

# Corryton Connection

Knox County Corryton Senior Center • 865-688-5882 Phone • 865-688-5964 Fax • www.knoxcounty.org/seniors or email: greg.hill@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

### Notable Dates

#### May 8th

Mother's Day

#### May 30th

Memorial Day  
Center Closed

#### June 14th

Flag Day

#### June 19th

Father's Day

#### June 20th

Summer Begins



### Chef Walter Lambert

On Monday, June 6th at 12 PM, local celebrity Chef and TV personality Walter Lambert from WVLT will be making an appearance at the Corryton Senior Center. Chef Walter will once again be bringing his culinary talents to Corryton to provide a FREE cooking demonstration with a post demo sampling. We are looking to have a large crowd, so please be sure to add your name to the list at the Corryton Senior Center if you plan to attend. This is Chef Walters 5th straight year coming to Corryton, an area he calls home.



### Sweetwater Valley Farms Trip

Say cheese! On Friday, May 13th, we will take a trip to Sweetwater Valley Farms located between the towns of Philadelphia and Loudon, to tour their famous cheese making farm. Sweetwater Valley Farm cheese is produced in a state-of-the-art facility, but has preserved the fine art and craft of making cheese in the traditional farmstead manner. Not only will you be touring the farm and tasting the award winning cheese they produce, you will experience how a working dairy farm operates. The bus will depart the senior center at 11 AM. The tour begins at 1 PM. The cost of the bus ride and tour is \$15 per person. Reservations are a must. Please reserve your spot no later than Friday, May 6th. For any questions or to make reservations call 865-688-5882. \*Departure and tour times subject to change.



### First Aid Certification Class

On Monday, May 23rd, from 11-3 PM, Lee Rayburn from Rural/Metro Fire Department will be back at the Corryton Senior Center to provide a Free 4 hour First Aid Certification Course for our community. This will be the last component from the CPR/AED certification that was given last month. This is a free course and open to anyone in the community that would be interested in attaining this certification. If you are interested please contact Greg or Jill at the Corryton Senior Center. Special thanks to Mr. Rayburn and Mr. Mark Hinkle for their time and dedication to helping the seniors of the Corryton Community.



### Golf Outing: Whittle Springs

Join us on Wednesday, May 25th at 9 AM for a golf outing at Whittle Springs Golf Course. Whittle Springs is located at 3113 Valley View Drive, Knoxville, TN 37917. Whittle Springs has hosted the Knoxville City Amateur Championship since 1930 and continues to host this wonderful event. Cost for 18 holes of golf with a cart is only \$22. We need a minimum of 4-8 players to sign up for us to hold a spot at the course on this day so please register no later than Friday, May 20th. For more information, call 865-688-5882.



Attention super seniors. Flu season is just around the corner. According to the CDC influenza activity is still low nationally, but it is on the rise. If you have not already done so, stop by your local Walgreens to get a flu shot and a free immunization screening to see what immunizations are right for you.

And you can feel good knowing that when you get a shot at Walgreens, they donate another immunization to a child in need through their "give a shot get a shot" program. It is not too late to get your flu shot! Go by today!

**Walgreens**  
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### [A Matter of Balance: Award Winning Balance class](#)

Beginning every Tuesday from June 7th– July 26th at \*1 PM, the Corryton Senior Center will be hosting the award winning "A Matter of Balance" class courtesy of UT Medical Center. During these classes participants will complete exercise training as well as have group discussion and learn practical problem solving techniques. There is no fee for this program but registration is required. Space is limited. For more information or to register, please call the Corryton Senior Center at 865-688-5882.



**Preview this class on May 31, at 1 PM.**

\*Classes on June 14 and July 12 are from 1:30-3:30 PM.

### [Parrot Mountain and Gardens Trip](#)

Parrot Mountain is nestled on four acres of beautiful landscaped gardens in the heart of Pigeon Forge, and will be the location for our outing on June 10th. Parrot Mountain and Gardens offer an array of hundreds of beautiful tropical birds and thousands upon thousands of gorgeous flowers, plants, and trees. There is also an erected replica of Thomas Kinkade's "Stairway to Paradise". Tickets are \$15 per person, and \$5 for the bus ride.



### [Pike House Coffee](#)

Greg Schmid, the owner of the wonderful local business Pike House Coffee, will be here during our Super Senior meeting in May to share with our group about Pike House Coffee and the phenomenal story on the main purpose of his business. Join us as we learn more about a local business with an eternal cause.



### [Fall Prevention Education BCBS](#)

Blue Cross Blue Shield will be coming to the Corryton Senior Center on Tuesday, May 10, during our monthly Super Seniors gathering to supply information on Falls Prevention Awareness. There will also be free giveaways for those who attend. Please feel free to stop by the Blue Cross table for a few minutes during your visit.

### [Quilters Shop Hop](#)

On Thursday, June 2nd and 9th, the House Mountain Quilters will be going out on their annual Shop Hop. The bus will depart from the center at 8 AM. Stops for this years shop hop include Gatlinburg, Sevierville, Pigeon Forge, Cosby, Crossville, Harriman, Maryville, and Knoxville over the two days. For more information or questions regarding the trip, please contact a member of the House Mountain Quilters Guild at 865-688-5882.

### [Oakes Day Lily Walk](#)

Join us for a walk around one of our areas most beautiful businesses, Oakes Day Lily Farm. Our walk is scheduled for Tuesday, June 21st at 10 AM. We will meet at the Corryton Senior Center parking lot no later than 9:45 AM. The Corryton Senior Center is located at 9331 Davis Drive, Corryton, TN. 37721.

## 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 entertainment and offer a meal for a very low cost. We would love for you to be a part of this group. Just call 688-5882 to get on the call list. **Please RSVP!!!** It is very important to know how many people will be in attendance so we can provide ample food for our group. The entertainment for the upcoming months are:

- 5/10 The Drifting Hobos (John Scott)
- 6/14 Piano Concert (Larry Clapp)



\*Be sure to stop by to see the House Mountain Quilters craft table set up at the Super Seniors meeting.

## Main Munch Potluck Schedule Sponsored by Independent Insurance Consultants

Independent Insurance Consultants has been a long time sponsor of the Corryton Senior Center and continues their dedication to the seniors of our community with their monthly sponsorship of the main dish for our potluck. We would like to thank IIC for their generous support and contributions to our community.

- 5/19 Salsarita's Taco Bar
- 6/23 Buddy's BBQ



## Canasta

Do you play Canasta or want to learn how to play? Corryton Senior Center is looking for people wanting to get this card game started at our center. For more information, or to volunteer to play, please contact Greg or Jill at 865-688-5882.

## Watermelon Social

The Corryton Senior Center will be hosting its annual Watermelon Social on Friday, June 24th at 12 PM, underneath the canopy at the baseball field behind the center (weather permitting). We will have plenty of watermelon for everyone. Please invite any friends or family you want to attend this free event. Please RSVP if you plan to attend and if you are bringing anyone with you. Call the Corryton Senior Center to sign up.



## Retired Flag Drop-off

With Flag Day coming up on June 14th, we would like to remind you that if you have an American Flag that you would like to have properly retired, the Corryton Senior Center serves as a drop-off site for you. The staff at the Corryton Senior Center will see that the flags are taken to the organizations that properly retire your flags.



## Covenant Health Senior Services

Senior citizens are the fastest growing segment of the population both nationally and locally. The goal of Covenant Health Senior Services division is to be the most comprehensive provider of senior health services and to be the first choice of seniors and their caregivers. The Corryton Senior Center would like to thank Covenant Health for their generous production of our bi-monthly newsletter. Go online to [www.covenanthealth.com/seniorhealth](http://www.covenanthealth.com/seniorhealth) for more information regarding the services Covenant Health provides.





# May 2016



Greg Hill, Center Coordinator  
 Jill Green, Center Assistant  
 (865) 688-5882

Mon	Tue	Wed	Thu	Fri
<b>2</b> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba	<b>3</b> 9:00 Billiards 10:00 Euchre <b>10:30 Garden Club</b> 1:00 Pinochle	<b>4</b> 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	<b>5</b> 9:00 Billiards 9:00 Quilting 1:00 Pinochle	<b>6</b> 9:00 SAIL 9:00 Billiards 11:00 Zumba Gold 11:00 Cross-Stitch
<b>9</b> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba	<b>10</b> 9:00 Billiards 10:00 <b>Veteran Services</b> 10:30 <b>Super Seniors</b> 1:00 Pinochle	<b>11</b> 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	<b>12</b> 9:00 Billiards 9:00 Quilting 1:00 Pinochle	<b>13</b> 9:00 SAIL 9:00 Billiards <b>10:00 Book Club</b> 11:00 Zumba Gold 11:00 Cross-Stitch 11:00 <b>Sweetwater Valley Farm</b>
<b>16</b> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba	<b>17</b> 9:00 Billiards 10:00 Euchre 10:00 <b>Scrapbooking</b> 1:00 Pinochle	<b>18</b> 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	<b>19</b> 9:00 Billiards 9:00 Quilting <b>11:30 Main Munch</b> 1:00 Pinochle	<b>20</b> 9:00 SAIL 9:00 Billiards 11:00 Zumba Gold 11:00 Cross-Stitch
<b>23</b> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game \ 11:00 <b>First Aid Class</b> 1:00 Zumba	<b>24</b> 9:00 Billiards 10:00 Euchre 1:00 Pinochle	<b>25</b> 9:00 Billiards 9:00 Quilting <b>9:00 Golf Outing</b> 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	<b>26</b> 9:00 Billiards 9:00 Quilting 1:00 Pinochle	<b>27</b> 9:00 SAIL 9:00 Billiards 11:00 Zumba Gold 11:00 Cross-Stitch
	<b>31</b> 9:00 Billiards 10:00 Euchre <b>1:00 UT Balance Orientation</b> 1:00 Pinochle			



# June 2016

Greg Hill, Center Coordinator  
 Jill Green, Center Assistant  
 (865) 688-5882

Mon

Tue

Wed

Thu

Fri

				
		<p><i>1</i></p> <p>9:00 Billiards            9:00 Quilting            10:00 Dominoes            11:00 Crochet            11:00 Open Game            1:00 Rook</p>	<p><i>2</i></p> <p>9:00 Billiards            9:00 Quilting            1:00 Pinochle</p> <p><b>* Quilters Shop Hop</b></p>	<p><i>3</i></p> <p>9:00 SAIL            9:00 Billiards            11:00 Zumba Gold            11:00 Cross-Stitch</p>
<p><i>6</i></p> <p>9:00 SAIL            9:00 Billiards            10:00 Dominoes            10:00 Quilting            11:00 Open Game            12:00 <b>Chef Walter</b>            1:00 Zumba</p>	<p><i>7</i></p> <p>9:00 Billiards            10:00 Euchre            10:30 Garden Club            1:00 <b>Balance Class</b>            1:00 Pinochle</p>	<p><i>8</i></p> <p>9:00 Billiards            9:00 Quilting            10:00 Dominoes            11:00 Crochet            11:00 Open Game            1:00 Rook</p>	<p><i>9</i></p> <p>9:00 Billiards            9:00 Quilting            1:00 Pinochle</p> <p><b>* Quilters Shop Hop</b></p>	<p><i>10</i></p> <p>9:00 SAIL            9:00 Billiards            10:00 <b>Parrot Mtn &amp; Gardens</b>  <b>10:00 Book Club</b>            11:00 Zumba Gold            11:00 Cross-Stitch</p>
<p><i>13</i></p> <p>9:00 SAIL            9:00 Billiards            10:00 Dominoes            10:00 Quilting            11:00 Open Game            1:00 Zumba</p>	<p><i>14</i></p> <p>9:00 Billiards            10:00 <b>Veteran Services</b>            10:30 <b>Super Seniors</b>            1:00 Pinochle            1:30 <b>Balance Class</b></p>	<p><i>15</i></p> <p>9:00 Billiards            9:00 Quilting            10:00 Dominoes            11:00 Crochet            11:00 Open Game            1:00 Rook</p>	<p><i>16</i></p> <p>9:00 Billiards            9:00 Quilting            1:00 Pinochle</p>	<p><i>17</i></p> <p>9:00 SAIL            9:00 Billiards            11:00 Zumba Gold            11:00 Cross-Stitch</p>
<p><i>20</i></p> <p>9:00 SAIL            9:00 Billiards            10:00 Dominoes            10:00 Quilting            11:00 Open Game            1:00 Zumba</p>	<p><i>21</i></p> <p>9:00 Billiards            10:00 <b>Oakes Daylily Walk</b>            1:00 <b>Balance Class</b>            1:00 Pinochle</p>	<p><i>22</i></p> <p>9:00 Billiards            9:00 Quilting            10:00 Dominoes            11:00 Crochet            11:00 Open Game            1:00 Rook</p>	<p><i>23</i></p> <p>9:00 Billiards            9:00 Quilting            11:30 <b>Main Munch</b>            1:00 Pinochle</p>	<p><i>24</i></p> <p>9:00 SAIL            9:00 Billiards            11:00 Zumba Gold            11:00 Cross-Stitch</p>
<p><i>27</i></p> <p>9:00 SAIL            9:00 Billiards            10:00 Dominoes            10:00 Quilting            11:00 Open Game            1:00 Zumba</p>	<p><i>28</i></p> <p>9:00 Billiards            10:00 Euchre            1:00 <b>Balance Class</b>            1:00 Pinochle</p>	<p><i>29</i></p> <p>9:00 Billiards            9:00 Quilting            10:00 Dominoes            11:00 Crochet            11:00 Open Game            1:00 Rook</p>	<p><i>30</i></p> <p>9:00 Billiards            9:00 Quilting            1:00 Pinochle</p>	



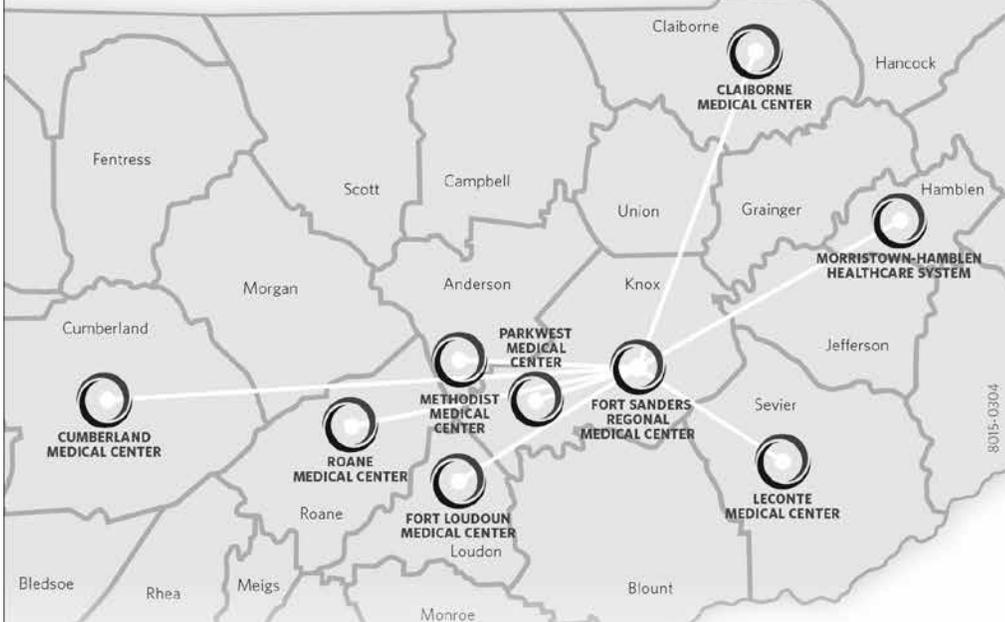
KNOX COUNTY  
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 9331 Davis Drive  
 Corryton, TN 37721

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 April Tomlin, Senior Services Manager  
 Greg Hill, Corryton Senior Center Coordinator  
 Jill Green, Corryton Senior Center Assistant  
 (865)688-5882  
[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)  
[greg.hill@knoxcounty.org](mailto:greg.hill@knoxcounty.org)

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