

South Knoxville Senior Center



March-April 2024

6729 Martel Lane
Knoxville, TN 37920
865-573-5843
Knoxcounty.org/seniors/



**KNOX COUNTY
TENNESSEE**

Center Hours

Monday-Friday 7:30-4:00

Pool Hours 7:30-3:30

* Pool closes daily for lunch
from 12:00-12:30

UT Medical Mobile Mammogram Bus

Thursday, March 21st

9 am—2:15 pm

Schedule appointments at

865-839-7426

(Details in attached flyer)



Free Seeds and plants!

Beardsley Farm and the Green Thumb Program are back! Come out to our South Knox Opry on Thursday, March 7th. A representative from Beardsley Farm will be there to sign seniors up for the Green Thumb program for free seeds and plants. Sign-ups will be held from 9-10:30 am



Hello Spring Party

Come out and enjoy a Spring Soiree here at the Center as we celebrate the new season!

Our featured sponsor, United Real Estate, will provide finger sandwiches along with our other wonderful sponsors contributing all the sides. The meal begins at 11:30. Come out and say “Hello Spring” as we fellowship and enjoy some good food with our friends.



The Center will be closed on the following day:

March 29th in observance of Good Friday

Field Trips

RSVP at 865-573-5843
or at the front desk.



Mayfield Dairy Tour

Mar 26th at 9:30 am
Tour of the farm, ice cream,
and lunch afterwards.



Sheep Shearing Days at Museum of Appalachia

Apr 26th at 10 am
Enjoy a sheep shearing and
more!



Riverboat Lunch Cruise

May 29th 11 am
Tour Knoxville via the TN
River and enjoy lunch on
the water.

Crafts with Susanne

Join us for Crafts with
Susanne either in person or
via Zoom. She will do one
craft in March and one in
April. Check out some details
below and make sure to
RSVP at
865-573-5843



Tuesday, Mar 5th 10 AM Pressed Flower Lantern

Bring wide mouth jar.
Other supplies provided



Tuesday, Apr 2nd 10 AM Flower Pens

All supplies provided.



Guest Crafters!!

Japanese Calligraphy

Join us in crafting with
Mana and learning the art
of Calligraphy
Tues, Mar 19th 10 am

RSVP at 865-573-5843 or
at the front desk.
Only 12 spots available.



Crafting for a Cure Terra Cotta Pot Art

Join Kris Brinkmeier from
Home Instead
in crafting
for a \$5 donation that goes
towards the local
Alzheimer's Association.

**Tues, Apr 16th at
10:00 AM**

RSVP at 865-573-5843 or
at the front desk.



New Activities at SKSC beginning March!!

- **Walking Buddies!**

Come out and walk with friends here at the Center on Mondays at 11 am. Don't forget to pack a lunch!

- **TV Weekly**

Join friends and watch a TV series you might not be able to watch at home. (It's better with friends, anyway!) Friday's at 11:30 am .

First Series-Sweet Magnolias

- **South Friends Lunch Bunch**

Meet at the Center to carpool to lunch every 3rd Friday at 11 am.

March - Apple Cake Tea Room

Call 865-573-5843 for more information

Starting April 15th...

- **Movie Time**

Watch a movie with friends, and popcorn, of course, every 3rd Monday at the Center. Pick the next movie each month.

April- "Footloose"

Save the Date...

Put on your *dancing shoes* and join us on May 10th for a

"Senior Prom".

More details coming soon!



Senior Coverage Q & A with Teja

Teja Cain, with *Core Insurance Advisors*, will be here the **2nd Monday** each month for a **Senior Coverage Question & Answer Session**. Teja will be available to assist with your Medicare or other insurance questions.



Bingo!

Our next BINGO is, April 15th, from 10:00-11:00 am.

Gospel

Gospel Music time is Monday, April 22nd at 1 pm. We will have an ice cream social beginning at noon sponsored by Smoky Mountain Hospice. Come out and join the fun!

Toenail Trimming

Toenail trimming is available by appointment only every 3rd Wednesday of the month for \$13.

ABC's of Alzheimer's Lunch and Learn

March 5th, 11:30 am

Come find out the basics about Alzheimer's including current research, preventive measures, and the work of Alzheimer's Tennessee. Silver alert kits will be available to all attendees.

Neuropathy Clinic

March 19th, 11:30 am

Join specialists from Maryville Spine and Laser to learn about a proven technique to provide relief to those suffering with Neuropathy.

RSVP at 865-573-5843 or at the front desk

South Knoxville Senior Center Survey (March 2024)

What activities would you like to have at the center? (Circle all that apply)

UNO Cornhole Adult coloring books Scrabble/ Board Games
Men's Coffee Club Euchre Scrapbook Poetry Club
Trivia

Field Trip Ideas: _____

Other Ideas: _____

Day: Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____

Times: _____

Beltone

Michael Murphy will be at
the Center on
March 8th
8:30-10 AM



Bee Keeping

Come out and hear all
about Bee Keeping from
Dale Hinkle

March
27th Noon



Basics of

**Decluttering...Where to
start when it seems so
overwhelming**

April 23rd, 11:00 am
Emily Laco, Professional
Organizer, will help you know
how to be in control of your
space.
RSVP at 865-573-5843 or at
the front desk.

SHIP Program
**(State Health Insurance
Assistance Program)**

Come have some SHIPGO
(Bingo) fun, win prizes and
learn lots!

April 2nd, 11:30 am

Hospice Lunch and Learn

April 30th, 11:30 am

Getting Your House in
Order presented by Smoky
Mountain Hospice. Come
learn more about hospice
care as well as ways to
prepare for facing the end
of life, including important
documentation. Booklets
with these documents will
be available to all
attendees.



South Knoxville Senior Center

Fitness Classes

Aquatic Exercises

Water Aerobics A great way to exercise without the hassle of that pesky gravity! Lifeguard led and approved. **M, T, TH, F 9:00-10:00 and 1:00-2:00 \$2 per class.**

Free Swim Open pool for individual exercise. **M, F 7:30-9, 10-11, 12:30-1, 3-3:30
T, TH 7:30-9, 10-12, 12:30-1, 3-3:30, W 7:30-11, 12:30-3:30**

Water Peeps Group led water aerobics with seasoned water aerobic veterans.
M, W, and F 11:00-12:00

Aquaball A fun, energetic game of ball in the pool! No real skill required!
M, T, TH, F 2:00

Ballroom Dance

Learn the beautiful art of Ballroom Dance and get some great exercise at the same time.
F 10, \$5 per class

Cardio Drumming

Exercise, music, and drumming...so fun! Good for all exercise levels and no drumming skills needed! **TH 1:00-1:30**

Chair Volleyball

Great exercise and loads of fun! No experience necessary and you stay seated while you play. We use a beach ball so it won't hurt your hands and new players are always welcome. **T 1:00**

Line Dance

Come join the fun with beginners line dancing! No experience needed and all skill levels welcomed. Great exercise and great fun! **W 2:00**

Senior Cardio, Strength & Stretch

Covenant Health Bodyworks Exercise class offered weekly.
T, F 8:45-9:45 \$5 per class

Walking Path

A safe, paved, and flat walking path around the Center. 5 times around equals 1 mile.

Wobblin' Weebles Stability Class

Learn how to not fall down and activate your core muscles. **T 10:30**

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 www.knoxcounty.org/seniors



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 Pool Hours 7:30-3:30 PM
 Pool is closed daily from
 12:00-12:30 PM for Lunch

2024

***DAILY SCHEDULE REMAINS THE SAME. SPECIAL EVENTS ARE LISTED BY DATE.**

Mon	Tue	Wed	Thu	Fri
7:30 Free Swim 9:00 Water Aerobics 11:00 Water Peeps 11:00 Quilting 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Water Aerobics 1:00 Dominos 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:30 Wobblin' Weebles 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Chair Volleyball 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day	7:30 Free Swim 9:00 Mixed Media Art Social 11:00 Water Peeps 11:00 Quilting 12:00-12:30 Pool Closed 12:30-3:30 Free Swim 1:00 Hand & Foot Cards 2:00 Line Dance Jigsaw Puzzle All Day	7:30 Free Swim 9:00 Water Aerobics 9:00 South Knox Opry 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Cards 1:00 Cardio Drumming 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:00 Ballroom Dance 11:00 Water Peeps 12:00-12:30 Pool Closed 12:00 Cards 12:30 Free Swim 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day
				1 10AM Crochet class 11:30AM TV weekly
4 7:30-4:00 AARP Tax-Aide 11AM Walking Buddies Pool Closed For Cleaning!	5 10AM Crafts w/ Susanne 11:30 AM Lunch & Learn w/ Chris Kirby- Alzheimer's Pool Closed For Cleaning!	6 10:30-12:00PM Socially Nutritious Pool Closed For Cleaning!	7 8:30AM-10AM Beltone 9:00AM-10:30PM Beardsley Farm Pool Closed For Cleaning!	8 10AM-11AM Chess & Checkers Club 11:30AM TV weekly Pool Closed For Cleaning!
11 7:30-4:00 AARP Tax-Aide 9AM Senior Q&A w/Teja 11AM Walking Buddies	12 10:30AM Red Hats Meet for Lunch 	13 10:30-12:00PM Socially Nutritious	14 	15 10AM Crochet Class 11AM South Friends Lunch Bunch Meet
18 11AM Walking Buddies 	19 10AM Calligraphy craft w/ Mana 11:30AM Neuropathy Clinic	20 11:30AM Hello Spring Party! Toenail Trimming by appt.	21 9:00AM-2:15PM UT Medical Mobile Mammogram Bus	22 10AM-11AM Chess & Checkers Club 11:30AM TV weekly
25 7:30-4:00 AARP Tax-Aide 11AM Walking Buddies	26 9 AM Mayfield Tour Field Trip	27 12PM-1PM Beekeeping Presentation 	28	29 Center Closed for Good Friday!







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Center
6729 Martel Lane
Knoxville TN 37920
865-573-5843



2024

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1 7:30-4:00 AARP Tax-Aide 11AM Walking Buddies	2 11:30AM SHIPGO	3 	4	5 10 AM Crochet Class 11:30 TV Weekly
8 7:30-4:00 Final Day Of AARP Tax-Aide 9AM Senior Q&A w/Teja 11AM Walking Buddies	9 10:30 AM Red Hats Meet for Lunch 	10	11	12 10AM-11AM Chess Club 11:30 TV Weekly
15 10AM BINGO 11AM Walking Buddies 11:30AM Movie Time! "Footloose"	16 10AM Crafts W/Kris Home Instead	17 Toenail Trimming by appt. 	18	19 10 AM Crochet Class 11AM South Friends Lunch Bunch Meets 
22 12PM Ice-Cream Social 11AM Walking Buddies 1PM Gospel Singing!	23 11AM Basics of Decluttering Presentation W/Emily	24	25 	26 10AM-11AM Chess Club 10AM Sheep Sheering Field trip! 11:30 TV Weekly
29 11AM Walking Buddies	30 11:30AM Lunch & Learn W/Chris from Smokey Mtn Hospice		 Spring tree	

THE POOL WILL BE CLOSED
FROM MON, MARCH. 4TH
THROUGH FRI, MARCH. 8TH
FOR CLEANING!





Hey Musicians!!!

**We are seeking pickers and gridders for
South Knox Opry music jam!**

Musicians in country, bluegrass, and gospel, playing acoustic music are welcome.

Must be 50 years of age or older.

Location: South Knoxville Senior Center, 6729 Martel Lane,
Knoxville, TN 37920

Time: Thursdays, 9am-noon

Join us for a fun and friendly music jam!

Share with your friends who love music!

DISCOVER THE LATEST neuropathy breakthrough!

> Now Available In Maryville, TN

"My feet were burning at night and I had to stick them out from under the blanket. It was hard to stand in one place or walk. I was amazed after 30 days of treatment how much improvement I had. I would recommend to anyone that has foot problems to make an appointment—they can do wonders for your feet!"
-RITA M., KARNIS



"I FEEL LIKE I'M WALKING ON PINS AND NEEDLES."

"We've had the privilege of helping hundreds of people in our community relieve their pain, numbness and tingling without the use of drugs or surgery."

Douglas Sanford, DC



At our FREE seminar, you'll learn how you can get back to doing the things you love with our safe, effective, nonsurgical, FDA cleared neuropathy treatment program.

- The underlying causes of peripheral neuropathy, and they key to prevention
- The Nobel prize winning discovery that every neuropathy patient MUST know
- How peripheral neuropathy is diagnosed, and when it can be successfully treated
- A technology originally developed by NASA that helps decrease painful neuropathy symptoms
- 3 simple changes to your diet that can help prevent peripheral neuropathy from developing
- A simple home therapy that is used by some of the largest specialty hospitals in the country to treat certain types of neuropathy

NEUROPATHY SEMINAR • ADMIT 2

FREE!



It's Time!

Attendance is FREE, but seating is limited. Please call in advance to reserve your spot!

Your pain free tomorrow starts today.

RSVP TODAY: 865-466-6500 Option 3

Imagine Life Without The Debilitating Pain Of Peripheral Neuropathy

Are you suffering from the effects of peripheral neuropathy? If so, you're not alone. That's the bad news. The good news is that there is a true breakthrough in treating peripheral neuropathy that may help you to gain your life back again.

Breakthrough for Peripheral Neuropathy Sufferers!

CLINICAL STUDIES REVEAL:

The debilitating pain, numbness & tingling experienced by patients suffering from peripheral neuropathy can be successfully treated - without the use of drugs and surgery.

"You'll just have to live with it" was the doctor's diagnosis.

That may be easy to say if you're NOT the one that's been diagnosed with peripheral neuropathy.

We believe that you deserve better when it comes to the treatment of your neuropathy.

Too many physicians want to rush you out of the office without really listening and give you yet another pill to mask your symptoms.

Our doctors take your condition very seriously, as we believe it is critical to prevent the balance problems, falls, and fractures that neuropathy can cause. We will sit down with you to determine if you're a candidate for this groundbreaking treatment, and review all of your options.

At Maryville Spine and Laser we like to think that we combine the newest and most cutting edge technologies with good old fashioned patient care.

Questions? Please call our office at (865) 466-6500, Option 3.



I ACTUALLY SLEEP AT NIGHT!

My feet used to get very cold at night and have poor feeling. I saw the doctors and now my feet stay nice and warm, and I have pretty good feeling. I can sleep better at night, and I would recommend anyone with neuropathy to do the program at Maryville Spine and Laser.

CHARLES S., MARYVILLE



GUEST SPEAKER

Dr. Douglas Sanford
Maryville Spine & Laser
1131 E. Lamar
Alexander Pkwy.
Maryville, TN 37804
865-466-6500 Option 3

SEMINAR DETAILS

DATE Tuesday, March 19, 2024
TIME 11:30 AM
PLACE South Knoxville Senior Center
6729 Martel Lane, Knoxville TN 37920
RSVP Call: (865) 466-6500 Option 3
or visit maryvilleneuropathy.com

FREE LUNCH PROVIDED!

Your pain free tomorrow starts today.®

Give us a call to save your spot. You have nothing to lose, and everything to gain.



RESCHEDULED
NEW DATE ANNOUNCED



KNOX COUNTY SENIOR SERVICES

SENIOR WALKING GROUP SOCIAL



KARNS SENIOR CENTER

8042 Oak Ridge Hwy

**Monday, March 11th,
2:00 to 4:00pm**

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, prizes, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available.

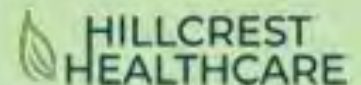
Coordinators from our six senior centers will also be on hand to answer any questions you may have.

BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.

Scan the QR code to find the closest senior center to you as well as their events!



Questions? Call (865) 288-3761 or email seniorservices@knoxcounty.org



Time for a 3D Mammogram?



UT Medical Center's Mobile Mammography Unit will be at
South Knox Senior Center
6729 Martel Lane, Knoxville

Thursday, March 21
9am- 2:15pm

Criteria for Screening Mammogram:

No current breast problems (such as lump, pain, nipple discharge, burning)

No personal history of breast cancer

Inform us if you have Breast implants (will take 2 appointment times)

At least 11 months since your last screening mammogram

Only scheduled patients are allowed on the mobile

Insurance is filed for each participant.

Women age 40+ without insurance, call to qualify for funding.

Please call to schedule an appointment
UT Breast Health Outreach Program at

865-839-7426(cell)

Or

Email: MKMatzek@utmck.edu

Need Trusted and Unbiased Help with Medicare?

The State Health Insurance Assistance Program (SHIP)



The National SHIP Program provides free and objective counseling on Medicare and all related health insurance issues.

WE CAN HELP!

- ORIGINAL MEDICARE
- MEDICARE ADVANTAGE
 - MEDICARE PART D DRUG COVERAGE
 - MEDICARE SUPPLEMENT INSURANCE
- COORDINATION WITH OTHER INSURANCE TYPES
 - MEDICARE & TENNCARE /MEDICAID
- LOW INCOME SUBSIDY AND MEDICARE SAVINGS PROGRAM
 - BILLING ISSUES
 - FRAUD & ABUSE

Statewide TN SHIP Line :
1-877-801-0044
<https://tnmedicarehelp.com>

East TN SHIP Line :
1-844-887-7447
ETNShip@ethra.org



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KNOX COUNTY SENIOR SERVICES MONTHLY SENIOR WALK



BEVERLY PARK



INTERGENERATIONAL PLAYSPACE

TUESDAY, MARCH 19 @ 10AM

Join Tara, Patty, and Eilene at Beverly Park (5311 Beverly Park Circle, Knoxville 37918) for the walking group's monthly walk. The paved trail is a 0.6-mile loop. Beverly Park Greenway loops the rolling terrain of Beverly Park against a beautiful hardwood forest backdrop. After our stroll, we will have time to venture over to the NEW Intergenerational Playspace and learn about the fun playground equipment and hopefully have some "play" time. Following our walk, join us for some lunch at Henry's Deli (7231 Tazwell Pike, Corryton 37721). Be sure to RSVP by leaving a message at 865-288-3761 or you can email

seniorservices@knoxcounty.org

BAXTER GARDENS

3901 Sam Cooper Lane

Knoxville, Tn 37918

APRIL 16th, 9:30AM



OPEN TO THE
PUBLIC ONCE
A YEAR!



Join us at Baxter Gardens to tour this beautiful 20-acre private property only opened for the month of April as part of the Dogwood Arts Festival. The estate has been described as a timeless English Garden inspired by the Biltmore Estate Gardens and Sissinghurst Castle in England with plenty of mountain views, water features and statues.

The owner, Bill Baxter, used to mow the property as a teenager and would say one day he would own it and develop it. That he did!

There are 25 themed gardens including, The White Garden, The Bluebird Garden, The Ellipse, The Asian Gardens, The Azalea Garden, The Butterfly Garden, the Iris Garden and The Dogwood Ramble, a favorite of Mr. Baxter's, with over 30 types of different dogwoods.

We will gather after the walk for lunch at Litton's (2803 Essary Drive, Knoxville, TN 37928)

There are no restroom facilities on property.

Make sure to RSVP to 865-288-3762 or email

seniorservices@knoxcounty.org





At
Knox County Senior Centers

ITS FREE TO JOIN

WALK WHEN YOU WANT / AT YOUR OWN PACE

WALKING IS GREAT EXERCISE

ITS ALWAYS MORE FUN TO WALK WITH A FRIEND

**WALKERS RECEIVE A FREE PEDOMETER TO TRACK THEIR
STEPS AND WILL BE AWARDED PRIZES FOR MILES WALKED**

**SIGN UP BEGINS IN DECEMBER AT ALL 6
KNOX COUNTY SENIOR CENTER LOCATIONS**

Take that first step to better health !





presents 13 free breakfasts for Veterans and guests monthly
Coffee at 8:00 am - Chow line 8:30 am

First Saturday

Elks Lodge #160
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church
214 Cedar St., Sevierville 37862

Second Saturday

Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

Last Saturday

Oliver Springs DAV
Tri-County Chapter 26
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church
3110 Wears Valley Rd, Sevierville, 37862
Located approximately 7 miles S of
Pigeon Forge and 8 miles NE of Townsend

Starting March 30th

West End Baptist Church
116 West End St, Newport 37821

For more information or to sponsor a
breakfast call 865-604-4443