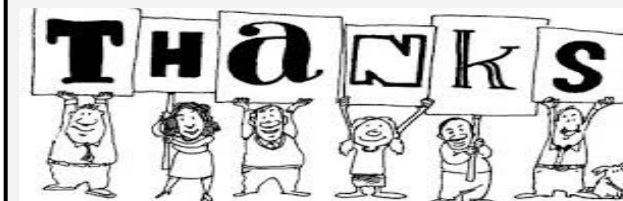
\$35.00



Calling all Volunteers Your help is always needed at our Craft Fair.

I know this is early planning but if you are willing to help out the day of our Craft Fair please see Karen or fill out the form on this page to get on our Volunteer list.

We always need help in the Senior Center Craft Booth as well as in the Senior Center Baked Sale Booth.



### Volunteer Form:

Name: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

I can help as a volunteer at the Annual Craft Fair by doing the following:

- \_\_\_\_\_ Work Morning Shift in the Craft Booth
- \_\_\_\_\_ Work Afternoon Shift in the Craft Booth
- \_\_\_\_\_ Work Morning Shift at Bake Sale Booth
- \_\_\_\_\_ Work Afternoon Shift at Bake Sale Booth

\_\_\_\_\_ I can make the following for the Bake Sale \_\_\_\_\_



**Fort Sanders Senior Center**  
**Class Painting Schedule**



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

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

**Class Dates**      **Oil Paintings**

Thursday, August 14<sup>th</sup>      Woodland Peace  
 Thursday, September 18<sup>th</sup>      Golden Sunset  
 Thursday, October 16<sup>th</sup>      Window Fall View

**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



"One senior discount for the six o'clock show, and could you fill this prescription, please?"

**BREAKING NEWS** Page 6

Hey gang,  
 September is finally here. I absolutely love this time of year when the evenings begin to get a bit cooler and the trees hint at the bright colors they will produce this fall. I wanted to take full advantage of this and have a very busy September lined up. We will be taking a trip to Strawberry Hills Farm in S.C., a few outdoor trips and activities and even a BINGO BONANZA has landed on the calendar for this month. I am super excited about the upcoming months as well. Keep October open as we will be doing even more new and exciting adventures and there is even an Old West Halloween party in the works. I LOVE my job!!

David



**WoodBurning Classes!**

Join "Santa Bob" as he teaches the basics of wood burning in this introductory style class. Get your hands dirty and burn some lumber! Bob will show how to select patterns, proper wood blanks and the different styles of each type of burner tip. Please register as there is a lot of interest in this class!!

Classes begin Sept 2nd @ 1:00



**Trips & Travel**



Colonial Williamsburg  
 THAT THE FUTURE MAY LEARN FROM THE PAST



October 27-30

Monday 27th:

Dinner at Golden Corral, Arrival and check in.  
 "Courage or Cowardice" Interactive trial of soldier.

Hotel: Williamsburg Woodlands, 2 Double bed rooms

Charter Bus Line: Knoxville Tours / Driver

Tuesday 28th:

Explore and enjoy Colonial Williamsburg.  
 Enjoy lunch and dinner on your own

"Key Lime Pie" Kevin

**\$650.00 Per Person**

No Upcharge for single room travelers

Wednesday: 29th:

1/2 day at Historic Jamestown / 1/2 day at Yorktown

Dinner at Capt. Georges Seafood Buffet.

Payment:

\$300.00 P/P non refundable deposit due by SEPT 10th

Final Payments must be made by September 30th 2014.

Thursday: 30th

Check out and return Home.

Breakfast Buffet Included at the hotel each morning

Sept 26th

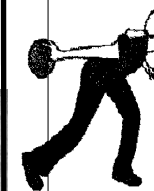


Sept 26th

*Peaches and Pumpkins and Hayrides... Oh my!*

Lunch and Hayride through the orchard followed by Ice Cream and shopping in the open air market

**\$18.00 for Hayride and Bus**



**RECYCLED TEENAGERS BOWLING CLUB**

August 2014



	Bowlers	Information	last month	Cumulative
1	Annette Williamson		----	----
2	Anilee McGill		109	109
3	Bob Rutherford		159	156
4	Bobbie Blair		136	138
5	Charlotte Evans		137	137
6	Cheryl Davis		108	109
7	Carol Gates		139	140
8	Chris FLammang		125	125
9	Chuck Flammang		119	120
10	Carlos Rivera		140	126
11	Dianne Ryan		104	104
12	Don Blair		144	144
13	Daraul Holmes		142	148
14	Frances Henderson		102	102
15	Glen Bibbins		152	152
16	Jake Sonnet		----	----
17	Joe Hutchcraft		151	150
18	Janette Ballard		72	81
19	Jeannine Mitchell		103	103
20	Judy Rogers		125	123
21	Joel Evans		157	157
22	Jack McFall		153	153
23	JoJo (Joann) Puchalsky		149	
24	Kathy Sherrard		97	93
25	Linda Schlicht		----	----
26	Lucille Waller		88	87
27	Larry Hamilton		163	163
28	Mayra Rivera		129	131
29	Margaret Albarran		126	125
30	Margaret Newman		108	109
31	Mei Shven Branham		153	153
32	Moe Weis		145	125
33	Owen McKenzie		167	162
34	Pat Ingle		92	93
35	Peggy Gutridge		124	121
36	Rick Gates		174	174
37	Sherry Hawkins		97	96
38	Vivian Carico		----	----
39	Wayne Hawkins		132	131

# This Month's Outings

# This Month's Activities

## Yard Sale'ing we will go

**Sept. 5th @ 9:00**

We will take a bus and tour the city to find some of these sales. Once we find all the treasures we can handle, we will pull off and enjoy lunch together. \$3.00 for bus, lunch and sale items on your own.

## Hiking Trip Sept 11th @ 9AM

*Details on Page 7*

## Harrah's Casino

**Sept. 11th at 9:00**

We will leave at 9:00 and get home around 4:30. Seats are limited, you must sign up and reserve your spot. \$6.00 for bus w/ \$10.00 voucher

## Quilt Trip to AQS in Chattanooga

**Sept. 12th at 8:30**

You'll find more quilts than you can imagine at every AQS QuiltWeek! Whether you are viewing the contest quilts, enjoying special exhibits, or exploring new products, AQS brings you MORE!

## "Old Primers" Outing

**Sept. 9th. Meet @ 1:00**

If you have your own gun meet at Smoky Mountain Firearms. Otherwise register to ride with David.

## Fishing Trip / Sept. 19th @ 7:00

Meet here and hop on the bus as we will load up and head out to do some fishing. Bring a folding chair and some drinks. \$3.00 for bus and bait.

## Strawberry Hills Farms S.C.

**Fri. Sept 26th @ 9:30**

Peaches, pumpkins, and hayrides oh my! Enjoy lunch at the historic deli followed by a hayride and Ice cream. Fill up a bag at the farmers market with all the fresh produce, honey, jams and preserves you can handle.

## Intro to Outdoor Digital Photography!

**Sept. 5th @ 1:00**

Professional Photographer Steven Vervynckt will be here to offer an introduction to digital Photography. Please bring your camera and its manual. No cost but please register.

**Sept. 10th**

**Health Fair 9:00 AM - 11:00 AM**



**Presents: "Ready, set and go For Long term Care" @ 10:00**

Get answers to your questions regarding Nursing Home admission, care, and cost.

**Financial Investments Lecture @ 1:00**

John Miller from UBS Financial discusses retirement and budget planning

**Linda Hyder Of UT Extension Office presents Healthcare 101 @ 1:00**

Are you confused with terminology of Health Insurance? Would you just like to better understand the basics of health insurance? Let Linda give you answers!

**Bingo Blitz - Sept. 17th - 11:45**

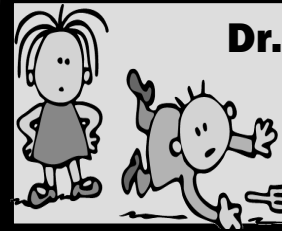
Everyone's favorite bingo day. Using paper and dobbers with tons of prizes. Must pre-register. Lunch included—\$5.00



**C.P.R. and First Aid / A.E.D.**

**Sept. 18th 9:00—1:00**

Refresh your CPR and Lifesaving skills. Topics will cover CPR and the use of the AED device for adults and children. No cost for the class, (\$5.00 if you want the card). Please Register with Karen.



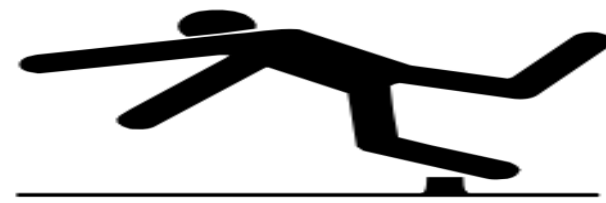
**Dr. Beighle Presents: Sept. 23rd - 1:00**

Join Dr. Beighle as she presents an informative class on common trip and fall hazards in our homes and how to protect against them.

**Bingo Bonanza Sept. 25th - 1:00**

It's Bingo Blitz on a MEGA scale. Three different game styles played in a Round Robin Format. Prizes to top winners. Just \$5.00 to register.

# Don't



# this Fall

**YOUR HOME MAY BE FILLED WITH FALL HAZARDS, SO TAKE A LOOK AROUND EVERY ROOM.**

**THERE ARE EASY PREVENTATIVE MEASURES YOU CAN TAKE TO PREVENT FALLS**



### Bedroom

- Place a lamp and telephone close to your bed where they are easy to reach.
- Sleep on a bed that is easy to get in and out of.
- Arrange clothes in your closet so they are easy to reach.
- Put in a night-light so you can see where you're walking after dark.

### Kitchen

- Never stand on chairs or boxes to reach upper cabinets or shelves. If you must use a step stool, use one with a bar to hold on to.
- Store food, dishes and cooking equipment within easy reach. Move items on high shelves to cabinets, lower shelves or countertops.
- Immediately clean up any liquids or food spilled on the floor.

### Stairs and steps

- Always keep all objects off stairs.
- Fix any loose, uneven or broken steps.
- Provide enough light to see each stair and the top and bottom landings.
- Make sure all carpeting is firmly attached to every step or remove the carpet and attach non-slip rubber treads.
- Make sure handrails are on both sides of the stairs and fix them if they become loose.

### Living areas

- Arrange furniture so you have clear pathways.
- Remove area or throw rugs or use non-slip backing tape so the rugs will not slip.
- Keep electrical and telephone cords out of walkways.
- Do not sit on a chair or sofa that is too low and makes it difficult for you to stand up.
- Install light switches at the entrances to rooms so you do not have to walk into a dark room to turn on a light.
- Remove papers, boxes, books, clothes, shoes and all clutter from pathways.

### Bathroom

- Place a slip-resistant rug adjacent to the bathtub for safe exit and entry.
- Use a non-slip rubber mat or non-skid adhesive textured strips on the floor of your tub or shower.
- Install grab bars for support inside the tub and next to the toilet.
- Replace glass shower enclosures with non-shattering material.

# September

Monday	Tuesday	Wednesday
<b>1</b> WE WILL BE CLOSED ON LABOR DAY	<b>2</b> 8:00 Woodworking 10:00 Tai Chi <b>10:00 Head/Neck Massages—Chair</b> 11:00 Pottery / Zumba Light 1:00 Friendly Bridge <b>1:00 Wood burning 101 - Register</b>	<b>3</b> 9:00 Woodshop Open all Day 9:00 Woodcarving / WALK with Judy 10:00 Stitch & Chatter 10:00 Aging Strong 11:00 Bible Study <b>12:30 Theater Group</b>
<b>8</b> 9:00 WALK with Judy 9:00 Piecemakers Quilt Guild 9:00 Painting w/LaViolet 10:00 Aging Strong/Basic Computer/Bowling 11:00 B/P Check 11:30 DRUMS! 1:00 Bingo/Computer <b>6:00 Cancer Support Grp/ Dulcimers</b>	<b>9</b> 8:00 Woodworking 9:00 Hand Embroidery <b>10:00 Head/Neck Massages—Chair</b> 10:00 Tai Chi <b>10:00 Old Primers Club</b> 11:00 Pottery / Zumba Light 12:30 Quilts of Valor 1:00 Friendly Bridge <b>1:00 Wood burning 101 - Register</b>	<b>10</b> 9:00 Woodshop Open / Creative Writing 9:00 Woodcarving / WALK with Judy <b>9-11 am HEALTH FAIR!!</b> 9:30 Gadget Class 10:00 Stitch & Chatter <b>10:00 Nursing Home Prep Class</b> 10:00 Aging Strong / <b>Financial &amp; Investment</b> 11:00 Bible Study <b>12:30 Theater Group</b> <b>1:00 All about Health Ins 101</b>
<b>15</b> 9:00 WALK with Judy 9:00 Piecemakers 9:00 Painting w/LaViolet 10:00 Aging Strong/Basic Computer/Bowling 11:00 B/P Check 11:30 DRUMS 1:00 Bingo/Computer	<b>16</b> 8:00 Woodworking <b>8:30 Alz 101</b> <b>10:00 Head/Neck Massages—Chair</b> 10:00 Tai Chi 11:00 Pottery / Zumba Light 1:00 Friendly Bridge <b>1:00 Wood burning 101 - Register</b>	<b>17</b> 9:00 Woodshop Open all Day 9:00 Woodcarving / WALK with Judy 10:00 Stitch & Chatter / Scrap Pack 10:00 Aging Strong / Vols in the Garden <b>11:15 Yoga Class (New)</b> 11:00 Bible Study <b>11:45 Bingo Blitz</b> <b>12:30 Theater Group</b>
<b>22</b> 9:00 WALK with Judy 9:00 Piecemakers Quilt Guild 9:00 Painting w/LaViolet 10:00 Aging Strong/Basic Computr/Bowling 11:00 B/P Check 11:30 DRUMS! 1:00 Bingo/Computer	<b>23</b> 8:00 Woodworking 10:00 Tai Chi <b>10:00 Head/Neck Massages—Chair</b> 11:00 Pottery / Zumba Light 1:00 Friendly Bridge <b>1:00 Balance &amp; Fall Lect.- Dr. Beighle</b> <b>1:00 Wood burning 101 - Register</b>	<b>24</b> 9:00 Woodshop Open / Creative Writing 9:00 Woodcarving / WALK with Judy 9:30 Gadget Class 10:00 Stitch & Chatter 10:00 Aging Strong 10:00 Simply Sewing 11:00 Bible Study <b>11:15 Yoga Class (New)</b> <b>12:30 Theater Group</b>
<b>29</b> 9:00 WALK with Judy 9:00 Piecemakers Quilt Guild 9:00 Painting w/LaViolet 10:00 Aging Strong/Basic Computer/Bowling 10:00 Charity Quilting 11:00 B/P Check 11:30 DRUMS! 1:00 Bingo/Computer	<b>30</b> 8:00 Woodworking 10:00 Tai Chi <b>10:00 Head/Neck Massages—Chair</b> 11:00 Pottery / Zumba Light <b>1:00 Wood burning 101 - Register</b> 1:00 Friendly Bridge	<b>Dances Every Friday Night!</b>  Join us every Friday night from 6-9p.m. Put on your dancing shoes and stop by!! Only \$5 Per person. Entertainment provided by Ronnie Spann <b>Spann-tastic Fridays!!</b> Concessions available!

**Fort Sanders Sevier Senior Center & Office on Aging**  
1220 W. Main Street, Sevierville TN 37862  
For Activities information call David at 865-453-8080 x 100  
For Transportation, please call Ashley at 453-8080 x 105

# 2014

Thursday	Friday	Saturday
<b>4</b> 8:00 Woodworking 9:30 Claymates Pottery 10:00 Chorus 10:00 Tai Chi 11:00 Zumba 12:30 Duplicate Bridge 1:00 Claymates Pottery	<b>5</b> 9:00 WALK with Judy 9:00 Woodcarving <b>9:00 Yard Sale/Lunch Outing—Register</b> 10:00 Aging Strong 11:30 DRUMS! <b>12:30 Theater Group</b> 1:00 Mah Jongg <b>1:00 Bunco Bash</b> <b>1:00 Photography Class - New!</b> <b>6:00-9 Friday Night Dance \$5.00</b>	<b>6</b> 10:00 Volunteers In The Garden <b>3:00 Senior Day at the Sevier County Fair</b> <b>Bingo, Music, Fun. \$2.00</b>
<b>11</b> 8:00 Woodworking <b>9:00 Harrah's Outing - Register</b> <b>9:00 Senior Hiking Club Outing</b> <b>No Exercise Classes Today</b> 9:30 Claymates Pottery 10:00 Chorus 12:30 Duplicate Bridge	<b>12</b> <b>8:00 Southeastern TN Quilt Show</b> 9:00 Woodcarving <b>No Exercise Classes Today</b> <b>12:30 Theater Group</b> 1:00 Mah Jongg <b>6:00-9 Friday Night Dance \$5.00</b>	
<b>18</b> 8:00 Woodworking 9:00 Bob Ross Painting-Reg. 423-623-7361 <b>9-Noon CPR/AED Class &amp; Certification</b> 9:30 Claymates Pottery 10:00 Chorus 10:00 Tai Chi 11:00 Zumba 12:30 Duplicate Bridge 1:00 Claymates Pottery	<b>19</b> <b>7:00 Fishing Club Outing - Register</b> 9:00 WALK with Judy 9:00 Woodcarving 10:00 Aging Strong 11:30 DRUMS! 1:00 Mah Jongg <b>12:30 Theater Group</b> <b>6:00-9 Friday Night Dance \$5.00</b>	
<b>25</b> 8:00 Woodworking 9:30 Claymates Pottery 10:00 Chorus 10:00 Tai Chi 11:00 Zumba 12:30 Duplicate Bridge 1:00 Claymates Pottery <b>1:00 BINGO BONANZA—Register</b>	<b>26</b> 9:00 WALK with Judy <b>9:00 Strawberry Farms Outing - Reg</b> 9:00 Woodcarving 10:00 Aging Strong 11:30 DRUMS! <b>12:30 Theater Group</b> 1:00 Mah Jong <b>12:00 Birthday/Anniversary</b>	
<b>Free Legal Aid is now available for low income persons on the third Tuesday of every month by appointment. Call 865-637-0484.</b>	<b>Haircuts by Paulette</b>  Need a haircut, perm, color, or style? Stop by the Center's Salon. Open Tues-Friday or Call Paulette for an appt. - 517-784-2881	
<b>Cards and miscellaneous games are available Monday through Friday 8-4:30 p.m. Everyone is encouraged to join in on the fun!</b> Hand & Foot Canasta, Shang Hai Rummy, Poker, Tripoley, Dominoes, Sequence, Scrabble, Rummikub, Cribbage, Pinochle, billiards and much more!		

Join us Mon-Fri for Breakfast/Lunch at the Senior Center  
Enjoy Breakfast from 8:30-9:30 for only \$3. or stop in for a delicious lunch from 11:30-12:30 for only \$4.  
Save by purchasing combo breakfast & lunch tickets for \$6. (Does not have to be used same on same day)  
As always, meals include beverage!