

# South Knoxville Senior Center

JULY-AUGUST 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

July 11-15- Pool closed

July 14-15-i-Phone/i-pad class-1:00-3:00

July 18 - Flower Arranging Class- 9:30

July 20-27-SKSC Art Show-8:00-3:30

July 20th-Art Show Reception-1:00-3:00

July 20- Toenail Trimming- by appt.

July 21-Veterans Services Here-9:00

August 1- Sept. 26- "A Matter Of Balance" begins- 10:00-12:00

August 16- "Senior Day"- Hatfield/McCoy Show- 9:30

August 17-Toenail Trim- by appt.

August 26-Meet Your Commissioner- 9:30-10:30

Save the Date! Knox County Mayor Tim Burchett's 10th Annual Senior Appreciation Picnic Friday, Sept. 16,

**"SENIOR DAY 2016"**

## AT THE HATFIELD & McCOY DINNER SHOW

It's that time of the summer again when *"The Hatfield and McCoy Dinner Show"* hosts Senior Day. **Tuesday, August 16th**, our friends from the CAC buses will provide us with transportation from the center at **9:30**. The pre-show speaker for this year is Jane Howes, Director of the Sevier County Office on Aging who will be giving a brief presentation entitled; *Senior Lifestyle-LOVE IT!*

We will enjoy a lunch of fried chicken, pulled-pork bar-b-que, smashed taters, slaw, dessert and much more. The bus will leave the center at 9:30 a.m. and will return around 2:30. The cost is \$40.00 (regular \$54.95). Please sign up soon, especially if you plan to ride the bus. Our friends from the Halls Senior Center will also be sharing a bus with us and so it will fill up quickly. You are free to drive yourself. **Money is due by Wed., Aug. 10th** so we can go ahead and purchase our tickets.



## Meet Your Commissioner

Join us on **Friday, August 26th from 9:30-10:30** to "Meet Your County Commissioner" in Open House discussion with 9th District County Commissioner Mr. Mike Brown. Refreshments will be served.



michael brown

## A MILLION THANKS

*You are invited to join us as we take part in "A Million Thanks" project. We will be collecting letters, cards, prayer messages, etc. of appreciation for our military. Every week the letters will be mailed into our central site at Cosby High School and forwarded on to the appropriate military branch. A few **DO's**: DO express your love and appreciation, send positive messages, include your address, be kind and uplifting and donate \$1.00 to assist in the mailing every so often. A few **DON'T'S**: Do Not put letters in individual envelopes, send edible items or put glitter or confetti in cards. Due to privacy and security, names and addresses of service members is not distributed for any reason. However, your notes while the troops are away from home will offer a word of encouragement that someone may really need. "A Million Thanks" is a 501C3 non-profit organization dedicated to supporting the U.S. Military.*



## Senior Spotlight

Mr. Paul Warren is in our *Senior Spotlight* this month. Paul has been an active member of the South Knoxville Senior Center for five years. He participates in the art classes on



Wednesdays, takes exercise classes with the Covenant Senior Fitness Program every Tuesday and Friday and is a fierce Checkers player and Ballroom dancer on Thursdays. Paul can also be depended upon to assist in lending a helping hand in setting up the 80 + chairs each week for our South Knoxville Opry and taking down the numerous tables after the art classes. Paul has also been active in our swimming activities and is especially good at napping in the lounge chair by the pool after lunch. He's also pretty handy at any necessary construction/repairs that are needed around the center.

Paul's cheerful personality and eagerness to lend others a helping hand make him a pleasant soul to be around! Thanks Paul for making the South Knoxville Senior Center a happy place for others to spend their time.

## Flag Repositories

All six of the Knox County Senior Centers serve as flag repositories for flags that need to be retired. The flags will be given to *Woodman Life* to be disposed of respectfully.



## Knox Co. Veterans Services

Knox County Veterans Services will be here to assist veterans on **Thursday, July 21st, and also on Thursday, August 18th, 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.**

## Scrapbooking Class

The Scrapbooking Class meets every **Friday at 8:45-10:45**. Miss Robin Collins offers instruction and is getting everyone started towards personalizing their own photos and books. So start gathering up your materials, i.e. photos, stickers, albums, ribbons, glue, etc. and come prepared to have fun putting your memories together.



## Flower Arranging Class

Come join Ms. Jill Green as she provides instruction on artificial flower arranging. We have all the materials unless you would like to bring your own. The class will meet on **Monday, July 18th at 9:30**. There is no charge for the class. Our thanks to all who contributed to make this program possible for our seniors.



## Toenail Trimming

Toenail trimming is available at the South Knoxville Senior Center for only \$12.00. We have appointments from 9:00-12:00 and we now have afternoon appointments from 12:45-3:15. Next appointments are **Wed., July 20th and Wed., August 17th, 2016**. Please call the center to schedule your appt.

## i-Pad/i-Phone Class

*Media4Seniors* will offer i-pad/i-phone classes here on **July 14-15th** from 1:00-3:00. This two-day workshop will help solve the mysteries of your high-tech tools. Cost for the class is \$25.00. To register call 573-5843.



## Senior Meals

Senior Meals are served at the South Knoxville 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. Come by the center for more information.



## Pool Closure

The swimming pool will be **closed** for cleaning the week of **July 11-15th**. You may want to call the following Monday to make sure we were able to reopen the pool on schedule. We are planning to do resurfacing maintenance while they have it drained. Sorry for the inconvenience.



## 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. Class is \$3.00.

## SKSC Art Class Hosts Art Show

The South Knoxville Senior Center is having an *Art Show* highlighting paintings by artists from our own Wednesday Art Class. Art will be on display **July 20-27th** at the South Knoxville Senior Center. You are welcome to come and view the art between 8:00 and 3:30. Some of the pieces will be available for purchase. You will also have the opportunity to vote on your favorite painting. A reception will be held on **Wednesday, July 20th from 1-3 p.m.** For more information about the show you may call the center. The Art Class instructor is Sandra Curtis.



## 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.

## 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 Knoxville Center.

## A Matter Of Balance

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. **You will learn to:** view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. **Who Should Attend:** anyone concerned about falls, anyone interested in improving balance, flexibility and strength, anyone who has fallen in the past and anyone who has restricted activities because of falling concerns.

Classes are **FREE** and will be held on Mondays from **10:00-12:00 beginning August 1- Sept. 26th. (No class on Sept. 5)**. Attendance to all 8 classes is expected. Class size is limited to 12 people. Please call 573-5843 to register. This program is presented by The University of Tennessee Medical Center.

*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

July  
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><b>27</b> 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics</p>	<p><b>28</b> 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 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Water Pilates</p>	<p><b>29</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p><b>30</b> 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Water Pilates 12:00 Bluegrass Music 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates</p>	<p><b>1</b> 8:45 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 1:10 Painting</p>
<p><b>4</b> <b>Center Closed For Holiday</b></p> 	<p><b>5</b> 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 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Water Pilates</p>	<p><b>6</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p><b>7</b> 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Water Pilates 12:00 Bluegrass Music 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates</p>	<p><b>8</b> 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 1:10 Painting</p>
<p><b>11</b> *POOL CLOSED FOR CLEANING ALL WEEK</p> <p>11:00 Quilting 1:00 Bridge</p> 	<p><b>12</b> Pool closed</p> <p>8:45 Sr. Cardio Fit. 8:45 Dulcimer Lessons 10:00 S.A.I.L. 10:00 Crafts/Beading 11:00 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Tai Chi II 1:00 Pinochle 2:00 Water Pilates</p>	<p><b>13</b> Pool closed</p> <p>8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 12:00 Bridge</p>	<p><b>14</b> Pool closed</p> <p>9:00 South Knox Opry 12:00 Bluegrass Music 12:15 Ballroom Dance 1:00 ROOK <b>1:00 i-pad/i-phone Class</b> 1:30 Line Dance</p> 	<p><b>15</b> Pool closed</p> <p>8:45 Sr. Cardio Fit. 9:30 Knitting 10:00 Yoga 11:00 S.A.I.L. 11:00 Cards 12:00 Tai Chi Practices <b>1:00 i-pad/i-phone Class</b> 1:00 Water Aerobics 1:10 Painting</p>
<p><b>18</b> 9:00 Water Aerobics 10:00 Water Pilates <b>9:30 Flower Arranging</b> 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics</p> <p>* Please call to make sure pool is reopened.</p> 	<p><b>19</b> 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 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Water Pilates</p>	<p><b>20</b> 8:00 Art Show</p> <p>8:30 Guitar Lessons 9:00 Painting <b>9:00 Toenail Trim (by Appt.)</b> 10:00 Quilting 11:00 Water Peeps 12:00 Bridge <b>1:00 Art Show Reception</b></p> 	<p><b>21</b> 8:00 Art Show</p> <p>9:00 Water Aerobics 9:00 South Knox Opry <b>9:00 Vet.Servs. Here</b> 10:00 Water Pilates 12:00 Bluegrass Music 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates</p>	<p><b>22</b> 8:00 Art Show</p> <p>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 1:10 Painting <b>1:10 Joymakers Practice</b></p>
<p><b>25</b> 8:00 Art Show 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics <b>1:00 Gospel Singing</b></p> 	<p><b>26</b> 8:00 Art Show</p> <p>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 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Water Pilates</p>	<p><b>27</b> 8:00 Art Show</p> <p>8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p><b>28</b> 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Water Pilates 12:00 Bluegrass Music 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates</p>	<p><b>29</b> 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 1:10 Water Aerobics 1:10 Painting</p>

# SOUTH KNOXVILLE SENIOR CENTER

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

## AUGUST 2016



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

Mon	Tue	Wed	Thu	Fri
<b>1</b> 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics	<b>2</b> 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 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Water Pilates	<b>3</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge	<b>4</b> 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Water Pilates 12:00 Bluegrass Music 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	<b>5</b> 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 1:10 Painting
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<b>15</b> 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics	<b>16</b> 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 Water Pilates *Hatfield –McCoy Show by reservation 	<b>17</b> 8:30 Guitar Lessons 9:00 Painting 9:00 <b>Toenail Trim. (by appt.)</b> 10:00 Quilting 11:00 Water Peeps 1 2:00 Bridge	<b>18</b> 9:00 Water Aerobics 9:00 South Knox Opry 9:00 <b>Veterans Services Here</b> 10:00 Water Pilates 12:00 Bluegrass Music 12:15 Ballroom Dance 1:00 ROOK 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	<b>19</b> 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 1:10 Painting
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<b>29</b> 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics 1:00 <b>Gospel Singing</b>	<b>30</b> 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 *(Practice sessions) 12:30 Tai Chi II 1:00 Pinochle 1:00 Water Aerobics 2:00 Water Pilates	<b>31</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge	<b>**Senior Meals are served every Wed. and Fri. @ 12:00 noon.</b> 	



### South Knoxville Senior Center

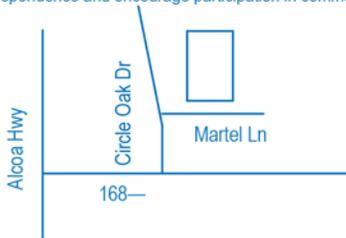
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(865) 573-5843

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**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  
Lenna Hill, Assistant

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

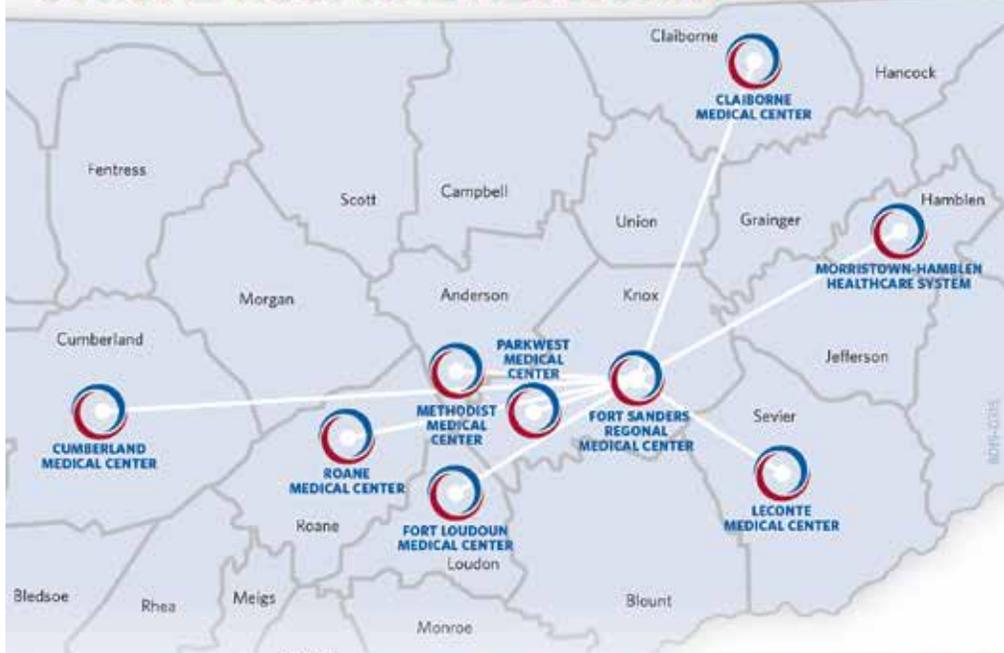
The South Knoxville Senior Center is dedicated to providing 50+ adults with activities and services that enhance dignity, promote well-being and independence and encourage participation in community life.



*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](http://covenanthealth.com/strokenetwork)  
1-877-334-4500



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