

Corryton Connection



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Corryton Senior Center

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Corryton, TN 37721

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UPCOMING EVENTS

MAY

- 2 **MAYOR JACOBS BUDGET MTG**
- 3 Birthday Bingo 10:00 a.m.
- 3 Card Making Class
- 3/4 HMQG Retreat
- 7 Sun-Up Garden Club
- 7 Corryton Jam
- 10 Book Club
- 13 Host Trivia Challenge
- 14 Super Seniors
- 16 Billiards Tournament
- 17 TRIP to Glenmore Mansion
- 20 Battling the Aging Brain
- 21 Corryton Jam
- 22 CPR/Stop the Bleed Training
- 23 Main Munch
- 23 House Mountain Quilter's Guild Monthly Meeting
- 27 **CENTER CLOSED** in observance of Memorial Day

JUNE

- 1 Birthday Bingo
- 1 Card Making
- 4 Sun-Up Garden Club
- 4 Corryton Jam
- 7 Book Club
- 10 Carpool trip to Dipsy Daisy Coffee House in Blaine
- 11 Super Seniors
- 11 HMQG Shop Hop
- 13 HMQG Shop Hop
- 18 Corryton Jam
- 20 Billiards Tournament
- 20 Main Munch
- 20 Trivia Challenge at Karns
- 21 **BELTONE**
- 24 Habits of Happy People
- 27 House Mountain Quilter's Guild Monthly Meeting



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.

We would like to thank our Sponsors and everyone that participated in making Mayor Jacobs' visit to our Center a success.

MAYOR JACOBS WILL BE AT THE CENTER ON THURSDAY, MAY 2ND AT 2:30 P.M. FOR HIS ANNUAL BUDGET MEETING.

BELTONE

Michael Murphy, BC-HIS, will be at the Center June 21st at 8:30 a.m.

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

Join us on Friday, May 3rd at 10:00 a.m., along with Matt Thornton of Health Markets for a great game of Bingo and a treat of cupcakes afterwards to celebrate our May birthdays!!

On Friday, June 7th at 10:00 a.m., join us and Marcee Mathews, Account Executive for East Tennessee Personal Care Services, an Amedisys Company, at 10:00 a.m. for a game or two of Bingo and sweet treats to celebrate June birthdays ...come and join in the fun!

BOOK CLUB

The Book Club meets the Second Friday of each month at 10:00 a.m. The following is a list of book that the Club is reading for 2019:

- May: If You Ask Me: Essential Advice From Eleanor Roosevelt
- June: In Turbulent Times
- July: Where The Crawdads Sing
- August: The All Girls Filling Station's Last Reunion
- September: Member of the Wedding
- October: Miss Dreamville & the Collier County Women's Literary Society
- November: Mrs. Lincoln's Dressmaker
- December: A Mindreader's Christmas

If you love reading and discussing what you have read, please join the Book Club on Friday, May 10th at 10:00 a.m. and then again on Friday, June 7th at

10:00 a.m. in the Center Library.



CENTER CLOSURES

The Center will be closed Monday, May 27, 2019
in observance of Memorial Day.

CHARITY

Well, they say charity begins at home ...so taking that in a different light, we ask for these things for the Center: Horseshoe game (regulation), badminton game, poster board, any crafting materials, coffee pods for kitchen, bottled water, items we can use on our bulletin boards, napkins, paper plates, plastic cups, plastic utensils, etc. THANK YOU ALL SO MUCH...we can use these items to better serve our Seniors.

CORRYTON JAM

PLEASE NOTE CHANGE, CORRYTON JAM IS NOW THE FIRST AND THIRD TUESDAY OF EACH MONTH AT 2:00 P.M.

CRAFTING

Gay Clapp will have her card making class on Friday, May 3rd at 1:00 p.m. and Friday, June 1st at 1:00 p.m. Also, Gay will show us how to Paint a Flower Pot on Wednesday, May 15th at 1:00 p.m.

EXERCISE

AOA class will be at 9:00 a.m. on Mondays and Fridays unless otherwise notified. **(MONDAY, JUNE 10TH AOA IS CANCELLED)** AOA stands for Active Older Adults and the class is stretching, weights and cardio without being too strenuous. Come and join the class and get fit! Yoga Class is every Tuesday and Thursday morning at 9:00 a.m. and is growing by leaps and bounds! Come and join the class and remember to bring your mat. All classes are \$2.00 and instructed by Johnnie Melear.

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

May meeting will be Tuesday, May 7th at 10:30 a.m. at the home of Linda Daniels. The June meeting will be Tuesday, June 4th at 10:30 a.m.

HOUSE MOUNTAIN QUILTERS GUILD

The Guild is holding it's Spring Retreat on Friday, May 3rd and Saturday, May 4th. If you would like to join the members for this retreat, please call a member or the Center to sign up. On Tuesday, June 11th and Thursday, June 13th, the Guild will hold a SHOP HOP. The sign up sheet is in the Quilting Room. 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 are the fourth Thursday of each month. 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 for their child 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.

MAIN MUNCH

May's Main Munch will be Thursday, May 23rd at 11:30 a.m. Mynatt Funeral Home will provide lunch, furnish materials about Mynatt and answer any questions you may have.

On Thursday, June 20th at 11:30 a.m. Rejane Wintter of Gentry Funeral Home will provide sandwich platters for lunch. Ms. Wintter will furnish materials about Gentry and answer any questions you may have.

Sara Mary Wallace will be here in May and June to answer any questions or make referrals for anyone.

SPECIAL PROGRAMS

On Monday, May 20th join us at 12:30 p.m. for another Program in a Box by Teja Cain of COREInsurance Advisors on BATTLING THE AGING BRAIN. The brain is one of the most complex organs in the human body. Learn how the brain works and ways to keep it healthy as you get older. A light lunch will be served.

On Wednesday, May 22nd from 12:30 p.m. to 2:30 p.m. we will have CPR and Stop the Bleed Training. Every year during EMS (Emergency Medical Services) Week (May 19th-25th this year) AMR (American Medical Response) provides free CPR (Cardiopulmonary Resuscitation) training nationwide. They teach compression-only CPR, compression-only pediatric CPR and use of an AED (Automated External Defibrillator). This year they are adding "Stop The Bleed" training so in a mass casualty event people know what to do. Last year they trained more than 65,000 people including seniors at one of Knox County's six Senior Centers. The training takes about 20 minutes.

Teja will present another Program in a Box on Monday, June 24th at 12:30 p.m. on HABITS OF HAPPY PEOPLE. Happiness is a choice and a way of living that anyone can learn. Discover how you can find more joy in every part of your life. You'll also learn tips for staying positive during life's challenges. A light lunch will be served.

SUPER SENIOR TUESDAY

May Super Senior lunch and entertainment is on Tuesday, May 14th at 10:30 a.m. Vivian Adkins will be the entertainment. On Tuesday, June 11th at 10:30 a.m. join the Super Seniors for lunch and entertainment by Maplehill Tino Family Band. 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

Bus trip on Friday, May 17th to the historic Glenmore Mansion in Jefferson City and then lunch at The Creek Café. The bus leaves the Center at 10:00 a.m. (THIS TRIP IS TENTATIVE AS WE HAVEN'T RECEIVED CONFIRMATION FROM GLENMORE, PLEASE CALL THE CENTER TO CHECK STATUS) A carpool trip on Monday, June 10th at 12:30 p.m. to the Dipsy Daisy Coffee House in Blaine.

TRIVIA TEAM

Corryton will host the May Trivia Challenge on Monday, May 13th at 1:00 p.m. Teams from Carter, Halls and Karns will be here to match wits with our team. The Corryton Senior Center Team is "...and the answer is..." members are Janice Donahue, Rob Enders and Leslie Sharpe. Our alternates are Dan Ownby, Pat Lerch and Darlene Polander. Marcee Mathews of East Tennessee Personal Care Services will provide the snacks. PLEASE COME AND CHEER FOR YOUR FAVORITE TEAM!

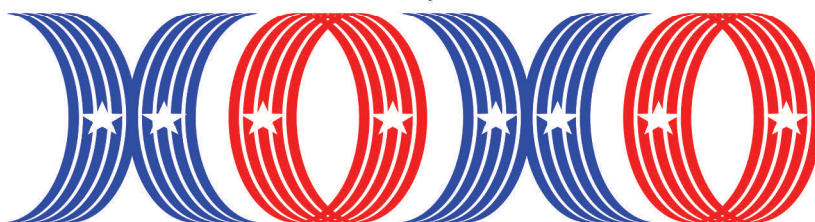
The June Trivia Challenge will be at Karns Senior Center on the 20th at 1:00 p.m.

TRIVIA PRACTICE IS TUESDAYS AT 10:00 A.M.

VETERAN'S SERVICES

On Tuesday, June 11th at 10:00 a.m. a representative from Veterans Services will be at the Center to answer questions regarding benefits or help with any problems our Veterans might be having with their benefits.

Remembering on Memorial Day
Thank You, Veterans!



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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)。

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**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
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