



# ***Corryton Senior Center Connection***

***January & February 2024 Newsletter***

H A P P Y   N E W   Y E A R

2024

## ***Corryton Senior Center***



**9331 Davis Drive, Corryton, TN 37721**

**865-688-5882**

**Hours: 7:30am to 4:00pm, Mon-Fri**

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

***Sarah Gault, Coordinator***  
**[sarah.gault@knoxcounty.org](mailto:sarah.gault@knoxcounty.org)**

***Jessica Sexton, Assistant***  
**[jessica.mccall-sexton@knoxcounty.org](mailto:jessica.mccall-sexton@knoxcounty.org)**



**PLEASE NOTE: The center will be CLOSED on:**

***Monday, January 1: New Year's Day***

***Monday, January 15: Martin Luther King's Day***

***Monday, February 19: President's Day***

CORRYTON SENIOR CENTER  
 9331 DAVIS DRIVE  
 CORRYTON, TN 37721  
 (865)688-5882  
 HOURS: 7:30 a.m. to 4:00 p.m. Mon-Fri

# January 2024



Mon	Tue	Wed	Thu	Fri
<b>1</b> CENTER CLOSED 	<b>2</b> 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo <b>Caleb Days</b> <b>(7:30-4:00pm)</b>	<b>3</b> 10:00 Dominoes	<b>4</b> 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class	<b>5</b> 8:30 Coffee & Chat <b>10:00 In-Person Bingo</b> 11:00 Classic Exercise Class <b>(In the Library)</b>
<b>8</b> 10:00 Chair Volleyball 11:30 AOA Class <b>1:00 Bunco</b> <b>1:00 Trivia</b> <b>1:30 Teja Cain Medicare Q&amp;A</b>	<b>9</b> <b>9:00 Core Insurance Walking Group Talk</b> <b>10:30 Super Seniors: Art Bohanan Forensic Specialist</b> 1:30 Corryton Jam 3:00 Virtual Bingo <b>Caleb Days</b> <b>(7:30-4:00pm)</b>  <b><u>NO AOA CLASS!</u></b>	<b>10</b> 10:00 Dominoes	<b>11</b> 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class <b>2:30 Corryton SS Choir Group</b>  <b>HMQG Project Day</b>	<b>12</b> 8:30 Coffee & Chat 10:15 Tai Chi Class 11:00 Classic Exercise Class <b>1:00 Knox County Tax Relief &amp; Tax Freeze Q&amp;A</b> <b>1:00 Netflix Special: Lee Ann Morgan Comedian</b>
<b>15</b> CENTER CLOSED 	<b>16</b> <b>10:00 Active Living Seminar w/ Caleb</b> <b>10:00 Senior Walk</b> 1:30 Corryton Jam 3:00 Virtual Bingo <b>Caleb Days</b> <b>(7:30-4:00pm)</b>	<b>17</b> 10:00 Dominoes  <b>Senior Walking Social (Karns Senior Center)</b> <b>3:00-5:00pm</b>	<b>18</b> 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class	<b>19</b> 8:30 Coffee & Chat 10:15 Tai Chi Class 11:00 Classic Exercise Class <b>1:00 Mid-Day Movie</b>
<b>22</b> <b>10:00 Dementia Care Solutions Presentation</b> 10:00 Chair Volleyball 11:30 AOA Class	<b>23</b> <b>10:00 Elder Law Talk</b> 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo <b>Caleb Days</b> <b>(7:30-4:00pm)</b>	<b>24</b> 10:00 Dominoes <b>1:00 Silver Sneakers 101 w/ Don Parsley</b>	<b>25</b> 9:15 Seated Yoga 9:45 Stability Class 12:00 Cardio Drumming Class <b>1:00 HMQG Monthly Meeting</b>	<b>26</b> 8:30 Coffee & Chat 10:15 Tai Chi Class 11:00 Classic Exercise Class <b>11:00 Lunch Bunch: (Chow Hall)</b>
<b>29</b> <b>10:00 Book Club</b> 10:00 Chair Volleyball 11:30 AOA Class <b>1:00 Flower Pot Friend Craft w/ Debbie</b>	<b>30</b> 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo <b>Caleb Days</b> <b>(7:30-4:00pm)</b>	<b>31</b> <b>9:00 Hot Chocolate Bar w/ Edna</b> 10:00 Dominoes <b>1:00 Flower Pot Friend Craft w/ Debbie</b>	<b>NATIONAL HOT CHOCOLATE DAY!</b> <b>Wednesday, January 31st</b> 	<b>Senior Walk West Town Mall Tues, Jan 16th @ 10:00am</b>  <b>Laurie, Carole, &amp; Eilene</b>  <b>Lunch: Food Court</b>



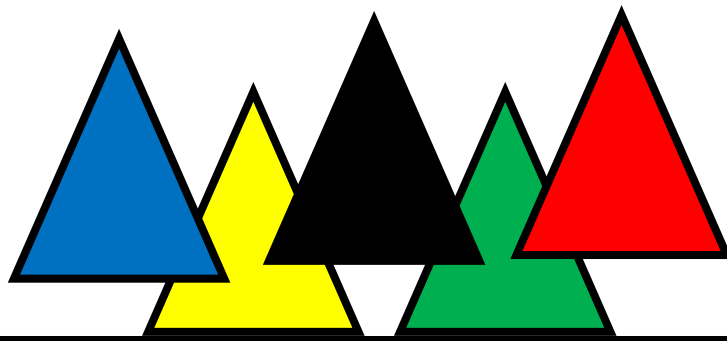
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# FEBRUARY



# 2024

Mon	Tue	Wed	Thu	Fri
	<p><u>*Upcoming Trips*</u></p> <p><b>Brushy Mountain Field Trip (April)</b></p> <p><b>Tennessee Riverboat Lunch Cruise (May)</b></p>		<p><b>1</b></p> <p>9:15 Seated Yoga            9:45 Stability Class            1:00 Cardio            Drumming Class  <b>2:30 Corryton SS Choir Group</b></p>	<p><b>2</b></p> <p>8:30 Coffee &amp; Chat  <b>10:00 In-Person Bingo</b>            10:15 Tai Chi Class  <b>(In the Library)</b>            11:00 Classic Exercise Class  <b>(In the Library)</b></p>
<p><b>5</b></p> <p>10:00 Chair Volleyball            11:30 AOA Class  <b>1:30 Teja Cain Medicare Q&amp;A</b></p>	<p><b>6</b></p> <p><b>10:00 Melty Snowman Craft w/ Susanne</b>            11:30 AOA Class            1:30 Corryton Jam            3:00 Virtual Bingo  <b>Caleb Days (7:30-4:00pm)</b></p>	<p><b>7</b></p> <p>10:00 Dominoes  <b>1:00 Pet Care w/ Doreen: Canine Colors Talk</b></p>	<p><b>8</b></p> <p>9:15 Seated Yoga            9:45 Stability            1:00 Cardio            Drumming Class</p> <p><b>HMQG Project Day</b></p>	<p><b>9</b></p> <p>8:30 Coffee &amp; Chat            10:15 Tai Chi Class            11:00 Classic Exercise Class</p>
<p><b>12</b></p> <p>10:00 Chair Volleyball            11:30 AOA Class  <b>1:00 Bunco</b>  <b>1:00 Trivia</b></p>	<p><b>13</b></p> <p><b>10:30 Super Seniors: 10:30 Vocalist Sarah Dockery</b>            1:30 Corryton Jam            3:00 Virtual Bingo  <b>Caleb Days (7:30-4:00pm)</b></p> <p><b><u>NO AOA CLASS!</u></b></p>	<p><b>14</b></p> <p>10:00 Dominoes</p> 	<p><b>15</b></p> <p>9:15 Seated Yoga            9:45 Stability            1:00 Cardio            Drumming Class  <b>2:30 Corryton SS Choir Group</b></p>	<p><b>16</b></p> <p>8:30 Coffee &amp; Chat            10:15 Tai Chi Class            11:00 Classic Exercise Class  <b>1:00 Mid-Day Movie</b></p>
<p><b>19</b></p> <p><b>CENTER CLOSED</b></p>  <p>— * HAPPY * — PRESIDENT'S DAY</p>	<p><b>20</b></p> <p><b>9:30 Senior Walk</b>            11:30 AOA Class            1:30 Corryton Jam            3:00 Virtual Bingo  <b>Caleb Days (7:30-4:00pm)</b></p>	<p><b>21</b></p> <p><b>9:00 South Knox Senior Center FT</b>            10:00 Dominoes</p>	<p><b>22</b></p> <p>9:15 Seated Yoga            9:45 Stability            12:00 Cardio            Drumming Class  <b>1:00 HMQG Monthly Meeting</b></p>	<p><b>23</b></p> <p>8:30 Coffee &amp; Chat            10:15 Tai Chi Class            11:00 Classic Exercise Class  <b>11:00 Lunch Bunch: (Don Jose Mexican)</b></p>
<p><b>26</b></p> <p><b>10:00 Book Club</b>            10:00 Chair Volleyball            11:30 AOA Class</p>	<p><b>27</b></p> <p>11:30 AOA Class            1:30 Corryton Jam            3:00 Virtual Bingo  <b>Caleb Days (7:30-4:00pm)</b></p>	<p><b>28</b></p> <p>10:00 Dominoes            1:00 Rook  <b>2:00 Elephant Sanctuary Presentation</b></p> 	<p><b>29</b></p> <p>9:15 Seated Yoga            9:45 Stability            1:00 Cardio            Drumming Class  <b>2:30 Corryton SS Choir Group</b></p>	<p><b>Senior Walk Fort Sanders Health &amp; Fitness</b>  <b>Tues, Feb 20th @ 9:30am</b></p> <p><b>Robyn &amp; Sue</b></p> <p><b>Lunch: Sami's Café</b></p>



## ***Welcome Caleb***



We want to welcome Caleb Newsome,  
Public Health Fitness Coordinator  
to the Corryton Senior Center!

Caleb has twenty years experience in the fitness industry and has worked with high risk populations, individuals experiencing heart disease and joint replacements. He will be working with exercise instructors, seniors, and staff to promote health and fitness experiences at all six Knox County Senior Centers including Corryton Senior Center.

He will be available to assist you with nutrition, fitness, and exercise guidance and plans. He will be providing Fitness Room orientations to guide individuals on the proper and safe way to use the fitness equipment and advise on fitness routines, as well as personal training, small group training, and classes on health and fitness topics for the senior population.

Now is the time to schedule your consultation with Caleb. Sign-up by Jessica's office or simply call to make an appointment. He will be here every Tuesday.

There will be two special opportunities to meet Caleb in January:

**Tuesday, January 9 at Super Seniors at 10:30am**

**Tuesday, January 16 at 10:00am**

Caleb will present a seminar on Senior Active Living. After the seminar he will give everyone an orientation of the fitness center and answer any questions you may have on your well being!

# Monday

## CHAIR VOLLEYBALL RETURNS



**Mondays at 10:00am**  
**Starting January 8**  
*Tell your friends!*  
*Carter & Halls Senior Centers want to challenge us for a fun game so*  
**WE NEED YOU!**

## MONDAY SPECIAL EVENTS

Alzheimer's Association presents  
**Kimberly L. Warnick**



**Monday, January 22**  
**10:00am**

Join us for an educational opportunity with Kim Warnick, Alzheimer's Association Community Educator and Owner of Dementia Care Solutions of East Tennessee.

### Topics will include:

- \*10 Warning Signs of Alzheimer's
- \*Getting a Diagnosis
- \*Community Resources and Support
- \*Questions and Answers

## ACTIVE OLDER ADULT EXERCISE

**Monday**  
**11:30am-12:30pm**  
**AOA**

**With Johnnie** (\$3 instructor fee)

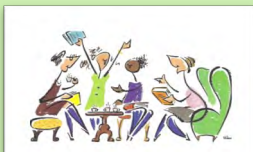
AOA focuses on cardiovascular, strength, balance, and flexibility, plus it's fun!

## BOOK CLUB

**Mondays @ 10:00am**

**January 29:** *Midnight Library* by Matt Haig

**February 26:** *Lessons in Chemistry* by Bonnie Garmus



## Craft with Debbie

**Monday & Wednesday, January 29 & 31**

**1:00-3:00pm**

**\$5 per person for instructor**

**Sign-up required**

**See page 13 for details!**



## Teja Cain

**January 9, Tuesday @ 9:00am**

**Core Insurance Walkin Group Sign-up/Q&A**

**February 5, Monday @ 1:30pm**

**Insurance Q&A**



**Second Mondays at 1:00pm**

**January 8 & February 12**

**Come test your knowledge and see how smart you are! Just for fun!**



# Tuesday

## EVERY TUESDAY

Caleb Days 7:30am-4:00pm

Senior Walks, 3rd Tuesdays

(See pages 14 & 15 for details)

## ACTIVE OLDER ADULT EXERCISE

**Tuesdays**  
**11:30am-12:30pm**  
**AOA**

*With Johnnie (\$3 instructor fee)*

AOA focuses on cardiovascular, strength, balance, and flexibility, plus it's fun!

## CORRYTON JAM

Bring your guitar, banjo, fiddle, and voice or any other instrument you may play. This is an acoustic gathering where you just sit and play and sing!



**Every Tuesday at 1:30pm**  
Everyone Welcome!

## VIRTUAL BINGO

**Tuesdays @ 3:00pm**

Join Jessica and play BINGO in-person here at the center or join on your computer from the comforts of your own home!

Just log into: \_\_\_\_\_

There's always a drawing for a prize at the end of the games.

## SUPER SENIORS

**Second Tuesdays**

**10:30am**

**\$6 per person**

**Please RSVP**

Join us for food, fellowship, and fun!

**January 9: Art Bohanan**

**Forensic Specialist**

(See page 11 for more details)

**February 13: Sarah Dockery, Vocalist**

We would like to invite you to join the Super Senior Committee. Without this committee the Super Seniors cannot produce such a successful event that everyone loves!

Are you able to help one day a month?

What does it entail?

- \*Oversee the ticket table
- \*Set up tables/chairs
- \*Decorate the tables
- \*Pick-up the food
- \*Set up the food
- \*Serve the food
- \*Clean-up the kitchen
- \*Put the table/chairs back
- \*Suggest ideas for the programs



**WE NEED YOU!**

# Tuesday

## SPECIAL EVENTS

### Caleb Newsome

Public Fitness Instructor  
will present

### Active Living Seminar

**Tuesday, January 16 @ 10:00am**

Caleb will present a seminar on how you can stay fit. After the seminar he will give everyone an orientation of the fitness center and answer any and all questions you may have on your well being!

*See more information on Caleb on page 4!*

Come play Billiards and Darts in the Richard Billiards/Darts Room Open Every Day  
7:30am-4:00pm

### CORE INSURANCE

**Invites  
you to join their  
Walking Group**

**Tuesday, January 9  
9:00-11:00am**

**Then stay for Super Seniors!**

LET'S GET WALKING IN  
2024



### Elder Law

**Attorney Amelia Crostwell**

**HEARD IT THROUGH  
THE GRAPEVINE:**

*Five Planning Myths Debunked*

**Tuesday, January 23  
10:00am**

The presentation focuses on dispelling commonly held beliefs about estate planning and planning for long term care. The presentation will talk about options to consider regarding estate planning and how folks can move forward to take care of their long term needs.

Amelia has helped families with long-term care and special needs challenges for almost 20 years. She practices primarily Life Care Planning and special needs trusts, but she also pitches in to collaborate with ELET attorneys, lending her experience on questions of elder law, wills and trusts, Medicare, Medicaid planning, trust administration, probate, and veterans benefits planning.

Our friend Teja Cain with Core Insurance will be here to answer your questions and sign you up for their goal oriented Walking Group.

You will receive a pedometer to start keeping track of how many miles you walk. Every 150 miles you will receive an incentive prize. The FIRST 150 miles you will receive a special t-shirt designed especially for the Corryton Senior Center!

On Wednesday, January 17 at the Senior Services Walking Social at Karns Senior Center, will not only kick off our own monthly walks but will also kick off the *Core Insurance Walking Club!*

Sign-up to go to the social via carpool at the Corryton Senior Center or feel free to meet us there.

# Wednesday

## DOMINOS

**Every Wednesday  
10:00am-12:00pm**

Come play or learn the game of Mexican Train! It's fun and there is no limit to number of participants! Our experts will be happy to teach you!

## SPECIAL EVENTS

**Knox County Senior Services  
April Tomlin, Manager,  
invites you to a  
*Senior Walking Group Social  
at Karns Senior Center*  
Wednesday, January 17  
3:00-5:00pm**

Enjoy light refreshments, music, and socializing with your fellow walkers from around the county!

*(See page 12 for more details)*

**Pet Care—Canine Colors  
With Doreen McClurkin  
Wednesday, February 7  
1:00-2:00pm**

Come play games and win prizes while learning about our best friends personalities!



## SPECIAL EVENTS

**Silver Sneakers 101  
Presented by Don Parsley**

**Wednesday, January 24  
1:00-2:00pm**

Learn about the benefits of being a Silver Sneakers member. You will find out about classes which are in-person, on-line, and on-demand. Additional benefits, such as earning gift cards for exercising and helping children in your family pay for college.

Refreshment provided



**It's NATIONAL  
HOT CHOCOLATE DAY**

**Wednesday  
January 31  
9:00-11:00am**

Stop by the center for a Hot Chocolate Bar. Get a cup of this chocolatey goodness and bedazzle it with peppermint sticks, sprinkles, and marshmallows!

Thank you to our sponsor Comfort Keepers who also provides our Coffee Bar!





# WEDNESDAY SPECIAL EVENTS CONTINUED



*Located in West Tennessee,  
The Sanctuary will give a virtual  
presentation direct from at the CSC!  
Wednesday, February 28  
2:00-3:00pm*

*We will talk with an  
expert from the  
sanctuary with  
stories about the  
elephants, how they  
came to be at the  
sanctuary and how  
they are doing now.  
Sign-up requested.*



*February 14, Wednesday*



# THURSDAY

## SEATED YOGA & STABILITY

**Thursdays 9:15-10:15am**  
**With Don Parsley**  
**In-Person & Virtual from CSC**

*If you can't make it in person your are  
able to do it from wherever you are—  
Never Miss a Session!*

## FIELD TRIP

**South Knox Senior Center**  
**Wednesday, February 21**  
**9:00am-1:00pm**

Let's go check out the SKSC!  
You will have an opportunity to experience a  
water aerobic class, so bring your suit!  
There's a craft room and game room to enjoy  
and more!  
Lunch at **LOVE THAT BBQ** down the street.  
(See page 12 for details)

## Corryton Super Senior Singers

*Let your voice be heard and come sing  
with us!*

**Thursdays**  
**@ 2:30pm**

**January 11**  
**February 1, 15, 29**



## CARDIO DRUMMING

**Thursdays @ 1:00pm**  
**4th Thursday @ 12:00pm**

Join in the fun with this low impact, seated 30  
minute exercise class that gets your heart rate up  
and burns calories. It provides a great upper body  
and cardio workout while drumming to the  
rhythm of your favorite music!

# Friday

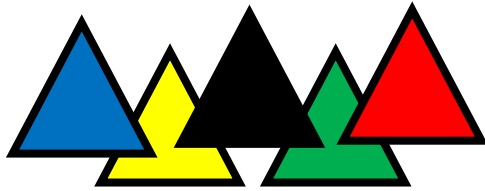
## NEW Tai Chi

**Tai Chi with Don Parsley  
Fridays at 10:15am**



Starting January 12  
through April 26  
12 sessions

Not required to come to  
each session.



## NEW : LUNCH BUNCH

**4th Fridays @ 11:00am**

**Meet at the Corryton Senior Center and  
Carpool or meet us there!**

**Jan 26-Chow Hall**

5706 E Emory Rd, Knoxville 37938

**Feb 23- Don Jose Mexican Grill**

7505 Tazewell Pike, Corryton, TN 37721

**March-Lulu's Tea Room**

3703 W Beaver Creek Dr, Powell, TN 37849

**April- Pete's Downtown**

540 Union Ave, Knoxville, TN 37902

**May 29: Tennessee Riverboat  
SPECIAL EVENT**

Cost approximately \$40

Sign-up required. Stay tuned for more details!

## IN-PERSON BINGO

**Bingo! Bingo! Bingo!  
1st Friday's Only  
10:00am**

**January 5-Quality Home**



**February 2-The Pointe at Lifespring  
Senior Living**



**Join the fun with live BINGO!  
Everybody wins a prize!  
Please bring a gift bagged \$5 gift.**

**Thank you sponsors!**

## Mid-Day Movies

**Friday Mid-Day Movies @ 1:00pm**

**January 12-A Netflix Special:  
Knoxville's own Comedienne Lee Ann  
Morgan**

**January 19: The Three Amigos**

**February 16: Back to the Future**

## COFFEE CHAT

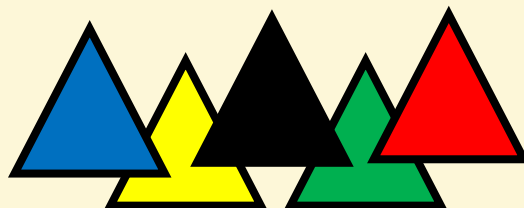
**Every Friday @ 8:30am  
In the Library  
Come chit-chat and meet new  
friends!**

**SUPER SENIORS**  
**Tuesday, January 9 @ 10:30am**  
**Art Bohannon**  
presents  
***Who are you walking ON?***



This presentation will take forensic science into the cemeteries, old and new, with amazing forensic discoveries. We will use simple methods to read the inscriptions on old grave stones. New forensics will demonstrate ways to locate and gender the long dead. Our research data base covered 700 marked graves including buried cremations (human ashes) and graves dating back 1200 years.

**Arthur M. Bohanan** is an internationally award winning patented inventor, researcher, lecturer and author, a Certified Latent Print Examiner (one of 960 in the world-19 in TN (ret) and a certified police instructor with 60 years in the study and practical application of forensics in thousands of violent crime scenes. He earned a bachelor's degree in criminal justice from East Tennessee State University (Legacy Award 2017) with further studies at the University of Tennessee, Knoxville. **Art** created the first ICAC (Internet Crimes Against Children) task force in Tennessee in 1998 and worked in an online undercover capacity until he retired in May 2001, as a Police Specialist III, former AFIS Manager and Senior Forensic Examiner with the Knoxville Police Department (26 years).





## FIELD TRIP

Knox County Senior Services  
April Tomlin, Manager, invites you to a

**Senior Walking Group Social**

**at Karns Senior Center**

**Wednesday, January 17**

**3:00-5:00pm**

Enjoy light refreshments, music, and socializing with your fellow walkers from around the county!

Sign-up required. Meet at Corryton Senior Center to carpool. You may drive yourself if you prefer.

## FIELD TRIP

**South Knox Senior Center**

**Wednesday, February 21**

**9:00am-1:00pm**

Let's go check out the SKSC!

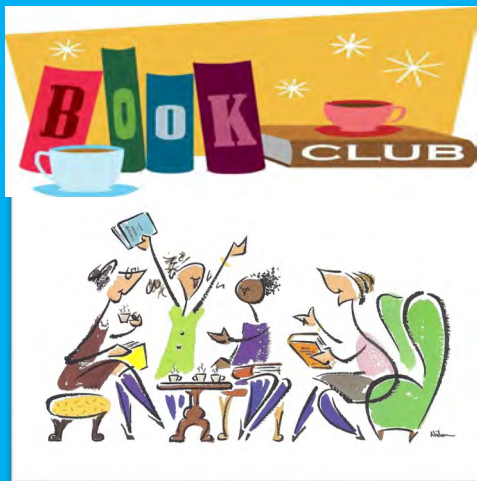
You will have an opportunity to experience a water aerobic class, so bring your suit! (Optional)

There's a craft room and game room to enjoy and more!

Lunch at **LOVE THAT BBQ** down the street.

Sign-up required as space is limited to 15 on the Free CAC Bus!

If you want to drive separately that is fine!



### 2024 Book List

Join us on the 4th Monday at 10:00am

- January 29\* Midnight Library by Matt Haig
- February 26 Lessons in Chemistry  
by Bonnie Garmus
- March 25 Maid to Match by Deeanne Gist
- April 22 I Must Betray You by Ruta Sepetys
- May 20\* Durrells of Corfu by Michael Haag
- June 24 Spy by Danielle Steele

\* denotes NOT the 4th Friday



**It's National Hot Chocolate Day**  
**Wednesday, January 31**  
**9:00-11:00am**

**Enjoy a Hot Chocolate Bar**  
**presented by**  
**Comfort Keepers**



**SPECIAL CRAFT**

**With Debbie**  
**Flower Pot Friend**

**Monday & Wednesday, January 29 & 31**  
**1:00-3:00pm (2 sessions)**

**\$5 per person**

**All materials will be supplied. If you want extra embellishments for your craft, feel free to bring them to make it your own. A plant will be able to be placed in her head or your choice!**

**Sign-up required**



**SPECIAL CRAFT**

**With Susanne from South Knox Senior Center**

**Melty Snowman Craft**

**Tuesday, February 6**  
**10:00am**

**Virtual**

**This cute melty snowman will help you transition from Winter to Spring! All supplies will be provided FREE!**

**Sign-up required**







**KNOX COUNTY SENIOR SERVICES**

**SENIOR WALKING GROUP SOCIAL**



**KARNS SENIOR CENTER**  
8042 Oak Ridge Hwy  
Wednesday,  
January 17<sup>th</sup>, 3:00 to 5:00pm

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available. Coordinators from our six senior centers will also be on hand to answer any questions you may have.

**BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.**

Scan the QR code to find the closest senior center to you as well as their events!



Questions? Call (865) 288-3761 or email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)





# KNOX COUNTY SENIOR SERVICES SENIOR WALK – JANUARY 2024

NO EXCUSES... EVEN IF IT IS A  
COLD JANUARY!!

We will be taking our walk inside the West Town Mall this month. No better way to get your steps in than window shopping with friends while you exercise!

Laurie, Eilene and Carole will **meet you right inside the mall entrance by The Cheesecake Factory**... as seen in this picture.

After we walk the mall, we will gather in the food court where you have many choices of food to eat. Be sure to RSVP by calling **865-288-3761** or you can email

[seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)

WEST TOWN  
MALL

(INDOORS)

JANUARY 16<sup>TH</sup>

@10:00am

7600 KINGSTON PIKE  
37919





# **KNOX COUNTY SENIOR SERVICES SENIOR WALK—FEBRUARY 2024**



## **Knox County Senior Services SENIOR WALK**

**Tuesday, February 20<sup>th</sup> at 9:30 am**

**Join us at Ft. Sanders Health & Fitness Center (270 Fort Sanders W Blvd, Knoxville, TN 37922) for the walking group's monthly walk. Ft. Sanders Health & Fitness Center is full of 5-**

**star amenities for the entire family and offer a wide variety of month-to-month memberships.**

**We will be taking a tour of the facility and walking a couple of miles on the indoor walking track. Following our walk, join us for lunch at Sami's Cafe (9700 Kingston Pike #5, Knoxville, TN 37922). Be sure to RSVP by leaving a message**

**at [865-288-3761](tel:865-288-3761) or you can email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)**

Corryton Senior Center welcomes everyone, every weekday!  
There is no fee to be a part of the fun! We offer:

FITNESS ROOM BILLIARD ROOM

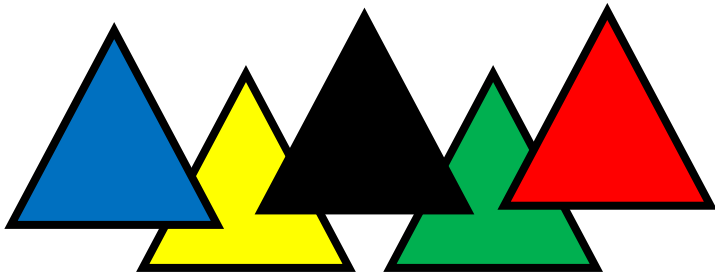
LIBRARY OUTDOOR WALKWAY

CRAFT ROOM DARTS

CARD GAMES EXERCISE CLASSES

INDOOR WALKWAY

PLUS MANY OTHER FUN ACTIVITIES!



*Corryton Senior Center*



**BE AWARE: SCAM ALERT**

Financial Exploitation can occur in a variety of ways. Be safe and don't give out your personal information to ANYONE you don't know.

Some common **SCAMS** include:

- \*IRS SCAMS
- \*MORTGAGE SCAMS
- \*REAL ESTATE SCAMS
- \*ROMANCE SCAMS
- \*SECURITIES/INVESTMENT SCAMS
- \*MAIL DELIVERY SCAMS
- \*LOTTERY SCAMS
- \*GIFT CARD SCAMS

AARP Fraud Watch Network Helpline:  
877-908-3360

Toll-free service is available Monday-Friday:  
8:00am-8:00pm EST



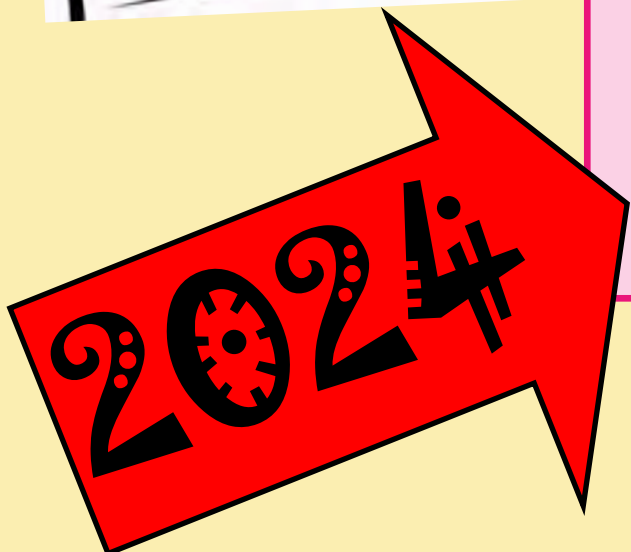
**Looking Ahead!**

(Subject to change)

April 12: Brushy Mountain Penitentiary

May 29: Tennessee River Boat Lunch Cruise

Trip to other Knox County Senior Centers too!



Thank you for being a part of the Corryton Senior Center!  
We would love to hear your ideas so feel free to pass them along!



## **FUNNY ONE LINERS**

1. **My wife told me to stop impersonating a flamingo. I had to put my foot down.**
2. **I went to buy some camo pants but couldn't find any.**
3. **I failed math so many times at school, I can't even count.**
4. **I was wondering why the frisbee kept getting bigger and bigger, but then it hit me.**
5. **I heard there were a bunch of break-ins over at the car park. That is wrong on so many levels.**
6. **Don't you hate it when someone answers their own questions? I do.**
7. **I know they say that money talks, but all mine says is 'Goodbye.'**
8. **My father has schizophrenia, but he's good people.**
9. **The problem with kleptomaniacs is that they always take things literally.**
10. **I can't believe I got fired from the calendar factory. All I did was take a day off.**
12. **Most people are shocked when they find out how bad I am as an electrician.**
13. **Never trust atoms; they make up everything.**
14. **My wife just found out I replaced our bed with a trampoline. She hit the ceiling!**
15. **I was addicted to the hokey pokey, but then I turned myself around.**
16. **I used to think I was indecisive. But now I'm not so sure.**
17. **Light travels faster than sound, which is the reason that some people appear bright before you hear them speak.**
18. **A termite walks into the bar and asks, 'Is the bar tender here?'**
19. **A told my girlfriend she drew her eyebrows too high. She seemed surprised.**
20. **Two fish are in a tank. One says, 'How do you drive this thing?'**