

EVERETT SENIOR CENTER

702 BURCHFIELD

JUNE 2026 ESC NEWS



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

When: Every Tuesday Starting June 30th to September 1st

Where: Everett Senior Center

Time: 12:30-2:30pm

This 10-session in-person class is held once a week for 10 weeks. Each class lasts about 2 hours.

For more information or to register:

(865)982-6430 x4
MLima@utk.edu

LINE DANCE CLASS

Every 1st and 3rd
Tuesday

1:00 PM

Instructor: Cindy



BREAKING NEWS!



Safety and Readiness for Older Adults

A class to help better prepare older adults for emergencies and disasters.

Through this class, members of the Medical Reserve Corps will teach older adults the importance of being prepared and how to make simple changes to be better prepared for the unexpected

You will learn:

- Building Emergency Plans and Kits
- Tips to promote preparedness in your homes
- Emergency Shelter Essentials

Thursday, June 11th @ 1PM

Project Room at the Everett Senior Center

EVERETT SENIOR CENTER
BALLROOM

SIT 2 FIT

Thursday
pm
ic Exercises.
d easy way to get
nger, boost energy
and increase flexibility!

Returning in August



ESC STAFF:
Stacy Homeyer, Director
Greg Pitner, Administrator

Open Mon to Fri
8am to 4pm

865-983-9422
702 Burchfield St.
Maryville, TN 37804
EMAIL: escAdmin@parksRec.com

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



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!

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!

Corn Hole

Every Monday @ 10am
in the ballroom.



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.

CHAIR YOGA

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

TUESDAYS 12- 1PM

Cost: FREE



EVERETT SENIOR CENTER

WALKING CLUB

TUESDAYS AND THURSDAY

9AM

HALF MILE TO 1 MILE WALKING TRAIL



**PING PONG
CLUB**

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



TAI CHI

CALM YOUR MIND
IMPROVE BALANCE
INCREASE RANGE OF MOTION

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



Follow ESC on
facebook



Everett Senior Center
**Chair
Volleyball**

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



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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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
SIT 2 FIT CHAIR CLASS- POSTPONED UNTIL AUGUST



FRIDAY

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