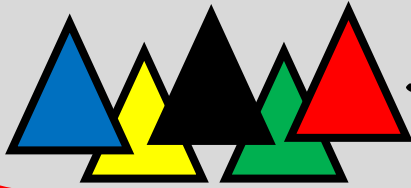


Corryton Senior Center Connection



July/August 2024 Newsletter

Corryton Senior Center



9331 Davis Drive, Corryton, TN 37721

865-688-5882

Hours: 7:30am to 4:00pm, Mon-Fri

www.knoxcounty.org/seniors/

Sarah Gault, Coordinator

sarah.gault@knoxcounty.org

Jessica Sexton, Assistant

jessica.mccall-sexton@knoxcounty.org

BE AWARE: SCAM ALERT

Financial Exploitation can occur in a variety of ways.
Be safe and don't give out your personal information
to ANYONE you don't know.

Some common **SCAMS** include:

- *IRS SCAMS * MORTGAGE SCAMS
- *REAL ESTATE SCAMS *ROMANCE SCAMS
- *SECURITIES/INVESTMENT SCAMS
- *MAIL DELIVERY SCAMS *LOTTERY SCAMS
- *GIFT CARD SCAMS

AARP Fraud Watch Network Helpline:

877-908-3360

Toll-free service is available Monday-Friday:

**Thursday, August 1
8am-8pm
Corryton Community Center**



The center will be
closed:

July 4, Thursday
Independence Day



CORRYTON SENIOR CENTER
 9331 DAVIS DRIVE
 CORRYTON, TN 37721
 (865)688-5882
 HOURS: 7:30 a.m. to 4:00 p.m. Mon-Fri

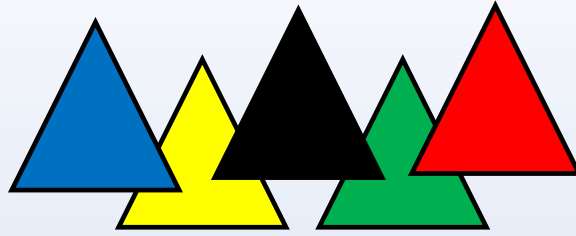


Mon	Tue	Wed	Thu	Fri
<p>1 9:00 Tech Smart 11:30 AOA Class</p> <p><u>NO TEJA CAIN!</u></p>	<p>2 10:00 Circuit Success Seminar w/ Caleb 11:00 Dream Catcher Craft 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>3 10:00 Dominoes</p>	<p>4 CENTER CLOSED</p> 	<p>5 8:30 Coffee & Chat 1:00 Cardmaking w/ Gay 10am IN-person BINGO</p> <p>POP-up MOVIE Where the Crawdad's Sing</p>
<p>8 11:30 AOA Class 1:00pm Club Bunco</p>	<p>9 10:30 Super Seniors: Wild Blue Yonder Band 1:30 Corryton Jam <u>Caleb's Day Moved To Friday!</u></p> <p><u>NO AOA CLASS!</u></p>	<p>10 10:00 Dominoes</p>	<p>11 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p> <p>HMQG Project Day</p>	<p>12 2nd Annual Senior Olympics (10:00-12:00pm)</p>  <p>Caleb's Day (7:30-4:00pm)</p>
<p>15 11:30 AOA Class</p>	<p>16 9:30 Senior Walk 11:30 AOA Class 1:00 Bunco 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>17 10:00 Dominoes 1:00 Grandparents As Parents Reception</p>	<p>18 9:15 Seated Yoga 9:45 Stability Class 11:00 DeClutter Your Home Presentation 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p>	<p>19 8:30 Coffee & Chat</p> <p>1:00 Mid-Day Movie</p>
<p>22 10:00 Book Club 11:30 AOA Class</p>	<p>23 11:00 Lulu's Tea Room Field Trip 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>24 10:00 Dominoes 1:00 Fall Prevention Brain & Health Presentation</p>	<p>25 9:15 Seated Yoga 9:45 Stability Class 12:00 Cardio Drumming Class 1:00 HMQG Monthly Meeting</p>	<p>26 8:30 Coffee & Chat 11:00 Lunch Bunch: (Litton's)</p>
<p>29 11:30 AOA Class 1:00 Genealogy w/ Cindy Petty</p>	<p>30 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>31 10:00 Dominoes</p>	<p>Senior Walk July 16th @ 9:30am Collier Preserve Beaver Creek Duo</p> <p>April, Tara, & Laurie</p> <p>Lunch: Southern Kitchen Sandwich Co.</p>	<p>Billiards Room & Fitness Room</p> <p><u>OPEN ALL DAY!</u></p> 

CORRYTON SENIOR CENTER
 9331 DAVIS DRIVE
 CORRYTON, TN 37721
 (865)688-5882
 Hours: 7:30 a.m. to 4:00 p.m. Mon-Fri



Mon	Tue	Wed	Thu	Fri
<p><u>Senior Walk</u> Aug 20th, @ 9:00am Marine Park Greenway Trail</p> <p>Susanne, Caleb, & Sue</p> <p>Lunch: SoKno Tacos</p>	<p><u>Beat The Heat Week</u> (19th-23rd)</p> <p>All Activities That Week Are Highlighted In Orange!</p> 	<p>Billiards Room & Fitness Room</p> <p><u>OPEN ALL DAY!</u></p> 	<p>1 <u>ELECTION DAY</u></p> <p>Community Center (8:00-8:00pm)</p> 	<p>2 8:30 Coffee & Chat 10:00 In-Person Bingo 1:00 Cardmaking w/Gay</p>
<p>5 11:00 Mighty Musical Monday & Tour 11:30 AOA Class 1:30 Teja Cain Medicare Q&A (Appt Only)</p>	<p>6 10:00 Beat The Heat Seminar w/ Caleb 11:00 Paper Flowers Craft 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>7 10:00 Dominoes 1:00 Joy of Birding w/ Robert Terrell-Joy Presentation</p>	<p>8 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class</p> <p>HMQG Project Day</p>	<p>9 8:30 Coffee & Chat 9:00 Carfit w/ Safety City</p>
<p>12 11:30 AOA Class 1:00pm Club Bunco</p>	<p>13 10:30 Super Seniors 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p> <p><u>NO AOA CLASS!</u></p>	<p>14 9:00 Beltone 10:00 Dominoes</p>	<p>15 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p>	<p>16 8:30 Coffee & Chat 1:00 Mid-Day Movie</p>
<p>19 <u>Beat The Heat Week</u> 11:30 AOA Class</p> <p>Crafts (9:00-12:00pm)</p> <p>Bingo (1:00-3:00pm)</p>	<p>20 <u>Beat The Heat Week</u> 9:00 <u>Senior Walk</u> 11:30 AOA Class 1:30 Corryton Jam</p> <p>Bunco (1:00-3:00pm)</p> <p><u>NO CALEB'S DAY!</u></p>	<p>21 <u>Beat The Heat Week</u> 10:00 <u>Dominoes</u> 1:00 <u>VA Pension &</u> <u>Benefits w/ Elder</u> <u>Law Presentation</u></p>	<p>22 <u>Beat The Heat Week</u> 9:15 Seated Yoga 9:45 Stability 12:00 Cardio Drumming Class 1:00 <u>Summer Movie</u> <u>w/ Popcorn & Floats</u> 1:00 <u>HMQG</u> <u>Monthly Meeting</u></p>	<p>23 <u>Beat The Heat Week</u> 8:30 Coffee & Chat 11:00 <u>Lunch Bunch:</u> <u>(Twister's)</u></p>
<p>26 10:00 Book Club 11:30 AOA Class</p>	<p>27 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>28 10:00 Dominoes</p>	<p>29 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p>	<p>30 8:30 Coffee & Chat</p>



2024 Corryton Senior Center Olympics



*Corryton Senior Center
9331 Davis Dr, Corryton, TN*

Ladder
Ball

Rice/Paper
Clips Game

M&M
Game

Friday, July 12

Bucket
Toss

Walk &
Basketball
Toss

10:00am-1:00pm

Building
w/Spaghetti

Corn
Hole

Cup
Stacking

Billiards/
Darts

Peanut
Butter
Tic Tac Toe

Putt-Putt

**Come compete in our games!
Who will win the most games?
Prizes, Food, and Fun!**

CATCHING UP WITH CALEB



Caleb Newsome, NASM-CPT, CES

JOIN CALEB ON THE SENIOR SERVICES WALK 8/20 AT 9am @ MARINE PARK GREENWAY TRAIL, 2201 ALCOA HWY followed by lunch at SOKNO TACOS.

REGISTER AT: seniorservices@knoxcounty.org

The Relationship Between Exercise and Aging

As we journey through life, our bodies undergo inevitable changes. Aging brings with it a multitude of transformations, both internal and external, that can significantly impact our overall well-being. However, amidst these changes, one powerful tool stands out as a key factor in promoting health, vitality, and independence: exercise.

Understanding the Aging Process

Aging is a complex phenomenon influenced by a combination of genetic, environmental, and lifestyle factors. From the cellular level to the outward appearance, various systems within the body undergo alterations over time. These changes often manifest as decreased muscle mass, reduced bone density, diminished cardiovascular function, and a decline in cognitive abilities.

The Role of Exercise

While aging is inevitable, its effects can be mitigated and managed through regular physical activity. Exercise has been shown to exert profound effects on numerous aspects of health, making it a cornerstone of healthy aging. Here's how:

1. Maintaining Muscle Mass and Strength

Sarcopenia, the age-related loss of muscle mass and strength, is a common consequence of aging. However, engaging in resistance training, such as weightlifting or bodyweight exercises, can help counteract this decline. Resistance exercises stimulate muscle protein synthesis and promote muscle growth, thereby preserving strength and functionality.

2. Enhancing Bone Health

As we age, our bones become more susceptible to osteoporosis, a condition characterized by decreased bone density and increased risk of fractures. Weight-bearing exercises, such as walking, jogging, and dancing, exert mechanical stress on the bones, stimulating bone remodeling and strengthening. This, in turn, helps reduce the risk of fractures and maintain bone health as we age.

3. Improving Cardiovascular Function

Cardiovascular disease is a leading cause of morbidity and mortality among older adults. Regular aerobic exercise, such as brisk walking, cycling, or swimming, enhances cardiovascular health by improving heart function, lowering blood pressure, reducing cholesterol levels, and enhancing circulation. These benefits contribute to a reduced risk of heart disease and stroke, promoting longevity and vitality.

4. Preserving Cognitive Function

Cognitive decline is a natural part of aging, with conditions like dementia and Alzheimer's disease posing significant challenges to older adults. However, research suggests that exercise may offer protection against cognitive decline and neurodegenerative diseases. Physical activity improves blood flow to the brain, stimulates the release of neurotrophic factors, and promotes neuroplasticity, the brain's ability to adapt and reorganize. As a result, regular exercise can help preserve cognitive function, memory, and mental acuity in older adults.

5. Enhancing Mood and Mental Well-being

Physical activity is not only beneficial for the body but also for the mind. Exercise triggers the release of endorphins, neurotransmitters that promote feelings of happiness and well-being. Moreover, engaging in regular exercise can alleviate symptoms of depression, anxiety, and stress, which are prevalent among older adults. Whether it's a leisurely stroll in the park or a group fitness class, staying active can uplift mood and enhance overall quality of life.



**August is so HOT!!!!
 Come to the center to cool off!
 August 19-23**

All Day Every Day:

*Billiards, Darts, Corn hole, Ladder ball, & Games
 Good Old TV Shows in the Library*

Ice tea, Lemonade, and Snacks provided all week!

Generously provided by the Super Seniors Committee

Monday:	9:00-12:00pm 1:00-3:00pm	Crafts BINGO
Tuesday:	1:00-3:00pm	Bunco
Wednesday:	10:00am-12:00pm 1:00pm	Dominoes Elder Law of E. Tennessee VA Pensions & Benefits
Thursday:	1:00pm	Summer Movie Popcorn, and Ice Cream Floats <i>Sponsored by The Providence Group</i>
Friday:	11:00am	Lunch Bunch @ Twisters

Monday

ACTIVE OLDER ADULT EXERCISE

Monday @ 11:30am
AOA

With Johnnie (\$3 instructor fee)

AOA focuses on cardiovascular, strength, balance, and flexibility, plus it's fun!



Teja Cain, Advisor

First Monday's by appointment

1:30-3:30pm

July 1- NO TEJA

August 5

Grandparents as Parents Reception

July 17, Wednesday
1:00-2:00pm

Please stop in so we can acknowledge your awesomeness with a cookie and beverage!

We will have a donation box for school supplies available the month of July!

See page 15 for more details on how you can help!

Corryton Senior Center welcomes everyone, every weekday!
There is no fee to be a part of the fun!
We offer:

FITNESS ROOM **LIBRARY**

OUTDOOR WALKWAY

CRAFT ROOM **DARTS/BILLIARDS**

EDUCATIONAL PROGRAMS

CARD GAMES **EXERCISE CLASSES**

INDOOR WALKWAY

PLUS MANY OTHER SOCIAL ACTIVITIES!



2024 Book List

Join us on the 4th Monday at 10:00am

- | | |
|-----------------------------|--|
| July 22 | <i>Pushing Back by Jim Hartsell</i> |
| August 26 | <i>Isle of the Blue Dolphin
by Scott O'Dell</i> |
| September 23 | <i>The Book Woman of Troublesome Creek
by Kim Michele Richardson</i> |
| October 28 | <i>The Secret Book & Scone Society
by Ellery Adams</i> |
| November 25 | <i>The House in the Cerulean Sea
by TJ Klune</i> |
| December 16
(3rd Monday) | <i>Comfort & Joy
by Kristin Hannah</i> |

Monday Special Events



Introduction to Genealogy With Cindy Petty

July 29, Monday
1:00 - 3:00pm

Join Cindy for an introduction to genealogy focusing on steps to get started tracing your family roots.

Learn about websites that will aid you in your family search.

The class will also work on the research process and setting goals.



FIELD TRIP

TENNESSEE THEATRE

August 5, Monday

**Mighty Musical Monday and
Tour of the Tennessee Theatre**

\$15 per person for tour

11:00am-3:00pm

CAC BUS FREE

Bring sack lunch and beverage

Sign-up Required

**Space limited to 15 on the bus and
20 for the tour**

**Join us for a FREE concert you won't want
to miss! Mighty Musical Monday will
feature House Organist Freddie Brabson
on the Mighty Wurlitzer Organ !**



Tuesday

NEW



**Tuesdays
July 16 & August 20
1:00pm**

**Sign-up requested
Come roll the dice and have some fun!**

EVERY TUESDAY

Caleb Days

(No Caleb on July 9 & August 20)

Caleb's Seminar

August 6 @ 10:00am

"Beat the Heat"

**A precursor to our Beat the Heat Week
August 19-23!**

Active Older Adult Class

With Johnnie (\$3 instructor fee)

11:30am-12:30pm

**AOA focuses on cardiovascular, strength,
balance, and flexibility, plus it's fun!**

Corryton Jam @ 1:30pm

Everyone Welcome!



Bring your guitar, banjo, fiddle, and voice or any other instrument you may play. This is an acoustic gathering where you just sit, play, and sing or just listen!

CRAFTS BY SUSANNE

**Craft
July 2, Tuesday
11:00am**

Dream Catcher

**Bring your own ring and bedazzlements.
You are welcome to use what we have in
the craft room!**



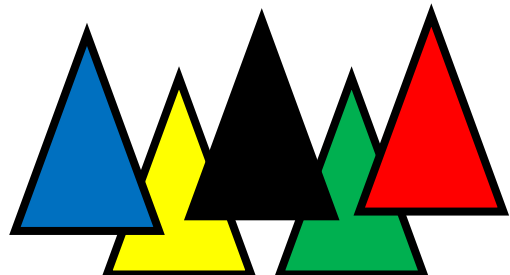
August 6

Paper Flowers

Bring colored tissue of your choice



*Thank you to Caroll Bales and Jack Ming
for combining efforts in making our
Corryton Senior Center logo come to life!
It is located above the door that enters
the Community Center! It takes a village!*



TUESDAY FIELD TRIP

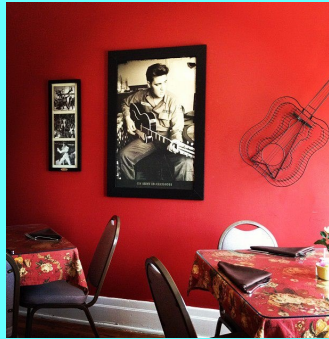
FIELD TRIP

LuLu's Tea Room & Thress Nursery Gardens

Tuesday, July 23
10:30am-2:00pm

FREE CAC Bus
Limited Space to 15
Optional:
WEAR A FUN HAT!

Sign-up Required



September 24: Caleb Walk—House Mountain

October 8: Harvest Festival

October 15: Senior Walk—Cherokee Blvd

November 27: Fantasy of Tree Field Trip

December 11: Food Hop at Carter Sr. Ctr.

Special Events by Mana Muramatsu with the
Japanese Outreach Initiative
See page 13 for details!

SUPER SENIORS

Second Tuesdays

10:30am

\$6 per person

Please RSVP

Join us for food, fellowship, and fun!

July 9: Wild Blue Yonder



Mountain Gospel, Old-Time and “classy ‘grassy” songs in Appalachian style are the heart and soul of Wild Blue Yonder trio, based in Knoxville, Cello, fiddle and warm three-part harmonies mixed with mandolin, banjo, and guitar in a rootsy blend, honor the musical traditions of the Smoky Mountains.

**August 13: The famous
TENNESSEE JEWELS**

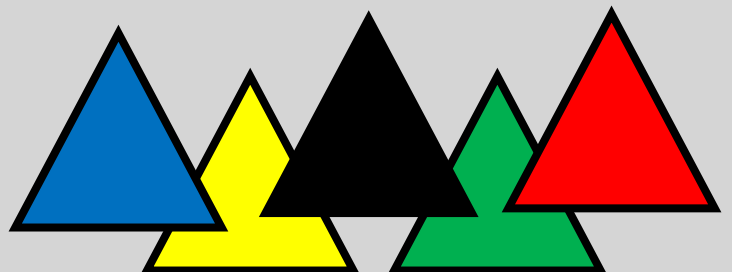
Coming Soon this Fall:

**Jim Sikes, Sikes & Associates
Medicare Specialist
10:00am-1:00pm**

October 16

November 6

November 20



Wednesday

DOMINOS



**Every Wednesday
10:00am-12:00pm**

Come play or learn the game of Mexican Train!

It's fun and there is no limit to number of participants! Our experts will be happy to teach you!

SPECIAL EVENTS



Fall Prevention and Brain Health

with Rachel Frasier

Knox County Public Health Educator

Lunch & Learn

July 24, Wednesday

1:00pm



Will provide free balance screenings after the presentation.

JOY OF BIRDING

Robert Terrell

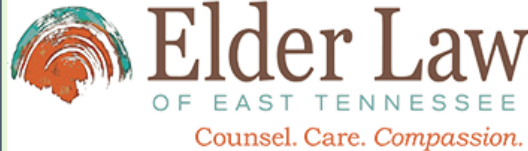
Member of the Knoxville Chapter of the Tennessee Ornithological Society

August 7, Wednesday
1:00-2:00pm

Robert will take you on an adventure of birding!

Robert has lead birding walks in the local Corryton area, and often takes groups to Seven Islands State Birding Park. He assists with the Knox County Senior walks as well providing a birding dimension to those walks. He teaches a birding class at Pellissippi State Community College.

BACKYARD BIRDS OF TENNESSEE

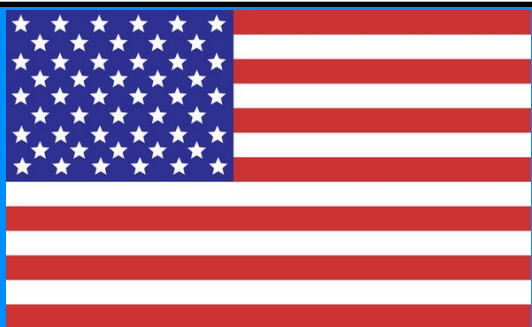


VA Pension & Benefits

Presented by Julia Keck, JD, CELA

August 21, Wednesday
1:00-2:00pm

Learn what kind of benefits the VA has to offer along with eligibility criteria for those different benefits, the application process and much more information!



CLOSED

4th of July



**August 14
Wednesday
9:00-1:00pm
Sign-up required**

THURSDAY

SEATED YOGA & STABILITY

Thursdays 9:15-10:15am

with Don Parsley

This is virtual from Don's studio from the senior center!

Never Miss a Session!

**From your home on August 1 due to Election Day at the Center*

CARDIO DRUMMING

Thursdays @ 1:00pm

4th Thursday @ 12:00pm

No CD on August 1

Join in the fun with this low impact, seated 30 minute exercise class that gets your heart rate up and burns calories. It provides a great upper body and cardio workout while drumming to the rhythm of your favorite music!

Corryton Super Senior Singers

Let your voice be heard and come sing with us!

Thursdays

@ 2:30pm

July 11 & 18

August 12 & 19

(Dates subject to change)



NEW in Corryton Park

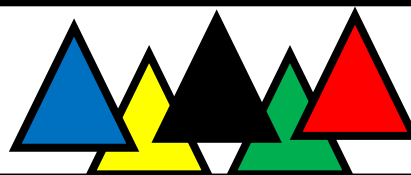
PICKLE BALL COURTS ARE HERE IN CORRYTON!

If you are a member of the Corryton Senior Center, we have rackets and balls for you to check out. We also will have basketballs to check out to play on the new surfaced BB court!

(First come, First Serve)

STAY ACTIVE!

Cindy Petty will hold a beginners clinic on Monday, September 16, 8:00-10:00am!



We are open daily-Monday thru Friday

7:30am-4:00pm

Billiard Tables / Dart Board / Socializing



Fitness Room

New stationary bikes, a New rowing machine, treadmills, weight machine, elliptical, & new free weights! Orientation required before use.

THURSDAY Continues

Special Event Thursday

DeClutter Your Home

Emily Laco

Certified Organizational Specialist

**July 18, Thursday
11:00am-12:00pm**

Emily is a Professional Organizer in Knoxville who helps clients declutter, refresh, and love their homes. Through simple decluttering techniques she can help you get started in simplifying your space when the task seems so overwhelming.

Emily has been organizing homes since 2010 and is a Certified Organizational Specialist. Her specialty is stress free decluttering and improved home functionality.



GOOD ONE LINERS

What did the DNA say to the other DNA?

...do these genes make me look fat?

Are all math puns bad? Nope. Just sum.

I got rid of my vacuum cleaner. It was just gathering dust.



Japanese Culture with Mana

COMING SOON!

Mana Muramatsu

Japanese Outreach Initiative

Asian Culture Center of Tennessee

1:00-2:00pm—Wednesdays

September 25: Japanese Traditional Toys



October 23: Japanese Food Cooking



November 13: Furoshiki (Wrapping Cloth)



December 11: Japanese Seasonal Event

Japanese Outreach Initiative (JOI) promotes awareness and understanding of Japan by bringing volunteer Japanese coordinators (Mana) to regions of the United States for education.



Friday

COFFEE CHAT

Every Friday @ 8:30am
Come chit-chat and meet new friends!
Coffee provided along with treats!

OLYMPICS



July 12, Friday
10:00am-1:00pm
See page 4 for all the details

Come for games, food, and fun!

Thank you to our game sponsors:
Core Insurance, TVA Credit Union, I2
Agency, Hillcrest at Home, Quality Home,
Nuclear Care, United Real Estate
Solutions, The Pointe

LUNCH BUNCH

4th Fridays @ 11:00am
Meet at the Restaurant
If you need to carpool let us know!

July 26:
Litton's Restaurant
2803 Essay Ln.
Knoxville, TN

August 23:
Twisters Diner
7237 Tazewell Pike
Corryton, TN

IN-PERSON BINGO

Bingo! Bingo! Bingo!
1st Friday's Only
10:00am

Join the fun with live BINGO!
Please bring a \$5 gift.
Thank you sponsors!

July 5

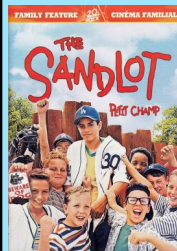


Ja'el Michael

August 2 Edward JONES FINANCIAL
Sean Wilson

MID-DAY MOVIES

Friday Mid-Day Movies @ 1:00pm
In the Library



July 19: The Sandlot

In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy and his rowdy team, resulting in many adventures.

Starring Tom Guiry, Mike Vitar, Art LaFleur



August 16: Parenthood

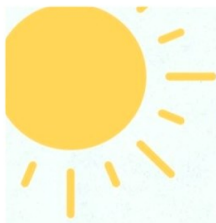
Four Buckman siblings attempt to raise their children - each in their own different style - and deal with the joys and sorrows that the process brings.

Starring Steve Martin, Mary Steenburgen, and Dianne Wiest.

Grandparents as Parents Reception

July 17, Wednesday, 1:00-2:00pm

Stop in so we can acknowledge your awesomeness with a cookie and beverage!



Grandparents as Parents School Supply Drive

Donate

crayons
colored pencils
earbuds
headphones
composition notebooks
plastic folders

spiral notebooks
glue sticks
pencils
pencil boxes
dry erase markers
backpacks with computer compartments

glue
red/green pens
tissue boxes
Ziploc bags
highlighters



Donations accepted July 2024

Drop off donations at O'Connor Senior Center or
any Knox County Senior Center



O'Connor Senior Center | 611 Winona Street
Corryton Senior Center | 9331 Davis Drive
Halls Senior Center | 4405 Crippen Road
Karns Senior Center | 8042 Oak Ridge Hwy

South Knoxville Senior Center | 6729 Martel Lane
West Knox Senior Center | 239 Jamestown Blvd. Suite 101

Call the Grandparents as Parents program for more information.
865-524-2786

CARFit

Is Headed Your Way!

CarFit is a free, interactive and educational program designed to improve older driver safety. Trained volunteers provide information to ensure the safest “fit” for older drivers and their vehicles.

Where:

Corryton Senior Center
9331 Davis Drive
Corryton, TN 37721

When:

10:00 a.m. to 12:00 p.m.
August 9, 2024

Contact:

Emily Tucker, Training Specialist
Phone: (865) 215-7103
Email: etucker@knoxvilletn.gov

To learn more, visit
Car-Fit.org

CARFit 

Helping Mature Drivers Find Their Safest Fit



KNOX COUNTY SENIOR SERVICES SENIOR WALK –JULY 16, 2024



Knox County Senior Services Monthly Senior Walk

Tuesday, July 16 @ 9:30am

Join us for the walking group's monthly walk at Collier Preserve Beaver Creek Duo (330 West Emory Road, Powell 37849). This 12-acre park features a soft trail along with an ADA walkway, nature path, native plants garden, arboretum, birding platform and a tranquil natural setting for observing wildlife.

Collier Preserve sits adjacent to the Powell Branch Library, and we ask that those participating in the walk, park in that lot at the Library.

Following our walk, feel free to join us for lunch (dutch treat) at Southern Kitchen Sandwich Co. (2307 West Emory Road, Powell 37849). Be sure to RSVP by leaving a message at **865-288-3761 or you can email seniorservices@knoxcounty.org**

KNOX COUNTY SENIOR SERVICES SENIOR WALK—August 20, 2024

Marine Park Greenway Walk

Date: Tuesday, August 20th at 9:00 am

Address: 2201 Alcoa Highway, 37920

Marine Park offers a peaceful setting alongside the Tennessee River. The Knox/Blount Greenway spans from Marine Park, along the shore of the Tennessee River, passes the Cherokee Farm Innovation campus and connects to the Neyland Greenway via the J.E. "Buck" Karnes Bridge. The paved, out-and-back walk features views of the river on one side and grassy areas on the other. **Be aware, there are no restrooms on site.**

Join us for lunch after at SoKno Tacos at 3701 Sevierville Pike

Make sure to RSVP to 865-288-3761 or email seniorservices@knoxcounty.org



KNOX COUNTY SENIOR SERVICES SENIOR WALKS

To register email: seniorservices@knoxcounty.org or
Call 865-288-3761

JULY 16th at 9:30 am

Join April, Tara, and Laurie
COLLIER PRESERVE BEAVER CREEK DUO (Angora Frog Farm)
330 West Emory Road 37849
Lunch at Southern Kitchen Sandwich Co.

AUGUST 20th at 9:00 am

Join Susanne, Dustin, and Sue
MARINE PARK GREENWAY TRAIL
2201 Alcoa Hwy 37920
Lunch at SoKno Tacos

SEPTEMBER 17th at 10:00 am

Join Judy and April
HALLS GREENWAY & SENIOR CENTER TOUR
4405 Crippen Road 37918
Lunch at Bel Air Grill

OCTOBER 15th at 10:00 am

Join Sarah, Jessica, and Kim
SEQUOYAH PARK
1400 Cherokee Blvd. 37919
Lunch at Holly's Gourmet Market

NOVEMBER 19th at 10:00 am

Join Susanne and Jessica
HIGH GROUND PARK
1000 Cherokee Trail 37920
Lunch at The Round Up
DECEMBER 17th at 5:30 pm
Join Saraha, April, and Judy
CHRISTMAS LIGHTS WALK
Founders Park
405 N. Campbell Station Road 37934

Knoxcounty.org/seniors/
Feel free to join us for
the dutch treat lunches

JOIN OUR EMAIL LIST FOR FINAL DETAILS & UPDATES ABOUT THE WALKS





Corryton Senior Center Volunteer Opportunities



CALL IF INTERESTED (1-3 hours when available) : 865-688-5882

Sarah Gault, Coordinator
sarah.gault@knoxcounty.org

Jessica Sexton, Assistant
jessica.mccall-sexton@knoxcounty.org

Corryton Senior Center



9331 Davis Drive, Corryton, TN 37721
Hours: 7:30am to 4:00pm, Mon-Fri
www.knoxcounty.org/seniors/

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