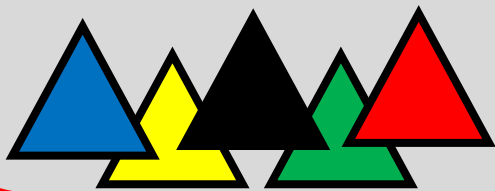


Corryton Senior Center Connection



September/October 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

**The center will be CLOSED:
Monday, September 2**



**Corryton Community Club
Spaghetti Dinner**

Friday, September 13

5:00-7:00pm

\$10

*Check with Club member for
tickets/details.*



CALLING ALL WALKERS AND RUNNERS

'Possum Chase Race

October 26 @ 8:30am

Register under:

<https://runsignup.com/Race/TN/Corryton/Corryton8Miler>

BENEFITS: Corryton Hospitality Food Pantry

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

SEPTEMBER



2024

Mon	Tue	Wed	Thu	Fri
<p>2 CENTER CLOSED</p> 	<p>3 Fitness Room Open All Day 9:30 Caleb's Fit Challenge 11:00 Homemade Envelopes Craft 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>4 Fitness Room Open All Day 10:00 Dominoes</p>	<p>5 Fitness Room Open All Day 9:15 Seated Yoga 9:45 Stability Class 10:30 Senior Financial Group Medicare 101 1:00 Cardio Drumming Class</p>	<p>6 Fitness Room Open All Day 8:30 Coffee & Chat 10:00 Monthly In-Person Bingo 1:00 Cardmaking w/ Gay 9-12pm Safety Summit O'Connor Sr. Ctr.</p>
<p>9 Fitness Room Open All Day 11:30 AOA Class 1:00 Club Bunco w/ The Clapps 2:00 Weekly In-House Bingo (NEW)</p>	<p>10 Fitness Room Open All Day 9:30 Caleb's Fit Challenge 10:30 Super Seniors: Ranger Claire Birding Presentation 1:30 Corryton Jam Caleb's Day (7:30-4:00pm) NO AOA CLASS!</p>	<p>11 Fitness Room Open All Day 10:00 Dominoes</p>	<p>12 Fitness Room Open All Day 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class 2:30 Corryton SS Singers HMQG Project Day!</p>	<p>13 Fitness Room Open All Day 8:30 Coffee & Chat 10:00 Singo Game w/ Stephen Jackson  5:00 Spaghetti Diner (Community Center)</p>
<p>16 Fitness Room Open All Day 8:00 Pickleball Lesson w/ Cindy 11:30 AOA Class 2:00 Weekly In-House Bingo</p>	<p>17 Fitness Room Open All Day 9:30 Caleb's Fit Challenge 10:00 Senior Walk* 11:30 AOA Class 1:00 CSC Bunco 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>18 Fitness Room Open All Day 8:30 Field Trip: Seven Islands Birding Park Walk w/ Ranger Claire 10:00 Dominoes</p>	<p>19 Fitness Room Open All Day 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p>	<p>20 Fitness Room Open All Day 8:30 Coffee & Chat 1:00 Mid-Day Movie</p>
<p>23 Fitness Room Open All Day 10:00 Book Club 11:30 AOA Class 2:00 Weekly In-House Bingo</p>	<p>24 Fitness Room Open All Day 9:30 Caleb's Fit Challenge 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>25 Fitness Room Open All Day 10:00 Dominoes 1:00 Japanese Traditional Toys w/ Mana </p>	<p>26 Fitness Room Open All Day 9:15 Seated Yoga 9:45 Stability Class 12:00 Cardio Drumming Class 1:00 HMQG Monthly Meeting</p>	<p>27 Fitness Room Open All Day 8:30 Coffee & Chat 11:00 Lunch Bunch: (Aubrey's)</p>
<p>30 Fitness Room Open All Day 11:30 AOA Class 1:00 ADA Presentation w/ Carly Pearson 2:00 Weekly In-House Bingo</p>	<p>*Senior Walk* Sept, 17th @ 10:00am Judy and April Halls Greenway & Senior Center Tour Lunch: Bel Air Grill</p>	<p> *Saturday,* October 26th 9331 Davis Drive Corryton, TN 37721</p>	<p> Monthly Birthday Treats Provided By: THE POINTE AT LIFESPRIING SENIOR LIVING</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>*Senior Walk* Oct, 15th @ 10:00am</p> <p>Sarah, Jessica, and Kim</p> <p>Sequoyah Park</p> <p>Lunch: Holly's Gourmet Market</p>	<p>1 Fitness Room Open All Day 9:30 Caleb's Fit Challenge 10:00 ABC's of Medicare Talk 11:00 Pallet Pumpkin Craft 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>2 Fitness Room Open All Day 10:00 Dominoes</p>	<p>3 Fitness Room Open All Day 9:15 Seated Yoga 9:45 Stability 10:30 Humana Medicare Education 1:00 Cardio Drumming Class 2:00 Seasoned To Taste: Second Harvest Cooking Class</p>	<p>4 Fitness Room Open All Day 8:30 Coffee & Chat 10:00 Monthly In-Person Bingo 1:00 Cardmaking w/Gay</p>
<p>7 Fitness Room Open All Day 11:30 AOA Class 1:30 Humana: Annual Notice of Change Seminar w/ Teja Cain 2:00 Weekly In-House Bingo</p>	<p>8 Fitness Room Open All Day 9:30 Caleb's Fit Challenge 10:30 Super Seniors: Harvest Festival 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p> <p><u>NO AOA CLASS!</u></p>	<p>9 Fitness Room Open All Day 9:00 Knox County Tax Relief For Veterans 10:00 Dominoes 1:00 The Providence Group Medicare Q&A</p>	<p>10 Fitness Room Open All Day 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p> <p>HMQG Project Day!</p>	<p>11 Fitness Room Open All Day 8:30 Coffee & Chat 1:00 Mid-Day Movie</p>
<p>14 Fitness Room Open All Day 11:30 AOA Class 1:00 Ed Bardill Civil War Living Historian and Re-enactor 1:00 Club Bunco w/ The Clapps 2:00 Weekly In-House Bingo 2:00 Veterans Services</p>	<p>15 Fitness Room Open All Day 9:30 Caleb's Fit Challenge 10:00 Senior Walk* 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>16 Fitness Room Open All Day 8:00 Teja Cain One-On-One Medicare (All Day) 9:00 Beltone 10:00 Dominoes</p>	<p>17 Fitness Room Open All Day 9:15 Seated Yoga 9:45 Stability 11:00 Hillcrest Lunch & Learn 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p>	<p>18 8:30 Coffee & Chat</p> <p>Center Closing @ 10:30am due to Senior Services Staff Retreat</p>
<p>21 Fitness Room Open All Day 8:00 Lifeline Screening 11:30 AOA Class 2:00 Weekly In-Person Bingo</p>	<p>22 Fitness Room Open All Day 8:30 Caleb's House Mountain Walk 9:30 Caleb's Fit Challenge 11:30 AOA Class 1:00 CSC Bunco 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>23 Fitness Room Open All Day 10:00 Dominoes 10:00 Jim Sikes Medicare Alert 1:00 Japanese Food Cooking w/ Mana 1:00 Jim Sikes Medicare Alert</p> 	<p>24 Fitness Room Open All Day 9:15 Seated Yoga 9:45 Stability 10:30 Ryan w/ Wisdom Insurance Medicare Talk 12:00 Cardio Drumming Class 1:00 HMQG Monthly Meeting</p>	<p>25 Fitness Room Open All Day 8:30 Coffee & Chat 11:00 Lunch Bunch: (Bel-Air Grill)</p>  <p>2024 Possum Chase (Sat, Oct 26th)</p>
<p>28 Fitness Room Open All Day 10:00 Book Club 11:30 AOA Class 1:30 Devoted Sales Seminar 2:00 Weekly In-House Bingo</p>	<p>29 Fitness Room Open All Day 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>30 Fitness Room Open All Day 10:00 Dominoes 1:00 CSI Presentation w/ Art Bohanan</p> 	<p>31 Fitness Room Open All Day 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class 2:30pm CSC Singers</p> 	

CATCHING UP WITH CALEB

Caleb Newsome, NASM-CPT, CES



Join the 8-week Fit Challenge!

House Mountain Hike with Caleb on Tuesday, October 22

The Role of Exercise in Managing Arthritis

Arthritis is a common condition characterized by inflammation and stiffness in the joints, often resulting in pain and reduced mobility. While it may seem counterintuitive, exercise is a crucial component in managing arthritis symptoms and improving overall joint health. In this article, we'll explore the benefits of exercise for arthritis sufferers and discuss some recommended exercises to help alleviate symptoms.

Benefits of Exercise for Arthritis

Regular exercise offers numerous benefits for individuals with arthritis, including:

1. **Improved Joint Function:** Exercise helps to maintain and improve joint flexibility and range of motion, reducing stiffness and enhancing overall joint function.
2. **Pain Relief:** Engaging in appropriate exercises can help reduce arthritis-related pain by strengthening the muscles surrounding the joints and improving joint stability.
3. **Weight Management:** Exercise plays a vital role in weight management, which is particularly important for individuals with arthritis, as excess weight can exacerbate joint pain and inflammation.

Increased Strength and Endurance: Strengthening exercises help build muscle strength, which can alleviate stress on the joints and improve endurance for daily activities.

Enhanced Mood and Well-being: Exercise has been shown to boost mood and reduce symptoms of depression and anxiety, which are common among arthritis sufferers.

Exercise is a valuable tool in managing arthritis symptoms and improving joint health. By incorporating gentle, low-impact exercises into your routine, you can reduce pain, improve mobility, and enhance your overall quality of life. Remember to consult with your healthcare provider before starting any new exercise program and listen to your body to ensure a safe and effective workout experience.





Fit Challenge with Caleb

August 27th-October 22nd

Tuesdays @ 9:30AM

Join Caleb for a fun and challenging
8 week long, strength circuit
training class.

Are you looking for a way to improve
your fitness? Do you need the
encouragement of community? Take
the Fit Challenge with Caleb and take
your next step toward becoming a better
you!

Sign up today!



Monday

ACTIVE OLDER ADULT EXERCISE

Monday @ 11:30am

With Johnnie (\$3 instructor fee)

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



Teja Cain, Medicare Advisor

Monday, October 7

1:30-3:30pm

Humana-Annual Notice of Change Changes and improvements in the upcoming year. What you need to know!

See page 23 for more dates.

MONDAY SPECIAL EVENTS



PICKLE BALL CLINIC

With Cindy

**Monday, September 16
8:00-10:00am**

If you are a member of the Corryton Senior Center, we have rackets and balls for you to check out. (First come, First Serve)

STAY ACTIVE!

BOOK CLUB

4th Mondays @ 10:00am

September 23: *The Book Woman of Troublesome Creek* by Kim Michele Richardson



October 28: *The Secret Book & Scone Society* by Ellery Adams

Carly Pearson , ADA Coordinator with Knox County presents Disability Awareness Monday, September 30 1:00-2:00pm Sign-up requested

Edward Andrew Bardill Civil War Living Historian & Re-enactor Tuesday, October 8 @ Harvest Fest And presentation on Monday, October 14 1:00pm See page 16 for more information

NEW IN-HOUSE BINGO

FUN MONDAY BINGO with JESSICA

Starting September 9

2:00-3:00pm

We will play for fun and each winners name of a game will go into the BINGO POT and a name will be picked for monthly prize!

This is in-person weekly at the Corryton Senior Center! Sorry, no more Zooming

(NOT to be confused with 1st Friday In-Person BINGO)

CLUB BUNCO

Club Bunco with the Clapp's Second Monday's September 9 and October 14 1:00-3:00pm Ste. B

Tuesday

TUESDAY

Caleb Days Every Tuesday

***Make an appointment for some personal training!**

***Join Caleb's Fit Training 8 week program**

***House Mountain Hike with Caleb October 22 @ 8:30am**

Meet at CSC to carpool due to lack of parking at the mountain.

Sign-up requested,

SUPER SENIORS

Second Tuesdays

10:30am

\$6 per person

Please RSVP

Join us for food, fellowship, and fun!

September 10: Seven Island's Birding Sanctuary's Ranger Clare:

"Bird Identification by Song"

(Join us September 18 at Seven Island's for a Bird Hike with Ranger Clare! See page 10)

October 8: Harvest Festival

Demonstrations, Food, and Fun

If you know anyone who would like to demonstrate a craft, please let Sarah know.

PUMPKIN DECORATING CONTEST

See pages 8 for details!

ACTIVE OLDER ADULT EXERCISE

Tuesday @ 11:30am

With Johnnie (\$3 instructor fee)

(except second Tuesdays)

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

Knox County

Veterans Services Office

Will be here to provide one-on-one assistance.

Mondays 2:00-4:00pm

October 14, November 9, Dec. 9

CRAFTS BY SUSANNE

Tuesdays

11:00am

September 3 and October 1

Homemade Envelopes



Pumpkin Decoration



**CSC BUNCO
Tuesdays
1:00-3:00pm**

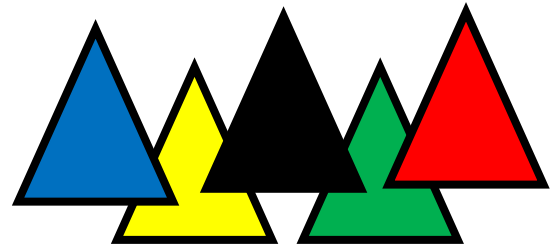
September 17 & October 22

Tuesday Continued

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!

Every Tuesday at 1:30pm

Everyone Welcome!



We are open daily-Monday thru Friday
7:30am-4:00pm

Come play Billiards on Wednesdays at 1:00pm
with the new Billiards Club—everyone welcome!



Fitness Room

New stationary bikes, a New rowing machine,
treadmills, weight
machine, elliptical, & new free weights!

Pumpkin Decorating Contest

Let's decorate some pumpkins! Any
size! Bedazzling, googly eyes,
painting, adding flowers, the
options are endless!



***No Carving Please**

***Decorate your pumpkin with paint, tinsel, yarn, anything crafty!**

***Drop off at Corryton Senior Center between September 30-
October 4.**

***You will be able to vote on your favorite pumpkin (once a day)!**

***Voting ends Monday, October 7 at 3:00pm.**

***Gift Card Prizes for 1st, 2nd, and 3rd Place sponsored by Sikes &
Associates.**

***Winners will be announced at the Harvest Fest-Super Seniors on
October 8.**

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!

Monday Book Club

BOOK CLUB

2024 Book List

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

September 23: *The Book Woman of Troublesome Creek* by Kim Michele Richardson

October 28: *The Secret Book & Scone Society* by Ellery Adams

November 25: *The House in the Cerulean Sea* by TJ Klune

December 16: *Comfort & Joy* by Kristin Hannah (3rd Monday)



SPECIAL EVENT

Mana Muramatsu

Japanese Outreach Initiative

with the Asian Culture Center of Tennessee

◆ **Japanese Traditional Toys**
Wednesday, September 25
1:00-2:00pm

◆ **Japanese Cooking**

Wednesday, October 23
1:00-2:00pm

◆ **Japanese Furoshiki**

Wednesday, November 13
1:00-2:00pm

◆ **Japanese Seasonal Event**

Wednesday, December 11
1:00-2:00pm



 **Beltone**

Wednesday
October 16
9:00-1:00pm
Sign-up required

WEDNESDAY SPECIAL EVENTS CONTINUED

Seven Islands Birding Sanctuary

Guided walk with Ranger Clare
"Birding and the Birds
of Seven Islands"

Wednesday, September 18
8:30am

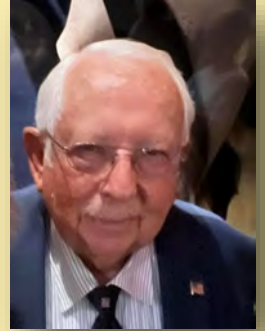
Meet at center to carpool or meet at park
Sign-up requested

Ranger Clare will give us an early morning walk through the park when the birds are at their most chatty time of the day.

Can you recognize any birds by their song?
She will educate us on how to know who is who!



Art Bohanan
presents
CSI-MURDER
Wednesday
October 30
1:00-3:00pm



CSI is a buzz word that instills excitement, puzzlement, and wonder in most people. Come walk with Art Bohanan with over 50 years in the forensic world and countless crime scenes. He will show and tell everything of a murder and crime scenes, holding nothing back.

(Adults Only)

(See page 20 for details)

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: 8:00am-8:00pm EST

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!

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!

CARDIO DRUMMING

Thursdays @ 1:00pm
4th Thursday @ 12:00pm

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
(Dates subject to change)



Thursday, October 17

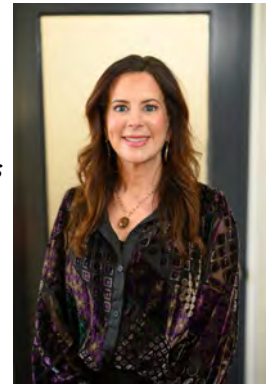
11:00am-12:00pm

LUNCH & LEARN

Hillcrest Healthcare:

Serving Knoxville for 60 years!
Learn how we can serve you and your loved ones.

Rehab-Skilled Nursing-Extended Care-Specialized Therapies-Programs of Distinction



Lavonda T. Cantrell, LMSW, LNHA
Director of Marketing & Communities
VP of The Hillcrest Healthcare Foundation

PICKLEBALL

PICKLE BALL CLINIC With Cindy
Monday, September 16 8:00-10:00am
Sign-up Required

If you are a member of the Corryton Senior Center, we have rackets and balls for you to check out.
(First come, First Serve)
STAY ACTIVE!



COOKING CLASS

Second Harvest Food Bank
Seasoned to Taste
October 3, 2:00-3:00pm
Interactive Cooking Class
Sign-up Required/Limited Space
See page 15 for details!

Friday

We will be closing at 10:30am on Friday, October 18 for a Staff Retreat.

COFFEE CHAT

Every Friday @ 8:30am
Come chit-chat and meet new friends!
Coffee provided Comfort Keepers!

NEW SINGO

Friday, September 13
10:00am

This is like BINGO but with MUSIC. You listen to the song and mark your square.
Stephen with YES Insurance will be your host! Refreshments and prizes!
Sign-up requested.

LUNCH BUNCH

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

September 27
Aubrey's Restaurant
214 E Emory Rd, Powell, TN 37849

October 25
Bel-Air Grill
3820 Neal Dr, Knoxville, TN 37918

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!

September 6 and October 4
Presented by

UNITED | SOLUTIONS
REAL ESTATE

Mid-Day Movies

Friday Mid-Day Movies
1:00pm
September 20: Maverick

The story involves Maverick confronting his past while training a group of younger Top Gun graduates, including the son of his deceased best friend, for a dangerous mission. Starring Tom Cruise



Second Friday, October 11
The Haunted Mansion

A realtor and his wife and children are summoned to a mansion, which they soon discover is haunted, and while they attempt to escape, he learns an important lesson about the family he has neglected.

Starring Eddie Murphy



2024 Senior Safety Summit presented by RSVP

Friday, September 6, 9:00am-12:00pm @ the O'Connor Senior Center
Emergency Preparedness for Natural Disasters

Visit vendors with information on education about emergency response, first aid, safety in inclement weather, and much more! Plenty of parking!

O'Connor Senior Center, 611 Winona St, Knoxville, TN 37917



2nd Annual Harvest Festival

Super Seniors

October 8, Tuesday

10:30am-1:00pm

Sponsored by Sikes & Associates

Enjoy a game of Corn hole or Ladder Ball
Special Appearance by "Lily" Tomlin

Demonstrations: Civil War Demo by Edward Bardill,
Spinning Wheel by Phyllis Muth, Woodworking
demonstration with Larry Clapp & Carroll Bales, and
more!

Vendors TBA

Lunch will be BBQ & all the Fixin's!

Music by the Knoxville Area Dulcimer Club &
the Corryton Super Singers!

The winner of the Pumpkin Decorating contest
will be announced!

The Craft Corner

Card Making with Gay First Fridays

September 6 and October 4
@ 1:00pm
\$10 to make 6-8 cards

*Enjoy socializing and
making hand-made cards with
artist Gay Clapp.
You will be provided all the
materials and create fabulous
greeting cards!*



**Tuesday, September 3
at 11:00am**

**Homemade
Envelopes**

All supplies supplied!



**Tuesday, October 1
at 11:00am**

Pallet Pumpkin

Supplies TBA



Join Second Harvest Food Bank for



Seasoned to Taste

An interactive cooking class for adults
age **60+** & their caregivers

THURSDAY, | 2:00 PM -
OCT 3 | 3:00 PM

CORRYTON SENIOR CENTER

9331 Davis Drive
Corryton, TN 37721

TO SIGN UP, CONTACT CORRYTON
SENIOR CENTER COORDINATOR
865-688-5882

SPACE IS LIMITED TO 15

**YOU TAKE
HOME:**

- ✓ new recipe
- ✓ fresh produce
- ✓ ingredients
- ✓ kitchen tools



CIVIL ★ WAR REENACTOR



Edward Andrew Bardill

**Private, 29th Tennessee Volunteer Infantry
Army of Tennessee, CSA**

Civil War Living Historian and Re-enactor

Monday, October 14 @ 1:00pm



Come experience the past with Ed Bardill and relive a tale of the Civil War. Ed is a Civil War Living Historian and Re-enactor with 30 years of experience. He has walked the battlefields of Antietam, Gettysburg, Chickamauga, and Chattanooga. He has done numerous First Person presentations to schools, churches, and festivals in East Tennessee, and being in several videos for the Heartland Series and WVLT Channel 8 Bicentennial Series.



Art Bohanan Presents:
CSI: Murder - Adults Only

Wednesday, October 30
1:00pm

CSI is a buzz word that instills excitement, puzzlement, and wonder in most people. Come walk with Art Bohanan with over 50 years in the forensic world and countless crime scenes. He will show and tell everything of a murder and crime scenes, holding nothing back.

This presentation is NOT suitable for some people.

SIGN UP IS REQUESTED



KNOX COUNTY SENIOR SERVICES SENIOR WALK –September 17, 2024



Halls Greenway and Senior Center Tour

**September 17th
@ 10:00 AM
4405 Crippen Road**

**Meet at the Halls Senior Center for a quick tour
before we head out on the Halls Greenway.**

The Halls Greenway connects Halls Community Park with the Halls Library on Emory Road. To the north, it runs .6 mile along Beaver Creek and crosses some unusual wetland areas with access to nature trails and an overlook. Southbound from the park, it continues .3 mile to Summer Oak Lane.

**Lunch on your own at
Bel-Air Grill
3820 Neal Drive**



**Register for the walk by calling
865-288-3761 or email
seniorservices@knoxcounty.org**

KNOX COUNTY SENIOR SERVICES SENIOR WALK—October 15, 2024

Knox County Senior Services Monthly Walk Cherokee Blvd in Beautiful Sequoyah Hills

**1400 Cherokee Blvd. / Sequoyah Park
October 15, Tuesday
9:30-11:00am**

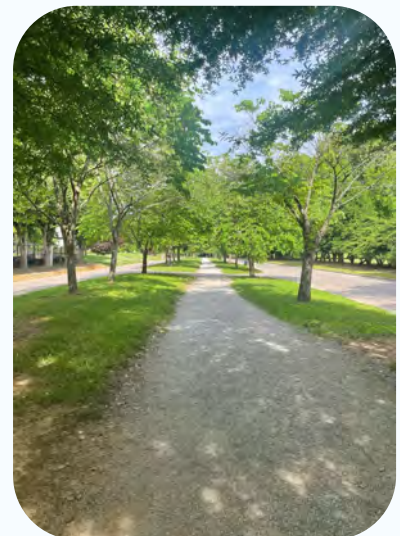


**Lunch at the Gourmet Market
5107 Kingston Pike**

Register at: seniorservices@knoxcounty.org or call 865-238-3761

We will meet at Sequoyah Park (most western park/close to the corner of Scenic Drive and Cherokee Blvd) We will walk down the riverbank and cut over to the median pathway to the Indian Burial Mound. Then we will turn around and head back on the pathway looking at the beautiful homes and fall colors.

**Restrooms are available in the parking area.
Approximately a 2 miles walk on flat ground.**



Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze

Are you 65 and over, own your primary residence, and your income in 2023 was \$36,370 or below you may qualify for Tax Relief.

Are you 65 and over, own your primary residence and your income in 2023 was \$60,000 or below you may qualify for Tax Freeze.



If you are a Disabled Veteran, Widow(er) of a DV own your primary residence you may qualify for Tax Relief .

Applications are open October 1, 2024 — April 5, 2025
You must sign up every year.

Knox County Trustee Justin Biggs and members of his team will be at Knox County Senior Centers in October to meet with you to answer questions and accept your applications.

October 1 at 10 A.M. Karns Senior Center 8042 Oak Ridge Highway Knoxville, TN

October 9 at 9 A.M. Corryton Senior Center 9331 Davis Drive Corryton, TN

October 10 at 10 A.M. Halls Senior Center 9331 4405 Crippen Rd, Knoxville TN

October 11 9:30 A.M. West Knox County Senior Center 239 Jamestown Blvd, Suite 101 Farragut, TN

October 22 at 10 A.M. South Knox Senior Center 6729 Martel Lane Knoxville, TN

October 23 at 10 A.M. Carter Senior Center 9040 Asheville Highway Knoxville, TN



You're invited to a Life Line Screening event!

Where: Corryton Senior Center
9331 Davis Rd
Corryton, TN 37721

When: Monday, 10/21/2024



Life Line Screening is the nation's leader in **Stroke and Cardiovascular Disease Risk** Screenings.

Trusted by over 10 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend:

Anyone over the age of 40

Special Member Pricing for \$159

- ♥ Carotid Artery Disease Screening
- ♥ Atrial Fibrillation Screening
- ♥ Abdominal Aortic Aneurysm Screening
- ♥ Peripheral Artery Disease Screening
- ♥ Plus a **FREE** Hypertension Screening

4 ways to book your appointment...

Call 888-814-0466 and use promo code HSCA001

Visit  [LLSA.SOCIAL/HSCA](https://llsa.social/hscas)



Text the word "circle" to 216-279-1607

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease. Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.

MEDICARE INFORMATION OPPORTUNITIES FOR 2024/2025 AT A GLANCE



Medicare 101
Brandon Dicorato Medicare Options
Thursday, September 5 @ 10:30am



Kenneth LeFeure - Medicare Education
Thursday, October 3 at 10:30am



See page 27 for details



Teja Cain
Medicare Advisor

See more information
on page 22

Monday, October 7 @ 1:30-3:00pm
Medicare Seminar
Humana ANOC (Annual Notice of Change)

Wednesday, October 16 @ 8:00am-4:00pm
Medicare Q&A All Day

Monday, October 28, @ 1:30
Devoted Sales Seminar



THE PROVIDENCE GROUP

Andy Williams
The Providence Group
Wednesday, October 9 at 1:00pm



Hughes Retirement Group

Medicare-Health-Life Insurance

Tuesday, October 1
10:00-11:00am

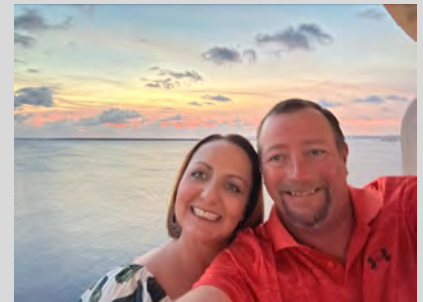
Jim Sikes
Sikes and Associates

Wednesday, October 23 - November 6 - November 20
Meetings at 10:00am and at 1:00pm
 See page 24 for details

Ryan Ritter
Let's Talk About Medicare
Thursday



October 24 and November 7 @ 10:30am
 See page 27 for details



See page 27 for details



You can make a personal appointment with **Teja Cain** by calling or texting to 865-661-4451 or email: teja@coreinsuranceadvisors.com

Humana ANOC (Annual Notice of Change)

Monday, Oct 7 @ 1:30

Teja will be presenting ANOC for a Humana Gold Plus plan for 2025.

Sales materials and information will be available.
Q&A session will follow after the presentation.

One-on-One Meetings

Wednesday, Oct 16

8:00am–4:00pm

Teja will be available all day for one-on-one meetings for 2025 Medicare plans. If you cannot make it on the 16th, you can make personal appointment with Teja by calling 865-661-4451.

Devoted Sales Seminar

Wednesday, October 28 @ 1:30pm

Plans from a ***newer*** TN Medicare Advantage company called **Devoted**. Come learn about this revolutionary company, making waves all over the country. Sales materials and information will be available. You don't want to miss this presentation!

Q&A session will follow after the presentation.

Jim Sikes Medicare Alert 2024



Jim Sikes, a Licensed & Certified Medicare Specialist, has been working with Corryton area Medicare Beneficiaries for over 15 years. He will be holding his annual
INFORMATION AND ENROLLMENT MEETINGS
at the
Corryton Senior Center

Wednesday, October 23 (2 meetings) 10:00am & 1:00pm
Wednesday, November 6 (2 meetings) 10:00am & 1:00pm
Wednesday, November 20 (2 meetings) 10:00am & 1:00pm

Jim Sikes & Associates
Contact information:
Phone: 865-556-8502
Email: cortsdad@charter.net



MEDICARE QUESTIONS?

Supplements, Medicare Advantage,
and Prescription Drug Plans

We have the answers!!!

Andy Williams, Benefits Advisor

Wednesday, October 9, 2024

1:00-2:00pm

Q & A

Andy is a Full-Service Insurance Broker serving
Medicare Beneficiaries in East Tennessee!

andy.williams@theprougroup.com

Cell: 865-287-0175



THE PROVIDENCE GROUP



MEDICARE 101 SEMINAR

with Ryan Ritter

**Free
Entry!**

Are you asking these questions:

Have there been any changes to Medicare recently?

What is Medicare A, B, C, and D?

What is a Medicare Supplement?

What is Medicare Advantage?

Do I need prescription drug coverage?

When am I eligible for Medicare?

Sign-up requested

Date: 10/24/2024

Location: Corryton Senior
Center

Time: 10:30 AM



Humana



Medicare Questions & Answers

w/ Kenneth LeFevre

Come join Kenneth LeFevre as he will be here to navigate answers to all your questions on Medicare.

Thursday, October 3rd @ 10:30am



HUGHES RETIREMENT GROUP PRESENTS:

Lonnie Taylor



MEDICARE ABC's

Laura Taylor



WE LOOK FORWARD TO SEEING YOU AT OUR
EDUCATIONAL EVENT ON

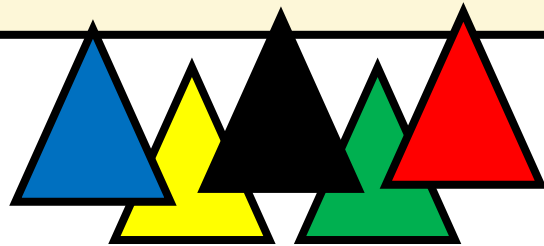
TUESDAY, OCTOBER 1ST @ 10:00AM

LONNIE AND LAURA TAYLOR ARE
INDEPENDENT INSURANCE BROKERS REPRESENTING APPROXIMATELY 20 DIFFERENT
INSURANCE COMPANIES WHICH OFFER OVER
100 INSURANCE PRODUCTS IN YOUR AREA.



Jim Sikes
Sikes and Associates
November 6 - November 20
Meetings at 10:00am and at 1:00pm

See page 24 for details



CAC OFFICE ON AGING Senior Angel Tree 2024

In 2023, Senior Angel Tree made spirits bright by delivering 768 gifts and 396 grocery gift cards to local Seniors in need of holiday cheer! This year's Angel Tree will launch on Monday, November 4th.



This effort is only possible through the help of volunteers. Our Retired & Senior Volunteer Program (RSVP) puts in hundreds of hours to make the Senior Angel Tree happen. Want to help?

Volunteers call each recipient in October to check wish lists. They help with gift pick-ups in November, followed by wrapping gifts in December. You can also help by adopting a need. Keep an eye out for the official launch at your Senior Center!

- To volunteer, contact RSVP at 865-524-2786 or rsvp@knoxseniors.org
- To donate, drop by your local Senior Center starting November 4th!



LET'S TALK ABOUT MEDICARE!



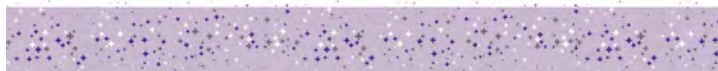
The biggest changes to Medicare in 25+ years!!!

To learn more about your Medicare options, eligibility, and get answers to all your questions & snacks!!

Corryton Senior Center

Date: 11/07/2024

Time: 10:30AM- 12PM



MUSIC for SENIORS
presents
Frank Dycus Legacy
FREE Daytime Concert Series

A special Veteran themed, Patriotic program with

Mark Beecher

Wednesday, November 6th
1:00pm - 2:00pm
Corryton Senior Center



presented by
AARP
Tennessee