Mayor Glenn Jacobs

CENTER HOURS
MONDAY-FRIDAY
7:30-4:00
Pool Hours 7:30-3:30
Ph. (865)573-5843
FAX (865)573-5880

Special Events
July 11—Watermelon Party-9:00-12:00 @ SK Opry (Sponsored by Williamsburg Villas)
July 15—Blue Plate Special Trip-11:00—FREE
July 15—Toenail Trim (by appt.)
July 18—Veterans Services at the Center—9:00-9:30
July 22—Gatlinburg Skylift/Skybridge Trip-9:00
July 22—Gospel Sing-1:00
Aug. 5—Your Home Team Care Lunch and Learn—11:00—Lunch by RSVP
Aug. 8—Ice Cream Party—10:00-12:00—sponsored by Avalon
Aug. 12—Blue Plate Special Trip p-11:00 & Lunch at Mkt. Square
Aug. 21—Toenail Trim (by appt.)
Aug. 23—Titanic Field Trip-8:00
Aug. 26—Gospel Sing-1:00

Watermelon Party at the South Knox Opry
Be sure and come to the South Knox Opry on Thursday, July 11th from 9:00-12:00 and enjoy some good ole' watermelon! Williamsburg Villas will be sponsoring the watermelons so be sure to come. And of course we'll have a ‘seed-spittin’ contest too!

Gatlinburg Skylight—Sky Bridge Field Trip—Not for the Faint of Heart!
Are you up for a challenge? Do you want to cross the longest pedestrian suspension bridge in North America right here in our own back yard? Then join us on Monday, July 22nd as we head up the road to Gatlinburg and tackle this thing! We will take a CAC bus, leaving the South Knoxville Senior Center at 9:00 a.m. We'll stop in Pigeon Forge for a quick lunch before going up to Gatlinburg. Cost for the trip is $27.95,

A very special thanks to all the sponsors that helped make the South Knoxville Senior Center Open House so wonderful! Shout out to: Commissioner Carson Dailey, WoodmenLife, Knox County Stormwater Director, Roy Authur, Dignity Memorial ,Berry Highland South, Core Insurance Advisors, Senior Home Assistance, Williamsburg Villas, Avalon Hospice, Clear Captions, United Healthcare, Maxim Healthcare, Senior Information & Referral, RSVP (Retired Seniors & Volunteer Program), Cigna, Walgreens, Edward Jones and Mayor Glenn Jacobs! All of you all ROCK!!

Let’s Go to the ‘Blue Plate Special’
On Monday, July 15th, we’re going to downtown Knoxville to listen to some good music. WDVX ‘Blue Plate Special’ is a live performance radio show held at noon each day, with your host, Red Hickey, inside the Knoxville Visitor Center. The show is free! Bring a sack lunch and drink if you want. The CAC bus will leave for downtown at 11:00. If you would like to attend this fun event, please RSVP by Friday, July 12th. We will also go again on Monday, August 12th for more “agile” seniors who would enjoy walking to Market Square after the show to eat.
Your Home Team Care
Senior In-Home Care Services
When someone you love needs more care than you can give, call the experts. Your Home Team Care delivers compassionate in-home care and other services that enable seniors to be as safe and independent as possible.
Join them on Monday, August 5th, for a Lunch and Learn at 11:00 to learn more about what they can offer you and your family. Please call to register by Thursday, Aug. 1st so the lunch order can be made.

G.A.G.G. classes will resume in September.

The swimming pool will be closed for cleaning the week of August 26-Sept. 2nd. Plans are to open on regular schedule on Tuesday, Sept. 3rd.

Tai Chi Walking Group
Join in Tai Chi Walking Group every Friday at 11:30. They do a good 30-minute brisk walk around the track before heading inside for their practice. Everyone’s invited to walk with the group even if you’re not involved in Tai Chi.

Senior Spotlight
The spotlight this month is on Mrs. Kathy Fox. Kathy has attended the South Knoxville Senior Center for the last 10 years. She has participated in water aerobics, yoga, Covenant Health Sr. Cardio Fitness Classes, and art class. She has been our Line Dance Instructor for the last four years. She currently instructs Line Dance at five locations in Knoxville, including the Halls Senior Center. Kathy’s hobbies include reading, art and spending time with her granddaughter.
She has been married to her husband Mike for 45 years. She attended Holston High School and retired from the City of Knoxville after 35 years in various Administrative positions. When I ask Kathy what she enjoyed most about coming to the South Knoxville Senior Center she replied, “the people are just so nice and I’ve learned so much from many of them. It’s such a happy place and I enjoy spending time here.”
Thanks for the time you dedicate to our center as well as to all the other centers in Knoxville teaching the art of dance, Kathy! Your efforts have not gone unnoticed!

Senior Referral
A Service of the CAC Office on Aging, Senior Information and Referral is available to you. You may call (865)456-6262. Senior Referral will be at the South Knoxville Senior Center on Thursday, July 11th from 9:00-11:00.
Beat the Heat with New Indoor Activities Scheduled at The Center!

- Dominoes—Every Monday at 12:30
- ROOK & Pinochle—Tues., Thurs. @ 1:00 and Fridays @ 11:00
- Aquaball—Every afternoon @ 2:00 except Wed.

Don’t just sit around the house... Come join the fun!

Titanic Field Trip—Pigeon Forge
Welcome aboard! The Titanic Museum opens the door to the past in it’s one-of-a-kind way—letting “passengers” experience what it was like to walk the hallways, parlors, cabins, and grand staircase. After our tour, we will go to the 1830’s Old Grist Mill, which anchors a complex with two country cooking eateries plus pottery, candy and toy shops.

Cost for the tour and transportation is $35.00. Please bring additional money for lunch and shopping. Trip will be Aug. 23rd but come by the Center and pay by check by Aug. 6th to reserve your spot! Bus will leave the center at 8:15. Space is limited!

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 Monday, July 15th and Wednesday, August 21st. Call for an appointment.

Wish List for the Center
New end coffee tables for the lobby area
Bird Bath for the front island
Topsoil for the small gardens

Knox County Veterans Services
A representative will be here on Thursday, July 18th from 9:00 to 9:30 a.m. Any Veteran or spouse may come for one-on-one assistance with veteran’s issues, paperwork or questions. You may also contact them at (865)215-5645.

Covenant Health bodyworks
Advanced Sr. Cardio Fitness is held at 8:45 on Tuesdays and Fridays.
This class is designed for active seniors who want a challenging workout and are able to do mat work on the floor. Class is $3.00.

Mind and Body is held at 10:00 on Tuesdays.
The class incorporates some yoga, some Pilates and lot of core work. You will need a mat as there is floor exercise. Cost is $3.00/class. The instructor for both Covenant Health bodyworks classes is Mrs. Gina Hauck, certified Instructor for Covenant Health.

Gospel Singing
Gospel singing will be held Monday, July 22nd and Monday, August 26th.

AVALON IS HAVING US AN ICE CREAM PARTY!

Thursday, August 8th
10:00-12:00 @ SK OPRY

Our thanks to Humana for their support in sponsoring the newsletters.

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 advertisement]

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

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.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>9:00 Water Aerobics</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
<td>8:30 Guitar Lessons</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
</tr>
<tr>
<td>11:00 Quilting</td>
<td>8:45 Dulcimer 9:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Crafts/Beading 11:00 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Mixed Tai Chi 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</td>
<td>9:00 Painting 11:00 Quilting 11:00 Water Peeps</td>
<td>9:00 Water Aerobics 9:00 Painting 11:00 Quilting 11:00 Water Peeps</td>
<td>9:00 Water Aerobics 9:00 Painting 11:00 Quilting 11:00 Water Peeps</td>
</tr>
<tr>
<td>11:00 Water Peeps 12:30 Dominos 1:00 Water Aerobics 2:00 Aquaball</td>
<td>10:00 Gentle Flow Yoga 10:30 Crafts/Beading 11:00 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Mixed Tai Chi 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</td>
<td>10:00 Yoga 11:00 Water Peeps 11:00 Cards 11:30 Walking 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>9:00 Water Aerobics</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
<td>8:30 Guitar Lessons</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
</tr>
<tr>
<td>11:00 Quilting</td>
<td>8:45 Dulcimer 9:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Crafts/Beading 11:00 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Mixed Tai Chi 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</td>
<td>9:00 Painting 11:00 Quilting 11:00 Water Peeps</td>
<td>9:00 Water Aerobics 9:00 South Knox Opry Watermelon Party! 12:15 Line Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 2:00 Aquaball</td>
<td>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</td>
</tr>
<tr>
<td>11:00 Water Peeps 12:30 Dominos 1:00 Water Aerobics 2:00 Aquaball</td>
<td>10:00 Gentle Flow Yoga 10:30 Crafts/Beading 11:00 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Mixed Tai Chi 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</td>
<td>10:00 Yoga 11:00 Water Peeps 11:00 Cards 11:30 Walking 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>9:00 Water Aerobics</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
<td>8:30 Guitar Lessons</td>
<td>9:00 Water Aerobics 9:00 South Knox Opry 9:00 Veterans Services Here</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
</tr>
<tr>
<td><em>9:00 Toenail Trim (by Appt.)</em></td>
<td>8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Crafts/Beading 11:00 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Mixed Tai Chi 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</td>
<td>9:00 Painting 11:00 Quilting 11:00 Water Peeps</td>
<td>12:15 Line Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 2:00 Aquaball</td>
<td>10:00 Yoga 11:00 Water Peeps 11:00 Cards 11:30 Walking 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</td>
</tr>
<tr>
<td>11:00 Quilting 11:00 Water Peeps 12:30 Dominos 1:00 Water Aerobics 2:00 Aquaball</td>
<td>11:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Crafts/Beading 11:00 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Mixed Tai Chi 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</td>
<td>11:00 Water Peeps 11:00 Cards 11:30 Walking 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>9:00 Water Aerobics</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
<td>8:30 Guitar Lessons</td>
<td>9:00 Water Aerobics 9:00 South Knox Opry 12:15 Line Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 2:00 Aquaball</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
</tr>
<tr>
<td>11:00 Quilting 11:00 Water Peeps 12:30 Dominos 1:00 Water Aerobics 2:00 Aquaball</td>
<td>8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Crafts/Beading 11:00 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Mixed Tai Chi 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</td>
<td>9:00 Painting 11:00 Quilting 11:00 Water Peeps</td>
<td>9:00 Water Aerobics 9:00 South Knox Opry 12:15 Line Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 2:00 Aquaball</td>
<td>9:00 Water Aerobics 9:00 Water Aerobics 11:00 Water Peeps 11:00 Cards 11:30 Walking 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</td>
</tr>
<tr>
<td>11:00 Water Peeps 12:30 Dominos 1:00 Water Aerobics 2:00 Aquaball</td>
<td>9:00 Water Aerobics 9:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Crafts/Beading 11:00 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Mixed Tai Chi 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</td>
<td>10:00 Yoga 11:00 Water Peeps 11:00 Cards 11:30 Walking 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td>32</td>
<td>33</td>
</tr>
<tr>
<td>9:00 Water Aerobics</td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
<td>8:30 Guitar Lessons</td>
<td><em>Please note rescheduling of toenail trim day this month.</em></td>
<td>8:45 Adv. Sr. Cardio Fit.</td>
</tr>
<tr>
<td>11:00 Quilting 11:00 Water Peeps 12:30 Dominos 1:00 Water Aerobics 2:00 Aquaball</td>
<td>8:45 Dulcimer Lessons 9:00 Water Aerobics 10:00 Gentle Flow Yoga 10:30 Crafts/Beading 11:00 Seated Tai Chi 11:30 Standing Tai Chi 12:30 Mixed Tai Chi 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball</td>
<td>9:00 Painting 11:00 Quilting 11:00 Water Peeps</td>
<td>9:00 Water Aerobics 9:00 Water Aerobics 12:15 Line Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 2:00 Aquaball</td>
<td>9:00 Water Aerobics 9:00 Water Aerobics 11:00 Water Peeps 11:00 Cards 11:30 Walking 12:00 Tai Chi Practice 1:00 Water Aerobics 1:10 Painting 2:00 Aquaball</td>
</tr>
<tr>
<td>Mon</td>
<td>Tue</td>
<td>Wed</td>
<td>Thu</td>
<td>Fri</td>
</tr>
<tr>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td><strong>Senior Information and Referral</strong> - Free assistance available by phone or appt. - Call (865) 346-6262</td>
<td><strong>Knox County</strong>&lt;br&gt;CAC Transit&lt;br&gt;Transportation Services for Knox County Residents - Call (865)524-0319</td>
<td><strong>1</strong>&lt;br&gt;9:00 Water Aerobics&lt;br&gt;9:00 South Knox Opry&lt;br&gt;1:00 ROOK/Pinochle&lt;br&gt;1:00 Water Aerobics&lt;br&gt;1:30 Line Dance&lt;br&gt;2:00 Aqua ball</td>
<td><strong>2</strong>&lt;br&gt;8:45 Adv. Sr. Cardio Fit.&lt;br&gt;9:00 Water Aerobics&lt;br&gt;10:00 Yoga&lt;br&gt;11:00 Water Aerobics&lt;br&gt;11:00 Cards&lt;br&gt;11:30 Walking&lt;br&gt;12:00 Tai Chi Practice&lt;br&gt;1:00 Water Aerobics&lt;br&gt;1:10 Painting&lt;br&gt;2:00 Aquaball</td>
<td><strong>5</strong>&lt;br&gt;9:00 Water Aerobics&lt;br&gt;11:00 Your Home Team Care Lunch &amp; Learn Program - RSVP</td>
</tr>
</tbody>
</table>

**POOL CLOSED**

**POOL CLOSED**

**POOL CLOSED**

**POOL CLOSED**