



## “Going to the Big House”... Brushy Mountain State Penitentiary Thursday, April 23, 2020

SEE, HEAR, ENJOY, but most of all, BELIEVE! Established in 1896 and operated until 2009, Brushy Mountain State Penitentiary is in the very remote area of Petros, TN. This prison held some of the country’s most notorious criminals such as James Earl Ray, the convicted assassin of Martin Luther King, Jr. Brushy was a maximum security prison known as the “End of the Line”. Prison sentences were sometimes 200 years or more. Once you went here, there was little chance you’d EVER leave. This historic institution, now a very unique museum, dubbed: “Brushy Mountain was the Damnation of Many an Evil Man and the Salvation of a Humble Few”.

You’ll “dine with the warden” at The Warden’s Table Restaurant where you’ll enjoy Southern cooking with a twist and hospitality at its best. You can sample “spirits of the mountains” at End of the Line Moonshine... the only moonshine “legally” distilled at the prison and you can tour the distillery if you choose. A self-guided tour allows you to walk as much or as little of the prison grounds as you want and learn about the features that interest you the most. The primary areas of the prison are handicap accessible but no elevator is available to reach more than the main level. Former inmates and guards will be on hand to share stories and answer questions. The stories of troubled minds that live on at Brushy Mountain and the voices that echo down “3 Walk” are yours to witness. It will surprise, terrify, amaze and fascinate you! Remember to be “on your best behavior” and start off the travel season with a most unusual day of fun! It’s a trip that will provide an experience and on-board entertainment... like no other!

Cost: \$118 per person Everett Sr Ctr Members ~ \$133 pp non-members

\$25 per person DEPOSIT Required to Book FINAL PAYMENT due Thursday, April 2, 2020

8:30 a.m. Depart Everett Senior Center (boarding begins at 8:15) ~ 5:00 p.m. Return

### Eat Well Feel Well

#### **Brought to you by UT Extension Tennessee & Consumer Education Program**

Eat Well, Feel Well is a 4-week curriculum created by the University of Tennessee Extension to address the unique needs of older adults concerning nutrition, food safety, food preparation and physical activity. Learn more about cooking and receive free tools such as a water bottle, vegetable peeler, and refrigerator thermometer. We would love to have you come and join us!

**When: Tuesday March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>**

**Time: 1:30-2:30PM**

**To Register Call: 865-983-9422**



702 Burchfield Street.  
Maryville, TN 37804  
(865) 983-9422

Facebook: Everett Senior  
Center  
[www.Parksrec.com](http://www.Parksrec.com)  
[escAdmin@parksrec.com](mailto:escAdmin@parksrec.com)

Hours:  
Monday thru Friday  
8am to 4pm

ESC Memberships  
Per Year:  
\$15.00 Individuals  
\$25.00 Two People



## Potluck & Trivia

Date: Thursday, March 5th  
Time: 11:30

**A BIG Thank You to all our potluck sponsors!**

## CARE PATROL

Dates: Thursday, March 26th  
Times: 1-2PM Cost: FREE

Need to sort through In-Home Care options? Independent living options? Assisted Living with Memory Care? Beth and Patrick Bowen with CarePatrol of East Tennessee will speak to the many different types of care options, how much they cost, and how to pay for them.

## ANDROID BEGINNER

Instructor: Jennifer Dancu  
Dates: March 23 and 24th (both required)  
Times: 10:00-12:00 pm  
Cost: \$35.00

Information: Care and charging, understanding settings, manage apps and changing wallpaper. Explore Google Chrome basics, Google Play Store, and Galaxy store. You must bring a device (laptop, tablet, or smartphone) whichever is your preference to use for learning, with you to this workshop.



## FACEBOOK CLASS

Dates: Monday, March 23rd  
Times: 12:30-2:30 Cost: \$20.00

Information: Facebook explained. Steps to set up Facebook account. Discuss & set security and privacy options. Meaning of "like" and "follow". Connect with Facebook friends. Create a post on Facebook. Reply to others on Facebook. Upload a picture to Facebook.



## PINTEREST/INSTAGRAM/TWITTER

Instructor: Jennifer Dancu  
Dates: Tuesday, March 24th  
Times: 12:30-2:30pm  
Cost: \$20.00



Information: Set up Accounts and Profiles, Searching and Posting Photos, Hashtags and much more.

## NEW TO MEDICARE

Date: Tuesday, March 17th  
Time: 11:00 AM

Come in and ask questions and learn about all your Medicare options. If you are newly eligible for Medicare or turning 65 in the next 12 months, please join us at our Medicare Educational Workshop.



## SCRAPBOOK & PAPER CRAFTERS

Every **Monday** 9:00 a.m. – 3:45 p.m. ESC has table space available for scrapbooking and paper crafters. Each table is Free for members of ESC and \$2.00/non-members - per person per day. You can come when you want! We have Free Wi-Fi available and other amenities.

## Book Reading

Date: Monday, March 16th  
Time: 2PM

ESC's very own Sophia Bogart has been published and will be doing a select reading from her book, **The Killing of Jefferies Flats Death Throes of a Small Town and Its People**. Come on out and support Sophia. Great job Sophia!!!



***ParksRec.com***

# ESC ROOM SCHEDULE

## PROJECT ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SM4S last Mon 10:00-2:30	SM4S Last Tues 10:00-2:30  Medicare 3 <sup>rd</sup> Tues 11-12:00  Slow Flow Yoga 2:00	Scrabble 9:30 - 12:30		

## LARGE ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrap Time 8:00- 3:45	Tai Chi 9:00 - 11:15	Elder Watch Meeting 3 <sup>rd</sup> Wed. 9:00-11:00 CornHole 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> 10:30- 12	Potluck 1 <sup>st</sup> Thurs 11:30-1:00	Dominoes 9:30 AM
Wii Bowling 9:30- 12:00		Mid-Week Music 2 <sup>nd</sup> & 4 <sup>th</sup> 9:30- 12:00	Tai Chi 9:00 -11:15	Game Addicts 1PM
Ping Pong 2:00- 3:45	Tone and Stretch 1:30-2:30	Ballroom Dancing 1:00-3:00	Ping Pong 2:00- 3:45	Ping Pong 2PM

## ART ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Watercolor Paint 9:30-12:30	Knitting group 10:00-12:00	Oil painting class 9:30-12:30	Knitting group 10:00-12:00	Red hats 3 <sup>rd</sup> Fri 10:00
Drawing 12:30- 3:30	Quilting group 12:00-3:30		Quilting group 12:00-3:30	Beginner Watercolor 9AM Beginner Ballroom Dance 1- 2PM

## CARD ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Duplicate Bridge 10:00-2:00	Hand and Foot,  Pinochle, Party Bridge,  Rummikub, Game Addicts	Duplicate Bridge 10:00-2:00	Pinochle, Hand and Foot,  Party Bridge, Canasta,  Mah Jong, Rummikub, Game Addicts	Duplicate Bridge 10:00-2:00

## Exercise Programs

**Tai Chi** Tuesdays and Thursdays from 9; 9:45 & 10:30AM \$5.00 per session

**Tone and Stretch** Tuesday afternoons from 1:30-2:30. \$5.00

**Free Ballroom Dance** Wed. from 1:00 to 3:00.

## ART CLASSES

**Drawing Class** Instructor: Yichen Rineau  
Mondays, 12:30-3:30 PM Cost: \$60 per 5 week session for ESC Member and \$75 Non-members

**Oil Painting** Instructor: Barbara Goddard  
Wednesdays, 9:30AM-12:30. Cost: \$60 per 6 week session for ESC members and \$75 Non-members

**Water Color Painting** Instructor: Penny Reasor  
Mondays, 9:30 a.m. – 12:30. Cost: \$60 per 6 week session for ESC members and \$75 Non-members

**Call for dates and availability.**



## **RED HAT SOCIETY, CHAPTER 77538**

Red Hot Hatters meet every 3<sup>rd</sup> Friday at 9:30 am. The Red Hat Society shares a good lunch, great conversation and occasionally hosts a guest speaker on an informative topic.



## CORN HOLE CLUB

Every 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Wednesday @ 10:30AM.  
Great exercise and fun. Never played? No worries. Similar to classic horseshoes except with bean bags. Come on out and join us!

## SLOW FLOW YOGA

Date: Every Tuesday  
Time: 2:00 pm



Join Michelle McCannon, a Registered Yoga Teacher, for Slow Yoga each Tuesday. **Slow Flow Yoga** utilizes a combination of standing, kneeling, seated, and reclined postures. Treat yourself to one hour of mindful movement and deep breathing. All levels are welcome. Please bring your yoga mat and wear comfortable flexible clothes.



## PING PONG CLUB

Playing Monday, Thursday, and Friday  
2-3:45. Join in the fun! Free to play!



PHOTOGRAPH BY JEFFREY W. HARRIS

## Parking Lot Etiquette

Please be mindful of the cars and property around you when parking. No one likes finding door dings or scratches on their car. 😞

Thank you!

## Save the Date...April 2020

- Potluck Thur 2nd 11:30
- Medicare Tues 21st 11am
- Mid Week Music Wed 8<sup>th</sup> & 22nd 9:30
- Red Hats Friday 17<sup>th</sup> 10:00
- Chronic Conditions 22<sup>nd</sup> 1:30
- Ballroom Dance Class Wednesdays 1:00



**ESC STAFF:**  
Stacy Homeyer, Director  
Greg Pitner, Admin Coordinator  
Corey Shields, Admin/Custodian

**ESC Memberships  
Per Year:**  
\$15.00 Individuals  
\$25.00 Two People