Happy New Year 2022!

All of us are ‘welcoming’ in a brand New Year and we’re looking forward to seeing a lot more of you! The staff at the South Knoxville Senior Center are excited about all the new, fun activities and programs we have coming up.

AARP TAXAIDE ASSISTANCE
Free Income Tax preparation and electronic filing will be available once again at the South Knoxville Senior Center beginning in February (date TBA). All appointments, at this center, will be on Mondays (closed Monday, Feb 21st, for President’s Day).

You must make an appointment by calling (865)521-5569. You need to bring: last year’s 2020 return, W-2, 1099, SSA 1099or RRB 1099.

To file electronically, both spouses must be present in order to sign the appropriate forms. You may also call this number to see where other Tax Assistance programs will be located.

KNOX CO. SHERIFF’S DEPT.
Senior Citizen’s Awareness Network
Sgt. Glenwood White, with the Knox Co. Sheriff’s Dept., will present the “Project SCAN” on Monday, Jan. 24th at 10:00. SCAN members volunteer their time to improve the safety and well-being of the senior community of Knox County. Join us for more information on how to get involved in this service.

*(Snow date- Wed. Feb.9th).

RSVP by calling (865)573-5843.

CAC SENIOR ANGEL TREE IS A SUCCESS!
A great big hug goes to all of you that helped shop for the seven seniors on our “Senior Angel Tree!” All of our seniors’ wishes on the tree were fulfilled due to your generosity. CAC/Office on Aging was able to make 175 Seniors smile on Christmas Day! Thank you, thank you, thank you!!!
**CROCHET CLASS**
Come and join our own, Susanne Huff, every Monday from 1:00-2:00 for any level of Crochet ability. No registration required, just come and enjoy the fellowship.

**NEW TAI CHI CLASS!**
Don Parsley is leading a Song Style Tai Chi class on Thursdays at 1:00 p.m. This class will also be offered virtually @ spiritofthedragon01@gmail.com

This is a great class to help with arthritis, flexibility, balance, and general well-being. You can watch the class on Youtube channel using the link below:

http://youtube.com/channel/UCLNptEVIIZUs64g y1AYsQ/live

**PUZZLE-MANIA!**
We always have a puzzle being worked on in our lobby and many good friendships have occurred, just from having good fellowship around the table. It’s become so popular that ‘we dare’ to ever move the puzzle table. So don’t sit at home! Come on down and join in the fun!

**Toenail Trimming**
Toenail trimming is available at the South Knoxville Senior Center for only $12.00. We have appointments from 9:40-3:20. Next appointments are Wednesday, Jan. 19th and Wednesday, Feb. 16th. Call 573-5843 for appt.

**Knox County Veterans Services**
Knox County Veterans Service Office is readily available to assist veterans. The Knox County VSO assists Veterans and family members with VA benefits. Representatives will be at our center on Thurs., Jan. 20th at 9:00. Please RSVP to (865) 573-5843. You may contact their office by calling; (865) 215-5645 or e-mail, veterans@knoxcounty.org

**Knox County Senior Services Senior Walk**
Join Susanne and Janet as we take a hike in the Maryville College Woods, Tuesday, January 18th @ 10:00 a.m.
We will eat Afterwards at Hot Rods in Maryville.

On February 15th, the Senior Walk will be the “Downtown Mural Walking Tour” @ 11:30 a.m. Seniors will also get to enjoy the “Blue-Plate Special Music Performance”, located on Gay Street in the Knoxville Welcome Center.

We encourage everyone to join in the fun and fellowship!

**Senior Coverage Q & A with Teja**
Teja Cain with Core Insurance Advisors, will be here the 2nd Monday each month for a Senior Coverage Question & Answer Session. Teja will be available to assist with your Medicare or other insurance questions. Teja will be here on Jan. 10th and Feb. 14th at 9:00. If you have questions you would like to ask her, just call the center to make an appointment.

**EXIT REAL ESTATE PROFESSIONALS**
Maybe you’re thinking about selling your home. Maybe you’re retiring, downsizing or a major life event has made you consider a move. A Seniors Real Estate Specialist has unique training and experience in helping home buyers and sellers to meet these situations.

Join Christine Chenot as she presents good information on Tuesday, Jan. 25 at 10:00 a.m. *(Snow date- Feb. 1st @10:00 a.m.)*

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CALL 865-573-5843 TO REGISTER FOR PROGRAMS
**SUSANNE'S CRAFT CLASSES**

Susanne's Crafts are 'one of a kind'! She offers crafts in person and virtually **every Tuesday at 10:00 a.m.** We would really enjoy your company in person but you can also enjoy the classes virtually. Every other Tuesday of the month, Susanne will host **Craft Socials**. Socials are a time for us all to get-together and work on our own crafts in the company of good friends. **Susanne's Crafts** meet in person/virtually to work on fun, seasonal crafts. 

**Susanne's Crafts**—Jan. 4th, 25th & Feb. 1st, 22nd  
**Craft Socials**—Jan. 11th & Feb. 8th

To join us on ZOOM, just email Susanne at: susanne.huff@knoxcounty.org and she will send you the link.

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**Core Insurance Advisors & AMR Program**

AirMedCare Network is America’s largest air medical membership network, providing financial coverage for emergency air medical transport. Join in to get information on **Wednesday, Jan. 5 at 10:00.** *(Snow date—Wed., Jan. 12th).*

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**VALENTINE'S DAY PARTY @ THE SOUTH KNOX OPry**

Join in the fun at the South Knox Opry on **Thursday, Feb. 10th**, for some sweet treats from our friends at Prime West Knoxville. The music is from 9:00-12:00 noon **every Thursday**. If you are a musician or singer, we ask that you join us! *(Acoustic instruments only).*

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**LINE DANCE INSTRUCTOR NEEDED**

Several people have inquired if we offer **Line Dance** at South Knoxville Senior Center. Well, we'd love too, but we need an Instructor. If you would like to teach, please contact us at: (865) 573-5843 or email: janet.word@knoxcounty.org

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**CARDS—NEW YEAR/NEW TIME**

Just wanted to remind all you Card Players that we have a new time for Friday cards. The new time is **12:00-4:00**.

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**COVENANT HEALTH BODY-WORKS EXERCISE CLASSES**

We're thrilled to be able to offer our Covenant Health Bodyworks Exercise Classes once again! And we're especially thrilled for you to be able to come and join back together! Classes will be held **weekly every Tuesday and Friday**.

**8:45 a.m. $5.00/class**

**CARDIO, STRENGTH & STRETCH**

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**INCLEMENT WEATHER...IT’S COMING!**

The Knox County Senior Centers operate on Knox County School System’s schedule regarding inclement weather. So if Knox County Schools close, we are closed. If they operate on a Snow Schedule, so will we. Closing information will be posted on the County website & social media: [www.knoxcounty.org](http://www.knoxcounty.org). Closure information will also be given to Knoxville media outlets to announce.

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**The Senior Centers will be closed on MLK Day, Jan. 17th & Feb. 21st, 2022 for President's Day.**

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**SOUTH KNOX WISH LIST**

- Decorations (any season)
- Bird Bath
- Craft supplies
- Black Oil Birdseed

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TO REGISTER FOR OUR PROGRAMS, CALL 865-573-5843
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<tbody>
<tr>
<td>7:30 Free Swim</td>
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<td>9:00 Water Aerobics</td>
<td>8:45 Cardio, Strength &amp; Stretch</td>
<td>9:00 Mixed Media</td>
<td>8:45 Cardio, Strength &amp; Stretch</td>
<td>9:00 Free Swim</td>
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<td>11:00 Water Aerobics</td>
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<td>9:00 Water Aerobics</td>
<td>9:00 South Knox Opry</td>
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<td>11:00 Quilting</td>
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<td>11:00 Water Peeps</td>
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<td>12:00-12:30 Pool Closed</td>
<td>11:00 Crafts</td>
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<td>12:30 Dominos</td>
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<td>12:30 Free Swim</td>
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<td>12:35-3:30 Free Swim</td>
<td>1:00 Song Style Tai Chi</td>
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<tr>
<td>1:00 Crochet Class</td>
<td>1:00 Water Aerobics</td>
<td>1:00 Hand &amp; Foot Cards</td>
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4

10:00—Susanne’s Crafts

5

Core Insurance Advisors presents: Benefits available thru AMR/Rural Metro

6

1:00 Song Style Tai Chi

7

“No-Cash Poker” 10:00-12:00

10

9:00-Senior Q & A with Teja Cain

11

10:00—Susanne’s Craft Social

12

10:00- *Snow Date for AMS/Rural Metro Program

13

1:00 Song Style Tai Chi

14

17

*Knox County Senior Centers Closed for MLK Day!

18

10:00-Senior Walk @ Maryville College Woods / Lunch at Hot Rods

19

Toenail Trimming (by appt.)

20

1:00 Song Style Tai Chi

21

“No Cash Poker” 10:00-12:00

24

10:00 SCAN Program (*Snow date is 2-9-22)

25

10:00 EXIT Real Estate Prof. Program

26

10:00 Susanne’s Craft’s

27

1:00 Song Style Tai Chi

28

Senior Information and Referral - Free assistance available by phone or appt.– Call (865) 546-6262

29

Knox County CAC Transit Transportation Services for Knox County Residents Call (865)524-0319

31
## Daily Schedule

<table>
<thead>
<tr>
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<td>11:00 Crafts</td>
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<td>10:00 Flow Yoga (Don)</td>
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<td>1:00 Cards</td>
<td>11:10 Stability Class</td>
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### Special Events

- **31**
  - 10:00 Susanne's Crafts

- **1**
  - 10:00 Susanne's Crafts

- **2**
  - 10:00 Knox Co. SCAN Program *(Snow date)*

- **3**
  - 1:00 Song Tai Chi
  - Valentine's Day Party at the SK Opry *(Sponsored by Prime West Knoxville)*

- **4**
  - "No Cash Poker" 10:00-12:00

- **7**
  - 10:00 Susanne's Craft Social

- **8**
  - 10:00 Knox Co. SCAN Program *(Snow date)*

- **9**
  - 10:00 Knox Co. SCAN Program *(Snow date)*

- **10**
  - Valentine's Day Party at the SK Opry *(Sponsored by Prime West Knoxville)*

- **11**
  - 1:00 Song Tai Chi

- **15**
  - No Susanne's Crafts Today

- **16**
  - Toenail Trimming *(by appt.)*

- **17**
  - 1:00 Song Tai Chi

- **18**
  - "No Cash Poker" 10:00-12:00

- **21**
  - President's Day Center Closed

- **22**
  - 10:00 Susanne's Crafts

- **23**
  - 1:00 Song Tai Chi

- **28**
  - AARP TaxAide *(BY APPT.)*

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**Center Hours:**
- **7:30AM-4:00PM**
- **Pool Hours:**
  - 7:30AM-3:30PM
  - Pool is closed daily from 12:00-12:30PM
Knox County Senior Services Walk

Maryville College Woods Walk

WHEN: JANUARY 18, 2022
TIME: 10:00 A.M.

The Maryville College Woods Loop is comprised of several trails. The trail itself is easy to follow. There are many small connections to and from the main trail. The trail is mostly packed dirt with small portions of pavement. The hike is approximately 2.3 miles. We can hike around until we are tired or hungry, which ever comes first! Following the walk/hike, we will meet at “Hot Rods” in Maryville for a great lunch and fellowship.

To RSVP, please call (865)288-3761 or email: seniorservices@knoxcounty.org
Downtown Mural Walking Tour

February 15th at 11:30 am

Meet us at the Knoxville Visitor Center
301 South Gay Street, Knoxville 37902
and we will start our Tour with a
special live music performance.

Then, we will take off on a 2.3 mile
walking tour of several of our
downtown murals including many
with love-themed photo opportunities!

And last but not least, we will end
our tour with a reward of
Coffee & Chocolates.

RSVP 865-288-3761 or
seniorservices@knoxcounty.org
“NO-CASH” POKER

Join in the fun as our friends from TRI STAR Senior Advisors serve as the dealers for “No Cash” Poker! No experience required and experienced players are welcome!

WHEN: FRIDAY- JANUARY 7TH & 21ST, 2022
FRIDAY- FEBRUARY 4TH & 18TH, 2022

TIME: 10:00-12:00 NOON

MORE FUN THAN A BARREL OF MONKIES!!! HAHA!
THE JOY OF EXERCISE WITH DON

MONDAYS:

1115: STABILITY AT HALLS SENIOR CENTER. A 30 MINUTE CLASS TO IMPROVE BALANCE AND STRENGTHENS THE LEGS.

1145: FLOW YOGA AT HALLS SENIOR CENTER. A GENTLE STRETCHING CLASS, WITH NO FLOOR WORK. IMPROVES FLEXIBILITY, BALANCE, AND HELPS RELAX THE ENTIRE BODY.

TUESDAYS:

1000: CLASSIC ON ZOOM. A LOW IMPACT EXERCISE CLASS, WHICH INCLUDES HAND WEIGHTS, RESISTANCE TUBES, AND A BALL. THIS 45 MINUTE CLASS STRENGTHENS AND IMPROVES THE ENTIRE BODY, AND CAN BE ADAPTED TO EVERYONE.

1100: STABILITY ON ZOOM. SAME AS ABOVE.

WEDNESDAYS STARTING ON FEB. 9TH:

0915: SONG STYLE TAI CHI AT KARNS SENIOR CENTER. THIS SLOW MOVING INTERNAL MARTIAL IS DESIGNED TO IMPROVE BALANCE, BREATHING, AND OVERALL WELL-BEING. THE CDC RECOMMENDS THIS EXERCISE PROGRAM.

1000: FLOW YOGA AT KARNS SENIOR CENTER. SAME AS ABOVE.

THURSDAYS:

1000: CLASSIC ON ZOOM.

1100: STABILITY ON ZOOM.

100: SONG STYLE TAI CHI AT SOUTH KNOXVILLE SENIOR CENTER.

100: SONG STYLE TAI CHI ON ZOOM.

FRIDAYS:

1000: FLOW YOGA AT SOUTH KNOXVILLE SENIOR CENTER.

1100: STABILITY AT SOUTH KNOXVILLE SENIOR CENTER

NOTE: ALL ZOOM CLASSES ARE FREE. THE FIRST CLASS FOR IN-PERSON IS FREE, AND THEREAFTER $2.00 PER CLASS. ALL CLASSES ARE SILVER SNEAKERS APPROVED, BUT MEMBERSHIP IS NOT REQUIRED. FOR THE ZOOM LINK OR MORE INFO CONTACT DON PARSLEY AT spiritofthedragon01@gmail.com.