KUB Workshop Offers Money Saving Tips
Gain information about saving energy, water and most importantly, your money, at this workshop on Monday, Dec. 9th at 11:00 a.m. Tips and changes you can make that will not only save you money but will also help debunk common myths surrounding energy-saving efforts. So call and register by Dec. 4th or sign up at the front desk.

Medicare Open Enrollment Appointments
Medicare Open Enrollment is Oct. 15-Dec. 7. Sara Mary Wallace , Knox County Senior Information and Referral, will be taking appointments to meet with her at the South Knoxville Senior Center on Thursday, Nov. 14th. If you would like to schedule a time to meet with her concerning questions about Affordable Medicine Options for Seniors (AMOS), please call (865) 546-6262. It’s good to go ahead and schedule now before she gets booked up. Please bring your current insurance cards, including your red, white & blue Medicare Card, and a complete list of your medications including dosage and frequency.

The Senior Angel Tree
The holidays can be a lonely time for seniors who have no one to share the time with, especially if one does not have family close by. So this Christmas season, the South Knox Seniors will be “adopting” those whose names will be placed on the tree with Christmas wishes! Seniors who are in the program, ‘Rise Above Crime’, are victims of physical, sexual or psychological violence, neglect or economic exploitation or fraud and need a little something extra at Christmas. An ‘angel tag’ will be put on the tree with a special person’s first name and their wish for Christmas. If you would like to sponsor that person, see Janet Word or Peggy Oliver so we can have you registered as shopping for that senior. Return the gift in a gift bag with receipt (or gift receipt). Gifts need to be back to the Senior Center by Dec. 5th. And thank you in advance for helping spread the joy of Christmas!

Men’s Cake Bake Contest AND Thanksgiving Dinner
Alright men, the heat is on! This is a baking contest for MEN only! Mac’s Pharmacy will sponsor the contest. Alan Williams, from WATE, and Kim Olen from Mac’s Pharmacy will be the judges for the best tasting cake! We will also be judging for best presentation and most creative! So strap on those aprons men and get to the kitchen! The Men’s Cake Bake will be on Thursday, Nov. 21st at 1:00 p.m. Just bring your cake to the South Knox Opry. We will also have a Thanksgiving Potluck Dinner after the South Knox Opry at 11:30. Turkey will be provided by Commissioner Carson Dailey and prepared by his wife Tammy. Please bring your most delicious covered-dish to share for a wonderful, pre-Thanksgiving meal. Drinks will be provided by Berry Funeral Homes.

Let’s Go to the Mighty Musical Monday at the Tennessee Theatre
Enjoy the Mighty Wurlitzer organ performances by Freddie Brabson and special guests, K-Town Sound. K-Town Sound is a chorus of women affiliated with Sweet Adelines who sing 4 part acapella harmony in the barbershop style. Brown bag lunches may be purchased for $5.00. Soft drinks, and other concessions will also be available for purchase. The CAC bus will leave the center at 11:00 a.m. on Nov. 18th. Please call or register at the front desk. Must have 10 seniors to get a bus.

November-December 2019

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
Nov. 7 – Mac’s Pharmacy
Nov. 11 – Medicare Open Enrollment Assistance
(by appt.)
Nov. 18 – Mighty Musical Monday- RSVP 11:00
Nov. 19 – Senior Walk at Founders Park 9:45
Nov. 20 – Toenail Trimming by appt.
Nov. 21 – Thanksgiving Potluck Lunch/ Men’s Cake Bake Contest—11:30-1:30
Nov. 25 – Gospel Sing– 1:00
Nov. 28-29 – Closed for Thanksgiving
Dec. 5 – Ugly Christmas Sweater Party 9:00-12:00
Dec. 9 – Gingerbread House Contest
Dec. 12 – Holiday Breakfast @ SK Opry 9-12:00
Dec. 18 – Toenail Trimming by appt.
Dec. 23 – Gospel Singing– 1:00
Dec. 24-25 – Closed for Christmas
Dec. 26 – Grinchmas Party– 10-11:30 @ SK Opry (bring gifts to trade)
Senior Spotlight
Mr. Johnny Hurst is in the spotlight this month. Johnny manages the front desk when a staff person is not available and does a great job! He grew up in South Knoxville and attended Young High School. After graduation, he enlisted in the U.S. Army in 1965. Upon his return from Vietnam, Johnny worked at Co-op for 37 yrs. He has three children, Chris, Shannon and Tim. His hobbies include fishing, and working on his cars. He attends Pathways Church and enjoys helping other people. Johnny has volunteered at the Center for the past 12 years. Thus his volunteerism has landed him a position as one of our RSVP (Retired Senior Volunteer Program) volunteers and he works here 5 days a week! He has participated in Water Aerobics, field trips, computers, special events, South Knox Opry, and Veterans Programs. When I asked Johnny why he liked to come to the senior center so much he simply said, "friendship".

Thanks for all the time you give to making our center a special place for seniors to come!

Christmas All Month at the South Knox Opry! 9:00-12:00

Thursday– Dec.5th– Ugly Christmas Sweater Party
Thursday-Dec.12th-Holiday Breakfast—Bring a breakfast snack to share!
Thursday-Dec.19th-Christmas Party– Bring Christmas Cookies to share!
Thursday- Dec.26th-GRINCHMAS!- Bring in all those undesirable gifts you received “what were they thinking when they got me this?” Before you send them to “Mt. Crumpit”, we’ll have a fun time at the South Knox Opry having a gift exchange party! **Special note: Just don’t bring the gift your relative bought you and then bring that relative as a guest to music this Thursday! Haha!

Weather Policy
Surely the weather is going to get colder! And when it does and the roads are slick or questionable, listen for announcements that Knox County Government offices will close, or check our Facebook page. You may also call the center or go to www.knoxcounty.org for immediate notices.

Gingerbread House Contest
Let’s see who can put together the most well-built gingerbread house this holiday season! Houses will be on display for judging by seniors from Mon., Dec. 9th– Thurs.,Dec.,19th. The winner will be announced at the South Knox Opry on Dec.19th. Good luck!
Holiday Closures
The Knox County Senior Centers will be closed for the holidays:

* Thursday & Friday – Nov. 28-29th for Thanksgiving
* Tuesday & Wednesday – Dec. 24-25th for Christmas

The staff want to wish each of you a happy and healthy holiday season and an even happier New Year!

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.

**Thank You!** Our thanks to Don Parsley for his efforts in organizing our team, “The Spirit of the Dragon” to walk in the 2019 Alzheimer’s Association Fundraiser Walk at the Knoxville Zoo. Our team came in 10th, out of over 300 teams, in the amount of funds raised bringing in $2580.00! Special thanks to our friends at Riggs Drugs for sponsoring the team and donating funds to purchase a nice banner for our team to carry. Special thanks to Jeff Olsen for his efforts in the cause! Way to go team!

**Knox County Veterans Services**
Any Veteran or spouse may call the Knox County Veterans Services to make arrangements for one-on-one assistance with veteran’s issues, paperwork or questions at (865)215-5645.

**Coats for the Cold Collection**
We will continue collecting coats for KARM for the **Coats for the Cold Project thru Nov. 8th**. Any size gently-used coats will be accepted and taken to KARM. KARM will have the coats cleaned and will then have them put in the stores for distribution to people at no cost who otherwise may not have a warm coat for the cold weather ahead.

**Gospel Singing**
Gospel singing will be held Monday, Nov. 25th and Monday, Dec. 23rd at 1:00.

**Toenail Trimming**
Toenail trimming is available at the South Knoxville Senior Center for only $12.00. We have appointments from 9:30-2:45. Next appointments are **Nov.20th & Dec.18th**. Call for an appointment.

Let’s Go Bowling, Play Tennis, Play Baseball!
You can still participate in all these activities with the wonderful game of Nintendo Wii! Just come and join in the fun every Friday afternoon from 1:30-2:30. (*We won’t meet on the 4th Fri.*) You don’t even have to leave your chair to play, but you’ll have more fun if you do as well as get more exercise without even realizing it! So come on and let’s get playing! And the coolest part is...you can impress the grandkids when they visit!

Toenail trimming is available at the South Knoxville Senior Center for only $12.00. We have appointments from 9:30-2:45. Next appointments are Nov. 20th & Dec. 18th. Call for an appointment.
Our thanks to Humana for their support in sponsoring the newsletters.

Humana.

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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.

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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.

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

Call 1-888-663-9174 (TTY: 711).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al 1-866-618-6836 (TTY: 711).

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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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.