

Corryton

connection

Knox County Corryton Senior Center 865-688-5882p, 865-688-5964f, www.knoxcounty.org/seniors or email hema1.tailor@knoxcounty.org



865-688-5882 Ph.
865-688-5964 Fax

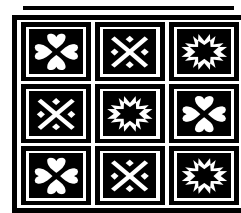
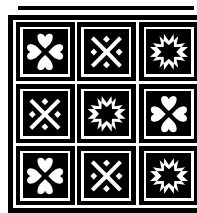
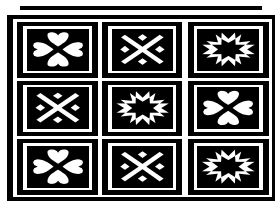
Corryton Connection is made possible by the generous support of Covenant Health
1901 Clinch Ave.,
Knoxville, TN 37916

THANK YOU TO SPONSORS OF MAYOR RAGSDALE'S SENIOR APPRECIATION PICNIC

Gold Sponsors: Shepard Exposition Services
Silver Sponsors: Mayfield Ice Cream, Parkview Farragut, Mercy Health Partners, Windsor Gardens Assisted Living, Humana, Wells Fargo and Pinnacle. **Table Sponsors:** East Tennessee Personal Care, Halls Business and Professionals Assoc., Senior Citizens Home Assistance Service, Williamsburg Villas, Halls Women's League, NHC of Farragut, Allied Insurors, Northaven, Medi Home Health Care, Trinity Hills and our very own Corryton Community Club.
The Mayor's Senior Appreciation Picnic is always a huge success due to the continued support of all these wonderful organizations!

OCTOBER IS "QUILT MONTH" AT THE SENIOR CENTER

Come join us as we celebrate the great history of quilts at the Senior Center this month. Quilts will be hung on display around the walls of the walking track for all to enjoy. The House Mountain Quilters will also have a variety of crafts and quilted articles for sale through the Christmas season. There will be a craft table with items available for purchase at each of the Super Senior Meetings also. If you would like to display your beautiful quilt at the center, please call 688-5882 for details.



SPECIAL INTEREST:

OCT., NOV., DEC. ACTIVITIES

QUILT DISPLAY

FLU SHOTS

HALLOWEEN DOMINOS

ON WED., OCT. 28

8-BALL POOL TOURNAMENT

CLOSED NOV. 26-30 FOR THANKSGIVING

COOKIE AND COCOA ON DEC. 1

RED HATTERS CRAFT FAIR AND BAKE SALE DEC. 11-12

DOMINOS CHRISTMAS PARTY, WED. DEC. 16

CENTER CLOSED FOR HOLIDAYS DEC. 24-28

COVENANT HEALTH AND CLINTON PHARMACY GIVE FLU SHOTS

Flu shots will be available at the Corryton Community and Senior Center on Tuesday, October 6. Cost is \$30.00 and these in-

surances will be accepted: Medicare, Cariten Senior Health, Tenn Care, and Secure Horizons.
No appt. necessary.

When: Tues., Oct. 6
Time: 9-12 noon



ART IN OCTOBER

Jean Weeden will instruct classes in painting with acrylics, oils or pastels. Please call or come by the Senior Center to register for this class. You bring your own supplies and cost of the class is \$50.00 for six weeks or \$10.00/class. Class begins Wed., October 7.



TOENAIL TRIMMING

Lynn Lawrence will be here on Thursday, October 15 to trim toenails. Please call for an appointment. The cost is \$12.00 and appt. begin at 2:30 p.m.

DO YOU KNOW HOW TO E-MAIL?

Mr. Curtis Ellison will be at the Senior Center on Friday, October 16 to offer assistance on how to set up an e-mail account. He will also show you how easy it is to e-mail your family and friends. Class will begin promptly at 1:00 p.m. Seating is limited so come early! There is no charge for this class.

FIELD TRIP TO APPLE VALLEY FARM

Join us as we take a trip to Cosby to Apple Valley Farm. We will take a van and others are encouraged to follow us. Seniors plan to visit the apple farm and then have lunch at the Apple Valley Farm Restaurant. The trip is scheduled for Friday, October 23. The van will leave at 9:30 a.m. Seating is limited so call early if you would like to ride in the van at 688-5882.

HALLOWEEN DOMINOS

*Join us for a fun-filled domino
Wednesday on October 28. Seniors are en-
couraged to wear your funniest, scariest or cool-
est costume to dominos on Wednesday at 10:30
a.m. Be sure to bring a "ghoulish" dish to share
with others!*



NOVEMBER EVENTS

8 BALL TOURNAMENT

The Corryton Senior Center will host an 8 Ball Pool Tournament on Wednesday, Nov. 4. Registration begins at 9:30 a.m. and play begins at 10:00 a.m. Cost to participate is \$5.00. The tournament will be sponsored by Medi-Home Health Care.

**ALL KNOX COUNTY SENIOR CENTERS WILL BE
CLOSED ON WEDNESDAY, NOVEMBER 11, 2009
IN HONOR OF VETERANS DAY.
CENTERS ALSO CLOSED NOV. 26-27
FOR THANKSGIVING HOLIDAYS.**



HOUSE MT. QUILTERS INFORMATION

The House Mt. Quilters have a lot of exciting things happening during "Quilters Month". They have created a quilt to be raffled off as one of their fundraising events. Tickets are only \$1.00 and are available from any of the quilters and also at the community center's October 13 Super Senior meeting. The drawing for the quilt will be at this meeting. They will also kick off their craft fair that day.

The quilters have also been participating in a Block Challenge Contest and will have a display and voting at the October Super Seniors.

House Mt. Cookbooks are available for \$10.00. These make great Christmas gifts. All proceeds go to the House Mt. Quiltering Guild.

The quilters meet every Monday and Thursday at 1:00 p.m. and new seniors are always welcome.

TOENAIL TRIMMING

Lynn Lawrence will be here on Thursday, November 12 to trim toenails. Cost is \$12.00. Appointments begin at 2:30 p.m. and can be made by calling the senior center at 688-5882.

HUMANA REORIENTATION

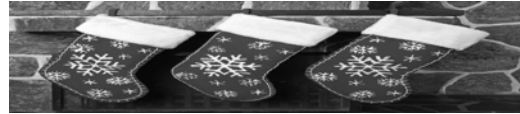
Nancy Zellers with Humana will be here on Friday, November 6, 2009 to “re-orientate” seniors and their caretakers about the upcoming changes for Humana next year. This information session will be from 10:00-12:00 noon. Light refreshments will be served.

Trip To The Rel Maples Institute for Culinary Arts

We will be traveling to the Rel Maples Institute for Culinary Arts on Monday, Nov. 16 for a buffet lunch. Cost is \$12.00 for meal plus \$2.00 van fee if you ride the van. Please call the senior center at 688-5882 for reservations.

DECEMBER EVENTS

COOKIES AND COCOA CHRISTMAS PARTY



Are you ready for the holidays? We'd like to start the season with a fun-filled/sugar-filled Cookie Exchange. The Senior Center will provide hot cocoa and egg nog. We ask that you bring a plate of home-made cookies to be shared with one another. We'll sing Christmas carols and have some great fellowship. Hope you can attend to help you get in the holiday spirit! We might even have a jolly ole' guest appearance! Party will be from 1:00-2:30 p.m. on Tuesday, December 1, 2009.

RED HATTERS CRAFT FAIR AND BAKE SALE

Just in time for Christmas, the Corryton “Lady Bug” Red Hatters will be sponsoring a huge craft fair and bake sale. The sale will be held on Friday, Dec. 11 from 12:00-6:00 p.m. and Saturday, Dec. 12 from 9:00-3:00 p.m. at the Corryton Community Center. Several church groups will be serving food during the two day event so we want to encourage everyone to come and support your community. For more information regarding vendors at the craft fair/bake sale, you may contact Queen Mum Jean Weeden at 922-0974.

WEEKLY ACTIVITIES

Monday-Friday - Billiards 9:00 a.m.
Mondays - Cardio 3 8:45 a.m.
 Sit N' Be Fit 10:00 a.m.
 Rook 1:00 p.m.
 Quilting 1:00 p.m.
Covenant Health Exercise 6:45 p.m. @ Community Cnt.
Tuesdays - Pinochle 1:00 p.m.
Wednesdays - Body
 Sculpting 8:45 a.m.
 Dominos 10:00 a.m. (covered-dish meal)
Thursdays - Body Works 8:45 a.m.
 Sit N' Be Fit 10:00 a.m.
 Quilting Guild 1:00 p.m.
 Pinochle 1:00 p.m.
Covenant Health Exercise 6:45 p.m. @ Community Cnt.
Fridays - Free Day and Specialty Meetings scheduled

The Corryton Community and Senior Center is open 8:00-4:30 p.m., Monday-Friday. Our facility has a state of the art fitness center, indoor walking track, billiards room, craft room, computer room and a large community room. Janet Word is the center Coordinator and Martha Chambers is the Assistant Coordinator. Please call us for more information or just to chat at 688-5882.

SUPER SENIORS AT CCC!

All Seniors are encouraged to attend the Corryton Community Center's Super Seniors meetings. Meetings are always held the 2nd Tuesday of each month at 10:30 a.m. Meetings have a guest speaker and offer a catered meal for only \$5.00. A member of the community center will call you each month to see if you are able to attend and also to get a count for the food order. We would love for you to be a part of this growth. Just call 688-5882 to get on the call list.

October 13—Dave McCoy from Covenant Health
November 10—Roy Baker, Roy Baker, Jr. and James Evans, Musicians
December 8—Christmas Variety Show

New Programs Planned for 2010!!

Texas Hold Em'

Bingo

Scrabble

Sing-Alongs

Darts

Chess

Pottery





KNOX COUNTY
CORRYTON SENIOR CENTER
9331 Davis Drive
Corryton, TN 37721

RETURN SERVICE REQUESTED

Mike Ragsdale, Knox County Mayor
Hemal Tailor, Director, Senior Services
Janet Word, Senior Center Coordinator
Martha Chambers, Senior Center Asst.
(865)688-5882
www.knoxcounty.org/seniors
janet.word@knoxcounty.org