

EVERETT SENIOR CENTER

702 BURCHFIELD

MAY 2026 ESC NEWS

PRESENTATION: by Brittney Phillips

THRIVE AT HOME

at EVERETT SENIOR CENTER

Monday, May 18th at 11am

Thrive at Home gives caregivers a better peace of mind when caring for their loved one. If a caregiver signs up for a loved one, care coordinators will call their loved one every two weeks. We can help provide health education and tips, help schedule appointments, and help find resources. We are dedicated to both the care giver and their loved ones.

Call to sign up: 865-983-9422

PRESENTATION: DOWNSIZING FOR SENIORS

by SOUTHERN CHARM HOMES

Everett Senior Center

Thursday May 7th at 1pm and

Monday May 18th at 1pm

As a senior, there are many reasons to downsize from your current home. The choice of moving to a retirement community or move to a smaller home is a difficult lifestyle change. Both of these options come with financial, emotional, and practical trade-offs. There is no 'one-size fits all' answer. This brief seminar will help you weigh the pros and cons of each path carefully before helping you decide.

Call to sign up: 865-983-9422

APPLE IPHONE/IPAD BASICS CLASS

Monday and Tuesday

May 11th and 12th

10am-12pm.

Conquer your fears and come learn the basics of your Iphone or Ipad device! Cost is \$45 for the 4 hour course. Payment due no later than Friday, May 8th. Please bring Ipad/Iphone with you. Barbara Edwards with Social Media 4 Seniors will be facilitating this 2 day 4 hour workshop. Call the ESC office and reserve your spot.

- ✓ Expert Guidance
- ✓ Small Classes
- ✓ Take Home Resource Booklet
- ✓ Q & A Emphasis
- ✓ Comprehensive Training

865-983-9422

JOIN US FOR OUR

BBQ patio party



TUESDAY, MAY 12TH
11:30-12:30

HOT DOGS \$1
HAMBURGER \$2
FREE DRINKS AND CHIPS

LINE DANCE CLASS

EVERETT SENIOR CENTER
STARTING IN MAY

1ST AND 3RD

TUESDAYS

1:00PM

Instructor: Cindy



ESC STAFF:

Stacy Homeyer, Director

Greg Pitner, Administrator

CLOSED Monday, May 25th
HAPPY MEMORIAL DAY!

New to Medicare?

Every 3rd Tuesday @ 1PM.

Helping answer your Medicare questions free of charge, no strings attached.

Mid Week Music

10am to 12pm

Live music by local musicians. Coffee and snacks are provided. Come on in and take a listen!

Musicians please arrive by 9:30am to get signed in.

Everett Senior Center
Ballroom



KNITTING CROCHET & QUILTING GROUP

Every Tuesday & Thursday 10AM-3:30PM

Everett Senior Center

Art Classes

Water Color Mondays
Oil Painting Wednesdays
Drawing Classes Wednesdays
Call for Class Schedules
865 983-9422



DOMINOES



Every Friday @ 9:00am in
the ballroom. Bring some
snack and join a game.

Veterans Coffee Fellowship

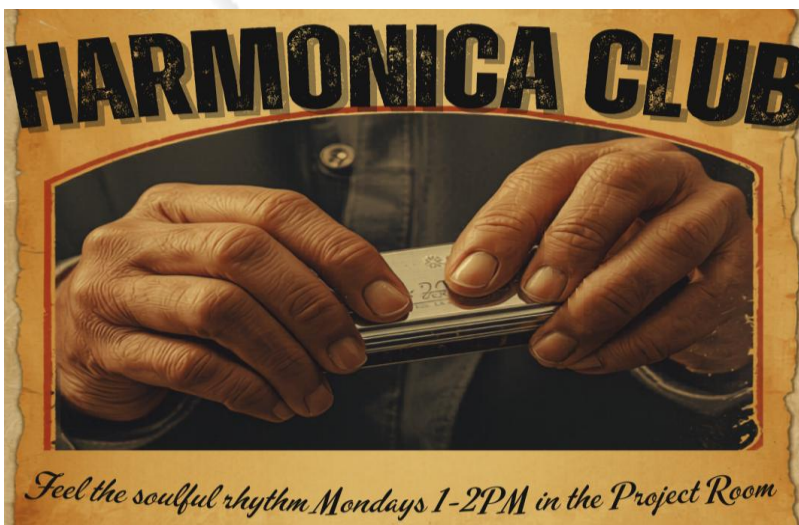
Every Thursday 1:30PM
All veterans are welcome!



SCRAPBOOKING & PAPER CRAFTERS

EVERY MONDAY
9AM TO 3:30PM

OUR PAPER CRAFTERS MEET IN THE BALLROOM.
EVERYONE BRINGS THEIR OWN PROJECT. COME IN AND
JOIN THEM. YOU MIGHT PICK UP SOME FUN NEW IDEAS!



HARMONICA CLUB

Feel the soulful rhythm Mondays 1-2PM in the Project Room

BALLROOM DANCE CLASS

Every Wednesday from 1pm to 3pm in
The ballroom.

Cost: FREE



LIVE BALLROOM BAND DANCES

Held on the 1st and 3rd Saturday nights from
7-9PM. Admission is \$8 for ESC Dance
Members & \$10 for Non-Members.



Walking Club

TUESDAYS AND THURSDAYS
9AM

HALF MILE TO 1.5 MILE WALKING TRAIL

PING PONG
CLUB

EVERY MONDAY, THURSDAY &
FRIDAY 1:30-3:30PM
ESC BALLROOM

Everett Senior Center
Chair
Volleyball

1st 3rd and 5th Wednesday from 10am to 12pm
EVERY Friday from 10 am to 12 pm

CHAIR YOGA

- Great For Anyone
- Improves Flexibility
- Helps Balance
- Increases Mobility

TUESDAYS 12- 1PM
Cost: FREE

TAI CHI

CALM YOUR MIND
IMPROVE BALANCE
INCREASE RANGE OF MOTION

EVERY TUESDAY & THURSDAY |
9AM: BEGINNER
9:45AM: ADVANCED

EVERETT SENIOR CENTER
BALLROOM

SIT 2 FIT

Every 1st & 3rd Thursday

11am to 12pm

Seated Aerobic Exercises.
A fun and easy way to get
stronger, boost energy
and increase flexibility!

Corn Hole

Every Monday @ 10am
in the ballroom.



EVERETT SENIOR CENTER

WEEKLY PROGRAMS

CORN HOLE- BALLROOM- 10AM
WATERCOLOR- ART ROOM- 9:30AM
SCRAP TIME- BALLROOM- 9AM
BRIDGE- CARD ROOM- 10AM
HARMONICA GROUP - PROJECT ROOM - 1PM
PING PONG- BALLROOM- 1:30PM
BILLIARDS- POOL HALL- EVERY DAY

TUES DAY

TAI CHI- BALLROOM-
BEG.- 9AM ADV. 9:45AM
CARDS- CARD ROOM- 9AM
WALKING CLUB- FRONT DOOR- 9AM
QUILTERS- ART ROOM- 10AM
CHAIR YOGA - BALLROOM- 12PM
LINE DANCING 1ST & 3RD- BALLROOM- 1PM

WEDNES DAY

OIL PAINTING- ART ROOM- 9:30AM
DRAWING CLASS- PROJECT ROOM- 9:30AM
BRIDGE- CARD ROOM- 10AM
SCRABBLE- PROJECT ROOM- 12:30PM
CHAIR VOLLEY BALL 1ST, 3RD AND 5TH- BALLROOM- 10AM
MIDWEEK MUSIC 2ND & 4TH--BALLROOM- 10AM
BALLROOM CLASSES- BALLROOM- 1PM

THURS DAY

TAI CHI- BALLROOM- BEG.- 9AM ADV. 9:45AM
TILE GAMES/CARDS- CARD ROOM- 9AM
WALKING CLUB- FRONT DOOR- 9AM
VETERANS COFFEE- BALLROOM- 1:30PM
QUILTERS- ART ROOM- 10AM
PING PONG- BALLROOM - 1:30PM
1ST AND 3RD SIT 2 FIT CHAIR CLASS- BALLROOM- 11AM

FRI DAY

DOMINOES- BALLROOM-9AM
BRIDGE- CARD ROOM- 10AM
CHAIR VOLLEYBALL- 10AM
QUILTERS(FIRST FRIDAY) ART ROOM- 10AM
PING PONG- BALLROOM- 1:30PM
3RD RED HAT SOCIETY- ART ROOM- 10AM