

Given the continuing threat from COVID-19, each Tennessean has a personal responsibility to protect themselves and others by following health guidelines to slow the spread of this virus, and therefore, all venues, employers, businesses, and organizations are strongly encouraged and expected to operate in accordance with, and to fulfill the spirit of, applicable operational guidance issued by the Governor's Economic Recovery Group and Tennessee Pledge. (Executive Order no. 63)
<https://publications.tnsosfiles.com/pub/execorders/exec-orders-lee63.pdf>

ESC Reopening for Educational and Fitness Programs

No close contact programs: cards, ballroom dance, scrabble, mahjong, etc.

WELCOME BACK! We have missed you and are excited to have part of our schedule starting back up. The process of reopening will begin on Wednesday October 14th. ESC will be open from 8am to 4pm M-F. As we reopen, participants will be asked to follow guidelines to promote their own health and the health of others. Terms and conditions are subject to change at facilities discretion.

ESC's guidelines are as follows:

- **Must wear a mask when entering the facility. A mask can be provided.**
- **Must enter through the front door to be screened unless otherwise instructed.****
- **Groups of 9 or fewer for any activity**
- **Card room CLOSED until further notice**
- **Social Distancing required for all groups**
- **Safe hygiene practice (hand washing, use of hand sanitizers, etc.)**
- **Wearing facial masks encouraged in hallways and bathrooms**
- **Staff will work to sanitize facility throughout the day and after hours**
- **Sanitizing stations and extra hand sanitizer stations available**
- **No close contact programs: cards, ballroom dance, scrabble Mahjong, etc.**
- **No sharing of drinks or food. All Holiday Parties Canceled.**

****If we find you have entered through any door, other than the entrance without authority, you will be asked to leave the facility.**

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

**Facebook: Everett Senior
Center**
www.Parksrec.com
escAdmin@parksrec.com

**Hours:
Monday thru Friday
8am to 4pm**

**Suggested Annual
Memberships:
\$15.00 Individuals
\$25.00 Two People**



Exercise Programs

Tai Chi Starting on NOVEMBER 10:

Tuesdays and Thursdays

Beginners from 9am to 9:45

Intermediate from 9:45 to 10:30

Advanced from 10:30 to 11:15

\$5.00 per session

Tone and Stretch To Start in NOVEMBER:

Tuesday from 1:30-2:30. \$5.00 per session

Slow Flow Yoga To Start in NOVEMBER

Fridays from 10-11am FREE

Pool Hall

2 hour slots available. Only 8 participants in pool hall at one time. Space is limited. Must call to sign up.



Walking Group

We are walking as long as the weather is permitting. Meet at the flag pole near the entrance of the Everett Senior Center. Walk at your own pace. Be a part of the ½ mile or 1 mile walk. Let's Get Moving!

Tuesday and Thursday from 9am – 11am

Corn Hole Club

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

WII Bowling

An active bowling video game.

Easy to learn and fun to play!

Come try it out! It's good exercise!

Mondays 9:30a.m. – 12:00 p.m.

Ping Pong Club

Ping pong will begin Thursday October 15th.

Playing Mondays, Thursdays and Fridays from 2:00 to 3:45.

Free to play!

PROJECT ROOM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Staff will clean surfaces throughout the day but the facility will be closed daily from 11-12 for deep cleaning when necessary.
No Coffee Available. Bring your own. No sharing of food or drinks.

LARGE ROOM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Scrap Time 8:00-3:45

Tai Chi 9:00 - 11:15

CornHole
1st, 3rd & 5th 10:30-12

Wii Bowling 9:30-12:00

Tone and Stretch
1:30-2:30

Tai Chi 9:00 -11:15

Ping Pong 2:00-3:45

Slow Flow
Yoga
2:00 – 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

Beginner Watercolor 9AM

Drawing 12:30-3:30

Quilting group
12:00-3:30

Quilting group
12:00-3:30

CARD ROOM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

No close contact programming such as ballroom dance, cards, dominoes, scrabble, mahjong, rummikub or the like.



ART CLASSES

Drawing Class Instructor: Yichen Rineau (Class size restrictions in place. Call for Availability)
Mondays, 12:30-3:30 PM Cost: \$60 per 5 week session for ESC Member and \$75 Non-members

Oil Painting Instructor: Barbara Goddard (Class size restrictions in place. Call for Availability)
Wednesdays, 9:30AM-12:30. Cost: \$60 per 6 week session for ESC members and \$75 Non-members

Water Color Painting Instructor: Penny Reasor (Class size restrictions in place. Call for Availability)
Mondays, 9:30 a.m. – 12:30. Cost: \$60 per 6 week session for ESC members and \$75 Non-members.

Beginner Watercolor Instructor: Penny Reasor (Class size restrictions in place. Call for Availability)
Fridays, 9:00 a.m. – 11:30. Cost: \$60 per 6 week session for ESC members and \$75 Non-members.

Future Educational Programing:

Dates To Be Determined

Pinterest/Instagram/Twitter
IPhone/IPad for Beginners
IPhone/IPad for Advanced
Facebook Class
Awesome Apps
Android for Beginners
Google Chrome Basics and Play Store
Android and Iphone Camera
New to Medicare
UT Extensions Wellness Program
Care Patrol Information Seminar

RETIREMENT MANAGEMENT



Ken Catledge with **Foothills Retirement Income Solutions** will share practical and helpful advice about your income solutions.

Dates To Be Determined

Cost: FREE