Corryton Connection

March/April 2022

March

by Mary Mapes Dodge

In the snowing and the blowing, In the cruel sleet, Little flowers begin their growing Far beneath our feet.

Softly taps the Spring, and cheerly —"Darlings, are you here?" Till they answer, "We are nearly, Nearly ready, dear."

"Where is Winter, with his snowing? Tell us, Spring," they say. Then she answers, "He is going, Going on his way.

"Poor old Winter does not love you; But his time is past; Soon my birds shall sing above you;— Set you free at last."

The Wall That Heals

Knox County Mayor Glenn Jacobs is excited to be hosting The Wall That Heals exhibit in 2022! The exhibit includes a three-quarter scale replica of the Vietnam Veterans Memorial along with a mobile Education Center. The traveling exhibit honors the more than 3 million Americans who served in the U.S. Armed Forces in the Vietnam War and it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam. Open to the public 24 hours a day from April 21 with opening ceremonies 10 AM to 2:00 PM Sunday April 24, 2022. Learn more at: www.wallthathealsknoxville.org

The CCC bus will leave Corryton Senior Center Thursday April 24, 2022 at 9:30 AM. Call 865-688-5882 to reserve a spot on the bus.

April 28, 2022 11:00 AM Garden Party

Let us celebrate Spring!

Join us for lunch, Bingo, and prizes from our wonderful sponsors. Call or stop by the center to R.S.V.P.
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<td><img src="image1" alt="Celebrating Official Seal Knox County" /></td>
<td><img src="image2" alt="10:00 Sun Up Garden Club" /></td>
<td><img src="image3" alt="10:00 Dominoes" /></td>
<td><img src="image4" alt="10:00 Canasta" /></td>
<td><img src="image5" alt="10:00 In-Person Bingo" /></td>
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<td>11:30 Exercise Class w/ Johnnie</td>
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**April 14**

- 11:30 Exercise Class w/ Johnnie
- 1:00 Bunco
- 1:30 Cornhole

**April 15**

- 10:00 Canasta
- 1:00 Pinochle
- 1:30 Corryton Jam
- 3:00 Virtual Bingo

**April 16**

- 10:00 Dominoes
- 10:00 Rook
- 1:30 Cornhole

**April 17**

- 10:00 Canasta
- 11:30 Exercise Class w/ Johnnie
- 1:00 Pinochle

**April 18**

- 12:00 High Noon Virtual Hangman
- 1:00 Open Choice Card Game

**April 21**

- 11:30 Exercise Class w/ Johnnie
- 1:30 Cornhole

**April 22**

- 10:00 Canasta
- 1:00 Pinochle
- 1:30 Corryton Jam
- 3:00 Virtual Bingo

**April 23**

- 10:00 Dominoes
- 10:00 Rook
- 1:30 Cornhole

**April 24**

- 10:00 Canasta
- 11:30 Exercise Class w/ Johnnie
- 1:00 Pinochle

**April 25**

- 12:00 High Noon Virtual Hangman
- 1:00 Open Choice Card Game

**April 28**

- 11:30 Exercise Class w/ Johnnie
- 1:30 Cornhole

**April 29**

- 10:00 Canasta
- 1:00 Pinochle
- 1:30 Corryton Jam
- 3:00 Virtual Bingo

For more information please visit ...

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)
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<td>11:30 Exercise Class w/ Johnnie</td>
<td>10:00 Sun Up Garden Club</td>
<td>PANCAKEFEST (Friday, April 1st)</td>
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**Notes:**
- **Senior Walk** Seven Island Birding Park @ 9:30 AM
- **HMOCG Project Day!**
- Happy Easter
Thursday, April 28th @ 11:00 AM
SPRING is in the AIR!

Join us for food, friendship, and fun at the

Corryton Senior Center
9331 Davis Dr
Corryton, TN 37721

We will eat at 11:00 AM and play Bingo at 11:30 AM. No prize is required this time. Each sponsor will be providing a prize at their table for each winner to choose. Please sign up by calling 865-688-5882 or stop by the Front Desk.

Thank you to all participating sponsors!
Cherokee Health Systems (CHS) is committed to educating communities about dementia in order to increase understanding, decrease fear and confusion, and help people living with dementia be as safe, active, and independent as possible. You can join us in this mission by becoming a Dementia Friend.

**What is a Dementia Friend?**

A Dementia Friend is anyone who watches a series of online videos to learn more about what it’s like to live with dementia, then takes action to show their understanding and support. Together, Dementia Friends create Dementia Friendly Communities. Dementia Friendly Communities are compassionate places where those with dementia can live with respect and dignity.

How do I become a Dementia Friend? Visit this website ([https://dementiafriendsusa.org/become-a-dementia-friend](https://dementiafriendsusa.org/become-a-dementia-friend)), watch a series of online videos, and commit to support those living with dementia in your community. In less than 20 minutes, you can watch the entire video series and receive an online certificate naming you as a Dementia Friend! Each video provides basic information about the struggles a person with dementia may experience and what one can do to help. The videos (with lengths in minutes: seconds) are:

3:46 In Your Community (overview of transportation, retail, library and other community settings)

3:06 Clinical research

1:43 1st responders

1:42 Young adults

1:58 Faith communities

1:13 Retail

1:24 Bank

0:59 Pharmacy

1:00 Restaurant

1:33 Transportation

1:11 Library

Thank you for rising to the challenge and helping support those living with dementia in our community.

With questions or to become more involved with the Dementia Friends program, please email dementiafriendstn@cherokeehealth.com.
Knox County Senior Services

Complimentary Fitness Room Introduction

Not sure how to use the equipment?

- A thirty-minute consultation gives you a quick overview of the Fitness room equipment.
- Rachel Piotrowski (certified personal trainer) will guide you through the weight room to demonstrate how to adjust and use various pieces of equipment safely and effectively.
- This orientation is designed to give you a basic demonstration of the cardio equipment, free weights and weight machine. It’s never too late to start working out!
- Swing by the front desk or call the center to schedule your complimentary orientation.
- The complimentary introductions will be available: Corryton Senior Center ~ 4th Friday of each month 2:30pm-3:30pm

Rachel Piotrowski- certified personal trainer and group fitness instructor, currently teaches SAIL classes and total fitness classes at the West Knox Senior Center.

Rachel’s son, Jake will be available by appointment to assist you with any tech help you need. Cell phones, I-pads, lap tops, etc.

Thank you, Donors! For Supporting the 2021 Senior Angel Tree

2021 Senior Angel Tree

With your generosity, we provided gifts for:
186 seniors plus 16 grandchildren!
We helped twice as many people as last year!
1,305 total gifts were provided.
Clothing Items-321
Gift Cards-220
Major Gifts– 177
Pet Gifts-46
Corryton Community Club Chili Supper

Friday March 4th 5:00PM-7:00PM

$5.00 ticket includes chili, fixings, drink, and dessert

Eat in or to go. Tickets can be purchased ahead from Community Club members or at the door. Proceeds will help pay off the new fire station and helipad.

March and April Programs Special Days

AOA Classes with Johnnie 3/3 11AM

In–person BINGO 3/4 10AM

Card making Class with Gay 3/4 1:00PM

Super Seniors 3/8 10:30AM

Senior Walk Bob Leonard Park 3/15 10AM

O’Connor Pancake Breakfast 4/1

In –person BINGO 4/1 10AM

Card making with Gay 4/1 1PM

Super Seniors 4/12 10:30AM

4/15 -Center Closed Good Friday

Senior Walk Seven Island Birding Park 4/19 9:30AM

The Wall That Heals—CCC Bus Trip 4/21 9:30AM

Senior Services Walk Information

March 15th at 10AM Join April and Cindy at Bob Leonard Park and Lunch at Big Kahuna Wings 301 Watt Road 37934

April 19th at 9:30AM Join Darrell and April at Seven Island Birding Park 2809 Kelly Lane Kodak, TN 37764

For more information or to RSVP seniorservices@knoxcounty.org