Core Insurance Advisors presents:

Humana Member Orientation
If you are a Humana Medicare member, please join Teja Cain and Linda Ramsey-Stafien in a New Member Orientation on Friday, March 8 @9:00 a.m. Regardless if you have been a Humana member for several years or new to a Humana plan, come hear about specific details about your extra benefits and get answers to any questions you may have with your plan.

Inter-Center Trivia Challenge
We have been challenged! So we need to get practicing once again and get our group built up strong so we can meet the challenge. We plan to practice every third Friday each month at 10:00 a.m. and would love to have some new team members for South Knoxville Senior Center Trivia Group. So along those lines...

On Friday, March 22nd at 1:00 p.m., all six of the County Senior Centers are invited to go to the Halls Senior Center for a little friendly Trivia Competition. Seniors Helping Seniors will be sponsoring light refreshments and a winner will go home with a special prize! Everyone is invited to attend, so sign up by March 15th to reserve your spot.

The next Trivia Competition is planned to be at the Carter Senior Center, Thursday, April 25th at 1:00. Park Place will sponsor refreshments.

If we have at least 10 participants from the South Knoxville Center we can get a CAC bus. Otherwise, we’ll have to carpool.

So sign up and enjoy an afternoon of Trivia competition plus some good fellowship! Please see Janet for more information.

Presidential Fun Facts & Foibles
What are some interesting facts about presidents and first ladies? Some have been memorable, others forgettable. Each if them very human however with all the foibles and eccentricities that entails. Come and learn some of the stranger and lesser known facts about the US Presidents from Mr. Joe Knozer. This is a two day event and will be on Friday, April 5th and also on Friday, April 12th at 9:00 a.m. Refreshments will be provided and there is no charge for this wonderful program! (Politics will not be discussed!)
Senior Spotlight
Meet Mrs. Lois Ellis! She’s quite the active lady and has been coming to the South Knoxville Senior Center since 2008. Lois comes to the Water Peeps (water aerobics) class 3 times/wk. faithfully. She enjoys all the special events and parties planned at the center and we know we can count on Lois to show up with something good to eat! Lois attended Young High School and graduated in 1959. She worked at the Chapman Hwy. Drive-In Theatre and then worked at and ran the Greenhouse, along with her husband Don Ellis, on Henry Haynes Road until 2008 when she decided to retire. Lois attends Stock Creek Baptist Church. She enjoys reading, swimming, water aerobics and spending time with her grandchildren. She enjoys the comradery with her friends in the Water Peeps class and the Water Aerobics classes. When I asked Lois what she enjoyed most about the Senior Center she replied, “this center is one of the best things that’s ever happened to me!”
Thanks Lois for being a part of the South Knoxville Senior Center and always bringing such good spirit to the activities in which you participate.

The Tiny Stitches Quilting Group will now meet every Monday and Wednesday from 11:00-1:00 starting March 4th, 2019.

Canasta
Do you know how to play Canasta? If you do, we need you to join in the fun on Wednesdays at 1:00 and help teach all of us that don’t! If you want to learn how to play, please come and join the fun!

Knox County Veterans Services
Knox County Veterans Services will be here to assist veterans on Thursday, April 18th from 9:00-9:30 a.m. Any veteran or spouse may come for one-on-one assistance with issues, paperwork or questions. No appointment is necessary.

G.A.G.G.—GET UP AND GO GROUP!
This exercise class focuses on balance and incorporates cardio, strength and flexibility as well as a lot of giggles! Come and join the ‘Get Up and Go Group’ on Mondays at 10:00 and Fridays at 11:00 as you start up your exercise regimen to get your body going again. You have the option to use a chair for your balance or just to get started and before you know it, you’ll be feeling so much better!

Knox County Senior Walking/Hiking Group
A variety of walks and activities are scheduled each month with different degrees of difficulty for our seniors to enjoy. The walks will be posted at each of the six senior centers with specific details. The walk for March 19th— William Hastie Urban Wilderness Woodland Wildflower Walk—meet at 1:45 at Anderson School & Headstart— 3 mile walk (hilly pathways with exposed roots and rocks)- bring water. If you would like to be added to the email list or would like more information, please call Carole or April at 865-215-5290 or email carol.conaway@knoxcity.org. We have some fun walks coming up this year!

Knoxville-Knox Co. CAC Urban Agriculture
Seniors will have the opportunity to sign up for free seeds and plants here on March 14th from 10:00-12:00 noon. *Some income guidelines required.

Senior Centers will be closed on Good Friday, April 19th. Happy Easter!

CALL 865-573-5843 TO REGISTER FOR PROGRAMS
**AARP Tax Aide**
Free Income Tax preparation and electronic filing will be available again this year at the South Knoxville Senior Center beginning February 8 thru the middle of April 11th. All appointments at this center will be scheduled on Mondays. **You must make an appt. by calling (865) 521-5569 or you can go online to: volstintax.com to make an appt.** You need to bring: last year’s 2017 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-come, first-serve basis.

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**Trip to Harrah’s**
Let’s go over to Harrah’s and win some money! We will be a taking Rocky Top Tour Bus to Harrah’s on **Monday, April 15th**. The bus will pick up at South Knox at 8:30 a.m. and then travel up to the Carter Senior Center for a pick up of more seniors and then we’re on our way! Be sure and bring a photo I.D. and you must have an email address. (See Janet if you don’t have email. Cost is $30.00/person/receive $30.00 to play at the casino! Space is limited so **register by April 8th**!)

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**Gospel Singing**
Gospel singing will resume on **April 22!** Join us at 1:00. Anyone who plays an acoustic instrument is welcome to join in to play and sing.

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**Toenail Trimming**
Toenail trimming is available at the South Knoxville Senior Center for only $12.00. We have appointments from 9:00-3:00. Next appointments are **Wednesday, March 20th and Wednesday, April 17th**. Call for an appointment.

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**Senior Information & Referral**
is a service of the CAC Office on Aging and is available to assist you. Just call (865) 456-6262.

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**Field Trip to Sustainable Future Center & Love That Bar-B-Que**
Have you ever wondered what that building was beside the South Knoxville Community Center in Vestal? It is the Sustainable Future Center. They grow vegetables and also provide food as part of the FISH Project. It is also so much more. There are opportunities for seniors to be involved in the programs that are really interesting and your chance to volunteer in worthwhile projects. Come with us on **Wed., March 20th, 11:00 a.m.,** for a tour and then we’ll all meet over at Love That Bar-b-Que for a great lunch! Please sign up at the front desk or by calling the center by March 12th. Transportation TBA.

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**Programs in A Box**
Teja Cain, with CoreInsurance Advisors has put together several informative programs for us that I’m certain will be of interest to you. Every second **Monday of the month from 9:00-10:00,** she will offer a special topic. So keep your eyes open for the “Program In A Box” listed each month! The Program for **March 11th** is: **Eat This, Not That**—You can eat out and still eat healthy. Learn to make smart choices and how easy it is to swap foods with healthier alternatives.

The **April 8th** program is: **Food & You—What’s Aging Got to Do With It?**—Our bodies need different foods and nutrients to function optimally as we age. Learn tips for adapting your diet as your metabolism, taste buds, and digestion change. Please RSVP at the front desk or call the center

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**TO REGISTER FOR OUR PROGRAMS, CALL 865-573-5843**
New to Medicare? HAVE QUESTIONS?

As an industry leader for 30 years, our first priority has always been to get you the benefits you want at a price you can afford.

One of our licensed Humana sales agents right here in Knoxville is waiting to serve you.

Our agent will speak with you over the phone or in the comfort of your home. He or she will listen to what benefits you want and help you choose a Humana Medicare plan that’s right for you.

Put decades of experience to work for you today.

Humana.

Humana is a Medicare Advantage HMO, PPO and PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Humana Inc. and its subsidiaries (“Humana”) do not discriminate on the basis of race, color, national origin, age, disability or sex.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you.

Español (Spanish): ATENCION: Si habla espanol, tiene a su disponicion servicios gratuitos de asistencia linguistica.

Call a licensed Humana sales agent.

1-888-663-9174 (TTY: 711)
8 a.m. – 8 p.m., seven days a week
¿En Español? Llame gratis al 1-800-663-9174 (TTY: 711)

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

Glenn Jacobs, 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.

Our thanks to Humana for their support in sponsoring the Senior Center’s newsletters.
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8:45 Dulcimer  
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10:00 Gentle Flow Yoga  
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1:00 Water Aerobics  
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9:00 Painting  
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11:00 Water Peeps  
1:00 Canasta  
2:00 Ping Pong | **4** | **9:00 Water Aerobics**  
9:00 South Knox Opry  
12:15 Line Dance  
1:00 ROOK/Pinochle  
1:00 Water Aerobics  
2:00 Aquaball | **5** | **8:45 Adv. Cardio Fitness**  
9:00 Presidential Fun Facts & Foibles  
9:00 Water Aerobics  
10:00 Yoga  
11:00 G.A.G.G.  
11:00 Water Peeps  
11:00 Cards  
12:00 Tai Chi Practice  
1:00 Water Aerobics  
1:10 Painting |
| **8** | **9:00 AARP Taxaide**  
(by Appt.)  
9:00 Food & You:  
What's Age Got to Do With It?  
9:00 Water Aerobics  
10:00 G.A.G.G.  
11:00 Quilting  
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**HARRAH'S TRIP**  
(RSVP) Bus leaves at 8:30 a.m. | **16** | **8:45 Adv. Sr. Cardio Fit.**  
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2:00 Aquaball | **17** | **8:30 Guitar Lessons**  
9:00 Toenail Trim  
(by appt.)  
9:00 Painting  
11:00 Quilting  
11:00 Water Peeps  
1:00 Canasta  
2:00 Ping Pong | **18** | **9:00 Water Aerobics**  
9:00 South Knox Opry  
9:00 Veterans Services Here  
12:15 Line Dance  
1:00 ROOK/Pinochle  
1:00 Water Aerobics  
2:00 Aquaball | **19** | Closed for Good Friday |
| **22** | **9:00 Water Aerobics**  
10:00 G.A.G.G.  
11:00 Quilting  
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**Gospel Sing** | **23** | **8:45 Adv. Sr. Cardio Fit.**  
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9:00 South Knox Opry  
12:15 Line Dance  
1:00 ROOK/Pinochle  
1:00 Water Aerobics  
1:00 Trivia Competition  
**Carter Senior Cnt.**  
2:00 Aquaball | **26** | **8:45 Adv. Sr. Cardio Fit.**  
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11:00 Water Peeps  
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1:10 Painting  
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