

Morristown THE VOICE

July-August-September 2019



Morristown Senior Citizens Center • www.SeniorCenterMorristown.org • hamblenooa@lcs.net

“Your Home Away From Home”

PH: (423) 581-5166

Fax: (423) 581-9824

“THE VOICE” is made possible by the generous support of Morristown-Hamblen Healthcare System
908 West 4th North St.
Morristown, TN 37814

NOTABLE DATES:

July 4th – Celebration of Fourth of July

September 2nd – Labor Day

SENIOR CENTER CLOSED

ON FOLLOWING DATES:

July 4th – Celebration of Fourth of July

September 2nd – Labor Day

SENIOR CITIZENS CENTER BOARD OF DIRECTORS:

Debbie A'Hearn, Chairman
Jim Palmer, Vice Chairman
Secretary, Kay Senter
Treasurer, A.D. Butler

Valerie Farmer

Ryan Kragle

Judy Davis

Jackie Jinks

Mark Gibson

Dr. Alpha Alexander

Dwaine Evans, Attorney

Gregg Harrell

Ann Harville

Shirley Holt

Greg Moore

Kevin Smith, Attorney

Chet LaFontaine

Chad McCoige

Ruth Slover

Linda Raines

Honorary Members:

Dr. Rajeev Gupta

Clara Osborne

Dear Friends, Summer has begun and it has been a crazy ride with the weather but we continue to have sunshine at the Senior Center. We survived our Annual Yard/Bake Sale, which was a success thanks to our members and community friends. We raised over \$2,000. My appreciation goes to the staff, board members and Senior Center members for their hard work. Our fundraisers are only successful if we work as a team. It takes a team of many people to make it work and that is what we always have. Each person plays an important part. The ones who brought items, made cakes/cookies, priced items, helped sell, came for lunch, bought items and those who made monetary donations. Each one helped to make it a success. I appreciate the following who went the extra mile throughout the sale:

The staff: Carol, Delores, Gerri, Lois, Casey, Terry & Ron. They worked for days and many long hours. Board Members, Senior Center Members, Julian Jordan who grilled the Hot Dogs, Hamburgers, and Preston Bowen with Modern Woodman who worked most of the day.

Do not forget this quarter (July-September) we transition from mail outs of our Newsletter to emails or website. We have some hard copies for those who signed up to pick them up at the SCC. If you do not have email or internet please call 423-581-5166 to be put on the list to get a copy of the Newsletter.

Thanks to special friends of the Senior Center, we now have new flooring in five of rooms. The carpet was replaced with tile and looks great. We hope to start the building of the Pavilion storage area later this year. We will take donations as we did for our tables. We will have a plaque in the storage area with the plates stating donors and those names they are In Memory or In Honor of. We do not know the cost at this time. If all goes as planned, we will start the resurfacing of the Parking Lot this summer.

I want to thank our Senior Center Members who were so supportive during our “Bingo” issue. I appreciate each one of you for support. Thanks to those who emailed or called people to express their concern. The one thing I heard many times during the issue was that Bingo to you is not the win or lose; it is the time you spend with your friends and enjoy the fun and fellowship that you share with them. The purpose of our events, activities and trips is for our members to enjoy themselves with friends. I appreciate our volunteers who call Bingo. Ed James, Carolyn Barwick, Al & Debbie A'Hearn. Please tell them thank you for their time and effort they put into making sure the prizes are good and something that you can use.

I want to thank our Elder Abuse Awareness Day Sponsors, Todd Heptinstall with Home Instead Senior Care & Karen Crumbley with Smoky Mountain HH & Hospice. Thanks to the speakers Mary Lee McGlothlin & Suzanne Reynolds with Adult Protective Services, Lindsey Maguigan, Assistant District Attorney with District Attorney's Office, Shelli Allison, with TVA Credit Union and Detective Jackie Hickey with Morristown City Police. The program was wonderful with so much valuable information. Thanks to each Senior Center member who attended.

I feel so fortunate to be a part of a Senior Center that cares about their members. Our members are here to enjoy themselves but they care about their friends. I feel that Morristown Senior Center has the best members anywhere. Thank you to all those who choose to be a member. Whether you come every day or once a month, we are glad that you are a part of our family. Invite a friend so they can enjoy the fun with you!! Remember this is your “Home Away From Home”. We want you to enjoy the fun and fellowship that we have each day! Look for our great activities and events on Facebook and check out our Website-seniorcentermorristowntn.org

Your Friend,

SENIOR CENTER CLOSED

July 4th

September 2nd -Labor Day

IMPORTANT CHANGES –PLEASE READ!!

SENIOR CENTER NEWSLETTER

Starting this Newsletter we will no longer mail our Newsletter by US postal service. We will email them to those who give us email addresses. We realize that not everyone has emails; therefore, we will have some hard copies at the Senior Center for pick-up. If you signed up you will be the first to get one. We realize that it will take time to get everyone's emails but it is really important that you contact the Center 423-581-5166 or email us at scnewsletter37813@gmail.com so you can be on our list. If you do not want to send your email you can go to our website at the below address. Thank you for assisting us with this new way of communicating our events and information.

OUR WEBSITE

www.seniorcentermorristowntn.org

NEW SOURCE FOR PAYMENTS

We are pleased to announce that we are accepting Debit and Credit Card payments for any purchases of goods or services of \$10 or more. This includes trips, memberships, donations, pecans, and craft items. We continue to accept payments of cash and checks.

UT MOBILE MAMMOGRAM @ MORRISTOWN SENIOR CENTER

July 3rd & September 4th 9am-4pm
For appointment, call 865-305-9153

Insurance filed. Women 40+ without insurance, call to qualify for grant funding.

RENTAL OF MAIN ROOM & PAVILION FOR 2019

Do you, your family, friends or business need a place for a gathering. It can be for fun such as a Family Reunion, Special Birthday/ Anniversary Party, even a Wedding or a Meeting. If you need a monthly meeting place or a special event, we may be able to help you. Our Main Room holds 80-90 people. There are discounts for Senior Center Members, Non-Profits & Churches. The Pavilion is available for Rent. It is a perfect place for picnics. Our tables and ramp are handicap accessible and seats 80 people. If you have an interest for either rental, contact Debbie at 423-581-5166 for cost and details.

SENIOR CENTER WEB SITE & FACEBOOK PAGE

Do not forget to check our Website or Facebook. It is informative with our events and activities listed. The website is www.seniorcentermorristowntn.org. Our Facebook also has activities and pictures of past events. Please take time to view these sites. You may find your picture. The Newsletter and Senior Directory is on the website. Our sincere appreciation to Jim Palmer and Shirley Holt for their hard work in making the sites informative and letting our community know what a special place the Senior Center is.

SPECIAL APPRECIATION:

Staff, Board Members and SCC Members who worked so hard to make the Yard Sale a success.

Weekly Volunteers who help with Bingo and Lunch & Learns: **Ed James, Carolyn Barwick, Al & Debbie A'Hearn, Judy Harrell, Ethel Dean, Jean Brady.**

Gregg Harrell & David Tripucka and his West High Agriculture Class for their work with the garden.

Preston Bowen & Blake Foote with **Modern Woodman** for helping with the Yard Sale.

Elder Abuse Awareness Program Sponsors- **Todd Heptinstall** with Home Instead Senior Care & **Karen Crumbley & Debbie A'Hearn** with Smoky Mountain HH & Hospice

Elder Abuse Awareness Program Speakers. **Detective Jackie Hickey**, Morrystown City Police, **Mary Lee McGlothlin**, Field Supervisor with APS, **Suzanne Reynolds**, Hamblen County APS Supervisor, **Lindsey Maguigan**, Assistant District Attorney with DA's Office, **Shelli Allison**, Compliance Specialist with TVA Credit Union.

COLLECTION OF GALLON & HALF GALLON CONTAINERS

The Center is collecting gallon and half-gallon containers such as Milk and Tea jugs. We are taking them to Dandridge where they pay 35 cents for the gallon and 25cents for the half-gallon jugs. All the money goes to the Senior Center. If you want to help please bring your containers to the SCC cleaned, no lid and not smashed.

HOLIDAY BAZAAR VENDORS

If you have an interest in being a Vendor at our Holiday Bazaar in November, please notify Debbie at 423-581-5166 or email [@hamblenooa@lcs.net](mailto:hamblenooa@lcs.net). The letters and emails explaining dates, cost etc. will be sent in August. If you have been here in the past let us know and if you are new send, your information and we will notify you. Looking forward to hearing from you.

BIRTHDAY DINNERS

Reservations required for each month.
Sign up in Lobby or Call 581-5166.

July 26, 12:00: Birthday Dinner/Corn Hole Tournament and a new game called **Bocce Ball**. This will start at 10am with Lunch at 12pm. If you want to play Corn Hole or Bocce Ball sign-up in the Lobby. Picnic will follow. Drinks provided. **Cost \$3** if a dish is not brought.

August 30th 12:00 Birthday Dinner -Drinks provided. Covered Dish Dinner **Cost \$3** if a dish is not brought. Entertainment – Dan Gibson Vocalist

September 27th 10am- Trike Rides- 12:00 Picnic under Pavilion. Hamburgers & Hot Dogs. Bring extra food for our Biker Guests who are kind enough to bring their bikes and ride us for two hours. **Cost \$3 for everyone** who do not bring a dish. Will have Grilled Hamburgers and Hot Dogs. **Interim HH** will sponsor Bingo afterwards.

LUNCH & LEARNS

11am each time

Reservations needed for each program.
Call 581-5166 or sign in at the Lobby Desk.

July 16, 11am-Clear Captions-Topic: "Phones for Hearing Impaired"- Speaker: Joyce Taylor. Reservations by July 11

August 6, 11am-Legal Aid of East TN: Topic – "Estate Planning-Wills & Power of Attorneys" Speaker- Linda Hall Reservations by August 1. Time will be available to complete Wills and POA after Lunch

August 20 11am- Edward Jones: Topic: "Outsmart the Scammers"- Speaker- Spence Smith. Reservations by August 15.

September 10th 11am- American Financial Alliance- Topic: Medicare and Various Options" Speaker: Barbara Morris, Counselor- Reservations by September 5.

October 1, 11am- US Diabetes Care & Smoky Mountain Home Health & Hospice- Topic: Services of new US Diabetic Care Center. Speakers: Katie Klouse & Debbie A'Hearn. Reservations by September 26.

LUNCH BUNCH


Please sign up at the SCC. We need your phone number and if you will drive or need to ride van. If you sign-up and decide not to go please cancel before the day of the Lunch Bunch.

This is for reservation purposes.

July 18- 11:30 -Green Tomato Restaurant- Mooresburg
August 13- 1:00 for Movie and 4:00 for early dinner at Texas Roadhouse If there is no movie, we want to see, we will meet at 4pm for early dinner. Texas Roadhouse is not open at lunchtime
September- 17- 11:30 Aubrey's

| Mon | Tues | Wed | Thurs | Fri |
|---|---|--|--|---|
| 9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1:00 Bridge Club 1 | 9:00 Crafts 9:30 Tai Chi 12:00 Rook Club 12:30 Scrabble 6:30 Bridge Club 2 | 9:00 UT Mobile Mammogram 9:30 Bingo 11:00 S.A.I.L 12:30 Table/Card Games 1:00 NO Line Dancing 3 | <p style="text-align: center;">SENIOR CENTER CLOSED NO ACTIVITIES HAPPY FOURTH OF JULY!!!</p> 4 | 10am Acrylic Art Class-Dan Gibson 10:00 S.A.I.L Table Games 12:30 Bingo 4:30- Room Rental 5 |
| 9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1:00 Bridge Club 6:00 Coin Club 8 | 9:00 Crafts 9:30 Tai Chi 12:00 Rook Club 12:30 Scrabble 6:30pm Bridge Club 9 | 9:30 Bingo 10:00 Manicurist 11:00 S.A.I.L 12:30 Table/Card Games 1:00 NO Line Dancing 10 | 9:00 Grief Support 9:30 Tai Chi 10:30 Bible Study 10:00 Pinochle 1:00 Bridge Club Table/Card Games 2:00 Trivia 6:00- Hamblen Co. Genealogy Association Mtg. 11 | Table Games 10:00 S.A.I.L 12:30 Bingo 12 |
| 9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1:00 Bridge Club 15 | 9:00 Crafts 9:30 Tai Chi 11:00 Lunch & Learn Clear Captions 12:00 Rook Club 12:30 Scrabble 6:30pm Bridge Club 16 | 9:30 Bingo 11:00 S.A.I.L 12:30 Rook/ Card Games 1:00 NO Line Dancing 17 | 9:30 Tai Chi 10:30 Bible Study 10:00 Pinochle 11:30 Lunch Bunch – Green Tomato Restaurant 1:00 Card Making Class 1:00 Bridge Club Table/Card Games 18 | Table Games 10:00 S.A.I.L 12:30 Bingo 19 |
| 9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1:00 Bridge Club 6:00 Coin Club 22 | 9:00 Crafts 9:30 Tai Chi 12:00 Rook Club 12:30 Scrabble 6:30 Bridge Club 23 | 9:30 Bingo 11:00 S.A.I. L 12:30 Rook/ Table Games 1:00 NO Line Dancing 24 | 9:30 Tai Chi 10:00 Pinochle 10:30 Bible Study 1:00 Bridge Club Table/Card Games 25 | Table Games 10:00 S.A.I.L 10:00- Corn Hole Tournament & Bocce Ball Games 12:00 Birthday Dinner in Pavilion 26 |
| 9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1:00 Bridge Club 29 | 9:00 Crafts 9:30 Tai Chi 10:30 Bush Beans Café Trip 12:00 Rook Club 12:30 Scrabble 6:30 Bridge Club 30 | 9:30 Bingo 11:00 S.A.I. L 12:30 Rook/ Table Games 1:00 NO Line Dancing 31 |  | |

August

| Mon | Tues | Wed | Thurs | Fri |
|--|--|--|--|--|
|  | | | 9:30 Tai Chi 10:30 Bible Study 10:00 Pinochle Table/Card Games 10:30-11:30 Eat Well, Feel Well Class in Pavilion 1:00 Bridge Club 6:00 Hamblen Co. Genealogy Association Mtg 1 | Table/ Card Games 10:00-S.A.I.L 10:00 Acrylic Art Class 12:30 Bingo 2 |
| 9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1pm- Bridge Club 3 | 9:00 Crafts 9:30 Tai Chi 11:00 Lunch & Learn Legal Aid of East TN 12:00 Rook Club 12:30 Scrabble Table/Card Games 6 | 9:30 Bingo 11:00 S.A.I.L 12:30 Table/Card Games 1:00 Line Dancing Class 7 | 9:00 Grief Support 9:30 Tai Chi 10:30 Bible Study 10:00 Pinochle Table/Card Games 1:00 Duplicate Bridge 2:00 Trivia 2:00 Eat Well, Feel Well Class, Pavilion 8 | Table/ Card Games 10:00 S.A.I.L 12:30 Bingo 9 |
| 9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1pm- Bridge Club 6:00 Coin Club 10 | 9:00 Crafts 9:30 Tai Chi 1:00 Lunch Bunch-Movie 4:00 Texas Roadhouse 12:00 Rook Club 12:30 Scrabble Table/Card Games 13 | 9:30 Bingo 10:00 Manicurist Craft Room 11:00 S.A.I.L 12:30 Table/Card Games 1:00 Line Dancing Class 14 | 8:00 Tai Chi 10:30 Bible Study 10:00 Pinochle 10:30-11:30 Eat Well, Feel Well Class in Pavilion 1:00 Duplicate Bridge 1:00 Card Making Class 15 | Table/ Card Games 10:00 S.A.I.L 12:30 Bingo 16 |
| 9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1:00 Bridge Club 17 | 9:00 Crafts 9:30 Tai Chi 11:00 Lunch & Learn Edward Jones 12:00 Rook Club 12:30 Scrabble-Table/Card Games 20 | 9:30 Bingo 11:00 S.A.I.L 12:30 Table/Card Games 1:00 Line Dancing Class 21 | 8:00 Boone NC Trip 9:30 Tai Chi 10:30 Bible Study 10:00 Pinochle 10:30-11:30 Eat Well, Feel Well Class in Pavilion 1:00 Duplicate Bridge 22 | Table/ Card Games 10:00 S.A.I.L 12:30 Bingo 23 |
| 9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1pm- Bridge Club 6:00 Coin Club 26 | 9:00 Crafts 9:30 Tai Chi 12:00 Rook Club 12:30 Scrabble/ Table Card Games 27 | 9:30 Bingo 11:00 S.A.I.L 12:30 Table/Card Games 1:00 Line Dancing Class 28 | 9:30 Tai Chi 10:30 Bible Study 10:00 Pinochle 10:30-11:30 Eat Well, Feel Well Class in Pavilion 1:00 Duplicate Bridge Table/Card Games 29 | Table/ Card Games 10:00 S.A.I.L 12:00 BIRTHDAY Dinner-Dan Gibson Vocalist 30 |

SEPTEMBER

| Mon | Tues | Wed | Thurs | Fri |
|---|---|--|---|--|
| <p>SENIOR CENTER CLOSED FOR LABOR DAY NO ACTIVITIES</p> <p>2</p> | <p>9:00 Crafts 9:30 Tai Chi 12:00 Rook Club 12:30 Scrabble Table/Card Games 6pm Bridge Club</p> <p>3</p> | <p>9:00 UT Mobile Mammogram 9:30 Bingo 11:00 S.A.I.L 12:30 Table/Card Games 1:00 Line Dancing Class</p> <p>4</p> | <p>9:30 Tai Chi 10:30 Pinochle 10:30 Bible Study Table/Card Games 1:00 Bridge Club 6:00 Hamblen Co. Genealogy Association Mtg.</p> <p>5</p> | <p>Table/Card Games 10:00 S.A.I.L 10:00 Acrylic Art Class Dan Gibson 12:30 Bingo</p> <p>6</p> |
| <p>9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1pm- Bridge Club 5pm- Board Mtg 6pm-Coin Club</p> <p>9</p> | <p>9:00 Crafts 9:30 Tai Chi 11:00 Lunch & Learn- American Financial Alliance 12:00 Rook Club 12:30 Scrabble Table/Card Games 6pm -Bridge Club</p> <p>10</p> | <p>9:30 Bingo 10:00- Manicurist 11:00 S.A.I.L 12:30 Table/Card Games 1:00 Line Dancing Class</p> <p>11</p> | <p>9:00 Grief Support 9:30 Tai Chi 10:30 Pinochle 10:30 Bible Study Table/Card Games 1:00 Bridge Club 2:00-Trivia Club</p> <p>12</p> | <p>Table/ Card Games 10:00 S.A.I.L 12:30 Bingo</p> <p>13</p> |
| <p>9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1pm- Bridge Club</p> <p>16</p> | <p>9:00 Crafts 9:30 Tai Chi 11:30 Lunch Bunch Aubrey's 12:00 Rook Club 12:30 Scrabble Table/Card Games 6pm - Bridge Club</p> <p>17</p> | <p>9:30 Bingo 11:00 S.A.I.L 12:30 Table/Card Games 1:00 Line Dancing Class</p> <p>18</p> | <p>9:30 Tai Chi 10:30 Bible Study 10:00 Pinochle 1:00 Duplicate Bridge 1:00 Card Making Class</p> <p>19</p> | <p>Table/ Card Games 10:00 S.A.I.L 12:30 Bingo</p> <p>20</p> |
| <p>9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1:00 Bridge Club 6:00 Coin Club</p> <p>23</p> | <p>9:00 Crafts 9:30 Tai Chi 12:00 Rook Club 12:30 Scrabble-Table/Card Games</p> <p>24</p> | <p>9:30 Bingo 10:00 Oil Painting Class 11:00 S.A.I.L 12:30 Table/Card Games 1:00 Line Dancing Class</p> <p>25</p> | <p>9:30 Tai Chi 10:30 Bible Study 10:00 Pinochle 1:00 Bridge Club</p> <p>26</p> | <p>Table/ Card Games 10:00 S.A.I.L 10:00 Trike Rides 12:00 Birthday Dinner Bingo sponsored by Interim Home Care In Pavilion</p> <p>27</p> |
| <p>9:00 Crafts 10:30 Pinochle 12:30 Mah Jong Table/Card Games 1:00 Bridge Club</p> <p>30</p> | | | | |

“EAT WELL, FEEL WELL” CLASS

August 1, 15, 22, & 29
10-11am in the Pavilion
August 8 @ 2-3 pm in the Pavilion

A free five (5) week program sponsored by University of Tennessee Extension. Led by Carla Testerman. Carla will share common topics with new information

Topics:

- **Hydration** - Learn tips of drinking fluids to feel well.
- **Use it or Toss it** - Expiration dates and what they mean.
- **Physical Activity** - Learn how to stay active as we age
- **Vegetables** - Learn Tips of how to add Veggies to the diet
- **Soup-er Nutrition** - Learn the formula for making great soups with basic ingredients.

EXERCISE CLASSES

TAI CHI FOR HEALTH

Tuesday & Thursday 9:30 An Evidence Based class for those with Balance issues, joint pain especially if arthritis related. Tuesday Class for beginners and Thursday for advanced students. Taught by Jim Perdue, Certified Instructor. Cost \$2 donation. **No Tai Chi Thursday July 4th.**

S.A.I.L

Stay Active and Independent for Life

Wednesday 11am-12 noon & Friday 10-11am An Evidence Based Exercise Class for those with weakness, balance problems or need to exercise. You exercise at your own pace sitting or standing. Taught by Certified Instructor Jim Perdue. Cost \$2 donation.

GRIEF SUPPORT

Second Thursday 9-10am each month **UT Hospice** sponsors a Grief Support Group. Annie Wing leads the group as you work through the difficulties of losing a love one. Each one deals with grief differently. She starts where you are. Let Annie and the Group help you get through those difficult times. No charge. You can join any time and bring a family or friend. **Dates July 11, August 8, & September 12**

TRIVIA GROUP

The Trivia Group is having fun learning interesting facts. They meet the **second Thursday @ 2pm**. Everyone is welcome to join the fun in the Craft Room. Led by Ruth McCoy. **Dates: July 11, August 8, & September 12**

MANICURIST

2nd Wednesday each month-10am-Sarah Stephens, Licensed Manicurist will paint your nails Free. Appointment required. Call **581-5166** to schedule appointment. **Dates: July 10, August 14 & September 11**

SENIOR CENTER TRIPS

Sign up at the Front Desk or Call **581-5166** for each trip

July 30, 10:30- Bush's Family Café' & Museum- This is a great family restaurant that has delicious food and plenty of it. If you have not had the privilege of visiting the Museum and Store you should join us. If you have, it is always great to have a delicious lunch and enjoy looking through the General Store. **Cost \$12 for Transportation and Lunch on your own.** Reservations by July 23

August 22, 8:00- Boone, NC- Lunch at Daniel Boone Inn and Visit to the Original Mast General Store. The store is the original General Store. You will feel like you have stepped back in time. They have so many things that will remind you of your younger years. It is really a neat store to browse through and you may find something that you thought they no longer made. The food at Daniel Boone Inn is served family style and you will not go away hungry! **Cost for Transportation & Lunch is \$40 with 50% at sign-up.** Cost includes tax and gratuity for your meal. We will travel via vans so be sure to reserve a seat early.

ART CLASSES

OIL PAINTING CLASS

No classes in July & August. Will meet September 25th - 10am Call Jay @ 423-878-6515 or email oilpaintingwithjay@gmail.com for reservation. Led by Jay Holdway a Certified Instructor, he teaches Bob Ross Style Oil Painting with Beautiful Country Scenes with systematic instructions. You will take a beautiful painting home each class. Painting displayed in lobby for next class. **Fee \$50** for supplies.

ACRYLIC ART CLASS

July 5, August 2, & September 6- 10am- Call 423-581-5166 for reservation. Painting displayed in lobby. **Fee \$45** for supplies. Led by Dan Gibson

CRAFT GREETING CARDS CLASS

July 18, August 15, & September 19 @ 1pm
Make beautiful Greeting Cards. Taught by Cindy Trobaugh who will show different techniques. If there is special supply needed, she will bring it. If you have never made cards or scrapbooking, you may want to watch the first time. Some experience would be helpful. Please bring the following items:
Card Stock, Decorative Papers, Scissors, Glue & Other Elements.

LINE DANCING CLASSES

Weekly Line Dancing Classes cancelled for July. All classes in August and September will be at 1pm on Wednesday.

HAMBLEN COUNTY GENEALOGY ASSOCIATION MEETINGS

The HCGA will meet the first Thursday of each month at 6pm at the Senior Center **except in July due to July 4th celebration.** If you are interested in Genealogy, you are welcome to join HCGA.

The next Meeting Dates are **July 11, August 1, & September 5 @ 6pm**

LAKEWAY COIN CLUB MEETINGS

The Lakeway Coin Club meets **twice a month on the 2nd & 4th Monday at 6am.** If you are Coin Collector or have coins that you want appraised join this great group at their meetings.

REGULAR ACTIVITIES

BIBLE STUDY Taught by Jewell Hudgen: 10:30am- Each Thursday morning

BIRTHDAY DINNERS July 26, August 30, & September 27 @ **12:00.** July Corn Hole Tournament at 10am & September Trike Rides start at 10am

BINGO: Twice a Week, Wednesday @9:30am – Al & Debbie A'Hearn with Smoky Mountain Hospice & HH and Ed James are callers. **Fridays @ 12:30-** Except when we have Birthday Dinners. Carolyn Barwick and Carol Collins are callers.

BRIDGE CLUB Monday at 1pm, Tuesday at 6:30pm and Thursday at 1pm.

CARD MAKING CLASS 3rd Thursday each month 1-3pm.

COIN CLUB 2nd & 4th Monday @ 6pm each month

COMPUTER CLASSES If have an interest; please call 581-5166 for class times. They are 1-1/2 hours for three weeks. **Cost- \$3 per class.**

CRAFTS Each Monday & Tuesday @ 9:00am. Come join this great group of ladies and learn new creations. If you desire to teach, a craft class call Debbie at 581-5166.

GRIEF SUPPORT GROUP Second Thursday @ 9am. Led by Annie Wing with UT Hospice. Next meetings are **July 11, August 8, & September 12**

LINE DANCING: Each Wednesday at 1:00 pm. Classes will meet in August & September with July classes cancelled. Led by Teresa Presley.

MAH JONG GROUP Each Monday at 12:30pm. New members always welcome Come & join them.

PINOCHLE Each Monday & Thursday @ 10:30am – New members welcome.

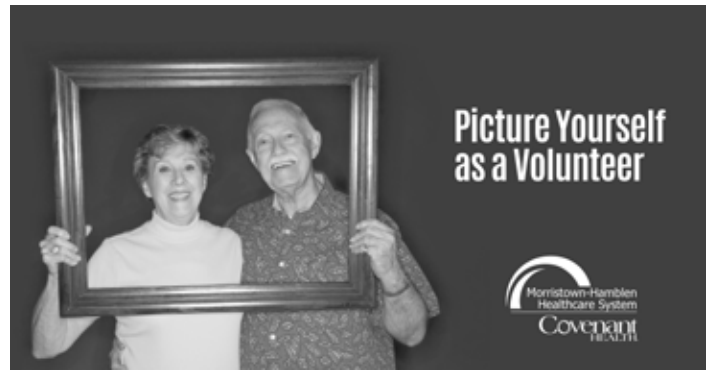
ROOK CLUB Each Tuesday @ 12:30pm. A fun afternoon playing Rook. Led by Dale Pendland & Virginia Taylor

SCRABBLE Each Tuesday @ 12:30pm-Learning new & and unique words

TAI CHI Each Tuesday & Thursday @ 9:30-10:30am Taught by Jim Perdue. An Evidenced Based Class **Tuesday-Beginners** and **Thursday- Advanced**. Cost \$2 donation.

TRIVIA CLUB 2nd Thursday each month @ 2pm. Group meets July 11, August 8, & September 12. Everyone is welcome! Club meets in Craft Room. Led by Ruth McCoy.

S.A.I.L Stay Active and Independent for Life-Wednesday 11am-12 noon & Friday-10-11am. Led by Jim Perdue. \$2 donation appreciated.



Just picture how much fun you could be having!

If you love helping people and want to work in a fun team atmosphere, then becoming a Volunteer at Morristown-Hamblen Healthcare System might be just what you're looking for!

MHHS has a variety of opportunities and shifts available. Here are some areas where Volunteers are commonly needed:

- Information Desk
- Clerical Assistance
- Gift Shop
- Registration
- Surgery Waiting
- Acute Care Waiting
- Emergency Department
- Imagination Library
- Chaplain Services

For more information on volunteer opportunities at MHHS, visit www.morristownhamblen.com/volunteers or call 423-492-5952.

Thank You!

Donors:

Director's Trust: Margaret Merhoff, Rick & Joan Reynolds
Memory of Ruth Herrick

Friend of the Center:

Morristown Lions Club

Patrons:

Brockland Acres Garden Club, Mary Fannee, Kathy Hoyt, Leroy & Joyce Royston, Lois Seals Memory of Ruth Herrick, Friends of Auction House Memory of Elizabeth Kinsler, Suzy Adams Memory of Noah Adams, Joe & Sue Little, Judy McGuffin, Theatre Guild

In-Kind Donation:

Gregg Harrell, Jim Palmer, Shirley Holt

Donated Items:

Central Services, Carolyn Barwick, Mark Fullington with NAPA

Wish List:

Monetary Donations for Pavilion new storage and restroom area, Relining and Resealing of Parking Lot, Paper Products, Copier Paper, Office Supplies





Morristown
 Senior Citizens Center
 841 Lincoln Avenue • Morristown, TN 37813

RETURN SERVICE REQUESTED

NON-PROFIT ORG
 U.S. POSTAL SERVICE
PAID
 MORRISTOWN, TN
 PERMIT NO. 229

STAFF:

- Debbie R. Thayer, Executive Director
- Carol J. Collins, Asst. Director
- Casey Schaad
- Ron Peterson
- Lois Seals
- Geraldine Seals
- Terry Stout



DONATIONS NEEDED

DONATIONS FOR PAVILION STORAGE AREA

The SCC hopes to start building the new Pavilion Storage Room and Restroom later in 2019. If you like to be an important part of paying for the expense we are taking donations in Memory or Honor of your love one. We will have a Plaque with the plates listing the donor and their love one's name on it. This is a good way to remember someone special for his or her birthday, an appreciation or in his or her memory. Complete the form and return it to the Senior Center at 841 Lincoln Ave. Morristown, TN 37813. All donations are appreciated. We can provide papers for tax purposes.

DONATIONS FOR PAVILION STORAGE AREA

DONOR _____ **PHONE** _____

ADDRESS _____

In Memory of _____

In Honor of _____

Donation:

\$100 _____ **\$200** _____ **\$300** _____ **\$500** _____ **Other/Amount \$** _____

Office Use: Date Received _____