

South Knoxville Senior Center

JANUARY-FEBRUARY 2017



Mayor Tim Burchett



Happy New Year from the Staff at the South Knoxville Senior Center!

On behalf of the staff at the South Knoxville Senior Center, I want to wish each of you a happy and healthy upcoming, new year! As we look back on 2016 we should all count our many blessings. We will also not forget those loved ones that we lost this year but we know they want us to carry on and grow stronger each day. Many have done so through the friends they've made by attending one of the six Knox County Senior Centers. Your attendance to our center makes our day and we always look forward to seeing your smiling faces! Happy 2017 yall! Janet Word, Danyell Schoene & Lenna Hill

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. 16-** Closed for MLK Day
- Jan. 18-**Toenail Trim (by appt.)
- Jan. 19-** Veterans Servs.- 9:00-10:00
- Jan. 23-** New Year Potluck/U.T. Men's B-Ball Program-11:00
- Jan. 25-** Winter Fashion Prog./Ms. Senior TN-1:00
- February-** AARP TaxAide Begins- Date TBA-by appt.
- Feb. 2-** Clear Captions- 12:15 w/lunch-RSVP
- Feb. 6-** Mighty Musical Monday- 11:00
- Feb. 9-**SKSC Valentine's Day Party-9:00-12:00
- Feb. 14-** Tai Chi Cele. & Open House & Acupuncture Talk- 11:00
- Feb. 15-**Toenail Trim (by appt.)
- Feb. 16-**Veterans Serv. Here
- Feb. 20-** Closed for Presidents' Day
- Feb. 24-** Joymakers Prac.- 1:00





SENIOR SOLUTIONS
MANAGEMENT GROUP

SENIOR SOLUTIONS MANAGEMENT GROUP

ASSISTED LIVING | MEMORY CARE | INDEPENDENT LIVING
RESIDENTIAL HOME FOR THE AGED | PERSONAL CARE HOMES

 Alexander Guest House *865-294-5489	 Oakwood Senior Living *865-540-6243	 Knox High Senior Living 865-266-3604
 Carriage House Inn *931-684-1155	 River Oaks Pl Lenoir City *865-988-9321	 Lakewood Place 865-458-4123
 Jamestowne Assisted Living 865-376-3030	 River Oaks Pl Loudon *865-458-5841	 Northshore Senior Living *865-444-1294

Senior Solutions Management Group is a family built business, focused on the needs of our residents every day. Our owner spends a great deal of time in each community every month, reminding our caregivers to stay focused on just four things...health, safety, activity and diet. He is often heard saying, "nothing else matters until we do these four things right."

If you are considering a senior living community, we know you have questions. Call us, we're happy to answer any question you may have whether you choose to live with us or not. If we don't have the answer you're looking for, we'll find it. We have a vast and capable network of resources, providers, vendors, home health agencies, and specialists available to assist you.

WWW.SSMGRP.COM
 *Denotes Memory Care



Senior Spotlight



This month we are spotlighting Chief Al Johnson. Most of us call him "chief" as he is the retired Fire Chief for the City of Knoxville. Chief is a regular at the center taking part in the water aerobics classes and always at the South Knox Opry on Thursdays. We all look

forward to his turn to sing as you never know what to expect! He also has quite the collection of shirts and hats with "quips & quotes" (some with "clever" advice). I never know when he's going to stick his head around my office door and say, "let me sing ya a song". Al is quick to leave after the music on Thursdays how-ever because he says, "he and his friend Brice have to go take their old doctor friend out to lunch because he can't drive anymore." Even though Chief is 90 years old, he still restored an old bulldozer this past summer and is still doing yard work and maintaining rental properties. Chief Al has a heart of gold and his love for others always shines through. Thanks Chief for always bringing a bit of sunshine and a song in the door when you visit the center!



New Year Potluck Luncheon and U.T. Men's Basketball Program

Join us as Mr. Larry Smith presents, "The History of the U.T. Men's Basketball Program", on **Monday, January 23 at 11:00**. Mr. Smith has compiled a wonderful collection of pictures and memorabilia of the TN Vols and enjoys sharing his knowledge of the team with others. We will also be having a New Year Potluck Luncheon following the presentation. Commissioner Carson Daily will provide the hot dogs if everyone would please bring a side dish to share.



Gospel Singing

Due to the holidays, the Gospel singing will be held on **Monday, Jan. 23**. Please be sure to note this on your calendars as this month is sure to be a busy one for everyone! There will not be Gospel Singing scheduled again until **April 24th at 1:00**. AARP will be doing taxes here and using our large room from Feb. 6th - April 17th.

Computer Class 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 iPad/iPhone. If you have an interest in improving your skills, please call and we will have Teresa schedule a time to meet with you. Cost for instruction is \$10.00/2 hrs. Please call the center for more information.



Mighty Musical Monday

The Akima Singers repertoire is a selection of medleys including love songs from WWII, country hits made famous by female artists, old time gospel favorites, Broadway show tunes and much more. We will be taking a CAC bus on Monday, Feb. 6 at 11:00. Free admission. Box lunches at the theatre are \$5.00 or you may take your own. Please RSVP by Thursday, Feb. 2. Bus capacity is 16 people.

Clear Captions

There is federal program that allows every American citizen with hearing loss a landline telephone and Internet access to receive a FREE captioned phone and FREE captioned service to help them remain connected to those who matter most in their lives. Join Jeff Bales, **Thursday, February 2**, right after the South Knox Opry at 12:15 in the small classroom for a brief program and more information. And if you RSVP by Jan. 31st, you'll get a free lunch!



The South Knoxville Senior Center will be closed on **Monday, Jan. 16**, for MLK Day. We will also be closed on **Monday, Feb. 20** for Presidents' Day.



Knox Co. Veterans Services

Knox County Veterans Services will be here on **Thursday, Jan. 19th and Feb. 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.



Thanks to our friends at Covenant Health Systems for making the newsletters and mail outs possible for the seniors of Knox County!

Covenant
HEALTH
Center for Community Health

CALL 865-573-5843 TO REGISTER FOR PROGRAMS

Tai Chi Celebration and Open House

Join Don Parsley as he introduces the ancient martial art of Tai Chi. Demonstrations and the opportunity to try a few of the exercises will be given at this time. Tai Chi for Arthritis also teaches deep breathing for relaxation as well as great balance exercises. Angie Buckridge will be here also to give us information about the benefits of acupuncture. She provides this service to seniors at the South Knoxville Community Center.



Three levels of classes are available: Seated Tai Chi– 11:00, Standing Tai Chi 11:30 and Tai Chi II (advanced)12:30. Drop in and see what Tai Chi and Acupuncture are about on **Tues., Feb. 14 at 11:00**. All seniors 50+ and their guests are welcome!



Winter Fashion Ideas with

LeeAnn Hasemeyer from *Always Best Care & Meet Ms. Senior Tennessee*, Lauren Monahan

Join in the fun as LeeAnn Hasemeyer, Community Relations Director with *Always Best Care*, shares ideas on how to use items in your existing wardrobe to create stylish winter outfits. Following her fun program, Lauren Monahan, the current Ms. Senior Tennessee, will spend a few minutes telling how she achieved this goal as well as sign autographs and provide photo opportunities. Please join us for this very special event on Wednesday, **January 25th at 1:00**.



Mind & Body Class

Mind and Body classes incorporate some yoga, some Pilates and a lot of core work. This is a great exercise class for everyone. You will need a mat as you will be doing floor work. Cost for the class is \$3.00 and will meet on **Tuesdays at 10:00 beginning Jan. 3rd**. The instructor is Gina Hauck, Certified bodyWORKS Instructor/Covenant Health.



Snow Policy

Please listen to local television for closings announcing that Knox County Government offices are closed. Check our Facebook page or www.knoxcounty.org for immediate closing notices. We do not follow the Knox Co. school closings. You may also call the center before heading out to check the condition of the parking lot for ice. Your safety is our concern.



AARP Tax Aide

Free Income Tax preparation and electronic filing will be available again this year at the South Knoxville Senior Center beginning the middle of February thru the middle of April. **(Dates TBA)** All appointments at this center will be scheduled on Mondays (closed on Monday, Feb. 20th for Presidents' Day). **You must make an appt. by calling (865)521-5569. The call center will begin taking appts. the last week of January.** You need to bring: last year's 2015 return, W-2, 1099, SSA1099 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-com, first-serve basis.



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 starting at 12:30. Call to schedule on **Wed., Jan. 18th, and Feb.15th**.



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.



SOUTH KNOXVILLE SENIOR CENTER

6729 Martel Lane
Knoxville, TN 37920
(865) 573-5843
www.knoxcounty.org/seniors

January
2017



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 Center Closed</p> 	<p>3 8:45 Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Mind & Body 10:00 Crafts/Beading 11:00 Seated Tai Chi Prac. 11:30 Standing Tai Chi " 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 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p>5 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>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</p>
<p>9 9:00 Water Aerobics 10:00 Water Pilates 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics</p>	<p>10 8:45 Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Mind & Body 10:00 Crafts/Beading 11:00 Seated Tai Chi Prac. 11:30 Standing Tai Chi " 12:30 Tai Chi II " 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</p>	<p>12 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>13 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>16 Closed for MLK Day</p> 	<p>17 8:45 Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Mind & Body 10:00 Crafts/Beading 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</p>	<p>19 9:00 Water Aerobics 9:00 South Knox Opry 9:00 Veteran's Services 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. 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>23 9:00 Water Aerobics 10:00 Water Pilates 11:00 U.T. Men's Basketball History Slideshow/Program *11:30 New Year's Pot Luck Lunch 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics 1:00 Gospel Singing</p>	<p>24 8:45 Sr. Cardio Fitness 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Mind & Body 10:00 Crafts/Beading 11:00 Seated Tai Chi Prac. 11:30 Standing Tai Chi " 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 1:00 Winter Fashions Prog. & Ms. Senior Tennessee</p> 	<p>26 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>27 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 Beg. Art</p>
<p>30 9:00 Water Aerobics 10:00 Water Pilates *11:00 (Snow date for U.T. Men's Basketball Program) 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics</p>	<p>31 8:45 Sr. Cardio Fitness 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Mind & Body 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 Yoga 2:00 Water Pilates</p>	<p>SNOW DAYS* The Center is closed ONLY if Knox County Government Offices are closed.</p>  <p>Be sure to call ahead if your unsure though!</p> 	 <p>Friend us on Facebook!</p> 	<p>*Please note there are scheduled SNOW dates for some special programs on the calendar.</p>

TO REGISTER FOR PROGRAMS, CALL 865-573-5843

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FEBRUARY 2017

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

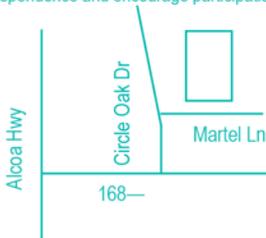
Mon	Tue	Wed	Thu	Fri
<p>**Senior Meals are served every Wed. and Fri. @ 12:00 noon.</p>	<p>*AARP Tax Aide Appointments will be scheduled on Mondays- dates TBA.</p>	<p>1 8:30 Guitar Lessons 9:00 Painting 10:00 Quilting 11:00 Water Peeps 12:00 Bridge</p>	<p>2 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Water Pilates 12:15 *Lunch & Learn-Clear Captions- RSVP For Program and Lunch 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. 9:00 Water Aerobics 10:00 Yoga 11:00 S.A.I.L. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Prac. 1:00 Water Aerobics 1:00 Beg. Art</p>
<p>6 9:00 Water Aerobics 10:00 Water Pilates *11:00 Musical Monday Akima Singers-RSVP 11:00 Quilting 11:00 Water Peeps 1:00 Bridge 1:00 Water Aerobics</p>	<p>7 8:45 Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Mind & Body 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 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</p>	<p>9 9:00 Water Aerobics 9:00 South Knox Opry Valentine's Day Party 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. 9:00 Water Aerobics 10:00 Yoga 11:00 S.A.I.L. 11:00 Water Peeps 11:00 Cards 12:00 Tai Chi Prac. 1:00 Water Aerobics 1:00 Beg. Art</p>
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<p>20 <i>Presidents' Day Center Closed</i></p>	<p>21 8:45 Sr. Cardio Fit. 8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 S.A.I.L. 10:00 Mind & Body 10:00 Crafts/Beading 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</p>	<p>23 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>24 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 Prac. 1:00 Water Aerobics 1:00 Beg. Art 1:00 Joymakers Prac.</p>
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 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

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 Pat Kimbrough,
 a volunteer at Patricia Neal
 Rehabilitation Center.
I am Covenant Health.



www.IamCovenantHealth.com



**FORT SANDERS REGIONAL MEDICAL CENTER
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 Fort Sanders Regional Medical Center | LeConte Medical Center | Methodist Medical Center
 Morristown-Hamblen Healthcare System | Parkwest Medical Center | Peninsula, a Division of Parkwest
 Roane Medical Center | Patricia Neal Rehabilitation Center | Thompson Cancer Survival Center
 Covenant Breast Centers | Covenant Joint Centers | Covenant HomeCare and Hospice
 Covenant Medical Group | Covenant Sleep Centers | Covenant Therapy Centers
 Fort Sanders West | Fort Sanders Health and Fitness Center | Nanny's