

Corryton Connection



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Corryton Senior Center

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UPCOMING EVENTS

MARCH

- 1 Bus trip to O'Connor Senior Center for Pancake Fest. Bus leaves at 9:30 a.m.
- 1 Birthday Bingo 12:00 noon
- 1 Card Making Class
- 5 Sun-Up Garden Club
- 7 TRIP: Dancing Bean Coffee Shop and Apple Valley General Store, Townsend Veteran's Service Rep
- 12 Super Seniors
- 12 Teja Cain, CORE Insurance
- 15 Craft: Mats for the Homeless
- 21 TRIP: Quilt Fest; House Mountain Quilter's Guild.
- 21 Billiards Tournament
- 22 Jan Coe, Whole Notes Harmony
- 25 Programs In A Box: Healthy Brain
- 26 Corryton Jam
- 28 Mayor Glenn Jacobs Visit**

APRIL

- 2 Sun-Up Garden Club
- 3 Craft: Pinwheel Wreath
- 5 Birthday Bingo 10:00 a.m.
- 5 Card Making Class
- 9 Super Seniors
- 11 TRIP: Aubrey's Straw Plains carpool 11:00
- 12 Spring Dance 2:00-4:00
- 18 Billiards Tournament
- 18 Main Munch
- 19 **CENTER CLOSED** in observance of Good Friday
- 21 **HAPPY EASTER**
- 25 House Mountain Quilter's Guild Monthly Meeting
- 29 Programs In a Box: Five Sneaky Causes of Weight Gain
- 30 Corryton Jam

WELCOME MAYOR GLENN JACOBS

and celebrate the 13th Anniversary of Corryton Senior Center on Thursday, March 28th. At 12 Noon, pot-luck lunch along with turkey and chicken tenders will be served, so bring your best side, dessert or drink and join us. Mayor Jacobs will be arriving at 1:00 p.m. and will speak shortly thereafter. Invite your neighbors and friends to meet Mayor Jacobs and see how the Center has grown in 13 years. Please call the Center to let us know you are coming.

IN ORDER TO ENSURE WE HAVE ENOUGH FOOD, ENOUGH PASSENGERS TO TAKE THE BUS, ENOUGH CRAFT MATERIAL, ETC., PLEASE CALL 688-5882 AND SIGN UP, OR SIGN UP WHILE AT THE CENTER.

BELTONE

Michael Murphy, BC-HIS, will not be at the Center until June 21st at 8:30 a.m. Mr. Murphy plans to come to the Center the third Friday of every other month which began in February...the April visit is cancelled due to the closure of the Center in observance of Good Friday.

BILLIARDS

The Billiard Room opens Monday through Friday at 7:30 a.m. Each third Thursday of the month, a tournament will be held at the Center beginning at 9:00 a.m. The play is double elimination, certificates will be given for third place winner, second place winner and first place winner. Please sign up on the Sign Up Sheet in the Billiard Room for entry and a snack sheet. Come and join the fun!!

BIRTHDAY BINGO

Start out the month of March on Friday 1st with Birthday Bingo at 12:00 noon. Our friend Katy from United Healthcare will call the game. A \$5.00 gift is the fee to participate in the Bingo game. Birthday Cupcakes (sponsored by Linda Ramsey-Staffen of CORE Insurance Advisors) will be served in the break room. On Friday, April 5th, play will begin at 10:00 a.m. and our friend, Rochelle Cordova, from Woodmen will call the game.

CENTER CLOSURES

The Center will be closed on Friday, April 19th in observance of Good Friday.

CHARITY

THANKS TO EVERYONE FOR SUPPORTING OUR OWN LIBRARY WITH BOOK-CASES AND BOOK DONATIONS!!! Our charity for March and April will be goods for the Corryton Food Pantry. Non-perishable food items and like-new clothing for the Resource Pantry in April (undergarments new). Please bring your donation to the Center and drop in the Donation Box in the Foyer.

CRAFTING

Our crafts for this period are as follows: Gay Clapp will hold her Card Making Class at 1:00 p.m. on Friday, March 1st. If you plan to attend please let Gay or the Center Staff know at least 1 week prior to class. On Friday, March 15th beginning at 10:30 a.m. our own Gloria Austin will hold a second class on Mats for the Homeless. Gloria was such a success in January, we have asked her back for a second class ...so keep those plastic bags coming to the Center! Also, if you have any of the following tools, bring them along: a cutting mat, roller cutting blades, crochet hooks (no smaller than a K; however, M works best). On Wednesday, April 3rd at 1:00 p.m. our very own craft master, Jill Green, will demonstrate how to make a Pinwheel Wreath for your door. The only supply you will need is a 12" flat wire wreath frame. The pinwheels look like flowers with a button in the center. Card Making Class is Friday, April 5th at 1:00 p.m.

EXERCISE

AOA class will be at 9:00 a.m. on Mondays and Fridays unless otherwise notified. Beginning in March, Yoga Class will be every Tuesday **and Thursday** morning at 9:00 a.m., remember to bring your mat. All classes are \$2.00 and instructed by Johnnie Long.

GARDEN CLUB

The Purpose of the Sun-Up Garden Club is to continue to be a Club of Excellence by promoting Education to the public regarding gardening both vegetable and floral, as well as nature, civic and environmental responsibility. Sun-Up Garden Club meets the first Tuesday of each month at 10:30 a.m. excluding January. There are no rigid requirements to becoming a member of this club other than a love of gardening, beautification, and taking care of "Mother Earth". We cordially invite any and all persons who would like to attend a meeting or join our club. Annual Fee: \$15.00 The March meeting will be Tuesday, March 5th at 10:30 a.m. in the Community Club Room. April meeting will be Tuesday, April 2nd at 10:30 a.m. in the Community Club Room.

HOUSE MOUNTAIN QUILTERS GUILD

The Guild always welcomes new members. FOR \$20.00 PER YEAR, YOU BECOME A GUILD MEMBER and enjoy the benefits of membership ...for more info Contact Sharon Markwardt, President at 916-835-5599. Monthly meetings for the Guild is the fourth Thursday of each month. The March meeting will not be held this month due to Quilt Fest. On Thursday, March 21st the Guild is having a Quilt Fest, the bus will leave the parking lot at 8:00 a.m. **(PLEASE CALL CENTER AND SIGN UP)** The April meeting will be Thursday, April 25th. Everyone is invited to join the Guild and participate in making Community Projects every second Thursday of the month. Examples of previous projects are: pillowcases for East Tennessee Children's Hospital, receiving blankets for the Mother Baby Unit at UT Hospital; dog beds for Union County Humane Society; lap quilts for residents at Beverly Park Place; and the current project is making dolls for Kiwanis members to deliver to surgeons at East Tennessee Children's Hospital for their patients. The surgeon uses the doll to explain to the child the procedure to be performed. The child can dress and/or decorate the doll as they wish and then carry the doll into surgery with them as a comforting item. The goal is 100 dolls to commemorate the 100th anniversary of Kiwanis. So join the Quilter's on March 14th and April 11th to work on the dolls. The next Quilter's Retreat will be May 3rd and 4th so mark your calendars now!!

MAIN MUNCH

Join us on Thursday, April 18th at 11:00 a.m. in the Community Room for lunch and a program by Chris Wright, our local bee Lady ...our lunch will have a "honey" theme with Honey Drizzled Fried Chicken as our main dish ...so bring a side that has honey as an ingredient, if possible, and complements the fried chicken.

SPECIAL PROGRAMS

Jan Coe of Whole Notes Harmony will be at the Center on Friday, March 22nd, 11:00 to 12:30, to demonstrate Sound Therapy and how sound relaxes you and helps you to let go of stress. Each person receives sound differently and naturally, allowing balance to be restored. Sound from bowls and gongs helps quiet your mind, relax tight muscles, and loosen emotional block. Sound benefits your whole being and helps you touch your own source of inner peace and harmony. Light Refreshments will be provided.

Monday, March 25th at 12:30, Teja Cain of CORE Insurance Advisors will begin her series of Program In A Box...our first class is entitled HEALTHY BRAIN. Learn what to do to keep your brain active. We will be providing lunch so **PLEASE SIGN UP OR CALL THE CENTER AND SIGN UP.**

MAYOR GLENN JACOBS WILL VISIT THE CENTER ON THURSDAY, MARCH 28TH...SEE PAGE 1 FOR MORE DETAILS.

Spring Dance will be Friday, April 12th at 2:00 p.m. in the Community Room. Put on your best 1950's attire and join the party!!! Light refreshments will be provided.

Monday, April 29th at 12:30, Teja Cain of CORE Insurance Advisors will host her second class in the Program In A Box series, entitled FIVE SNEAKY CAUSES OF WEIGHT GAIN....the title speaks for itself! We will be providing lunch so **PLEASE SIGN UP OR CALL THE CENTER AND SIGN UP.**

SUPER SENIOR TUESDAY

Tuesday, March 12th at 10:30 a.m. the group will gather in the Community Room for a musical program by Grace Noters, a dulcimer group. Teja Cain, an advisor/agent with CORE Insurance Advisors will be present at 12:30 to 1:30 for New Member Orientation will Humana.

Tuesday, April 9th at 10:30 a.m. the O'Connor Dixie Land Band will entertain the group. There will be a table set up by Brittany with the Tennessee Commission on Aging & Disability regarding Tooth Wisdom for anyone that would like more information.

Lunch is always \$5.00 at the door and is catered by our local IGA. We so very much appreciate all the IGA and the Longmires do for us at Corryton Senior Center!

TRIPS

FRIDAY, MARCH 1ST THE BUS WILL LEAVE THE CENTER AT 9:30 A.M. TO TRAVEL TO THE O'CONNOR SENIOR CENTER FOR PANCAKE FEST. ALL YOU CAN EAT FOR \$5.00, FUNDRAISER FOR THE O'CONNOR SENIOR CENTER. Bus Fare will be at least \$5.00. PLEASE SIGN UP AT THE CENTER OR CALL US AT 688-5882 TO SIGN UP.

The March trip will be on Thursday the 7th. The bus will leave the parking lot at 10:00 a.m. for travel to the Apple Valley Mountain Village in Townsend. The Village houses the Dancing Bean Coffee House, Apple Valley General Store, Apple Valley Café and Apple Valley Mountain Store.

Monday, March 18th travel to Chandler's Deli, 3101 East Magnolia in Knoxville by CARPOOL. We will gather and leave the Center at 11:00 a.m.

Thursday, April 11th travel to Aubrey's, Strawberry Plains Pike for lunch by CARPOOL. We will gather and leave the Center at 11:00 a.m.

The April trip will be on Friday the 26th. Travel by bus to Oak Ridge to visit the American Museum of Science and Energy, a Bus Tour of U.S. Department of Energy Facilities and then lunch at Dean's Restaurant on Jackson Square. The cost of the Museum and bus tour is \$4.00 if 10 or more go and the CCC bus fare will be no more than \$6.00. More information about the Museum can be found at www.amse.org and for Dean's Restaurant at www.deansrestaurantandbakery.com. The bus will leave the Center at 10:00 a.m. **PLEASE CALL THE CENTER AND SIGN UP!!**

TRIVIA TEAM

Our Senior Center will compete in Trivia Contests against several of the other Senior Centers beginning on March 22nd at Halls Senior Center at 1:00 p.m. The April contest will be held at Carter Senior Center on April 25th at 1:00 p.m. Each Trivia team consists of three members and an alternate...if you are interested in being a team member, **PLEASE CALL JILL or BELYNDA AT THE CENTER.**

VETERAN'S SERVICES

A representative from Veteran's Services will be at the Center on Tuesday, March 12th at 10:00 a.m. to meet with any veteran or family that has questions regarding their benefits.

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English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-888-663-9174 (TTY: 711).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-618-6836 (TTY: 711).

繁體中文(Chinese): 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-663-9174 (TTY: 711). Y0040_GHHJ4GNEN18 Accepted



**KNOX COUNTY
Corryton Senior Center
9331 Davis Drive
Corryton, TN 37721**

RETURN SERVICE REQUESTED

Glenn Jacobs, Knox County Mayor
Buzz Buswell, Director Veterans & Senior Services
April Tomlin, Senior Services Manager
Jill Green, Corryton Senior Center Coordinator
(865)688-5882
www.knoxcounty.org/seniors
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