

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

New Year's Message from Mayor Burchett

I hope you had a wonderful Christmas and are looking forward to a happy and healthy new year. Last year was a big year for our Senior Service Department. We opened the new Karns Senior Center and attendance still continues to grow throughout. The Karns community has been enjoying the new Karns Senior Center for several months now and the response has been overwhelming. I encourage you to stop by and visit our newest facility. I'm happy all of Knox County's six senior center facilities are enjoyed by so many; the new Karns Senior Center provides opportunities for even more seniors to remain active and engaged in our community. I want to give a special thank you to all of the local businesses that sponsor and contribute so much to all the activities at each center and at our annual picnic. Thank you, also, to our outstanding staff, volunteers and members. Thanks to all of them our programming continues to grow and improve.



Notable Dates

January 1
New Years Day
Center Closed

January 18
MLK Day
Center Closed

February 15
Presidents Day
Center Closed

Whether you visit the Strang, Halls, Corryton, Carter, South Knox, or the new Karns Senior Center, I look forward to seeing you at one of them in 2016.

Thank you,
Tim Burchett
Knox County Mayor

Professional Cake Decorating Class

Be our guest on Tuesday, January 26th to learn how to turn a regular cake into a beautiful work of art. Chris Hughey will be showcasing her cake designing talents and providing a class on professional cake decorating at 11 AM in community center room. The photo of the "Cat and Cheese" is a sample of the work Chris has made in the past. Call the senior center at 865-688-5882 to sign up for this amazing class.



Basics of Alzheimer's

Sunny Biden from the East Tennessee Chapter of the Alzheimer's Association, will be visiting the Corryton Senior Center on Thursday, February 4th at 11 AM to present to the community the "Basics of Alzheimer's Disease". This presentation will provide valuable information on Alzheimer's disease and early onset dementia which has come to the forefront of the minds of aging people across the nation in part to the documented cases of people such as the famed singer/actor Glen Campbell and locally the legendary Pat Summitt. Don't miss this opportunity to learn more about this hot topic. For more information on Alzheimer's disease, please visit the Alzheimer's Association website at www.alz.org/tn.

alzheimer's association



Attention Seniors! Walgreens is on a mission to increase awareness for the need for a shingles vaccine. The shingles vaccine is recommended for all adults 60 years of age or older. Did you know that in America there are nearly 1 million cases of shingles every year. The troubling thing is that nearly half of these cases could be prevented with a simple one time vaccine. 1 in 3 adults over 60 will develop shingles and for those over 80 it is more like 1 in 2. Please see your local Walgreens pharmacist for more details.



[Leap Year High Tea Party](#)

Join us this leap year day, Monday, February 29th, at 12 PM and enjoy being spoiled with a delicious variety of teas and tasty deserts at the Corryton Senior Center High Tea Party. This event is sponsored by Joy Wilson, owner of Right at Home, a new in home care and assistance service. Be sure to wear your most elegant hat for this party. To sign up for this event, please see Jill or Greg at the center.

[Clear Caption Phones for Seniors](#)

Come visit Jeff Bales from Clear Captions on Tuesday, January 12 at noon immediately following Super Seniors for his presentation regarding the "Ensemble" landline telephone for seniors with hearing loss. If you are one of the 48 million Americans with hearing loss, having a **FREE** phone that shows a text display of your conversation on the phone on a large color touchscreen would greatly help you during those hard to hear conversations. If you are interested in seeing this phone and finding out how easy it is to qualify for this phone, please call 865-688-5882 to add your name to the list.

[Valentines Potluck](#)

We will hold our annual Valentines Day Potluck on Thursday, February 18th at 11:30 AM. As in years past, Independent Insurance Consultants will be providing the main dish for the party. We ask that you bring a desert for this years event. We will once again have a time that you and your love will not soon forget. If you have a photo of you and your loved one you would like to share, we will be running a slide show on our television screen throughout the luncheon. Photos should be brought into Greg at the center no later than Friday, February 12th. We look forward to having you and your loved one at this years Valentines Day Potluck sponsored by Independent Insurance Consultants.

[Scrapbooking Classes](#)

Molly Raster will be at the Corryton Senior Center on Tuesday, January 19th and Tuesday, February 16th at 10 AM to teach a new monthly scrapbooking class. This class will concentrate on making specific types of pages for your scrap booking memories. The January class will consist of a two page spread with one photo layout per page. Please be sure to bring (2) two 4 x 6 photos from this past years Christmas. All other supplies will be provided for you. Please sign up for this wonderful class by calling the Corryton Senior Center today!

[Strong Core Balance Class with Certified Personal Trainer](#)

We will be testing out a new exercise class on Thursday, January 28th, and Tuesday, February 23rd at 1 PM that will primarily be focused on senior core strengthening and balance that you will also be able to continue with on your own at home. This class will be taught by certified fitness trainer Kay Myers who's passion is helping people on their individual journey to improved health. Classes will be \$2 and if we have enough of a response will continue throughout the year.

[Learn Euchre Card Game](#)

Euchre is an easy to learn card game which will be taught and held at the senior center on Tuesday mornings at 10 AM. If you would like to start with our new group, the first session will begin on Tuesday, January 5th. We are excited about having a new game start at our center, and hope you will join us.

[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:

January 12th: Sarah Dockery—Singer

February 9th: Stan Zachary— Vocal and Guitar



*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.

January 21st: Soups (Please sign up to bring)

February 18th: Valentines Day Party (Pasta)



[Soup Tasting Potluck](#)

What is your favorite soup? For our January potluck, we ask that attendees bring in their favorite, home-made soup and we will supply the cornbread and crackers. Please call the center at 868-688-5882 to let us know what type of soup you will be bringing.

[Zumba Gold New Days and Time](#)

Zumba Gold classes will now be held on Thursdays and Fridays at 11 AM beginning in the month of January 2016. We hope this will be a convenient time for you to come get your day jump started with this wonderful exercise. Remember, classes are only \$3 for an action packed hour of exercise. Don't miss your chance to fulfill this years health goals!



[Thank You Covenant Health](#)

We as a community would like to thank Covenant Health for their continued support of the Corryton Senior. Covenant Health has been working along side of the Corryton Senior Center since its inception, and continues to meet the needs of our constituents this day. We would like to offer a special thank you to Mr. Stan Boling. Stan is an honorary member of the Corryton community and has tirelessly worked on behalf of seniors in the East Tennessee area. Partnerships with Covenant and their fantastic staff, has proven to provide seniors of our community with the absolute best care and top of the line services that everyone deserves. Covenant also is how we are able to provide you with this bi-monthly newsletter and calendar. Thank you Covenant for striving to make a difference in the life of seniors in Knox County!





January 2016



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

Mon	Tue	Wed	Thu	Fri
	2016			<i>1</i> 
<i>4</i> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game	<i>5</i> 9:00 Billiards 10:00 Euchre 10:00 Garden Club 1:00 Pinochle	<i>6</i> 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	<i>7</i> 9:00 Billiards 9:00 Quilting 11:00 Zumba Gold 1:00 Pinochle	<i>8</i> 9:00 SAIL 9:00 Billiards 11:00 Cross-Stitch 11:00 Zumba Gold 1:00 Card Making
<i>11</i> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game	<i>12</i> 9:00 Billiards 10:00 Veterans Services 10:30 Super Seniors 1:00 Pinochle	<i>13</i> 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	<i>14</i> 9:00 Billiards 9:00 Quilting 11:00 Zumba Gold 1:00 Pinochle	<i>15</i> 9:00 SAIL 9:00 Billiards 11:00 Cross-Stitch 11:00 Zumba Gold
<i>18</i> 	<i>19</i> 9:00 Billiards 10:00 Euchre 10:00 Scrap Booking Class 1:00 Pinochle	<i>20</i> 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	<i>21</i> 9:00 Billiards 9:00 Quilting 11:30 Main Munch 1:00 Pinochle	<i>22</i> 9:00 SAIL 9:00 Billiards 11:00 Cross-Stitch 11:00 Zumba Gold
<i>25</i> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game	<i>26</i> 9:00 Billiards 10:00 Euchre 11:00 Cake Decorating class 1:00 Pinochle	9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook	<i>28</i> 9:00 Billiards 9:00 Quilting 11:00 Zumba Gold 1:00 Balance Class 1:00 Pinochle	<i>29</i> 9:00 SAIL 9:00 Billiards 11:00 Cross-Stitch 11:00 Zumba Gold



February 2016

Greg Hill, Center Coordinator
 Jill Green, Center Assistant
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Mon	Tue	Wed	Thu	Fri
<p><i>1</i> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game</p>	<p><i>2</i> 9:00 Billiards 10:00 Euchre 10:00 Garden Club 1:00 Pinochle</p>	<p><i>3</i> 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook</p>	<p><i>4</i> 9:00 Billiards 9:00 Quilting 11:00 Alzheimers Association 1:00 Pinochle * No Zumba Gold</p>	<p><i>5</i> 9:00 SAIL 9:00 Billiards 11:00 Cross-Stitch 11:00 Zumba Gold 1:00 Card Making</p>
<p><i>8</i> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game</p>	<p><i>9</i> 9:00 Billiards 10:00 Veterans Services 10:30 Super Seniors 12:00 Clear Captions Phones 1:00 Pinochle</p>	<p><i>10</i> 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook</p>	<p><i>11</i> 9:00 Billiards 9:00 Quilting 11:00 Zumba Gold 1:00 Pinochle</p>	<p><i>12</i> 9:00 SAIL 9:00 Billiards 11:00 Cross-Stitch 11:00 Zumba Gold</p>
<p><i>15</i>  <small>PRESIDENTS DAY</small></p>	<p><i>16</i> 9:00 Billiards 10:00 Euchre 10:00 Scrap Booking Class 1:00 Pinochle</p>	<p><i>17</i> 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook</p>	<p><i>18</i> 9:00 Billiards 9:00 Quilting 11:30 Valentine Pot Luck 1:00 Pinochle</p>	<p><i>19</i> 9:00 SAIL 9:00 Billiards 11:00 Cross-Stitch 11:00 Zumba Gold</p>
<p><i>22</i> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game</p>	<p><i>23</i> 9:00 Billiards 10:00 Euchre 1:00 Balance Class 1:00 Pinochle</p>	<p><i>24</i> 9:00 Billiards 9:00 Quilting 10:00 Dominoes 11:00 Crochet 11:00 Open Game 1:00 Rook</p>	<p><i>25</i> 9:00 Billiards 9:00 Quilting 11:00 Zumba Gold 1:00 Pinochle</p>	<p><i>26</i> 9:00 SAIL 9:00 Billiards 11:00 Cross-Stitch 11:00 Zumba Gold</p>
<p><i>29</i> 9:00 SAIL 9:00 Billiards 10:00 Dominoes 10:00 Quilting 11:00 Open Game 12:00 Leap Year Tea Party</p>				



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

RETURN SERVICE REQUESTED

PRSR STD
 US POSTAGE
PAID
 KNOXVILLE, TN
 PERMIT NO. 1

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

OUR REGION'S LARGEST CANCER NETWORK IS FIGHTING FOR YOUR TOMORROW. JUST LIKE WE PROMISED.



Covenant Breast and Imaging Centers

- Claiborne Breast Center
- Cumberland Regional Breast Center
- The Breast Center at Fort Sanders West
- Fort Loudon Women's Imaging Services
- LeConte Comprehensive Breast Center
- The Breast Center at Morristown Regional Diagnostic Center
- Oak Ridge Breast Center
- Parkwest Comprehensive Breast Center
- Roane Women's Center for Mammography and Bone Densitometry
- Thompson Comprehensive Breast Center at Fort Sanders Regional

Cancer Centers

- Cumberland Regional Cancer Center
- Morristown Regional Cancer Center
- Thompson Cancer Survival Center - Downtown
- Thompson Cancer Survival Center at Methodist
- Thompson Cancer Survival Center - Sevier
- Thompson Cancer Survival Center - West

Thompson Oncology Group

- Downtown Knoxville
- West Knoxville
- Oak Ridge
- Maryville
- Lenoir City
- Harriman
- Sevierville
- Morristown
- Sweetwater

CLAIBORNE MEDICAL CENTER | CUMBERLAND MEDICAL CENTER | FORT LOUDOUN MEDICAL CENTER | FORT SANDERS REGIONAL MEDICAL CENTER
 LECONTE MEDICAL CENTER | METHODIST MEDICAL CENTER | MORRISTOWN-HAMBLEN HEALTHCARE SYSTEM | PARKWEST MEDICAL CENTER
 ROANE MEDICAL CENTER | COVENANT BREAST CENTERS | CUMBERLAND REGIONAL CANCER CENTER
 MORRISTOWN REGIONAL CANCER CENTER | THOMPSON CANCER SURVIVAL CENTERS

Covenant
 HEALTH



covenanthealth.com/cancernetwork



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