

South Knoxville Senior Center



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

Jan. 5- "ROCK SOLID" classes begin-12:00

Jan. 8- Home Equity Conversion Mortgage Prog.-9:30

Jan. 11- "Healthy Jeopardy" -Choices Prog. 10:30

Jan. 12-13- i-Pad/iPhone Class- 10:00-12:00

***Jan. 15-** Snow date for Home Equity Prog.-9:30

Jan. 20- Toenail Trim - (by appt.)

Jan. 21- Veterans Serv. here- 9:00-10:00

Jan. 22- Healthy Living Expo -9:00-11:30

Jan. 25- Mutual of Omaha- Long-term Care Prog.-10:00

Jan. 27- Learn to Use Facebook-10:00-12:00

Feb.1- AARP Taxaide begins- (by appt.)

***Feb. 8-** Snow date for Mutual of Omaha Prog.

Feb. 11- Valentine's Day Party @ South Knox Opry-9:00-12:00

Feb. 18- Veteran's Serv.- 9:00-10:00

Feb. 22- Diabetes Chronic Disease Mang. Prog. begins-9:30-12:00

January-February 2016 Greetings from Mayor Tim Burchett

I hope you had a wonderful Christmas and are looking forward to a happy and healthy new year. Last year was a big year for our Senior Service Department. We opened the new Karns Senior Center and attendance still continues to grow throughout. The Karns community has been enjoying the new Karns Senior Center for several months now and the response has been overwhelming. I encourage you to stop by and visit our newest facility. I'm happy all of Knox County's six senior center facilities are enjoyed by so many; the new Karns Senior Center provides opportunities for even more seniors to remain active and engaged in our community. I want to give a special thank you to all of the local businesses that sponsor and contribute so much to all the activities at each center and at our annual picnic. Thank you, also, to our outstanding staff, volunteers and members. Thanks to all of them our programming continues to grow and improve. Whether you visit the Strang, Halls, Corryton, Carter, South Knox or the new Karns Senior Center, I look forward to seeing you at one of them in 2016.



Thank you, Tim Burchett Knox County Mayor

"ROCK SOLID" - a Fall Prevention Class

January 5th at 12:00 noon a new class designed to help prevent falls will begin. The exercises are based on Tai Chi principles and movements. Each movement is designed for specific inside and outside home situations where falling could be a risk. These movements are slow and gentle, with very low impact on the joints. At the beginning of each class, participants will choose a partner, called their "ROCK". The "ROCK" serves as security for their partner as they practice some of the movements. The same exercise and drills will be done each week so you may start the class at any time. As always, check with your health care provider before participating in any exercise class. Class is from 12:00-12:30 every Tuesday and is \$1.00/class. Please address questions or concerns to the instructor, Don Parsley in person or email: dparsley@comcast.net.



Healthy Living Expo

You're invited to go with us to the **Healthy Living Expo on Friday, Jan. 22, 2016**. Seniors get in free on Friday. A CAC bus will provide transportation to and from the event. The bus will leave at 9:00 and return at 11:30. Please register at the front desk or you may call 573-5843 to register by Thurs., Jan. 21st.



Tai Chi Classes

This gentle exercise has been practiced for thousands of years to strengthen the muscles and joints of the body. These movements are taken from Sun Tai Chi, which is one of the five classical exercise forms. Tai Chi has been shown by many scientific studies to relieve pain, strengthen muscles, and to improve stamina, blood circulation, balance and relaxation. Tai Chi 1 will be held on Tuesdays **starting Jan.5**, at 11:00 and Tai Chi 2 will follow at 12:30. Mr. Don Parsley is the instructor. No prior experience is necessary.

Home Equity Conversion Mortgage Program

Dick Coombs with *Realty Mortgage Services* will present information about “reverse mortgage” on **Fri., Jan., 8 at 9:30 a.m.** *(Inclement weather date for the program will be **Fri., Jan. 15th at 9:30**). Please come and see if this is the plan for your family.



iPad iPhone for Beginners

You have one but you don't know how to use it?? Well you need to take Mrs. Jennifer's class! She will teach you in just two 4 hour sessions how to operate your “gadget”. This includes: understanding settings, changing wallpapers, managing apps, using apps, Safari basics, iTunes, iCloud, printing, troubleshooting and much more. Class size is limited to 5. Cost is \$35.00. Classes are scheduled for Jan. 12-13, 10:00-12:00 noon.

***You can tell whether you have an iPad or an Android because an iPad will have an apple on the back.**

“Healthy Aging Jeopardy” presented by: *Choices in Senior Care*

Looking for information on healthy aging as we enter a new year? If so, come and participate in “Healthy Aging Jeopardy”. This session will be an interactive and fun way to learn about managing health and using senior resources. **When: Monday, Jan. 11 at 10:30 a.m.**

Mutual of Omaha-Long Term Care Insurance

Join Tom Westbrook as he introduces you to information that Mutual of Omaha has available to help seniors preserve their assets in the event of a misfortune. They have two new products designed to provide cash when you need it most...upon diagnosis of cancer, heart attack, or stroke. These products pay a lump-sum, tax-free benefit that can be used for anything you choose including ongoing expenses, health insurance deductibles, even home health care service and travel to treatments. Come and get some valuable information as they share with you on **Mon., Jan. 25 at 10:00 a.m.**

(Inclement weather date is Mon., Feb. 8th at 10:00). Please RSVP by Jan. 22.

Knox County Health Department Presents- *Living Well with Diabetes: Diabetes Chronic Disease Management Program*

The **FREE** workshop teaches the skills needed in the day-to-day management of diabetes to maintain and/or increase quality of life activities. The program is designed to help empower people to manage their health by: providing tools for coping with diabetes, improving quality of life, and strengthening or building a support system to navigate the many challenges encountered along the way.

The workshop will meet on Mondays beginning **Feb. 22- March 28th from 9:30- 12:00 at the South Knox Senior Center.** Please RSVP by Feb. 19th.



Toenail Trimming

Toenail trimming is available at the South Knoxville Senior Center for only \$12.00. Please call the center for an appointment. Next appointments are **Wed., Jan. 20 and Feb. 17th.**



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

AARP Taxaide

Free Income Tax preparation and electronic filing will be available again this year at the South Knoxville Senior Center **beginning Monday, Feb. 1st and continuing through April 14th.** All appointments at this center will be on Mondays (closed Mon. Feb. 15 for President's Day). **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.



Senior Spotlight

"What would we do without him?" I hear the comment from more than one person each Thursday after the South Knox Opry as we stack up the chairs to prepare for the next event. *Mr. Hal Breaky* is faithful to stay and assist in stacking the 80+ chairs each week. He really is appreciated and missed when he cannot attend! Hal also took it upon himself to build a scale model of the South Knoxville Senior Center which is proudly on display in our lobby. It really is pretty amazing and he even glued some senior figurines "trolling around" the outside of the building. Hal lives within walking distance of the center but says the traffic is really too dangerous to tackle the walk. Hal also enjoys "people watching", and is an avid writer of short stories of events he observes while attending the center, some of which are quite humorous! He has attended the center since it's opening in 2007. Kudos to *Mr. Hal Breaky* for taking pride in his community and assistance at the center.

***Please note there will not be Gospel singing scheduled in Feb. or March due to the AARP Taxaide Service on Mondays.**



Dance Classes for Seniors

If you don't necessarily like exercise but enjoy dancing, come join in the fun of our dance classes. These are very novice dance classes so they are really fun! We offer two classes: **Ballroom Dance- Thursdays at 12:15 (\$3.00) and Line Dance at 1:30 (\$2.00).**



Valentine's Day Party

We will have a Valentine's Day Party at the South Knox Opry on **Thursday, Feb. 11th from 9:00-12:00.** Our friends from *East TN Personal Care* will sponsor this event with refreshments and chocolates. Be sure to wear your red, purple or pink holiday attire and join in the fun!



Scale model of the South Knoxville Senior Center built by Mr. Hal Breaky is proudly on display in the front lobby of the senior center. The casing was built by fellow senior at the center, Mr. Vic Kaminsky and the table for the display was constructed by Mr. Philip Word. Our thanks to these Volunteers!

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 also able to do mat work on the floor. Participants must be able to move quickly with the upbeat music and be pushed moderately hard. Please bring 5-10 lb. hand weights and a mat. Class is \$3.00/class.

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.

SOUTH KNOXVILLE SENIOR CENTER

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

January
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><i>*Please note there are scheduled snow dates for some special programs on the calendar.</i></p>		<p>1 Happy New Year! Center Closed</p>
<p>4</p> <p>9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics</p>	<p>5</p> <p>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 Begins 12:00 Rock Solid 12:30 Tai Chi II Begins 1:00 Pinochle 1:00 Water Aerobics 2:00 Yoga 2:00 Water Pilates</p>	<p>6</p> <p>8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p>7</p> <p>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>8</p> <p>8:45 Adv.Sr.Cardio Fit. 9:00 Water Aerobics 9:30 Home Equity Conversion Mortgage Prog.* 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>11</p> <p>9:00 Water Aerobics 10:00 Water Pilates 10:30 "Healthy Aging Jeopardy" Program 11:00 Quilting 11:00 Water Peeps 1:00 Bridge</p>	<p>12 8:45 Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Crafts/Beading 10-12 I-Pad/I-Phone Class (by reg.) 11:00 Tai Chi 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>13</p> <p>8:30 Guitar Lessons 9:00 Painting 9:00 Toenail Trim (by appt.) 10:00 Quilting 10-12 I-Pad/I-Phone Class (by reg.) 11:00 Water Peeps 12:00 Bridge</p>	<p>14</p> <p>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>15</p> <p>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</p> <p><small>*Snow date for 9:30 Home Equity Conversion Mortgage Program</small></p>
<p>18</p> <p>Closed for MLK Day</p>	<p>19</p> <p>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</p>	<p>20</p> <p>8:30 Guitar Lessons 9:00 Painting 9:00 Toenail Trim (by appt.) 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p>21</p> <p>9:00 Water Aerobics 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 2:00 Water Pilates</p>	<p>22</p> <p>8:45 Adv.Sr.Cardio Fit. 9:00 Water Aerobics 9:00 Healthy Living Expo Bus Departs 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>25</p> <p>9:00 Water Aerobics 10:00 Water Pilates 10:00 Mutual of Omaha- Long-Term Care Prog. 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics 1:00 Gospel Sing</p> <p><small>*Snow date for 10:00 Mutual of Omaha Prog. is Feb. 8th</small></p>	<p>26</p> <p>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</p>	<p>27</p> <p>8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 10-12 Learn to Use Facebook" Class (by reg.) 11:00 Water Peeps 12:00 Bridge</p>	<p>28</p> <p>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</p> <p>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</p>

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FEBRUARY 2016



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Mon	Tue	Wed	Thu	Fri
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<p>22 9:00 Water Aerobics 9:30 AARP Taxaide 9:30 Diabetes Chronic Disease Management Prog. 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics</p> 	<p>23 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>24 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p>25 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>26 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 1:00 Joymakers Practice</p> 
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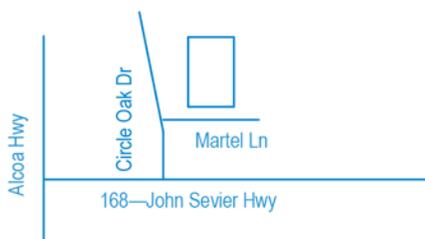


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Senior Center**
6729 Martel Lane
Knoxville, TN 37920
(865) 573-5843

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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
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



**OUR REGION'S LARGEST CANCER NETWORK
IS FIGHTING FOR YOUR TOMORROW.
JUST LIKE WE PROMISED.**



Covenant Breast and Imaging Centers

- Claiborne Breast Center
- Cumberland Regional Breast Center
- The Breast Center at Fort Sanders West
- Fort Loudon Women's Imaging Services
- LeConte Comprehensive Breast Center
- The Breast Center at Morristown Regional Diagnostic Center
- Oak Ridge Breast Center
- Parkwest Comprehensive Breast Center
- Roane Women's Center for Mammography and Bone Densitometry
- Thompson Comprehensive Breast Center at Fort Sanders Regional

Cancer Centers

- Cumberland Regional Cancer Center
- Morristown Regional Cancer Center
- Thompson Cancer Survival Center - Downtown
- Thompson Cancer Survival Center at Methodist
- Thompson Cancer Survival Center - Sevier
- Thompson Cancer Survival Center - West

Thompson Oncology Group

- Downtown Knoxville
- West Knoxville
- Oak Ridge
- Maryville
- Lenoir City
- Harriman
- Sevierville
- Morristown
- Sweetwater

8015-0249

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 | COVENANT BREAST CENTERS | CUMBERLAND REGIONAL CANCER CENTER
MORRISTOWN REGIONAL CANCER CENTER | THOMPSON CANCER SURVIVAL CENTERS



covenanthealth.com/cancernetwork

