

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

September 5th
Labor Day
Center Closed

October 10th
Columbus Day

October 31st
Halloween



Mayors Annual Senior Appreciation Picnic

Knox County Mayor Tim Burchett's Senior Appreciation Picnic will be held on Friday, September 16 from 11:30 to 1:30pm at John Tarleton Park, 3201 Division Street. Please note that all Knox County Senior Centers will be closed the day of the picnic. You are invited to join Mayor Burchett and his staff, for the 10th Annual Mayor's Senior Appreciation Picnic. The celebration is a county-wide tribute to express Knox County's appreciation and commitment to senior citizens. This is a free event for all Knox county seniors.

There will be free food, activities and live entertainment, featuring The Chillbillies. Enjoy the expo tents where vendors will be set up to give out all sorts of information and giveaways.

To RSVP for the picnic, please call 215-4007 by September 9. The first 100 seniors to register IN PERSON to go to the picnic at one of the six Knox County Senior Centers, will receive a beautiful t shirt to wear to the picnic. T-shirts will be available September 1st. T-shirts are courtesy of our Platinum Sponsors, Independent Insurance Consultants (IIC), Northshore Senior Living/Oakwood Senior Living/Knoxville High Senior Living. Be sure to visit their booths for fun activities.



Three Rivers Rambler Train Ride Sponsored by IIC

On Friday October 14th, Independent Insurance Consultants will be sponsoring a **FREE** train ride on the Three Rivers Rambler in downtown Knoxville at 1 PM. The bus will depart the center at 12 PM. The fee is \$5 for the bus ride. If you are driving on your own, please arrive at the train station no later than 12:45 PM. We have room for 46 people for this trip. Seats will fill up fast so RSVP early to ensure your spot. A special thanks to Blake McCoy and Independent Insurance Consultants for once again being such a generous sponsor for this event. Call 865-688-5882 to make your reservation.



UT Football Tailgate and Dominoes

Its football time in Tennessee! Join us on Wednesday, September 7th for a UT Tail Gate on the eve of the first football game. We will begin the day with a competitive game of Mexican Train dominoes (Orange team vs. White team) followed by some of the best tailgate food in the area. No RSVP needed. Just bring a dish of your favorite tailgating food come join the fun. Festivities begin at 10 AM. Go Vols!



Andrew Johnson Homestead Tour

We will be taking a trip to Greeneville, TN on Friday, September 30th. The tour begins at 12:45 PM with a short documentary video presentation followed by a tour. Be advised there will be many steps to go up on this tour. We will have lunch prior to the tour at a local Greeneville restaurant. The bus will leave around 9 AM. Please RSVP.

Flu Shot Clinics

Flu season is upon us and time for you to help protect yourself with your annual flu shots. Walgreens is happy to be here to serve you again this year by providing flu clinics at the Super Seniors meeting. This year we are offering 2 clinics to maximize your opportunities to receive this important immunization. These clinics will be offered on September 13th and October 11th beginning at 10 AM. Be sure to have your Medicare card available at the time of service. As always Walgreens staff looks forward to serving you!



A Matter of Balance: Award Winning Balance class

The award winning "A Matter of Balance" series of classes will officially begin on Tuesday September 6th and be held every Tuesday and Thursday throughout the month. Classes will be held from 1-3 PM in the community room of the Corryton Senior Center. This class has had waiting list at other locations, so be sure you don't let this opportunity get away. Participants are encouraged to follow through with all classes. For more information please contact the Corryton Senior Center at 865-688-5882.



Independent Insurance Consultants Medicare Open Enrollment and Seminar

Mark Beckman will be holding open enrollments and answering all your questions for Medicare on Tuesday, October 25th at the Corryton Senior Center. There will be two sessions for your convenience. The first will begin at 10 AM followed by a session beginning at 1 PM. If you are unable to make one of these seminars, Mr. Beckman will be returning on November 10th at the same times.

Applique' Class (Quilting)

Come learn how to use the newest quilting machine from our very own House Mountain Quilters Guild during their open Applique' class on Thursday, September 15th starting at 10 AM. No Applique' experience required. For more information regarding this class please contact guild President Sharon Markwardt at 916-835-5599.

Strong By Zumba

Beginning on Tuesday, October 4th at 9 AM, Olga Martin will be providing the newest evolution in senior Zumba. Strong by Zumba is a twist on the tradition Zumba Gold where the participants will go through 1 hour of medium to fast paced exercise corresponding to an up tempo music mix. Classes will be held on Tuesday and Thursdays from 9-10 AM. The charge for the class is only \$3 per class. Feel free to stop by and check out our newest Zumba class to see if it's a fit for you.

Concert by the "Golden Tones"

The famous Golden Tones will be performing a concert on Thursday, October 20th at 11:45 PM during our monthly Main Munch potluck luncheon. Gondolier will be provided by IIC. The event is of no cost but **you must RSVP**. Please bring a side dish or desert to contribute to the group.

McCloud Mountain Lunch Trip

We will be taking the bus to McCloud Mountain on Friday, October 28th for lunch and observe the beautiful fall scenery. The cost of the ride is \$7. The bus will leave the center at 9 AM. For more information or to sign up for this trip please contact the Corryton Senior Center.

Hearing Screening by Transcend Hearing

Transcend hearing will be providing **FREE** high quality hearing screenings on Thursday, September 20th starting at 11 AM during our September potluck. Appointments will be held every 15 minutes so call Greg or Jill at the Corryton Senior Center to add your name to the list.

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:

September 13: Master Storytellers: Larry and Gay Clapp

October 11: Grace Notes Dulcimer Group



*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 Consults 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.

September 22nd: Chick Fil A (Free Hearing Screenings by Transcend Hearing)

October 20th: Gondolier (Concert by the famous "Golden Tones")



Book Club Corner : Two Clubs for Reader

The Corryton Senior Center is happy to announce the addition of a new book club, "Novel Ideas", meeting on the 4th Thursday of each month at 10 AM. Deb Muth will be leading discussions that are facilitated, lively, and thought provoking. The first meeting will be held on Thursday, September 29th where the first book will be announced and guidelines for the group will be laid out. Don't forget to check out our longest standing book club lead by Kathy Martin on the 2nd Friday of the month at 10 AM.

Wreath Craft

On Monday, September 26th at 1 PM Jill Green will be leading a free wreath making craft class at the Corryton Senior Center. You will be constructing a beautiful Poppy wreath just in time to hang on your door for the Fall season. A supply list will be available at the center.

Ornament Making

Join us on Monday, October 17th, at 1 PM, we will have a Christmas Ornament making class for you to make and your family to enjoy this coming Christmas season. This class will be free for those who attend. Be sure to stop by the Corryton Senior Center before October 17th to pick up the supply list for the craft. For more information, please contact Jill at 865-688-5882

Scrapbooking

The Scrapbooking group has transitioned into a free group of ladies gathering to work on their own projects collectively. The meetings for the next few months are as follows: September 15th and October 18th from 10-1 PM.

Corryton Golf Club Outing

The Corryton Golf Club group will be playing the following courses in the months of September and October meeting at 8 AM:

September 19th: Dead Horse

* Please sign up a week prior to reserve a tee time

October 21st: Three Ridges



September 2016

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

Mon	Tue	Wed	Thu	Fri
			1 9:00 Billiards 9:00 Quilting 9:00 Canasta 1:00 Pinochle	2 9:00 SAIL 9:00 Billiards 11:00 Zumba Gold 11:00 Cross-Stitch 1:00 Card Class
5 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba	6 9:00 Billiards 10:30 Garden Club 1:00 Pinochle 1:00 Matter of Balance	7 9:00 Billiards 9:00 Quilting 10:00 Dominoes 10:00 UT Tailgate 11:00 Crochet 11:00 Open Game 1:00 Rook	8 9:00 Billiards 9:00 Quilting 9:00 Canasta 1:00 Pinochle 1:00 Matter of Balance	9 9:00 SAIL 9:00 Billiards 10:00 Book Club #1 11:00 Zumba Gold 11:00 Cross-Stitch
12 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba	13 9:00 Billiards 10:00 Flu Shot 10:30 Super Seniors 1:00 Pinochle 1:00 Matter of Balance	14 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	15 9:00 Billiards 9:00 Quilting 9:00 Canasta 10:00 Applique 10:00 Scrapbooking 1:00 Pinochle 1:00 Matter of Balance	 Mayor's Picnic
19 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba	20 9:00 Billiards 1:00 Pinochle 1:00 Matter of Balance	21 8:00 Golf 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	22 9:00 Billiards 9:00 Quilting 9:00 Canasta 11:00 Hear Screen 11:30 Main Munch 1:00 Pinochle 1:00 Matter of Balance	23 9:00 SAIL 9:00 Billiards 11:00 Zumba Gold 11:00 Cross-Stitch
26 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba 1:00 Wreath Class	27 9:00 Billiards 1:00 Pinochle 1:00 Matter of Balance	28 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	29 9:00 Billiards 9:00 Quilting 9:00 Canasta 10:00 Book Club #2 1:00 Pinochle 1:00 Matter of Balance	30 9:00 SAIL 9:00 Billiards 9:00 Andrew Johnson Home Trip 11:00 Zumba Gold 11:00 Cross-Stitch

Greg Hill, Center Coordinator
 Jill Green, Center Assistant
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October 2016

Mon	Tue	Wed	Thu	Fri
3 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba	4 9:00 Billiards 9:00 Strong By Zumba 10:30 Garden Club 1:00 Pinochle	5 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	6 9:00 Billiards 9:00 Strong By Zumba 9:00 Quilting 9:00 Canasta 1:00 Pinochle	7 9:00 SAIL 9:00 Billiards 11:00 Zumba Gold 11:00 Cross-Stitch 1:00 Card Class
10 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba	11 9:00 Billiards 9:00 Strong By Zumba 10:00 Flu Shot 10:30 Super Seniors 1:00 Pinochle	12 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	13 9:00 Billiards 9:00 Strong By Zumba 9:00 Quilting 9:00 Canasta 1:00 Pinochle	14 9:00 SAIL 9:00 Billiards 10:00 Book Club # 1 11:00 Zumba Gold 11:00 Cross-Stitch 1:00 Three Rivers Rambler Trip
17 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba 1:00 Ornament	18 9:00 Billiards 9:00 Strong By Zumba 10:00 Scrapbooking 1:00 Pinochle	19 8:00 Golf 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	20 9:00 Billiards 9:00 Strong By Zumba 9:00 Quilting 9:00 Canasta 10:30 Main Munch 1:00 Pinochle	21 9:00 SAIL 9:00 Billiards 11:00 Zumba Gold 11:00 Cross-Stitch
24 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba	25 9:00 Billiards 9:00 Strong By Zumba 10:00 Medicare 1:00 Pinochle 1:00 Medicare	26 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	27 9:00 Billiards 9:00 Strong Zumba 9:00 Quilting 9:00 Canasta 10:00 Book Club # 2 11:00 Wildlife Photo 1:00 Pinochle	28 9:00 SAIL 9:00 Billiards 9:00 Mc Cloud Mtn. 11:00 Zumba Gold 11:00 Cross-Stitch
31 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 1:00 Zumba				

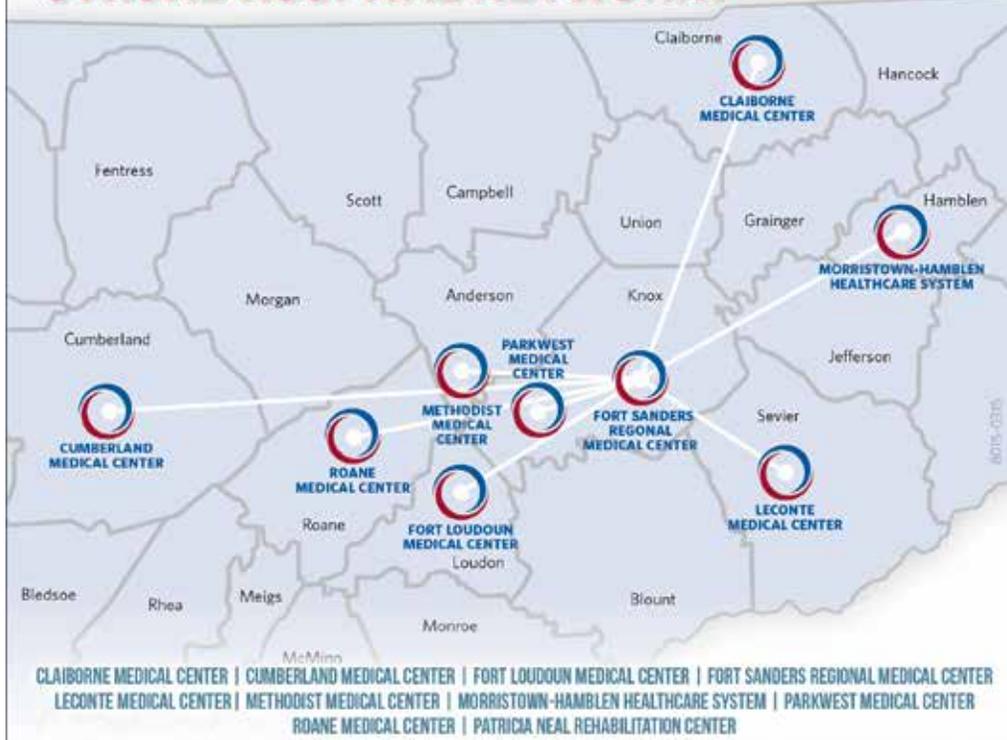


KNOX COUNTY
Corryton Senior Center
9331 Davis Drive
Corryton, TN 37721

RETURN SERVICE REQUESTED

Tim Burchett, Knox County Mayor
Buzz Buswell, Director Veterans & Senior Services
April Tomlin, Senior Services Manager
Greg Hill, Corryton Senior Center Coordinator
Jill Green, Corryton Senior Center Assistant
(865)688-5882
www.knoxcounty.org/seniors
greg.hill@knoxcounty.org

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