

# South Knoxville Senior Center



Sept - Oct 2024

6729 Martel Lane  
Knoxville, TN 37920  
865-573-5843  
[Knoxcounty.org/seniors/](http://Knoxcounty.org/seniors/)



**KNOX COUNTY  
TENNESSEE**

## Center Hours

Monday-Friday 7:30-4:00

Pool Hours 7:30-3:30

\* Pool closes daily for lunch  
from 12:00-12:30



## Medicare 101

**Sept. 23rd 10 am**

Get your Medicare  
questions answered!

## Game Day with AARP

Come play with AARP!  
Join us for fun board  
games with a senior  
twist and enjoy  
refreshments. Bring  
your friends or come  
make new ones.  
Limited to 30  
participants.

September 9th  
10-12 PM

Register using the QR  
code provided in the  
attached flyer or ask us  
at the front desk and  
we'll help you.



## Meet Lily Tomlin



Sept. 16th 9:30am

Lily is an approved  
therapy dog for HABILITATION  
and is coming to the  
SKSC just for you!  
Her momma is Senior  
Services Manager,  
April Tomlin and they  
will be at the center on  
Monday, September  
16th at 9:30 if you  
would like to meet Lily.  
No need to make an  
appointment, just stop  
by to say "Hi".



**The Center will be closed September 2nd for Labor Day.  
The Center will close at 11 am on Friday, October 18th for a  
Staff Retreat.**

## Field Trips (Sept. and Oct.)

RSVP at 865-573-5843  
or at the front desk.

### Sweetwater Valley Farm Tour and Lunch

Sept 26th, 9:30am

See how cow milking is done nowadays. Hint-robots are involved! Enjoy lunch with their fresh dairy ingredients!



### Apple Barn & Cider Mill

Oct 25th, 10:00am

Sample local products, explore the many shops, enjoy the riverbank, and partake in some yummy food, all with SKSC friends. Does it get any better than this?!



## Crafts with Susanne

Join us for Crafts with Susanne either in person or via Zoom. She will do one craft in September and one in October. Check out some details below and make sure to RSVP at 865-573-5843



### Tuesday, Sept 3rd 10 AM Fun, Homemade Envelopes

Bring some fun paper and notions!



### Tuesday, Oct 1st 10 AM Pallet Pumpkins

Must RSVP  
Bring leaves, ribbon, or any special embellishments desired.

## Other Crafting Opportunities!

(Must RSVP at 865-573-5843 or at the front desk for these activities.)

### Crafts with Karen Epoxy Fun

Join Karen Seeley in crafting different, useful items made out of epoxy.  
**Tues, Sept 17th 10 am**

### Ice-Dye with Ella Jo \$5

Bring the 100% white cotton clothing item you want to dye and join this tie-dye craze at our Center.

**Wed, Oct 9th at 10 am**

### Crafting for Service

Come out and help craft patriotic centerpieces to be donated towards the Free Breakfasts for Veterans program.

**Tues, Oct 15th at 10 am**





## Don't Miss Out!

- **TV Weekly**

Join friends and watch a TV series you might not be able to watch at home. (It's better with friends, anyway!) Fridays at

11:30 am .

### *Downton Abbey*

- **South Friends Lunch Bunch**

Meet at the Center to carpool to lunch every 3rd Friday at 11 am.

September - "Donna's"

October - "Pelancho's"

Call 865-573-5843 for more information

- **Movie Time**

Watch a movie with friends, and popcorn, of course, every 3rd Monday at the Center. Pick the next movie each month.

See Aliyete at the front desk to vote on what movie we watch next!

- **Dominoes**

Mexican Train Dominos is so fun we need an extra day!

**Mon and Wed at 1pm!**

## Red Hats

Enjoy lunch with some sweet ladies every 2nd Tuesday of the month. Meet at the Center at 10:30 am.

- September 10th
- October 8th

## 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.

- September 9th
- October 14th



## Vet Chat

4th Friday of every month  
9:30 am

Come get some coffee and hang out with new and old Veteran friends!

Sept 27th  
October 25th



## Bingo!

Our next BINGO:

- Sept 16th
  - Oct 7th
  - Oct 21st
- from 10:00-11:00 am.

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## Gospel

Gospel Music time is Monday, Sept 23rd and Oct 28th at 1 pm. We will also have an ice cream social beginning at noon sponsored by Smoky Mountain Hospice. Come out and join the fun!

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## Toenail Trimming

Toenail trimming is available by appointment only

- September 18th
- October 16th

## Life Line Screening

Find out if you are at risk of a stroke or cardiovascular disease. See the attached flyer for all the details!

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## BYOM Cookout!

Bring Your Own Meat (or veggies if you don't do meat)

Sept 25th, 11 am

Bring your lunch including what you want grilled and have lunch with your SKSC friends! We'll grill what you bring! Fun time for all!

## Ask Humana with Rebecca

Rebecca Watts will be here  
the **Last Tuesday of each  
month  
12-2pm**

to answer all questions  
Humana.

Drop by, say "Hi" and  
learn lots!

- Sept 24th
- Oct 29th

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## Beltone

Michael Murphy will be at  
the Center on  
September 5th  
8:30-10 AM

He will help check your  
hearing aids, clean them,  
and give you direction with  
hearing issues.



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## Senior Information & Referral (SIR)

A one-stop-shop for  
everything senior.

Provided by the CAC Office  
on Aging.

9 am

- September 5th
- October 3rd

Knoxville - Knox County

# CAC

OFFICE ON AGING

## Downsizing Made Easy

Sept 24th, 11 AM

Are you considering a  
downsizing move, either  
now or in the future? If so,  
please join us for a special  
presentation and find out  
how others, just like you,  
have simplified their lives  
by following a proven  
system for a successful  
move. You'll gain valuable  
insights into today's real  
estate market, practical  
solutions for decluttering,  
preparing your home for  
sale, best practices for  
hiring estate liquidators,  
organizers and more. As a  
real estate professional  
dedicated to serving seniors  
at the highest level,  
Suzanne Eaton will educate  
and empower you to  
navigate the complexities of  
a downsizing move that  
promises to leave you  
overjoyed, not  
overwhelmed.



Sept 20th  
8am -2pm

Some spots still available.  
Secure your spot now!!  
865-573-5843

Come out and enjoy the  
sale!

## Soup-A-Licious Lunch!!

Sponsors and Seniors alike  
will bring their best soups  
for everyone's enjoyment

**Wed. Oct 23rd**

**11:30 am**

If you think you've got  
what it takes, sign up at  
the front desk.

Everyone, come out for  
some delicious food and  
even better fellowship!



CORE Insurance  
Annual Notice of Change

# Humana

You've heard the rumors that Medicare is making major changes this year, now get the facts. CORE Insurance will give their annual notice of change information for Humana at both

10 am AND 12 noon  
October 8th



## Tax Relief/Freeze

### Informational Presentation

Trustee Biggs and Brian Hornback are coming to South Knoxville Senior Center to meet with interested Seniors about the State of Tennessee Senior Tax Relief program and the Disabled Veteran Tax Relief program. **Tuesday, October 22nd. 10:00-11:00 AM**



Live Performance Learning Lab

Ukulele: Beginners Course  
With Jeff Barbra  
Each Tuesday  
Oct. 15th-Nov 19th  
2:00pm-3:30pm  
(Details on attached Flyer)



## Fight Fraud!

Learn how to keep your accounts and information more secure.

Fraudsters get trickier every day.

Knowledge is your best defense.

Join us

October 30th 12 PM



Do you have questions about Medicare and all the changes? Come get some answerers

Tues. Oct. 22nd 11AM

## Devoted Medicare

Teja Cain of Core Insurance Advisors will be presenting plans from the **newest & fastest growing** Medicare Advantage company called **Devoted**. Come learn about this revolutionary company, making waves in the Medicare industry. Sales materials and information will be available. You don't want to miss this presentation! Q&A session will follow. If you cannot make the meeting, you can make a personal appointment with Teja by calling 865-661-4451.

Tues. Oct. 29th

10AM



# South Knoxville Senior Center

## Fitness Classes

### Aquatic Exercises

**Water Aerobics** A great way to exercise without the hassle of that pesky gravity! Lifeguard led and approved. **M, T, TH, F 9:00-10:00 and 1:00-2:00 \$2 per class.**

**Free Swim** Open pool for individual exercise. **M, F 7:30-9, 10-11, 12:30-1, 3-3:30**  
**T, TH 7:30-9, 10-12, 12:30-1, 3-3:30, W 7:30-11, 12:30-3:30**

**Water Peeps** Group led water aerobics with seasoned water aerobic veterans.  
**M, W, and F 11:00-12:00**

**Aquaball** A fun, energetic game of ball in the pool! No real skill required!  
**M, T, TH, F 2:00**

### Ballroom Dance

Learn the beautiful art of Ballroom Dance and get some great exercise at the same time.  
**F 10, \$5 per class**

### Cardio Drumming

Exercise, music, and drumming...so fun! Good for all exercise levels and no drumming skills needed! **TH 1:00-1:30**

### Chair Volleyball

Great exercise and loads of fun! No experience necessary and you stay seated while you play. We use a beach ball so it won't hurt your hands and new players are always welcome. **T 1:00**

### Line Dance

Come join the fun with beginners line dancing! No experience needed and all skill levels welcomed. Great exercise and great fun! **W 2:00**

### Senior Cardio, Strength & Stretch

Covenant Health Bodyworks Exercise class offered weekly.  
**T, F 8:45-9:45 \$5 per class**

### Walking Path

A safe, paved, and flat walking path around the Center. 5 times around equals 1 mile.

### Wobblin' Weebles Stability Class

Learn how to not fall down and activate your core muscles. **T 10:30**

South Knoxville Senior Center  
 6729 Martel Lane  
 Knoxville TN 37920  
 865-573-5843  
 www.knoxcounty.org/seniors







# SEPTEMBER



Center Hours 7:30-4:00 PM  
 Pool Hours 7:30-3:30 PM  
 Pool is closed daily from  
 12:00-12:30 PM for Lunch

## 2024

**\*DAILY SCHEDULE REMAINS THE SAME. SPECIAL EVENTS ARE LISTED BY DATE.**

Mon	Tue	Wed	Thu	Fri
7:30 Free Swim 9:00 Water Aerobics 11:00 Water Peeps 11:00 Quilting 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Water Aerobics 1:00 Dominoes 2:00 Aquaball 3:00-3:30 Free Swim  Jigsaw Puzzle All Day	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:30 Wobblin' Weebles 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Chair Volleyball 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim  Jigsaw Puzzle All Day	7:30 Free Swim 9:00 Mixed Media Art Social 11:00 Water Peeps 11:00 Quilting 12:00-12:30 Pool Closed 12:30-3:30 Free Swim 1:00 Hand & Foot Cards 1:00 Dominoes 2:00 Line Dance  Jigsaw Puzzle All Day	7:30 Free Swim 9:00 Water Aerobics 9:00 South Knox Opry 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Cards 1:00 Cardio Drumming 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim  Jigsaw Puzzle All Day	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:00 Ballroom Dance 11:00 Water Peeps 12:00-12:30 Pool Closed 12:00 Cards 12:30 Free Swim 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim  Jigsaw Puzzle All Day
<b>2</b>  <b>Center is closed</b>	<b>3</b> <b>10AM Crafts W/ Susanne</b> 	<b>4</b>	<b>5</b> <b>8:30AM Beltone</b>  <b>9AM Senior I&amp;R</b>	<b>6</b> <b>11:30AM TV Weekly</b>
<b>9</b> <b>9AM Senior Q&amp;A W/Teja</b> <b>10AM Game Day W/AARP</b>	<b>10</b> <b>10:30AM Red Hats Meet For Lunch</b> 	<b>11</b>	<b>12</b>	<b>13</b> <b>11:30AM TV weekly</b>
<b>16</b> <b>9:30AM Meet Lily Tomlin</b> <b>10:00AM BINGO</b> <b>11:30AM Movie Time!</b>	<b>17</b> <b>10AM Crafts W/Karen</b> <b>10AM Senior Walk- Halls Greenway Walk</b>	<b>18</b> <b>Toenail Trimming by appt.</b> 	<b>19</b>	<b>20</b> <b>Yard-Craft-Bake sale</b>  <b>11AM South Friends Lunch Bunch Meet</b> 
<b>23</b> <b>10AM Medicare 101 Sem. w/Senior Financial Group</b> <b>12PM Ice-Cream Social</b>	<b>24</b> <b>11AM Downsizing Made Easy Presentation</b> <b>12PM Ask Humana W/ Rebecca</b>	<b>25</b> <b>11AM B.Y.O.M Cookout!</b>	<b>26</b> <b>9:30AM Sweetwater Valley Farm Fieldtrip</b>	<b>27</b> <b>9:30 Vet Chat</b> <b>11:30AM TV Weekly</b>
<b>30</b>				



South Knoxville Senior Center  
 6729 Martel Lane  
 Knoxville TN 37920  
 865-573-5843  
 www.knoxcounty.org/seniors

# October

Center Hours 7:30-4:00 PM  
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## 2024

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	<b>1</b>  10AM Crafts W/ Susanne  	<b>2</b>	<b>3</b>  9AM Senior I & R	<b>4</b>  11:30AM TV Weekly
<b>7</b>  10AM <b>BINGO</b>	<b>8</b> 10 and 12PM Humana ANOC by CORE  10:30AM Red Hats Meet For Lunch  	<b>9</b>  10AM Ice Dye Craft	<b>10</b>	<b>11</b>
<b>14</b>  8:15-5:30PM LifeLine  9AM Senior Q&A W/Teja	<b>15</b>  10AM Crafting for Service  2:30PM Free Ukulele Class	<b>16</b>  Toenail Trimming by appt.  	<b>17</b>	<b>18</b>  11AM South Friends Lunch Bunch Meet  <b>Center Closed at 11am For a staff Retreat</b>
<b>21</b>  10AM <b>BINGO</b> 11:30AM Movie Time!	<b>22</b> 10AM Tax Relief & Tax Freeze 11AM Medicare Seminar w/American Senior Ben. 2:30PM Free Ukulele Class	<b>23</b>  11:30AM Soup-A-Licious Lunch	<b>24</b>	<b>25</b>  9:30AM Vet Chat 10AM Apple Barn & Cider Mill Field Trip 11:30AM TV Weekly
<b>28</b>  12PM Ice-Cream Social  1PM Gospel Singing	<b>29</b> 10AM Devoted Seminar w/ Teja 12PM Ask Humana W/ Rebecca 2:30PM Free Ukulele Class	<b>30</b>  12PM Fight Fraud! W/ TVA Credit Union	<b>31</b>	





## **Hey Musicians!!!**

**We are seeking pickers and gridders for  
South Knox Opry music jam!**

Musicians in country, bluegrass, and gospel, playing acoustic music are welcome.

Must be 50 years of age or older.

Location: South Knoxville Senior Center, 6729 Martel Lane,  
Knoxville, TN 37920

Time: Thursdays, 9am-noon

Join us for a fun and friendly music jam!

**Share with your friends who love music!**



## Come Play With AARP!

Join us for fun board games and enjoy refreshments. Bring your friends or come make new ones. Limited to 30 participants. This event is free - AARP membership is NOT required.



**September 9, 2024**

**10 a.m. - 12 p.m. ET**

South Knoxville Senior Center  
6729 Martel Lane  
Knoxville, TN 37920

Note: Photos will be taken at this event, by participating you agree to have your photo taken.

**To Register, Scan the QR Code with your Smartphone Camera**



 /AARPTennessee  
 @AARPTN







# South Knoxville Senior Center Yard-Craft-Bake Sale

Friday, September 20, 2024

8:00 am to 2:00 pm

6729 Martel Lane, Knoxville TN 37920

# 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:** South Knoxville Senior Center  
6729 Martel Lane  
Knoxville, TN 37920

**When:** Monday, 10/14/2024

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 Pricing for \$159**

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

## 4 ways to book your appointment...

Scan here:



Call 888-814-0466  
and use promo  
code: HSCA001

Visit  
LLSA.SOCIAL/HSCA

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.



# MUSIC *for* SENIORS

## Live Performance Learning Lab



## Ukulele: Beginners Course with Jeff Barbra



EACH TUESDAY  
**OCTOBER 15th - NOVEMBER 19th**  
**2:00pm-3:30pm**

- \*Join Music for Seniors at South Knoxville Senior Center for our weekly Beginners Ukulele Learning Lab series.
- \*Music for Seniors Teaching Artist, Jeff Barbra leads this 5-week series of hands-on learning sessions.
- \*This series is for beginners but all players are welcome.
- \*Music for Seniors has loaner ukuleles available for use for students needing an instrument.
- \*Each Learning Lab session builds on the session before.
- \*Participants are encouraged to attend the 6-session series beginning 10/15 and ending on 11/19 (will not meet on Election Day, Tuesday, November 5th)

sponsored by



[musicforseniors.org](http://musicforseniors.org)

Scan to sign up





# Fight Fraud!



Learn how to keep your accounts and information more secure.

Fraudsters get trickier every day, but Knoxville TVA Employees Credit Union™ has resources to help our Members fight back! Knowledge is your best defense.

*Join Us!*

**October 30 | 12:00 PM**

**South Knoxville Senior Center  
6729 Martel Ln, Knoxville, TN 37920**

[tvacreditunion.com](http://tvacreditunion.com)





## **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](mailto:seniorservices@knoxcounty.org)**



# **Knox County Senior Services Monthly Walk**

## **Cherokee Blvd in Beautiful Sequoyah Hills**

**1400 Cherokee Blvd. / Sequoyah Park**

**October 15th, Tuesday**

**10:00am**

**Lunch after walk at Holly's Gourmet Market**

**5107 Kingston Pike**

**Register at: [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org) or call 865-288-3761**

**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 median pathway looking at the beautiful homes and fall colors.**

**Restrooms are available in the parking area.**

**Approximately a 2 miles walk on flat ground.**







At  
Knox County Senior Centers

**ITS FREE TO JOIN**

**WALK WHEN YOU WANT / AT YOUR OWN PACE**

**WALKING IS GREAT EXERCISE**

**ITS ALWAYS MORE FUN TO WALK WITH A FRIEND**

**WALKERS RECEIVE A FREE PEDOMETER TO TRACK THEIR  
STEPS AND WILL BE AWARDED PRIZES FOR MILES WALKED**

**SIGN UP BEGINS IN DECEMBER AT ALL 6  
KNOX COUNTY SENIOR CENTER LOCATIONS**

**Take that first step to better health !**







presents 13 free breakfasts for Veterans and guests monthly  
Coffee at 8:00 am - Chow line 8:30 am

### **First Saturday**

Elks Lodge #160  
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church  
214 Cedar St., Sevierville 37862

### **Second Saturday**

Hillcrest Community Church  
1615 Price Ave, Knoxville 37920

Kodak Church  
2923 Bryan Rd, Kodak 37764

### **Third Saturday**

Community Center  
1708 West Emory Rd, Powell 37849

First United Methodist Church  
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church  
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church  
1001 Ebenezer Rd, Knoxville 37923

### **Last Saturday**

Oliver Springs DAV  
Tri-County Chapter 26  
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24  
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154  
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church  
3110 Wears Valley Rd, Sevierville, 37862  
Located approximately 7 miles S of  
Pigeon Forge and 8 miles NE of Townsend

### **Starting March 30th**

West End Baptist Church  
116 West End St, Newport 37821

For more information or to sponsor a  
breakfast call 865-604-4443

# 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](mailto:rsvp@knoxseniors.org)
- To donate, drop by your local Senior Center starting November 4th!