

# South Knoxville Senior Center

September-October 2016



Mayor Tim Burchett

## 10th ANNUAL MAYOR'S SENIOR APPRECIATION PICNIC

Knox County Mayor Tim Burchett's Senior Appreciation Picnic will be held on Friday, September 16th from 11:30 to 1:30 pm 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 9th. 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 beginning 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.



### 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

Sept. 8-New Harvest Park Walk-1:30

Sept. 15-Vet. Servs. Here-9:00-10:00

Sept. 16-Mayor Burchett's Senior Picnic-11:30-1:30

Sept. 19-Harrah's Trip-8:30

Sept. 20-New Tai Chi Session Begins 11:00

Sept. 23-Flag Retirement Prog.- WoodmanLife- 9:30

Oct. 3-Fall Prevention Prog.- Benchmark Phy. Therapy- 9:00

Oct. 6-Walgreens Flu Shots- 9:00-11:00

Oct. 7-One Mile Walk @ Duff Field- 10:00-Foothills Therapy

Oct. 10-Candoro Marble Company/Love That Bar-B-Que-10:15

Oct. 14-Three River Rambler Train Ride- 1:00

Oct. 20- Vet. Services Here- 9:00-10:00

Oct. 27-Halloween Party at the South Knox Opry- 9:00-12:00



## Three Rivers Rambler Train Ride courtesy of: Independent Insurance Consultants



You are once again invited to take a ride on Knoxville's historic Three Rivers Rambler Train on **Friday, October 14th**. The train will depart at 1:00 p.m. **The CAC bus will depart from the center at 11:45.** Be sure and eat lunch before arriving. They do have concessions on the train. The train ride is approximately 1-1/2 hrs. long. There are 46 seats reserved for each senior center but you **must** register to attend. Our thanks to Blake McCoy and Independent Insurance Consultants for their generous support to the seniors of Knox County! Registration deadline is **Oct. 10th**.

## South Knox Opry "Halloween Hoedown"

It's that time of year to get your boots and your masks dusted off for the South Knox Opry Halloween Hoedown! We'll celebrate on **Thursday, October 27th from 9:00-12:00**. Tara from West Hills Health and Rehab will be here with some delicious goodies to share, but I encourage each of you to bring in some treats of your own to share with others. And be sure to wear your scariest, funniest or craziest Halloween attire for a fun morning!



GO VOLS!





## Benchmark Physical Therapy presents:

### Fall Prevention Screening

Do you hold on to furniture while you walk through the house? If so, you may be a 'falls risk' patient. Stumbling and almost falling is another sign your balance is off and needs to be addressed. Join the staff from Benchmark Physical Therapy and the Knox Co. Health Dept. as they join together to present the following information:

- risk factors for falls and how to prevent them
- one-on-one screening
- exercises that help prevent falls

The program will be **Monday, Oct. 3 at 9:00 a.m.** There is no charge and we encourage all seniors to take part in this event. Please RSVP to 573-5843 so that we can plan resources accordingly. Be sure to invite a friend!

### Duff Field: One Mile Walk

Come join us as we go for a *One Mile Walk at Duff Field* on **Fri., Oct. 7th at 10:00.** Danyell

Schoene and Janet Word will give a brief history of Duff Field and staff from Foothills Therapy will also be there to educate us on the importance of stretching before and after exercising. Refreshments after the walk will also be provided by Foothills Therapy. CAC bus will provide transportation at 9:30 from the center.



### FLAG RETIREMENT CEREMONY PRESENTED BY WOODMANLIFE

Members from *WoodmanLife* will be conducting a flag retirement ceremony on **Friday, September 23rd at 9:30 a.m.** We invite you to come and join in this humbling ceremony as Ms. Rochelle Cordova conducts the program as our flags are respectfully retired. You are certain to be moved during this program. If you have a flag that needs to be retired you may bring it at this time.



### Walgreens Giving Flu Shots

Walgreens will be at the South Knox Senior Center on **Thursday, Oct. 6th** to give flu shots **from 9-11 a.m.** Medicare will be accepted.

### Senior Spotlight

Mr. Frank Brown is in the *Senior Spotlight* this month. Mr. Brown has been attending the center faithfully for the last five years. It's just not the same if he's not here with a smile on his face and a kind word to cheer others up at the South Knox Opry every Thursday with his wife of 56 yrs. by his side. Frank is always bringing in fresh garden vegetables for others to enjoy and many look forward to his fresh okra each summer. Fishing and gardening are his main hobbies. He retired from Traders Inc. as a Trailer Mechanic. Frank and his wife Doris attend Stock Creek Baptist Church. Our thanks to Frank for being a big part in making the South Knoxville Senior Center a wonderful place to be!



### Harrah's Trip with Rocky Top Tours

If you are interested in taking a trip to Harrah's please call or come by and sign up. *Rocky Top Tours* will provide the transportation on **Monday, Sept. 19th.** The bus will depart from South Knox Senior Center at 8:30 a.m. and will leave Harrah's at 3:30 p.m. to return home. Pay \$30.00 and get \$25.00 to play is the deal for this trip. **Deadline to register is Sept. 9th.**



*Matter of Balance Classes will continue on Mondays from 10-12 noon until Sept. 26th. No class on Mon., Sept. 5th.*



### 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.



CALL 865-573-5843 TO REGISTER FOR PROGRAMS

## Tai Chi Classes

Tai Chi is a gentle exercise class to help strengthen the muscles and joints of the body. The next session begins on **Tuesday, Sept. 20th**. From 11:00-11:30 the class is taught from a seated position in a chair. There is no charge for the first 30 minute session. **Tai Chi I** will follow at 11:30 with classes being taught from a standing position and a charge of \$2.00/class. **Tai Chi II** follows this class beginning at 12:30.



## “Cool Candoro” Marble Company Tour- Tennessee Pink Marble

Did you know that the East TN region was one of the largest marble producers in the world? But it is important to note that the rock commonly referred to as TN Pink Marble is actually not marble at all; it is limestone. After polished, it takes on the same characteristics as marble.

The name “Candoro” is a combination of the first letters of each cofounder’s last names: John J. Craig III, and three other investor’s—F.C. Anderson, W.J. Donaldson and S.A. Rodgers. These are just a few interesting facts you’ll discover on a tour of the company on **Monday, Oct. 10th**. We will leave the senior center at 10:15 for a tour through Candoro and then on down to *Love That Bar-B-Que* for some good ole’ home cookin’ for lunch (Dutch treat). There is no charge for the tour. Seniors will drive themselves to Candoro (right down in Vestal) and then on to the restaurant. RSVP at front desk.



## Knox Co. Veterans Services

Knox County Veterans Services will be here to assist veterans on **Thursday, Sept. 15th, and also on Thursday, Oct. 20th, 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. We have appointments from 9:00-12:00 and we now have afternoon appointments from 12:45-3:15. Next appointments are **Wed., Sept. 21st and Wed., Oct. 19th, 2016.**

## Voter Ballot Knowledge

Does voting confuse you? Does the ballot confuse you? Join Commissioner Mike Brown and incoming Commissioner Carson Daily along with a representative from the Knox County Election Commission to learn the ins and outs of voting. Program will be Monday, Sept. 19th from 1:30-2:30. Please RSVP to 573-5843.



## Knox County Walking/Hiking Group

Several seniors get together each month to walk the greenways and explore the surrounding areas. The **Sept. 8th walk** is planned for **New Harvest Park at 1:30** and then on to the Farmers Mkt. For more details you may call the Carter Senior Center at 922-0416. The **Oct. 7th walk** is planned for **Duff Field Track at 10:00 a.m.**



## 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.

*Many thanks to Covenant Health who generously provide the printing and mailing of the South Knoxville Senior Center newsletter. The newsletter is also available online-<http://www.knoxcounty.org/seniors/outhknox.php>*

**Covenant**  
HEALTH.  
Center for Community Health

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

# SOUTH KNOXVILLE SENIOR CENTER SEPTEMBER

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

## 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>Aug. 29</b> 9:00 Water Aerobics 10:00 Water Pilates <b>10:00 A Matter of Balance</b> 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics	<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 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Tai Chi II 1:00 Cards 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>1</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/Pinochle 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	<b>2</b> 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 1:10 Painting
<b>5</b> <i>Center closed</i> 	<b>6</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 Cards 1:00 Water Aerobics 2:00 Water Pilates	<b>7</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge	<b>8</b> 9:00 Water Aerobics 9:00 South Knox Opry <b>*Ice Cream Social for Grandparents Day @ The Opry</b> 10:00 Water Pilates 12:00 Bluegrass Music 12:15 Ballroom Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates 	<b>9</b> 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 1:10 Painting
<b>12</b> 9:00 Water Aerobics 10:00 Water Pilates <b>10:00 A Matter of Balance</b> 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics	<b>13</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 Cards 1:00 Water Aerobics 2:00 Water Pilates	<b>14</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge	<b>15</b> 9:00 Water Aerobics 9:00 South Knox Opry <b>9:00 Veterans Services Here</b> 10:00 Water Pilates 12:00 Bluegrass Music 12:15 Ballroom Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	<b>16</b> <b>Mayor Burchett's Senior Picnic—</b> <b>11:30-1:30</b> <i>(*Center closed)</i> 
<b>19</b> 8:30 Harrah's Trip 9:00 Water Aerobics 10:00 Water Pilates <b>10:00 A Matter of Balance</b> 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics <b>1:30 Voter Ballot Knowledge</b> 	<b>20</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 Cards 1:00 Water Aerobics 2:00 Water Pilates	<b>21</b> 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>22</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/Pinochle 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	<b>23</b> 8:45 Adv. Sr. Cardio Fit 8:45 Scrapbooking 9:00 Water Aerobics <b>9:30 Flag Retirement Ceremony (WoodmanLife)</b> 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> 
<b>26</b> 9:00 Water Aerobics 10:00 Water Pilates <b>10:00 A Matter of Balance</b> 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics <b>1:00 Gospel Sing</b> 	<b>27</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>28</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge	<b>29</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/Pinochle 1:00 Water Aerobics 1:30 Line Dance 2:00 Water Pilates	<b>30</b> 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 1:10 Painting



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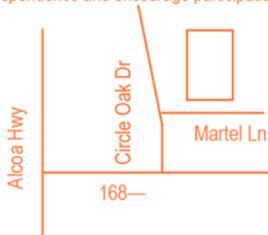




**South Knoxville Senior Center**  
 6729 Martel Lane  
 Knoxville, TN 37920  
 (865) 573-5843

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  
 Lenna Hill, Assistant  
[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

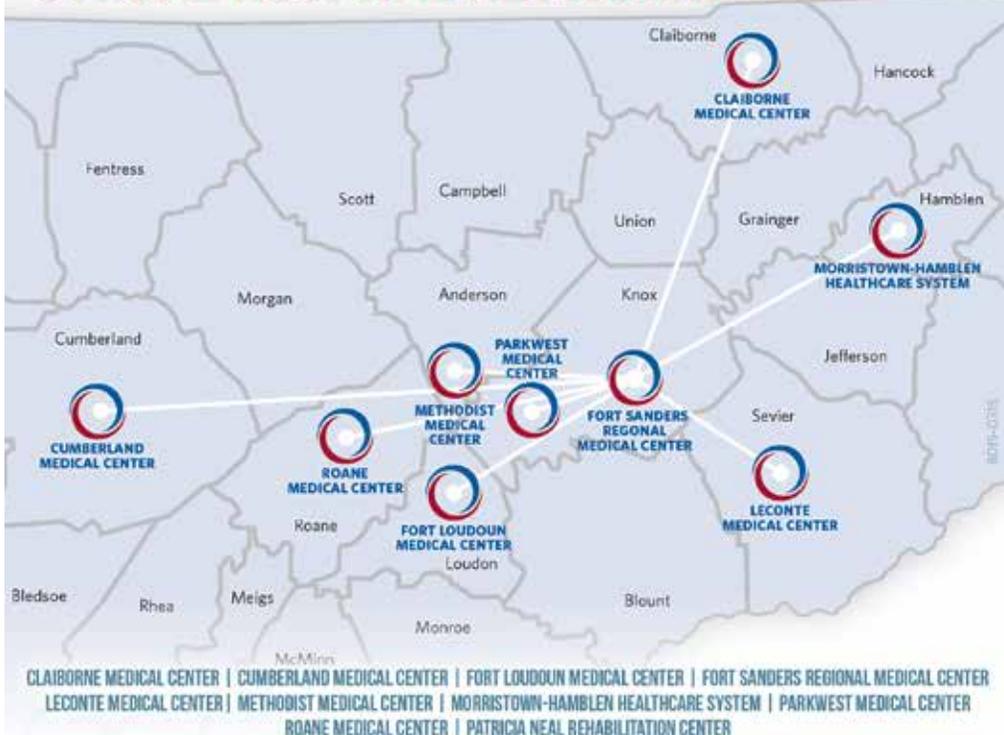
The South Knoxville Senior Center is dedicated to providing 50+ adults with activities and services that enhance dignity, promote well-being and independence and encourage participation in community life.



*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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 LECONTE MEDICAL CENTER | METHODIST MEDICAL CENTER | MORRISTOWN-HAMBLEN HEALTHCARE SYSTEM | PARKWEST MEDICAL CENTER  
 ROANE MEDICAL CENTER | PATRICIA NEAL REHABILITATION CENTER