Happy New Year from the Staff at the South Knoxville Senior Center
We want to wish all of you a Happy New Year and encourage you to keep coming to the center and staying involved with others. If you haven’t come to the center, we want to extend an open invitation for you to come and get involved! Most of the activities we offer are free. Consistent involvement reduces the likelihood that seniors will experience depression caused by isolation and loneliness. Participation also reduces stress, gives you greater self-esteem, less anxiety, makes you more fit and helps to increase your longevity.
So if those aren’t enough reasons to come to the center then just come down and meet with some old friends for fellowship. We’d love to have ya! Happy New Year from Susanne Huff, Danyell Schoene and Janet Word!

New Inclement Weather Policy
Both Knox County Senior Centers and Libraries will operate of the same schedule as the Knox County School System regarding inclement weather. For example: if Knox County Schools are closed, these Depts will also be closed. If Knox County Schools are on a two hour delay, so are the Senior Centers and Libraries. The class schedule will remain the same at the centers on the delayed-hours days. If you have questions or are uncertain if the center is open, please feel free to call (865)573-5843.

AARP Taxaide
Free Income Tax preparation and electronic filing will be available again this year at the South Knoxville Senior Center beginning Monday, Feb. 10th and continuing through April 13th. All appointments at this center will be on Mondays. You must make an appointment by calling: (865)521-5569. You need to bring: last year’s 2018 return, W-2,1099, SSA 1099 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 Senior Center on Wednesdays on a first-come, first-served basis.
Valentine’s Day Party!
We’ll be having a Valentine’s Day Party on Thursday, February 13th from 9:00-12:00. Be sure to wear your red outfits and feel free to bring some sweet treats to share!

Mexican Train Mondays
If you know how to play Dominos or even if you don’t, Mexican Train Domino players meet on Mondays at 12:30. Come join in the fun as we all learn together. Bring some finger foods to share if you’d like.

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 Thursday, January 9th and also on Thursday, February 13th from 9:00-11:00 for your convenience.

G.A.G.G. —Get Up and Get Going
Come join us on Monday, at 10:00 and Friday 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!

Tiny Stitches Quilting Group
Announces Quilt Winner
Congratulations to Ginger Watson, winner of the 2019 quilt drawing for the Tiny Stitches Quilting Group. Monies raised for chances for the quilt help to purchase the material they use to make baby quilts for the “Suzannah’s House”. The Susannah’s House is a rehab home which assists with women and their drug-addicted babies. Thanks to everyone who purchased tickets and helped support the Quilters cause.

Humana Go365
Go365 is a program where healthy choices are rewarded with items such as gift cards, movie tickets and more. The program is for everyone, no matter your age or health status. Once you get started, you’ll be on your way to earning Points and Bucks for healthy activities that you can use in the Go365 Mall to get rewarded! For more information about this program, please call Linda Ramsey-Staffen or Teja Cain at Core Insurance Advisors, 877-404-8060.

Congratulations Hal Breakey
We had three men participant in the first ever Men’s Cake Bake. Hal Breakey, Steve Hillenbrand and Phil Word were the bakers. Mr. Alan Williams, from Channel 8, and Ms. Kim Olen, from Mac’s Pharmacy, were the judges. Thanks to Mac’s Pharmacy for sponsoring the event!
Senior Spotlight
Mrs. Peggy Oliver is in the spotlight! She is an invaluable RSVP, (Retired Senior Volunteer Program), Volunteer at our senior center. Peggy not only participates in a variety of the programs like water aerobics, crafts and jewelry making, and the South Knox Opry, she also gives tours of the facility, answers the phone, assists in decorating the center and setting up for programs, cleaning up after activities...I could go on and on! She spear-headed the first Senior Angel Tree Program this year at our center and made certain that all the “Senior Angels” got what they asked for as well as a lot more for Christmas. Peggy takes pride in her work and we are privileged to have her as a part of our family here at South Knox. Thank you Peggy for all your hard work and dedication to the center!

The swimming pool will be closed for cleaning the week of February 17-21st. Plans are to re-open the pool on regular schedule on Monday, February 24th.

Line Dance Classes
Come join Mrs. Kathy Fox at 1:00 for Line Dance class. It’s just good fun and doesn’t require any experience. And it’s great exercise! Cost is only $3.00/class.

Toenail Trimming
Next appointments are Wednesday, Jan. 15th and Wednesday, Feb. 19th. Call for an appointment.

Beltone Hearing Aid Specialist
Mr. Michael Murphy, Board Certified Hearing Instrument Specialist, will come to the center every other month on the 4th Thursday beginning Feb. 28, 2020. He will be here from 9:15 until 10:30 a.m. to assist with cleaning of hearing aids and also with hearing tests. No appointment is necessary but you can call the center ahead if you really need to meet with Mr. Murphy and we’ll let him know to expect you.

Tai Chi at South Knox for the New Year
Increase your energy and experience the calming effects of Tai Chi. Tai Chi will improve your strength, balance and flexibility. It will also help relieve stress and achieve a relaxed state of mind.

The new Tai Chi sessions will start on Tuesday, January 14th. Each class is a 10-week session.

Seated Tai Chi is from 11:15 to 11:45 and is free. Standing Tai Chi will be from 11:45-12:45, and Mixed Tai Chi is from 12:45 to 1:45. There is no charge for the sessions. No previous Tai Chi experience is necessary. Don Parsley is the Laoshi (Instructor). You may contact him by email at dparsley@comcast.net if you have any questions.

Gospel Singing
Gospel singing will be held Monday, Jan. 27th at 1:00. There will not be any Gospel in February or March as AARP Tax-aide will be using the room to assist with tax returns. Gospel Singing will resume on Monday, April 27th at 1:00.
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
Susanne Huff, 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 newsletters.