

South Knoxville Senior Center

MARCH-APRIL 2016



Mayor Tim Burchett

Knox County Walking/Hiking Group

Several seniors get together each month to hike the walkways and trails of the surrounding areas. A variety of walks/hikes are planned with different degrees of difficulty. The hikes will be posted at each of the six senior centers with specific details. Everyone is encouraged to join in the fun and fellowship this activity offers. For the hike of the month, you may call the center at 573-5843.



CENTER HOURS

Monday-Friday

7:30-4:00 p.m.

Pool Hours 7:30-3:30

Ph. (865) 573-5843

Fax (865) 573-5880

AARP Smart Driver Class

AARP Smart Driver Class will be held at the South Knoxville Senior Center on **Monday, April 11 from 7:45-3:45**. This is a safe-driving class for motorists age 50 and over. Participants may be eligible for auto insurance discounts. The cost is only \$15.00 for AARP members and \$20 for non-members. **Please RSVP by Thursday, April 7th.**

Special Events

March 11- Mac's Pharmacy- Heart Disease- 9:30

March 17- Vet. Ser. Here- 9-10

March 17- St. Patrick's Day Party at SK Opry- 9-12

March 29- New Tai Chi session begins- 11:00

April 11- AARP Smart Driver Class- 7:45-3:45

April 15- Mac's Pharmacy, "Check Your Beat"- 9:30

April 18- Dogwood Trails Field Trip/ S&S Cafeteria Lunch-9:30

April 20- Senior Day at the Smokies-9:15

April 21- Vet. Serv. here 9-10

April 29- Dogwood Arts on the Square w/ E.T. Personal Care-11:00

Dogwood Arts on the Square hosted by East TN Personal Care Services

Come join in the fun as we kick off the Dogwood Arts Festival in downtown Knoxville, Friday, April 29th. East Tennessee Personal Care will host a field trip for us to go to the S & W Cafeteria on Gay Street for lunch (Dutch treat), and then we will walk on over to Market Square to join in the opening day of the Dogwood Arts Festival on Market Square. Kim Olen will also be having some "dogwood trivia" on the bus ride just for some giggles and prizes. The CAC bus will leave the center at 11:00 and return at 2:00. So wear your comfortable walking shoes and let's go downtown!



Senior Day At the Smokies

"Senior Day at the Smokies" will be on **Wed., April 20th**. Brunch will be served from 10:30-11:00 and the game against the *Montgomery Biscuits* will begin at 12:05. Advanced tickets will be about \$15.00. We will have a CAC bus for transportation, leaving the center at 9:15 and returning from the ball park around 3:30. This is always a super-fun day and we do get seats in the shade so come on out and enjoy a day at the ball park! **Please RSVP at the front desk or call 573-5843 by April 18th.**



Want to Dazzle Your Grandchildren? Learn FaceBook

FaceBook classes will be offered at the South Knoxville Senior Center on **Thursday, March 3rd from 1:00-3:00**. You can "stay in the know" with family and friends through the wonderful world of media. This class will be taught by Ms. Jennifer Dancu, owner and developer of *Social Media 4 Seniors*. The cost is \$20.00. Please call the center @ (865)573-5843 to enroll. Class size is limited to five seniors so you can receive individual attention.

Senior Spotlight



The staff at the South Knoxville Senior Center would like to recognize Mr. Johnny Hurst for *volunteering*! Johnny assists at the front desk everyday by answering the phone, greeting constituents and visitors and just providing conversation to others who may need someone to listen. He is invaluable when it comes to needing something moved and “emergency repairs” at the center!

Johnny served in the U.S. Army from 1965-1968. He was trained as a Wheel and Track Mechanic. He is a member of the Masons, Lodge # 763 and also of the Vietnam Veterans of America, Chapter #1078. He recently visited Vietnam with members from his Chapter and is looking forward to a trip to Washington on the *Honor Air* trip for Veterans. Many thanks to Johnny for his all his hours of service to our country and at the center!

AARP TAXAIDE

Free Income Tax preparation and electronic filing will be available again this year at the South Knoxville Senior Center **beginning Monday, Feb. 1 and continuing through April 18th**. All appointments at this center will be on Mondays. **You must make an appointment by calling (865)521-5569**. You need to bring: last year’s 2014 return, W-2, 1099, SSA 1099 or RRB 1099. To file electronically, both spouses must be present in order to sign the appropriate forms. Electronic filing speeds up the refund and lessens the chance of errors. You may also call this number to see where other tax assistance programs will be located. Walk-in assistance is also available at the O’Connor Center on Wednesdays on a first-come, first-serve basis.



Dogwood Trails Field Trip



Come join us on **Monday, April 18th**, as we take a trip through the beautiful Knox County Sequoyah Hills to see the dogwoods in full bloom! Then we’ll go to the S&S cafeteria for a buffet lunch (Dutch treat)! The trip is limited to the first 16 to sign up as seating is limited. Cost is \$3.50 to help pay for the bus ride. The bus will leave the center at 9:30 a.m.

How to Play With Yarn



Mrs. Kat Carney will be teaching a knitting class every Friday at 9:30 a.m. beginning in March. The first session project is for the absolute beginner but any one is welcome to join in the group. You will need any 100% cotton yarn and US size 7 knitting needles. Learn the basics of knitting by making a hand-knitted wash cloth.



Easter Bonnet Day at the South Knox Opry

*Be sure to wear your pretty, funny or crazy Easter bonnets to the South Knox Opry on **Thursday, March 24th!** Prizes for best bonnets will be awarded. Goodies to share are always welcome!*

Knox Co. Veterans Services

Knox County Veterans Services will be here to assist veterans on **Thursday, March 17th, and also on Thursday, April 21st, from 9:00-10:00 a.m.** Any veteran or spouse may come for one-on-one assistance with veteran’s issues, paperwork or questions. **Please call the Veterans Office at 215-5645 to register in advance.**



Toenail Trimming

Toenail trimming is available at the South Knoxville Senior Center for only \$12.00. Next appointments are **Wed., March 16, and Wed., April 20, 2015.**

Macs Pharmacy presents:



'The Beat Topics' Heart Disease: Male vs: Female

We're so excited to be hosting Ms. Jamie Price, PharmD from Mac's Pharmacy. She will present, "*Heart Disease: Male vs. Female*", sharing important information re: the facts and differences of heart disease in men and women on **Friday, March 11 at 9:30 a.m. (Snow date is scheduled for Fri., April 1 at 9:30)**. The class is only 30 min. and she can stay to answer questions afterwards. **Please RSVP for this program by Wed., March 9th.**

As a follow-up to this discussion, she will return on **Friday, April 15th at 9:30** for another heart healthy program entitled, "*Check Your Beat*". **Please RSVP for this program by Wed., April 13th.**

Friday Art Classes

We have art classes on Friday afternoons from 1-3 p.m. All levels of art ability are welcome to join, just bring your own supplies. Mrs. B.J. Hitchcock is the instructor. For more information please call the center.



Happy St. Patrick's Day

Be sure to wear your green apparel to the South Knox Opry on **Thursday, March 17th, 9-12 noon**, for our St. Patrick's Day Party! (so you won't get pinched!) West Hills Health and Rehab will be providing "green" refreshments but feel free to bring goodies to share at the party and be ready for a good time!



Wish List for the Senior Center

-artificial flowers and greenery, vases, foam for "flower arranging classes"

-bags of potting soil



Red Hats "Lydia's"

New members are welcome to join the SKSC Red Hatters as they meet every 2nd Tuesday of the month to dress in their "red and purple outfits" and go out to lunch somewhere fun! For more information you may call the center.



Water Aerobics Classes

Come join in the fun and get some great exercise at the same time. **Water Aerobics** classes are 30 minutes of strength and 30 minutes of cardio workout in the water. Only \$2.00/class.

Covenant Health Fitness Programs

"Bodyworks" exercise class is available on Tuesdays and Fridays at the Senior Center. Advanced Sr. Cardio Fitness is held at 8:45. This class is designed for active seniors who want a challenging workout and are able to do mat work on the floor also. Class is \$3.00/class.

Tai Chi

This gentle exercise has been practiced for thousands of years to strengthen the muscles and joints of the body. Tai Chi has been shown to relieve pain, strengthen muscles, and improve stamina, blood circulation, balance and relaxation. **Classes will begin on March 29th. Tai Chi Part I is at 11:00 and Tai Chi Part II starts at 12:45 every Tuesday.** Classes are only \$2.00. The instructor is Don Parsley. *A practice session will be held every Friday from 12:00-1:00. This session is open to everyone, regardless of experience and there is no charge.



Rock Solid

Rock Solid is a new class offered that is designed to help prevent falls. The movements are slow and gentle with very low impact on the joints. Yet the movements make you more aware of the "safe" way to move about to keep you in balance. This is a 30 min. class every Tues. at 12:00 noon and is only \$1.00.

SOUTH KNOXVILLE SENIOR CENTER

6729 Martel Lane
Knoxville, TN 37920
(865)573-5843

**MARCH
2016**



**CENTER HOURS
MONDAY THRU FRIDAY 7:30-4:00**

**POOL HOURS
MONDAY THRU FRIDAY 7:30-3:30**

Mon	Tue	Wed	Thu	Fri
	1 8:45 Sr. Cardio Fitness 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Crafts/Beading 11:00 Tai Chi I 12:00 Rock Solid 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga	2 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge	3 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Water Pilates 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	4 8:45 Sr. Cardio Fit. 9:00 Water Aerobics 9:30 Knitting Class Begins 10:00 Yoga 11:00 S.A.I.L. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:00 Beg. Art 
7 9:00 AARP Taxaide 9:00 Water Aerobics 9:30 Diabetes Class *(cont.) 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics	8 8:45 Sr. Cardio Fitness 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Crafts/Beading 11:00 Tai Chi I 12:00 Rock Solid 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates	9 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge	10 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Water Pilates 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	11 8:45 Sr. Cardio Fit. 9:00 Water Aerobics 9:30 Mac's Pharmacy- Heart Disease, Male vs. Female *9:30 Knitting Class 10:00 Yoga 11:00 S.A.I.L. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:00 Beg. Art
14 9:00 AARP Taxaide 9:00 Water Aerobics 9:30 Diabetes Class (cont.) 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics	15 8:45 Sr. Cardio Fitness 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Crafts/Beading 11:00 Tai Chi I 12:00 Rock Solid 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates	16 8:30 Guitar Lessons 9:00 Toenail Trim (by appt.) 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge 	17 9:00 Water Aerobics 9:00 Veterans Serv. Here 9:00 South Knox Opry * St Patrick's Day Party 10:00 Water Pilates 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	18 8:45 Sr. Cardio Fit. 9:00 Water Aerobics 9:30 Knitting 10:00 Yoga 11:00 S.A.I.L. 11:00 Water Peeps 11:00 Cards 1:00 Water Aerobics
21 9:00 AARP Taxaide 9:00 Water Aerobics 9:30 Diabetes Class (cont.) 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics	22 8:45 Sr. Cardio Fitness 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Crafts/Beading 12:00 Rock Solid 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates	23 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge	24 9:00 Water Aerobics 9:00 South Knox Opry * Easter Bonnet Opry 10:00 Water Pilates 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	25 <i>Center closed for Good Friday</i> 
28 9:00 AARP Taxaide 9:00 Water Aerobics 9:30 Diabetes Class (cont.) 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics	29 8:45 Sr. Cardio Fitness 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Crafts/Beading 11:00 Tai Chi I 12:00 Rock Solid 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates	30 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge	31 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Water Pilates 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	*Senior Meals are served every Wed. and Fri, Call the center for more details! 

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(865)573-5843



2016

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MONDAY THRU FRIDAY 7:30-4:00
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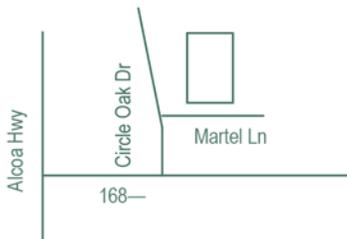
Mon	Tue	Wed	Thu	Fri
	<p>Senior Meals are served here every Wed. and Fri. Please call the center for more details.</p> 			<p>1 8:45 Sr. Cardio Fit. 9:00 Water Aerobics 9:30 Knitting 10:00 Yoga 11:00 S.A.I.L. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Practice 1:00 Water Aerobics 1:00 Beg. Art</p> <p><small>*Snow date for Heart Disease: Male vs: Female Program, Macs Phar. @ 9:30 a.m.</small></p>
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<p>25 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics 1:00 Gospel Singing</p> 	<p>26 8:45 Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Crafts/Beading 11:00 Tai Chi I 12:00 ROCK SOLID 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates</p>	<p>27 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p>28 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Water Pilates 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates</p> 	<p>29 8:45 Sr. Cardio Fit. 9:00 Water Aerobics 9:30 Knitting 10:00 Yoga 11:00 Dogwood Arts On the Square w/ E.T. Personal Care 11:00 S.A.I.L. 11:00 Water Peeps 11:00 Cards 1:00 Water Aerobics 1:00 Beg. Art</p>



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 6729 Martel Lane
 Knoxville, TN 37920
 (865) 573-5843

Tim Burchett, Knox County Mayor
 Robert "Buzz" Buswell, Director Veterans & Senior Services
 April Tomlin, Senior Services Manager
 Janet Word, Senior Center Coordinator
 Danyell Schoene, Aquatics Specialist
www.knoxcounty.org/seniors

The South Knoxville Senior Center is dedicated to providing 50+ adults with activities and services that enhance dignity, promote well-being and independence and encourage participation in community life.



The South Knoxville Senior Center Newsletter is made possible by the generous support of
Covenant Health.



CARING FOR MORE HEARTS THAN ANYONE IN OUR REGION. JUST LIKE WE PROMISED.



From outpatient heart care and surgery to cardiac rehab, the Heart Hospitals of Covenant Health care for more hearts than anyone else in our region. Quality care that can often be provided at one of our hospitals right in your community. So when it comes to your heart, choose the experience and expertise of Covenant Health's elite cardiology team. We keep our promise to your heart.

To find a Covenant Health cardiologist:

covenanthealth.com/findaphysician

1-877-334-4500

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covenanthealth.com

