**LET'S GO TO THE ZOO! IT'S SENIOR DAY!**

On **Thursday, September 26th**, the Knoxville Zoo will be having "Senior Day at the Zoo" which means anyone 65 or older gets free admission! We will be taking a CAC bus so that eliminates paying to park so what a great day! If you would like to join us on this day trip, please register at the front desk or by calling the center. Seats will fill up fast on the bus as the ride over is free also, so register quickly! The bus will **leave the center at 9:30 and return by 2:00**. There is no charge for the trip so join in the fun!

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**Let’s go to Harrah’s!**

We’ll be taking a trip “over the mountain” to Harrah’s on **Monday, Sept. 30th**. Rocky Top Tours will provide the bus. You pay $30.00 and get $40.00 to play! What a deal! The bus will pick up seniors at the South Knoxville Senior Center at **8:30 a.m.** and then travel up to the Carter Senior Center for another pick up. We will leave Harrah’s at 3:30. Space is limited so reserve your seat early. Cash only please. Money is non-refundable as it has to be deposited ahead of time. **Payment for the trip is due by Friday Sept. 13, 2019.**

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**East Tennessee Senior "Brain Games"**

Seniors representing the South Knoxville Senior Center will be part of a regional competition to highlight the knowledge and strategy characteristic of East Tennessee’s “greatest generation”. The game is played similar to Jeopardy, with a host, however, rather than 3 individuals, there are teams of 3 players. Teams work together to answer the questions, pooling their knowledge base. ‘Senior Brain Games’ is both strategy based and knowledge based. The competition date is **Thursday, Sept. 19th, at the John T. O’Connor Center, beginning at 10:00 a.m.**. We'd love to have a lot of people come and cheer on the SoKno Skolerz to yet another victory!

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**Let’s Go to Dollywood for the Halloween Celebration!**

**Attention all Dollywood Season Pass holder... let’s all go to Dollywood together for a day of fun Friday, October 18th,** we will be taking a CAC bus so you won’t have drive and fight the traffic or wonder where you’re going to park! The bus will leave the South Knoxville Senior Center at 9:00 a.m. and pick us back up at Dollywood at 3:00 p.m. Cost to ride the bus is only $7.00-10.00 (depending on # signing up to go). Seating is limited people so call early for reservations. *Money & reservations are due by Thurs. 3rd.*
SHOW YOUR TRUE COLORS!
Come dressed in your favorite football teams’ colors (college or professional) to the South Knox Opry on Thursday, Sept. 5th, 9:00-12:00! That way we can see who’s rootin’ for who! Also, we’ll be sharing some good tailgatin’ food so bring your best munchies for the party! GO VOLS!

HALLOWEEN PARTY FOR OLD HIPPIES
Alright all you ole’ hippies’ it’s time to break out the ‘bell-bottom pants, polyester suits, wide bottom ties, and funky colored shirts and love beads and have ourselves a Halloween Party to remember (or not! HA! HA!)!

HALLOWEEN PARTY FOR OLD HIPPIES!!

OCTOBER 31 9:00-12:00
9:00 -12:00

Humana Annual Notice of Change Meeting will be on Friday, October 11th at 1:30. Come meet with Linda Ramsey-Staffen as she reviews the changes with you.

Cigna – Sales Meeting
You’re invited to come and meet with Mr. Andy Williams for the Cigna Sales Meeting on Monday, Oct. 11th at 9:30 a.m.

G.A.G.G. –Get Up and Get Going
Come join us starting Monday, September 9th at 10:00 for our new and improved G.A.G.G. Class! This class meets regularly on Mondays at 10:00 and Fridays at 11:00. We will be focusing on balance, flexibility, core strength and cardio fitness using a variety of equipment and training tools. Most of the exercises can be done while seated. Dress comfortably and wear rubber soled shoes. Some equipment is provided. Cost is $2.00/class. This is a drop-in class and everyone is welcome!

Senior Spotlight
Mr. Don Parsley is in the spotlight! He has been teaching/volunteering at the South Knoxville Senior Center for the past 12 years. Don is certified as a Senior Fitness Specialist and a Tai Chi Instructor. He leads three classes a week at the center and a walking group. We also have to be cautious about talking about things we “wish” we had at the center because if Don “overhears” us, those “wishes” mysteriously appear! Don grew up in Thomasville, N.C. He served in the U.S. Army and retired in 1987. He has been married to his wife JoAnn for 51 years.

Don also teaches Tai Chi classes at the Carter, Halls, Karns Senior Centers and St. Paul United Methodist Church. In his “free time” he enjoys gardening and traveling. When I asked Don what he liked most about the senior centers he replied, “Knox County has more to offer seniors than anywhere I’ve ever been! I mean really. You just don’t go to other cities or towns and find as much for the seniors to do. It’s just great what Knoxville has done for this generation!”

Senior Referral
A Service of the CAC Office on Aging, Senior Information and Referral is available to you for any senior assistance. You may call (865)456-6262. Senior Referral will be at the South Knoxville Senior Center on Sept.5th and Oct.3rd from 9:00-11:00.

Walgreens Immunization Program will be here on Thursday, Oct. 3rd to offer flu shots from 9:00-11:00.

Smoky Mt. Hospice hosts: Veterans Meet & Greet Banana Split Party!
All Veterans are invited to join the staff from Smoky Mt. Hospice for a good ole’ banana split and get together with fellow veterans at the South Knoxville Senior Center on Monday, October 14th from 11:00-12:00. Please feel free to invite your fellow comrades to stop by and
Knox County Senior Walking/Hiking Group
September’s Senior Walk is scheduled Sept. 17th at 9:00 a.m. for a sightseeing tour in the World’s Fair Park. We will meet at 1060 World’s Fair Park Dr. There are paved walking trails throughout the park that connect to the Second Creek Greenway, which carves a route down to the riverfront. We will also visit the 4th level of the Sunsphere. Box lunches will be provided by Core Insurance Advisors (Linda Ramsey-Staffen). Please RSVP by calling 865-215-5290 or email Carole at carole.conaway@knoxcounty.org.

Crafts with United HealthCare
Invitation extended to all you crafty people to join in the fun on Tuesday, Sept. 17th, from 10:00-1:00, when Elizabeth from United HealthCare Community Outreach comes to the center and does an amazing craft time with us! Cost is FREE!

Suicide Prevention Program— Presented by Smoky Mt. Hospice
Come join Chaplin James Yeary on Wed., Sept. 25th, from 10:00-11:30 for a Suicide Prevention Training Program. Presented by Chaplin James Yeary from Smoky Mt. Hospice, this training may give you the tools/words to assist someone in a crisis situation until the proper resources can be contacted. Everyone who attends will receive a certificate of completion. We encourage your attendance.

Please RSVP by calling (865)573-5843 or e-mail: janet.word@knoxcounty.org by Sept. 18th.

Tai Chi Walking/Balance Class
Everyone could benefit from this weekly walking/balance class that includes gentle exercise to improve balance, energy and also relieves stress. Class begins with gentle warm-ups and then they learn and practice three types of Tai Chi with forward movements.

Come join this group, even if you’re not necessarily interested in Tai Chi, just for the walking benefits. Class meets 11:30-12:00 every Friday.

SEATED and STANDING YOCHI EXERCISE
The Seated YoChi exercise class is held every Tuesday, from 11:15-11:45 and the Standing YoChi class, from 11:45-12:15, begins Sept. 10th. The classes are led by instructor Mr. Don Parsley, Senior Fitness Specialist/Tai Chi Instructor. No charge for the classes.

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Medicare Open Enrollment Assistance
Medicare Open Enrollment is Oct. 15-Dec. 7. Sara Mary Wallace, Knox Co. Senior Information & Referral, will be taking appointments to meet with her at the South Knoxville Senior Center on Friday, Nov. 14th. She suggest you register now for an appointment as she books quickly. If you would like to schedule a time to meet her, please call (865)546-6262.

Gospel Singing
Gospel singing will be held Monday, Sept. 23rd and Monday, Oct. 28th at 1:00.
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| 30  | 1 8:45 Adv. Sr. Cardio Fit.  
8:45 Dulcimer  
9:00 Water Aerobics  
10:00 Gentle Flow Yoga  
10:30 Crafts/Beading  
11:00 Seated YoChi  
11:30 Standing YoChi  
12:30 Mixed Tai Chi  
1:00 Cards  
1:00 Water Aerobics  
2:00 Aquaball | 2 8:30 Guitar  
9:00 Painting  
11:00 Water Peeps | 3 9:00 Water Aerobics  
9:00 South Knox Opry  
9:00 Senior Info. & Referral Here  
*Walgreen’s Flu Shots*  
1:00 Line Dance  
1:00 ROOK/Pinochle  
1:00 Water Aerobics  
2:00 Aquaball | 4 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 Walk & Balance  
12:00 Tai Chi Practice  
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10:00 G.A.G.G.  
11:00 Water Peeps  
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1:00 Water Aerobics  
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1:10 Painting  
2:00 Aquaball | 12:00 Veterans Meet & Greet  
Banana Split Party  
(Sponsored By: Smokey Mt. Hospice)  
11:00 Quilting  
11:00 Water Peeps  
12:30 Dominos  
1:00 Water Aerobics  
2:00 Aquaball |
| 21  | 9:00 Water Aerobics  
9:30 Cigna–Sales Event  
10:00 G.A.G.G.  
11:00 Quilting  
11:00 Water Peeps  
12:30 Dominos  
1:00 Water Aerobics  
1:00 Blue Cross-Blue Shield Sales Presentation–Core Ins. Advisors  
2:00 Aquaball | 9:00 Water Aerobics  
9:00 G.A.G.G.  
11:00 Cards  
11:30 Tai Chi Walk & Balance  
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2:00 Aquaball |
| 28  | 9:00 Water Aerobics  
10:00 G.A.G.G.  
11:00 Quilting  
11:00 Water Peeps  
12:30 Dominos  
1:00 Gospel Sing  
1:00 Water Aerobics  
2:00 Aquaball | 8:45 Adv. Sr. Cardio Fit.  
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<td>2</td>
<td>Labor Day&lt;br&gt;Center Closed</td>
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<td>18 8:30 Guitar Lessons 9:00 Toenail Trim (by appt.) 9:00 Painting 11:00 Quilting 11:00 Water Peeps</td>
<td>19 9:00 Water Aerobics 9:00 South Knox Opry 10:00 Senior Brain Games @ O’Connor Center 1:00 Line Dance 1:00 ROOK/Pinochle 1:00 Water Aerobics 2:00 Aquaball</td>
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<td>25 8:30 Guitar Lessons 9:00 Painting 10:00 Suicide Prevention Program–Smoky Mt. Hospice 11:00 Quilting 11:00 Water Peeps</td>
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**September 2019**

**CENTER HOURS**
**MONDAY THRU FRIDAY 7:30-4:00**

**POOL HOURS**
**MONDAY THRU FRIDAY 7:30-3:30**
New to Medicare? HAVE QUESTIONS?

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

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.

Get your answers from Humana—a company that has been offering Medicare plans for 30 years.