

South Knoxville Senior Center

MAY-JUNE 2016



Mayor Tim Burchett

CENTER HOURS

Monday-Friday

7:30-4:00 p.m.

Pool Hours 7:30-3:30

Ph. (865) 573-5843

Fax (865) 573-5880

Special Events

May 2- Clear
Captions- 11:00

May 4-5- Beading &
Jewelry Sale-9-2:00

May 9- Mayor Bur-
chett, Budget Meet-
ing, 11:30-12:00

May 13- New Scrap-
book Class begins-
8:45

May 19-Veterans
Services Here- 9:00

May 23-Harrah's
Trip- 8:30

June 7-New Tai Chi
Session Begins-
11:00

June 9- South Knox
"Shin-Dig"- 9:00-
12:00

June 16-Veterans
Services Here- 9:00

South Knoxville Senior Center 9th Anniversary

"Shin-Dig"

Come celebrate the 9th anniversary of the South Knoxville Senior Center on **June 9th from 9-12 noon**. We will have entertainment as usual from our great South Knox Opry musicians and the Mill Creek Mule Skinner Band. Our friends from Covenant Health will provide ice cream sandwiches, Williamsburg Villas is bringing homemade cookies, West Hills Health and Rehab is providing chips and condiments, Independent Insurance Consultants will provide the drinks, Always Best Care is bringing watermelon and Woodman Life will be serving up hot dogs from the grill! As usual we'd love for everyone to bring a covered dish to share for a big feast. **Plans are to begin lunch at 11:00**. Mayor Burchett also plans to be here to join in the festivities so everyone mark your calendar and come ready for some good ole' hot dogs, music and great fellowship as we celebrate the 9th year of our wonderful South Knoxville Senior Center!



Mayor Burchett

Mayor Burchett at South for Budget Presentation

Knox County Mayor Tim Burchett will be at the South Knox Senior Center on Monday, May 9th, from 11:30-12:00 noon to present the 2017 County budget. All those interested in hearing Mayor Burchett are invited to attend.

Knox County Walking/Hiking Group

Several seniors get together each month to walk the greenways and explore the surrounding areas. A variety of walks and activities are planned with different degrees of difficulty. The walks 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 activity of the month, you may call the South Knox Center at 573-5843.



Scrapbooking Class

We will be starting up a Scrapbooking Class on **Fridays beginning May 13th**. The Class will meet every Friday thereafter at 8:45-10:45. Miss Robin Collins will be offering instruction and just getting everyone starting towards personalizing their own photos and books. So start gathering up you materials, i.e. photos, stickers, albums, ribbons, glue, etc. and come prepared to have a great morning putting your memories together.



Senior Spotlight

Mrs. B.J. Hitchcock is in the spotlight this month as she volunteers teaching our Friday Art classes. B.J. always comes in with a smile on her face as she eagerly instructs her class in all types of medium. She has been painting since she was 11 yrs. old. B.J. even has some of her art displayed at Friendly Falls in Wears Valley. Her classes are open to all levels of ability and are held every Friday from 1:00-3:00.

B.J. has a Bachelor of Science degree in Early Childhood Education from the University of Tennessee and is retired from Blount County Schools where she taught Special Education. Our thanks to B.J. for all the time and effort she dedicates to the South Knoxville Senior Center!



Beading and Jewelry Sale

Be sure to attend the Beading and Jewelry Sale here on Wed. & Thurs., May 4 & 5 from 9:00-2:00.



Harrah's Trip

We will be taking another trip "over the mountain and thru the woods" to *Harrah's*! The trip is planned for **Monday, May 23**. Rocky Top Tours will provide the bus. You pay \$30.00 and get \$40.00 coin play. The bus will pick up at South Knox Senior Center at 8:30 a.m. then on to Carter Senior Center for another pick up. We will leave Harrah's at 3:30. Space is limited so reserve your seat today. Cash only please. Money is non-refundable as we have to pay up front and is **due by May 16th**.



Knox Co. Veterans Services

Knox County Veterans Services will be here to assist veterans on **Thursday, May 19th, and also on Thursday, June 16th, 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., May 18 and Wed., June 15, 2016.**

Senior Meals

Senior Meals are served at the South Knox Senior Center every Wed. and Fri. at 12:00. The Senior Nutrition Program is provided by Knoxville/Knox County Mobile Meals. There are no income guidelines required to participate in the program however a \$2.00 donation is appreciated. Just come by the center for more information.



Clear Captions

Audiologists' studies show that 48 million Americans suffer from hearing loss, including 1 out of every 3 seniors between the ages of 65 and 80. This oftentimes leads to feelings of isolation and frustration when trying to communicate by telephone. Fortunately, there's a federal program that allows every American citizen with hearing loss, a landline telephone and Internet access to receive a **FREE** captioned phone and **FREE** service to help them remain connected to those who matter most in their lives. Join Jeff Bales **Monday, May 2 at 11:00** at the South Knox Senior Center to learn how you can receive yours!



New Talent

As everyone knows the South Knoxville Senior Center is most famous for two things; the pool and the South Knox Opry! We would like to encourage each of you to invite friends and friends of friends to come to the center and take part in our daily activities. If you know of any musicians that would enjoy coming to play on Thursdays mornings at the "Opry", please let them know they are welcome to join us.



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 June 7th. 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.

Wish List for the Senior Center

scrapbooking materials
bags of potting soil
gardening volunteers
birdfeeders
black oil sunflower seed
garden gloves



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.

Walking Track



Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. Walking helps to: lower your blood pressure, reduce your risk or manage your type 2 diabetes, manage your weight, improve your mood and stay strong and fit. There is an outdoor walking trail around the center that is relatively level and safe for you to use. So get on your sneakers and let's hit the trail to better health!

Thanks goes out to our friends at Covenant Health Systems for their support of the South Knoxville Senior Center in so many ways and for making the newsletters and mail outs possible for the seniors of Knox County.

Covenant
HEALTH
Center for Community Health

TO REGISTER FOR OUR PROGRAMS, CALL 865-573-5843

SOUTH KNOXVILLE SENIOR CENTER

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

MAY
2016



CENTER HOURS
MONDAY THRU FRIDAY
7:30-4:00
POOL HOURS
MONDAY THRU FRIDAY
7:30-3:30

Mon	Tue	Wed	Thu	Fri
<p>2 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 11:00 Clear Captions Lunch & Learn- rsvp 1:00 Bridge 1:00 Water Aerobics 2:00 Gardening</p>	<p>3 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 11:30 Rock Solid 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates</p>	<p>4 8:30 Guitar Lessons 9-2 SKSC Beading & Jewelry Sale 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge 2:00 Gardening</p> 	<p>5 9:00 Water Aerobics 9-2 SKSC Beading & Jewelry Sale 9:00 South Knox Opry 10:00 Knitting 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>6 8:45 Adv.Sr.Cardio Fit. 9:00 Water Aerobics 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 2:00 Gardening</p>
<p>9 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 11:30 Mayor Burchett-Budget Meeting 1:00 Bridge 1:00 Water Aerobics 2:00 Gardening</p>	<p>10 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 11:30 Rock Solid 12:30 Tai Chi II 11:00 Tai Chi Prac. 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates</p>	<p>11 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge 2:00 Gardening</p>	<p>12 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Knitting 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>13 8:45 Adv.Sr.Cardio Fit. 8:45 Scrapbooking 9:00 Water Aerobics 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 2:00 Gardening</p>
<p>16 9:00 Water Aerobics 9:30 Medicare Info.-Senior Benefits Group 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 2:00 Gardening</p>	<p>17 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 11:30 Rock Solid 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates</p>	<p>18 8:30 Guitar Lessons 9:00 Painting 9:00 Toenail Trim (by appt.) 10:00 Quilting 11:00 Water Peeps 12:00 Bridge 2:00 Gardening</p>	<p>19 9:00 Water Aerobics 9:00 South Knox Opry 9:00 Veterans Serv. 10:00 Knitting 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>20 8:45 Adv.Sr.Cardio Fit 8:45 Scrapbooking 9:00 Water Aerobics 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 2:00 Gardening</p>
<p>23 8:30 Harrah's Trip 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Gospel Singing 1:00 Water Aerobics 2:00 Gardening</p> 	<p>24 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 11:30 Rock Solid 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates</p>	<p>25 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge 2:00 Gardening</p>	<p>26 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Knitting 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>27 8:45 Adv.Sr.Cardio Fit. 8:45 Scrapbooking 9:00 Water Aerobics 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 2:00 Gardening</p>
<p>30 Center Closed Memorial Day</p> 	<p>31 8:45 Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Crafts/Beading 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates</p>			<p><i>*Senior Meals are served every Wed. and Fri. at 12:00 noon. Call the center for more info.</i></p>

SOUTH KNOXVILLE SENIOR CENTER

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

JUNE
2016



CENTER HOURS
MONDAY THRU FRIDAY 7:30-4:00
POOL HOURS
MONDAY THRU FRIDAY 7:30-3:30

Mon	Tue	Wed	Thu	Fri
	<p><i>*Senior Meals are served every Wed. and Fri. at 12:00 noon. Call the center for more info.</i></p>	<p>1 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge 2:00 Gardening</p>	<p>2 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Knitting 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>3 8:45 Adv. Sr. Cardio Fit. 8:45 Scrapbooking 9:00 Water Aerobics 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 2:00 Gardening</p>
<p>6 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics 2:00 Gardening</p>	<p>7 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 Seated 12:00 Tai Chi Standing 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Water Pilates 2:00 Yoga 2:00 Yoga 2:00 Water Pilates</p>	<p>8 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge 2:00 Gardening</p>	<p>9 9:00 Water Aerobics 9:00 9th Year Anniversary of The South Knoxville Senior Center Celebration (during the 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>10 8:45 Adv. Sr. Cardio Fit. 8:45 Scrapbooking 9:00 Water Aerobics 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 2:00 Gardening</p>
<p>13 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics 2:00 Gardening</p>	<p>14 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 Seated 12:00 Tai Chi Standing 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates</p>	<p>15 8:30 Guitar Lessons 9:00 Painting 9:00 Toenail Trim. (by appt.) 10:00 Quilting 11:00 Water Peeps 12:00 Bridge 2:00 Gardening</p>	<p>16 9:00 Water Aerobics 9:00 South Knox Opry 9:00 Veterans Services Here 10:00 Knitting 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>17 8:45 Adv. Sr. Cardio Fit. 8:45 Scrapbooking 9:00 Water Aerobics 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 2:00 Gardening</p>
<p>20 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics 2:00 Gardening</p>	<p>21 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 Seated 12:00 Tai Chi Standing 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates</p>	<p>22 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge 2:00 Gardening</p>	<p>23 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Knitting 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>24 8:45 Adv. Sr. Cardio Fit. 8:45 Scrapbooking 9:00 Water Aerobics 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 1:00 Joymakers Practice 2:00 Gardening</p>
<p>27 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 2:00 Gardening</p>	<p>28 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 Seated 12:00 Tai Chi Standing 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates</p>	<p>29 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge 2:00 Gardening</p>	<p>30 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Knitting 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>1 8:45 Adv. Sr. Cardio Fit. 8:45 Scrapbooking 9:00 Water Aerobics 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 2:00 Gardening</p>

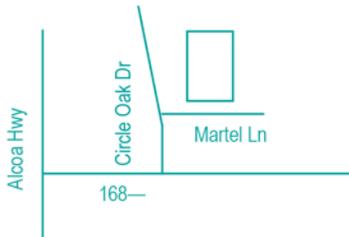


South Knoxville Senior Center
 6729 Martel Lane
 Knoxville, TN 37920
 (865) 573-5843

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

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

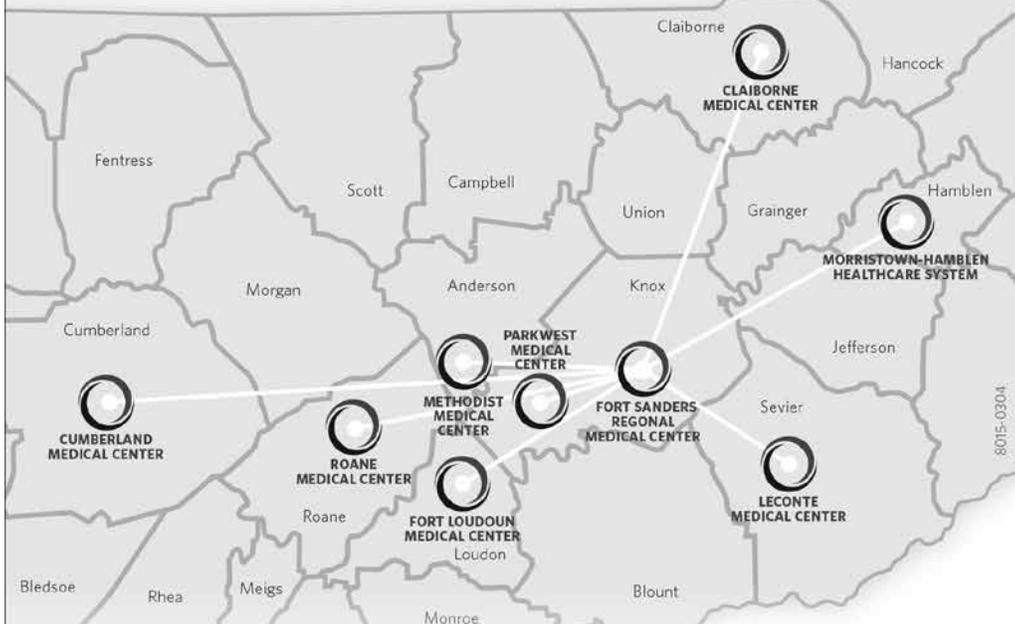
The South Knoxville Senior Center is dedicated to providing 50+ adults with activities and services that enhance dignity, promote well-being and independence and encourage participation in community life.



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



HOW DID WE BUILD THE REGION'S ONLY STROKE HOSPITAL NETWORK?



By creating a stroke network of nine hospitals with advanced diagnostics and treatments that halt the devastating effects of stroke. A network led by Fort Sanders Regional Medical Center, a comprehensive stroke and rehabilitation center performing clinical trials and procedures for stroke not available anywhere else in East Tennessee. With therapy provided by the world-renowned Patricia Neal Rehabilitation Center. And brought together by Covenant Health, the region's top-performing healthcare network.



covenanthealth.com/strokenetwork
 1-877-334-4500



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 | PATRICIA NEAL REHABILITATION CENTER