**South Knoxville Senior Center**

**CENTER HOURS**
Monday-Friday
7:30-4:00 p.m.
Pool Hours 7:30-3:30
Ph. (865) 573-5843
Fax (865) 573-5880

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**Mayor Glenn Jacobs**

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**Special Events**

- **May 2**- Mayor Jacobs- 2020 Budget Presentation- 12:30
- **May 9**- SK Beaders & Crafters Mothers Day Fair- 9:00-2:00
- **May 9**- Mother’s Day Morning Munchies- 9:00-12:00 at the Opry
- **May 13**- Protect Yourself Against Scams- 9:00
- **May 13**- Inter-Center Trivia- Corryton Sen. Cnt.- 1:00
- **May 15**- Toenail Trim- 11:30-by appt.
- **May 20**- CPR/Stop The Bleed Train.- 10:00-12:00
- **May 20**- Gospel Sing- 1:00
- **May 21**- Senior Walk-Will Skelton Greenway- 10:00
- **May 27**- Closed for Memorial Day
- **May 30**- South Knoxville Sen. Cnt. Open House- 9:00-2:00
- **May 31**- Trip to Brushy Mt. Pen- Bus leaves 8:00- by RSVP
- **June 10**- Partner With Your Doctor- 9:00
- **June 13**- Donuts for Dad @ SK Opry- 9:00-12:00
- **June 19**- Toenail Trim- by appt.
- **June 24**- Gospel Sing- 1:00

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**“RAISING KANE” AT THE SOUTH KNOXVILLE SENIOR CENTER OPEN HOUSE!**

**9:00-2:00 p.m., May 30th**

We’re inviting all people age 50 and older to come join us in ‘raising some Kane’ at our “Hillbilly Mania Open House” and see what you’ve been missing on **Thursday, May 30th!**

**Woodmen Life** will be serving up some fried chicken and there will be plenty of other good foods to eat. Bring your favorite dish to share to compliment the chicken and we’ll treat Knox County Mayor Glenn Jacobs to some good ole South Knoxville home cookin’ around 12:00 noon! We’ll also have several sponsors and guests that will help make our Open House a success including: Dignity Memorial, CORE Insurance Advisors, Senior Home Assistance, Edward Jones, Clear Captions, United Healthcare, Blue Cross/Blue Shield of Tennessee, Maxim Healthcare, Walgreens, Office on Aging Senior Information and Referral, and Woodmen Life.

We encourage each of you to bring someone new to introduce to the senior center. There is always something happening at the center; music, card games, water aerobics, exercise classes, line dancing, Tai Chi classes, special events, field trips, or just meeting up with old friends. You’re sure to have a good time and it’s free!

**So come and visit us on Thursday, May 30th from 9:00-2:00 for our Open House at the South Knoxville Senior Center!**
Field Trip to Brushy Mt. Prison
Brushy Mt. State Penitentiary was the last place you wanted to be sent. Known as the “End of the Line”, Brushy was a maximum security prison that held murderers, robbers, rapists; evil men who committed heartless crimes with little remorse. Once you came here there was little chance you’d ever leave. Prison sentences were 200 years or more. We’re going on a field trip (not to stay!), to the Historic Brushy Mt. State Penitentiary for a guided tour on Friday, May 31st.
Cost is $28.00. This includes admission, transportation & guided tour of the facility. We will be eating lunch at The Warden’s Table. A typical lunch is $11-13 plus tax depending on the menu you select. The bus will be leaving the senior center at 9:00 for Petros, TN. Deadline to sign up for this trip is May 21st. Space is limited.

Knox County Mayor Jacobs Gives 2020 Budget Presentation
Knox County Mayor Glenn Jacobs will be here to present the 2020 Knox County budget from 12:30 – 1:00 on Thursday, May 2, 2019. Everyone is welcome to attend.

South Knox Opry
If you enjoy listening or even playing bluegrass, country or gospel music we have the place for you! Every Thursday from 9:00-12:00 noon, the South Knox Opry is a “jam session” for all who play acoustic instruments. So we invite you to join us. New talent is always welcome. The fellowship is really the best part. You’re sure to run into someone you know when you come which makes it extra fun. So ‘take down yer fiddle and rosin up yer bow’ and head on down to the South Knox Opry on Thursday mornings!

EMERGENCY MEDICAL SERVICES WEEK-MAY 19TH-25TH –10:00-12:00 AMR (American Medical Response) provides free CPR training nationwide. They teach compression -only pediatric CPR and use of an AED. Also “Stop the Bleed” training will be taught so in a mass casualty event people will know what to do. Last year they trained more than 65,000 people including seniors at the South Knoxville Senior Center. Training only takes about 20 minutes.

Tai Chi Walking
Taking a 30 minute walk a day is kind of like the proverbial apple. There’s a good chance it’ll keep the doctor away. From helping you lose weight and de-stressing, going for regular walks is one of the best and easiest things you can do for your health. Walk on your own or with a buddy during the week and come on Fridays from 11:30-12:00 noon and walk with Don Parsley, Tai Chi Instructor, before you head into the Tai Chi practice session at 12:00. You are welcome to walk with the group whether you participate in Tai Chi or not.

Knox County Senior Walk
Join us on Tuesday, May 21st when we will begin by walking a portion of the Will Skelton Greenway spanning through Ijams Nature Center and Forks of the River Wildlife Management area operated by TWRA (TN Wildlife Resource Agency). This walk will be approximately 3.6 miles. We will meet up at the Ijams Welcome Center (2915 Island Home Ave.) at 10:00 a.m. The walk will be over paved and graveled trails. There are a few places to sit and rest along the way. After the walk you’re more than welcome to join us at Kay’s Ice Cream (6200 Chapman Hwy) for a sweet treat. This walk will be lead by Darrell Gooding, Coordinator at Strang Senior Center. For more information you may contact Darrell at (865) 670-6693.

South Knox Beaders & Craft Sale
The ladies have been hard at work getting their jewelry, pies and crafts ready for their Spring Sale on Thursday, May 9th from 9:00-2:00. So bring some extra money and get your Mother’s Day shopping done!

Thanks to our friends at Humana for making the newsletters possible for the seniors of Knox County!
**Senior Spotlight**

Our spotlight this month is focused on Ms. Lillie Brewer. Lillie has been attending the South Knoxville Senior Center for about one year. She graduated from Rule High School in 1958. She is retired from Walmart where she served for 24.5 years! Lillie enjoys going to the beach and spending time with her three daughters and five grandchildren. She has attended Mt. Olive Baptist Church for the past 50 years. She is very active at the South Knoxville Senior Center and if she’s absent one day, we do become concerned because it seems she’s here daily. She comes to play ROOK three days a week, Canasta one day a week and Dominos one day a week so there you have it, her week is full and we do enjoy her beautiful smile and friendly spirit at the center! Lillie also enjoys going on the field trips and tends to be one of the first to register to go. When I asked Lillie what she enjoyed most about coming to the senior center her response was, “the fellowship, meeting new people and all the different activities you have here”. We’re so glad to have Miss Lillie as a part of the South Knoxville Senior Center!

**Mother’s Day Morning Munchies**

Join us on Thursday, May 9th at the South Knox Opry from 9:00-12:00 as we celebrate all the wonderful moms with some great munchies provided by Core Insurance Advisors. Of course you are also encouraged to bring some goodies of your own to share and show your appreciation to all our great mothers!

**Donuts for Dad @ South Knox Opry**

(Sponsored by CoreInsurance Advisors)

Be sure and come on Thursday, June 13th as we recognize all the Dads with donuts in honor of Fathers Day!

**Inter-Center Trivia Challenge**

Do you enjoy Trivia or simply learning new things? Then join in the fun as we travel to the **Corryton Senior Center on Monday, May 13th at 1:00** to challenge the other 5 county Senior Centers to a match of Trivia. Everyone is invited to attend and a beautiful trophy is there to be won to bring back to the winning center until the next time! Call the center for more info or just speak with Janet to learn how to get involved with the SoKno Skolerz!

**Programs in a Box**

*(presented by Core Insurance Advisors)*

- **May 13th**—Protect Yourself Against Scams—The price of scams is much more that financial. Find out why seniors are targeted, the toll it can take on your health, and how to protect yourself.
- **June 10th**—Partner With Your Doctor—You and your doctor are a team. Work closely with him or her. Ask questions. Listen closely. Follow their advice. Find out how to work with your doctor to meet your needs and stay healthy.

*Programs in a Box meet the 2nd Monday of each month at 9:00 a.m. so keep your eyes open for topics of interest each month!*

**Gospel Singing & Music**

Gospel singing will be held on **Monday 20th and also on Monday, June 24th at 1:00.** All acoustic instrument players are encouraged to join in to make a joyful noise! We hope you will join us on these afternoons. It’s certain to brighten your day!

**Toenail Trimming**

Toenail trimming is available at the South Knoxville Senior Center for only $12.00. Call to schedule an appointment on **Wed., May 8th and Wed., June 19th.**

**Staff Member Retiring**

We’d like to wish Ms. Lenna Hill the best as she moves to the next chapter of her life in June. Lenna is retiring after 33 years of working with Knox County. She has worked as an assistant at the South Knoxville Senior Center for the past three years. Lenna also worked at the Knox County Health Dept. We will miss Lenna’s friendliness and pleasant demeanor at the center. Best wishes Lenna!
South Knoxville Senior Center
6729 Martel Lane
Knoxville, TN 37920
(865)573-5843

Honorable 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.
**SOUTH KNOXVILLE SENIOR CENTER**  
6729 Martel Lane  
Knoxville, TN  37920  
(865)573-5843  

**May 2019**  

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| **Come celebrate the South Knoxville Senior Center's Open House on May 30th from 9:00-2:00!! Lots of free food and entertainment!!** | **1** 8:30 Guitar Lessons  
9:00 Painting  
9:00 South Knox Opry  
11:00 Quilting  
12:15 Line Dance  
1:00 ROOK/Pinochle  
2:00 Water Aerobics  
2:00 Aquaball | **2** 9:00 Water Aerobics  
9:00 South Knox Opry  
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1:00 ROOK/Pinochle  
1:00 Water Aerobics  
2:00 Aquaball | **3** 8:45 Adv. Cardio Fitness  
9:00 Water Aerobics  
10:00 Yoga  
11:00 G.A.G.G.  
11:00 Water Peeps  
11:00 Cards  
11:30 Tai Chi Walking  
12:00 Tai Chi Practice  
1:00 Water Aerobics  
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1:10 Painting  
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| **6** 9:00 Water Aerobics  
10:00 G.A.G.G.  
11:00 Quilting  
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12:30 Dominos  
1:00 Water Aerobics  
2:00 Aquaball | **7** 8:45 Adv. Sr. Cardio Fit.  
8:45 Dulcimer Lessons  
9:00 Water Aerobics  
10:00 Mind & Body  
10:00 Crafts/Beading  
1:00 Cards  
1:00 Water Aerobics  
2:00 Aquaball | **8** 8:30 Guitar Lessons  
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11:00 Quilting  
11:00 Water Peeps  
1:00 Canasta  
2:00 Ping Pong | **9** 9:00 Water Aerobics  
9:00 South Knox Opry  
*Mother's Day Celebration @ the South Knox Opry* (Sponsored by Core Insurance Advisors)  
9:00 Mother's Day Crafter's and Beader's Sale  
12:15 Line Dance  
1:00 ROOK/Pinochle  
1:00 Water Aerobics  
2:00 Aquaball | **10** 8:45 Adv. Sr. Cardio Fit.  
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9:00 Protect Yourself Against Scams (Program In A Box - Core Insurance Advisors)  
10:00 G.A.G.G.  
11:00 Quilting  
11:00 Water Peeps  
12:00 Trivia Comp. @ Corryton (lunch provided)  
12:30 Dominos  
1:00 Water Aerobics  
2:00 Aquaball | **14** 8:45 Adv. Sr. Cardio Fit.  
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11:00 Water Peeps  
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2:00 Ping Pong | **23** 9:00 Water Aerobics  
9:00 South Knox Opry  
12:15 Line Dance  
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<td><strong>Water Aerobics and swimming!</strong></td>
<td><strong>Crafts &amp; Beading every Tuesday at 10:00!</strong></td>
<td><strong>Red Hats meet the 2nd Tuesday each month at 11:00! Everyone welcome!</strong></td>
<td><strong>South Knox Opry every Thursday 9-12! Y’all come!</strong></td>
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