

# South Knoxville Senior Center

NOVEMBER-DECEMBER 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

Nov. 1-U.T. Mobile Mammography- by appt.

Nov. 7-Taking Back My Life Prog., 10:00

Nov.10- Veterans Day Recognition at South Knox Opry- 10:00

Nov. 11- Center closed for Veterans Day

Nov. 17-Veterans Srvs. Here- 9:00

Nov. 21-Clear Captions - 10:30

Nov.24-25- Center closed-Thanksgiving

Nov. 30-Dec.2- SKSC Art Show-8:00-3:30

Dec. 5- South Doyle Madrigal Singers and SKSC Christmas Party (Covered-dish Lunch)11:30

Dec. 8 & 9- SKSC Beading and Craft Fair- 9:00-2:00

Dec. 12-16-Pool Closed

Dec. 14-Cookie Exchange and Tricky Santa Party-2:00

Dec.15-Ugly Christmas Sweater Party at South Knox Opry-9:00-12:00

Dec.15- Veterans Srvs. here 9:00

Dec. 19-Gospel Sing- 1:00

Dec.23 &Dec. 26- Center Closed for Christmas

## U.T. Mobile Mammography

U.T. Breast Outreach Program will have their mobile unit at the South Knoxville Senior Center on **Tuesday, Nov. 1**. Women age 40+ without health insurance may call to inquire about available options for payment. To schedule an appointment or for other information please call 305-9753. This program is made possible through support from the Knoxville Affiliate of Susan G. Komen for the Cure, the National Breast Cancer Foundation and the Avon Foundation.



THE UNIVERSITY OF TENNESSEE  
MEDICAL CENTER

## Veterans Day Recognition

Join us on **Thursday, Nov.10th** as we will have a special recognition program for all Veterans in attendance at the South Knox Opry. Members of the Jr. ROTC Flag Corp at South Doyle High School will be special guests. Please feel free to bring extra refreshments to share to show our appreciation to our Veterans.



## South Doyle Madrigal Singers Bring Christmas Cheer to the South Knox Senior Center

You don't want to miss this special appearance by members of the South Doyle High School Madrigal Singers! They will once again bring us an amazing choral program that is sure to get everyone in the Christmas spirit. And this year, we're going to encourage everyone to wear your nice Christmas attire and have a Christmas Party following the singing. Please bring sandwiches, covered dish or other finger foods for a lite lunch to share with others. Chips and drinks will be provided. So be sure and mark your calendars for **Monday, Dec. 5th at 11:30 a.m.** Our friends from Williamsburg Villas will be bringing their delicious cookies and punch for dessert.



## Independent Insurance Consultants

### Confused about MEDICARE? We Make It SIMPLE!

Medicare Annual Enrollment is here! We know that all the news on Medicare insurance, premium increases, deductibles rising and sky rocketing out of pocket costs can be confusing. As your locally owned and independent agency, Independent Insurance Consultants is here to answer all of your questions! The Medicare Annual Enrollment period ends Dec. 7th and we want all Knox County seniors to please call us for your complimentary Medicare insurance and Part D review. MEDICARE is confusing. We make it SIMPLE! 865-691-5571.

Blake W. McCoy

blakewmccoy@iictn.com

*A special thanks to IIC for being a Platinum sponsor at Mayor Burchett's 10th Annual Senior Picnic and also for sponsoring the Three Rivers Rambler Train Ride for 276 seniors of Knox County! You guys ROCK!*



## Senior Spotlight

Our senior in the spotlight for November and December is *Ms. Katheryn Wilson*.



Katheryn is so good about “staying-in-the-know” about others and genuinely caring for their well being. She knows if someone is sick or is in the hospital and seems to be the first to know if someone has passed away or if a family is in need of food or assistance in any way. She also goes out of her way to make sure that there is a card to be signed by everyone on Thursdays at the South Knox Opry and the water aerobics classes so she can mail them to those who cannot attend. Katheryn also makes visits to the hospital, along with her friend Rose Johnson, so that people know they are thought of as they recover.

She also is famous for baking personalized birthday cakes for some of the seniors that attend here on Thursdays mornings, as well as bringing goodies for snacks just to have with their coffee. Ms. Katheryn may very well be one of our “angels unaware!”

## SKSC Beading & Craft Fair

Come out and get some early Christmas shopping done while at the same time you're supporting the ladies who come weekly and make their beautiful jewelry and crafts for others to enjoy. The fair will be held on **Thurs., Dec. 8th and Fri., Dec. 9th from 9:00-2:00.**

*The Senior Center will be closed on Friday, Nov. 11th, in observance of Veteran's Day.*



## Knox Co. Veterans Services

Knox County Veterans Services will be here to assist veterans on **Thursday, Nov. 17th, and also on Thursday, Dec. 15th, 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.**

## Computer Classes Available

Computer classes are available at the center. Teresa Thomas can instruct you at any level of ability and help to improve your computer skills. She can also offer instruction with i-pads/i-phones. If you have an interest in improving your skills, please call and we will have Teresa to schedule a time to meet with you. Cost for instruction is \$10.00/2 hrs. Please call the center for more information.



## Taking Back My Life by Sherry Weathers

Author Sherry Weathers will visit with us to introduce her book, Taking Back My Life. This memoir is a road map about her life and why a person stays in an abusive relationship and what it takes to get out. Join Ms. Weathers on **Monday, Nov. 7th at 10:00.** Please RSVP so we can plan ahead.



## Cookie Exchange and Tricky Santa Party



Come join in the fun as we exchange Christmas cookies. Everyone that brings two dozen cookies gets to take home two dozen cookies. We also play a fun game and have a “Tricky Santa Party”. Everyone is welcome. If you want to exchange gifts just bring in a gift of \$10.00 value or less. The party will be held **Wed., Dec. 14th at 2:00.** Please RSVP at the front desk.

## South Knox Opry Ugly Christmas Sweater



Be sure and wear your most “festive” Christmas attire to the South Knox Opry on **Thursday, Dec. 15th** as we celebrate our annual “Ugly Christmas Sweater Day” from 9:00-12:00. Be sure to bring some yummy finger foods to share with others! Our friends from West Hills Health and Rehab will be here with some great cupcakes and punch.



## Pool Closure

The swimming pool will be closed for cleaning the week of **Dec. 12-16th**. You may want to call Monday, Dec. 19th to make sure we were able to reopen the pool on schedule. Sorry for the inconvenience.

## Clear Captions

There is 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, Nov. 21st** at 10:30 to learn how to get a Clear Caption phone.

## Coats for the Cold Collection

We are collecting good, new or used "*Coats for the Cold.*" You may drop your coats off here and we will take those to the KARM Thrift Store on Chapman Highway. They will have the coats cleaned and then distribute them to those who are in need of a warm jacket for the cold winter months. **Collection of coats began Oct. 17th and will continue thru Nov. 12th.** Coats may also be dropped off at any KARM Thrift Store during this time.



## Senior 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.

Covenant  
HEALTH



## Gospel Singing

Due to the holidays, the Gospel singing will be held on **Monday, Dec. 19th**. Please be sure to note this on your calendars as this month is sure to be a busy one for everyone!



## 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 **Nov. 30-Dec. 2nd** at the South Knoxville Senior Center. You are welcome to come and view the art between 8:00 and 3:30. All pieces will be available for purchase. For more information about the show you may call the center at 573-5843. The Art Class instructor is Sandra Curtis.



## Knox County Senior Walking/Hiking Group



A variety of walks and activities are scheduled each month with different degrees of difficulty for our seniors to enjoy. 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. For the activity of the month, you may call the South Knoxville Center.

## 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 appts. starting at 12:30. Call to schedule your appt. on **Wed., Nov. 16 or Dec. 14th**.

*The Knox County Senior Centers will be closed for the holidays Thurs. and Fri., Nov. 24-25th and Fri., Dec. 23 and Mon., Dec. 26th. We wish each of you a safe and happy holiday!*



*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

**NOVEMBER  
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>**Senior meals are served every Wednesday and Friday at 12:00 noon. Please call the center for more information.</b></p>	<p><b>1</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</p> <p><b>*U.T. Mobile Mammography (by appt.)</b></p>	<p><b>2</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p><b>3</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</p>	<p><b>4</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</p>
<p><b>7</b> 9:00 Water Aerobics <b>10:00 Taking Back My Life- Sherry Weathers</b> 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics</p>	<p><b>8</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</p>	<p><b>9</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p><b>10</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</p> <p><b>*Veterans Day Recognition @ South Knox Opry</b></p>	<p><b>11</b> <b>Veterans Day Center Closed</b></p>
<p><b>14</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>15</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</p>	<p><b>16</b> 8:30 Guitar Lessons 9:00 Painting <b>9:00 Toenail Trimming (by appt.)</b> 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p><b>17</b> 9:00 Water Aerobics 9:00 South Knox Opry <b>9:00 Veterans Services</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</p>	<p><b>18</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</p>
<p><b>21</b> 9:00 Water Aerobics 10:00 Water Pilates <b>10:30 Clear Captions Prog.</b> 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics</p>	<p><b>22</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</p>	<p><b>23</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p><b>24</b> <b>Center Closed</b></p> <p><i>Happy Thanksgiving! To You And Your Family</i></p>	<p><b>25</b> <b>Center Closed</b></p>
<p><b>28</b> 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 Sing</b></p>	<p><b>29</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 12:00 Pinochle 1:00 Water Aerobics 2:00 Water Pilates</p>	<p><b>30</b> <b>8:00 SKSC Art Show Opens</b> 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p><b>SKSC ART SHOW</b> <i>Sept. 30 - Oct. 2</i> <b>8:00-3:00</b></p>	

# SOUTH KNOXVILLE SENIOR CENTER

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

DECEMBER  
2016



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

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

*\*Senior Meals are served every Wed. and Fri. at 12:00 noon. Call the center for more info.*



**SKSC ART SHOW**  
Nov. 30-Dec. 2  
8:00-3:00



**1 8:00-3:00 SKSC Art Show**  
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

**2 8:00-3:00 SKSC Art Show**  
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

**5** 9:00 Water Aerobics  
10:00 Water Pilates  
11:00 Quilting  
11:00 Water Peeps  
**11:30 South Doyle Madrigal Singers/ SKSC Christmas Party-Covered-Dish Lunch**  
1:00 Bridge  
1:00 Water Aerobics

**6** 8:45 Sr. Cardio Fitness  
8:45 Dulcimer Lessons  
9:00 Water Aerobics  
10:00 S.A.I.L.  
10:00 Crafts/Beadng  
11:00 Tai Chi Prac.  
1:00 Pinochle  
1:00 Water Aerobics  
2:00 Yoga  
2:00 Water Pilates

**7** 8:30 Guitar Lessons  
9:00 Painting  
10:00 Quilting  
11:00 Water Peeps  
12:00 Bridge

**8 9:00-2:00 SKSC Beading & Craft Fair**  
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

**9 9:00-2:00 SKSC Beading & Craft Fair**  
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 NoTai Chi Practice**  
1:00 Water Aerobics  
1:00 Beg. Art

**12** 9:00 Water Aerobics  
10:00 Water Pilates  
11:00 Quilting  
11:00 Water Peeps  
1:00 Bridge

**13** 8:45 Sr. Cardio Fitness  
8:45 Dulcimer Lessons  
9:00 Water Aerobics  
10:00 S.A.I.L.  
10:00 Crafts/Beadng  
11:00 Tai Chi Prac.  
1:00 Pinochle  
1:00 Water Aerobics  
2:00 Yoga  
2:00 Water Pilates

**14** 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 SKSC Cookie Exchange and Tricky Santa Party!**



**15** 9:00 Water Aerobics  
**9:00-2:00 SKSC Quilters Fair**  
9:00 South Knox Opry  
**9:00 Veterans Serv.**  
10:00 Water Pilates  
12:15 Ballroom Dance  
1:00 ROOK  
1:00 Water Aerobics  
1:30 Line Dance

**16** 8:45 Adv.Sr.Cardio Fit.  
**9:00-2:00 SKSC Quilters Fair**  
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

**19** 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**



**20** 8:45 Sr. Cardio Fit  
8:45 Dulcimer Lessons  
9:00 Water Aerobics  
10:00 S.A.I.L.  
10:00 Crafts/Beadng  
1:00 Pinochle  
1:00 Water Aerobics  
2:00 Yoga  
2:00 Water Pilates

**21** 8:30 Guitar Lessons  
9:00 Painting  
10:00 Quilting  
11:00 Water Peeps  
12:00 Bridge

**22** 9:00 Water Aerobics  
**9:00 South Knox Opry Christmas Party**  
10:00 Water Pilates  
12:15 Ballroom Dance  
1:00 ROOK  
1:00 Water Aerobics  
1:30 Line Dance  
2:00 Water Pilates

**23 Center closed**



**26**  
**Center Closed for the Holidays**



**27** 8:45 Dulcimer Lessons  
9:00 Water Aerobics  
10:00 S.A.I.L.  
10:00 Crafts/Beadng  
1:00 Pinochle  
1:00 Water Aerobics  
2:00 Yoga  
2:00 Water Pilates

**28** 8:30 Guitar Lessons  
9:00 Painting  
10:00 Quilting  
11:00 Water Peeps  
12:00 Bridge

**29** 9:00 Water Aerobics  
**9:00 South Knox Opry New Year's Party**  
10:00 Water Pilates  
12:15 Ballroom Dance  
1:00 ROOK  
1:00 Water Aerobics  
1:30 Line Dance  
2:00 Water Pilates

**30** 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



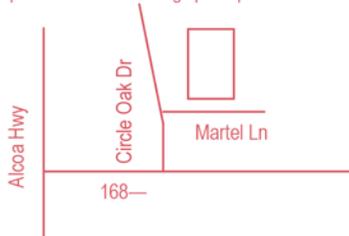
**South Knoxville Senior Center**  
 6729 Martel Lane  
 Knoxville, TN 37920  
 (865) 573-5843

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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.**



I am Kelly Johnson,  
 a respiratory therapist at  
 Fort Sanders Regional Medical Center.

**I am Covenant Health.**



[www.IamCovenantHealth.com](http://www.IamCovenantHealth.com)



**FORT SANDERS REGIONAL MEDICAL CENTER  
 IS A PROUD MEMBER OF COVENANT HEALTH**

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 Fort Sanders West | Fort Sanders Health and Fitness Center | Nanny's