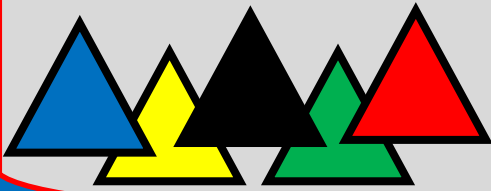


Corryton Senior Center Connection



March/April Newsletter 2025



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



**KNOX COUNTY
TENNESSEE**

Knox County Veteran Services

Gabriel Burns will be here to provide one-on-one assistance for you with your Veteran needs.

NEW TIMES

Friday, March 14

8:00-11:00am

Monday, April 9

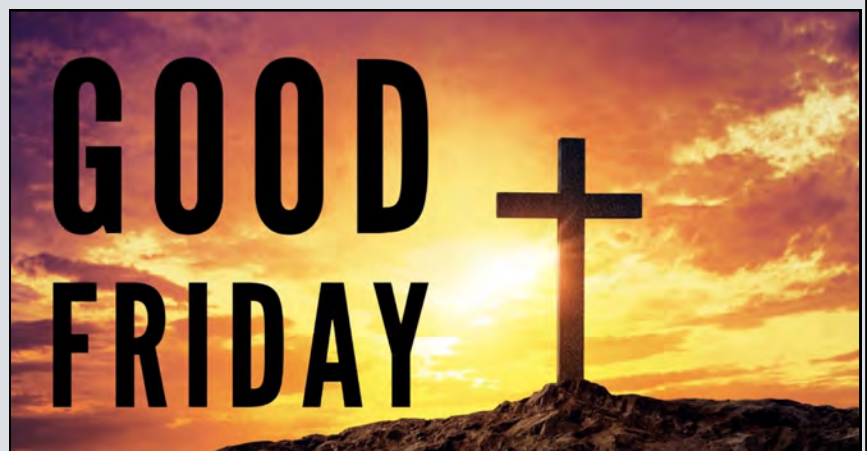
8:00-11:00am

Sign-up requested.

See page **21** for other locations.

The center will be **CLOSED:**

**Friday
APRIL 18**



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

March 2025



Mon	Tue	Wed	Thu	Fri
<p>3 Fitness Room Open All Day 9:00 5 Min. Neck & Shoulder Massage by Tabitha 10:00 Hair Cuts by Wendy 11:30 AOA Class 1:30 Teja Cain Medicare Advisor 2:00 Weekly In-House Bingo</p>	<p>4 Fitness Room Open All Day 10:00 Zumba Gold 11:00 Bendable Fabric Flowers Craft w/ Susanne 11:30 AOA Class 1:30 Corryton Jam</p>	<p>5 Fitness Room Open All Day 10:00 Dominoes 1:00 Life Transition Workshop w/ Brandon</p>	<p>6 Fitness Room Open All Day 9:15 Seated Yoga 10:00 Classic Exercise 11:00 Mash-Up Exercise (SAIL on Youtube) 1:00 Cardio Drumming Class</p>	<p>7 Fitness Room Open All Day 8:30 Coffee & Chat 10:00 Monthly In-Person Bingo 1:00 Cardmaking Class w/ Gay Clapp</p>
<p>10 Fitness Room Open All Day 9:00 Create Your Own Craft Day 11:30 AOA Class 2:00 Weekly In-House Bingo</p>	<p>11 Fitness Room Open All Day 10:30 Super Seniors: Bingo w/ TVA Credit Union 1:30 Corryton Jam 2:00 Veterans Services</p> <p style="text-align: center;"><u>NO AOA CLASS</u></p> <p style="text-align: center;"><u>NO ZUMBA GOLD</u></p>	<p>12 Fitness Room Open All Day 10:00 Dominoes 1:00 Japanese Yukata (Summer Kimono) w/ Mana 2:00 Devoted Seminar w/ Teja Cain</p>	<p>13 Fitness Room Open All Day 9:15 Seated Yoga 10:00 Classic Exercise 11:00 Mash-Up Exercise (Walking w/ Jo) 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p> <p style="text-align: center;">HMQG Project Day</p>	<p>14 Fitness Room Open All Day 8-11 Veteran Services 8:30 Coffee & Chat 10:00 The Price is Right Game w/ TVA Credit Union</p>
<p>17 Fitness Room Open All Day 10:00 St. Patty's Day Trivia w/ TVA Credit Union 11:30 AOA Class 2:00 Weekly In-House Bingo</p> 	<p>18 Fitness Room Open All Day 10:00 Senior Walk* 10:00 Zumba Gold 11:30 AOA Class 1:00 CSC Bunco 1:30 Corryton Jam</p>	<p>19 Fitness Room Open All Day 10:00 Dominoes 1:30 Let's Visit Italy w/ Guilio Giovantti</p>	<p>20 Fitness Room Open All Day 9:00 Humana 101 w/ Penny Mayo 9:15 Seated Yoga 10:00 Classic Exercise 11:00 Mash-Up Exercise (SAIL on Youtube) 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p>	<p>21 Fitness Room Open All Day 8:30 Coffee & Chat 1:00 Mid-Day Movie</p>
<p>24 Fitness Room Open All Day 10:00 Book Club 11:30 AOA Class 2:00 Weekly In-House Bingo</p>	<p>25 Fitness Room Open All Day 10:00 Zumba Gold 11:30 AOA Class 1:30 Corryton Jam</p>	<p>26 Fitness Room Open All Day 10:00 Dominoes 12:00 Chili Cook-Off</p> 	<p>27 Fitness Room Open All Day 9:15 Seated Yoga 10:00 Classic Exercise 11:00 Mash-Up Exercise (Circuit Training) 12:00 Cardio Drumming Class 1:00 HMQG Monthly Meeting</p>	<p>28 Fitness Room Open All Day 8:30 Coffee & Chat 11:00 Lunch Bunch: (Lil' Jo's BBQ)</p>
<p>31 Fitness Room Open All Day 10:00 Let's Visit Poland with Margaret 11:30 AOA Class 2:00 Weekly In-House Bingo</p>	<p style="text-align: center;">*Senior Walk* Tues, Jan 18th @ 10am</p> <p style="text-align: center;">Jessica & Sue</p> <p style="text-align: center;">Pellissippi St. Comm. College Campus</p> <p style="text-align: center;">Lunch: Double Dogs</p>	<p style="text-align: center;"><u>NEW CLASSES</u></p> <ul style="list-style-type: none"> - Zumba Gold - SAIL on Youtube - Walking w/ Jo - Circuit Training 		

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* Tues, April 15th @ 10am</p> <p>Kim and Cindy</p> <p>UT Arboretum (Oak Ridge)</p> <p>Lunch: Soup Kitchen (Oak Ridge)</p>	<p>1 Fitness Room Open All Day 10:00 Zumba Gold 11:00 Sunflower Book Pages Craft w/ Susanne 11:30 AOA Class 1:30 Corryton Jam</p>	<p>2 Fitness Room Open All Day 10:00 Dominoes</p>	<p>3 Fitness Room Open All Day 9:15 Seated Yoga 10:00 Classic Exercise 11:00 Mash-Up Exercise (SAIL on Youtube) 1:00 Cardio Drumming 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 10:00 Healing Touch Presentation 10:00 Hair Cuts by Wendy 11:30 AOA Class 1:30 Teja Cain Medicare Advisor 2:00 Weekly In-House Bingo</p>	<p>8 Fitness Room Open All Day 10:30 Super Seniors: Gibbs Middle School Show Choir 1:30 Corryton Jam</p> <p><u>NO AOA CLASS</u></p> <p><u>NO ZUMBA GOLD</u></p>	<p>9 Fitness Room Open All Day 8-11 Veteran Services 10:00 Dominoes 1:00 Japanese Banjo w/ Mana</p>	<p>10 Fitness Room Open All Day 9:15 Seated Yoga 10:00 Classic Exercise 11:00 Mash-Up Exercise (Walking w/ Jo) 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p> <p>HMQG Project Day</p>	<p>11 Fitness Room Open All Day</p> <p>8:30 Coffee & Chat 9:30 Blount Mansion and Women's' Basketball Hall of Fame Field Trips 1:00 Mid-Day Movie</p>
<p>14 Fitness Room Open All Day 9:00 Create Your Own Craft Day 11:30 AOA Class 2:30 Weekly In-House Bingo</p>	<p>15 Fitness Room Open All Day 10:00 Senior Walk* 10:00 Zumba Gold 11:30 AOA Class 1:00 CSC Bunco 1:30 Corryton Jam</p>	<p>16 Fitness Room Open All Day 10:00 Dominoes 1:30 Let's Visit Budapest w/ Joe Karl</p>	<p>17 Fitness Room Open All Day 9:15 Seated Yoga 10:00 Classic Exercise 11:00 Mash-Up Exercise (SAIL on Youtube) 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p>	<p>18 <u>CENTER CLOSED</u></p>
<p>21 Fitness Room Open All Day 11:30 AOA Class 2:00 Weekly In-Person Bingo</p>	<p>22 Fitness Room Open All Day 10:00 Zumba Gold 11:30 AOA Class 1:00 Corryton Jam</p>	<p>23 Fitness Room Open All Day 10:00 Dominoes</p>	<p>24 Fitness Room Open All Day 9:15 Seated Yoga 10:00 Classic Exercise 11:00 Mash-Up Exercise (Circuit Training) 12:00 Cardio Drumming Class 1:00 HMQG Monthly Meeting</p>	<p>25 Fitness Room Open All Day 8:30 Coffee & Chat</p> <p>2nd Annual Enhance Your Life Expo (11:00-1:00pm)</p>
<p>28 Fitness Room Open All Day 10:00 Book Club 10:30 Squeegie Painting Art Craft 11:30 AOA Class 2:30 Weekly In-House Bingo</p>	<p>29 Fitness Room Open All Day 10:00 Zumba Gold 11:30 AOA Class 1:30 Corryton Jam</p>	<p>30 Fitness Room Open All Day 10:00 Dominoes 1:00 Cyanotype Cards Craft</p>	<p><u>Upcoming Events</u></p> <p>Sock Hop Dance at Halls Senior Center (Fri, May 16th)</p> <p>Tennessee Riverboat Lunch Cruise (Fri, May 30th)</p>	

Monday

RESCHEDULED
Let's Visit Poland with
Margaret Lon-Britton
Monday, March 31 @ 10:00am

MONDAY SPECIAL EVENTS

ACTIVE OLDER ADULT EXERCISE

Mondays @ 11:30am

With Johnnie (\$3 instructor fee)

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

Craft Day
Monday, March 10 & April 14

9:00am-3:00pm

Come to the center and create your own craft by using what we have or bring your own materials. Fun time to giggle and eat snacks and reach into your creative side and share ideas!



ST. PATTY'S DAY TRIVIA



Teja Cain
Medicare Advisor
Mondays
1:30-3:30pm
March 3 (2nd Monday)
April 7 (1st Monday)



March 17, Monday
10:00am-12pm
With TVA CREDIT UNION,
Clayton
Scarborough
Come play Irish
trivia, win a prize, eat some Irish
goodies!



WEEKLY BINGO

MONDAY BINGO with JESSICA

2:00-3:00pm

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!

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



Mondays - 10:00am
March 24

West with Giraffes: A Novel
by Lynda Rutledge

April 28

The Storied Life of AJ Fikry
By Gabrielle Zevin



Monday, March 3
9:00am-12:00pm
Tabitha Jones
5 minute Neck and
Shoulder Massages

Sign-up requested
Details Page 13

Monday, April 7
10:00-11:00am
Healing Touch Seminar
with
Brenda Seip
Certified Healing Touch
Practitioner
Sign-up requested
Details Page 13

First Mondays
March 3 & April 7
10:00am-1:00pm
Haircuts with Wendy
\$20
Appointment
Required

Tuesday

ACTIVE OLDER ADULT EXERCISE

Tuesdays @ 11:30am

With Johnnie (\$3 instructor fee)

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

CRAFTS BY SUSANNE

Tuesdays

11:00am

March 4—Bendable Fabric Flowers

April 1—Sunflower Book Pages

See page 15 for details



Tuesday at 1:00pm

March 18

April 15

No matter how many show up we play and have fun!!! Join us!

SUPER SENIORS

Second Tuesdays

10:30am

\$6 per person

Please RSVP

Join us for food, fellowship, and fun!

**March 11: BINGO
with TVA CREDIT UNION**

**April 8: Gibbs Middle School Show
Choir**

Sign-up Required

You can register at the center.

CORRYTON JAM

Every Tuesday at 1:30pm

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!
Everyone Welcome!



ZUMBA GOLD IS BACK with OLGA

Tuesdays @ 10:00am (except second Tuesdays)

\$5 instructor fee

Perfect For: Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

How It Works: The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits: Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

7 Sessions

March 4, 18, & 25

April 1, 15, 22, & 29



Wednesday

DOMINOES



**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 EVENT

Mana Muramatsu

Japanese Outreach Initiative

with the Asian Culture Center of Tennessee

Wednesdays at 1:00pm

Sign-up requested

◆ **March 12**

Yukata

Traditional Summer Kimono

◆ **April 9**

Japanese Banjo

Ms. Mahagi LaCure, Music Teacher



International Monthly

Let's Visit . . .

Italy with Giulio Giovantti

Wednesday, March 19 @ 1:00pm

Today we will visit some of the many regions in Italy including Florence and Rome along with learning words in Italian. Giulio teaches Italian and has recently become a United States Citizen.

Poland with Margaret Lon-Britton

Monday, March 31 @ 10:00am

Budapest with Joe Karl

April 16 @ 1:00pm



**Rescheduled for
Wednesday, March 26
12:00-2:00pm
See page 9 for details**

Cyanotype Cards Making Returns

You asked for it!

April 30 @ 1:00pm

Sign-up Required

See page 15 for details

**Life Transition Workshop
with Brandon Canter
Wednesday, March 5 @ 1:00pm**

Join us for a look into grief
and its five stages.

We will learn the practical coping skills to
navigate your transition healthily and
include ample opportunity for discussion.

Whether you are missing a loved one, a
loss of job, a loss of a pet, or just want to
come learn some interesting ways to cope
with life,

you are welcome!

Sign-up requested

THURSDAY

**EXERCISE CLASSES with DON
ONLINE (Zoom & Youtube)
At the Center**

**SEATED YOGA
9:15-9:45am**

**CLASSIC EXERCISE
10:00-10:30am**

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!

Humana 101 with Penny Mayo

**Thursday, March 20
9:00-10:00am
Light Breakfast provided
Sign-up requested
See page 11 for Details**

Corryton Super Senior Singers

**Let your voice be heard
and come sing with us!**



**Thursdays
@ 2:30pm
(Dates subject to change)**

**March 13 & 20
April 10 & 17**

LET'S GET PHYSICAL A Mash-up of Exercise

**Join us via YouTube on
Thursdays at 11:00am**

**March 6, 13, 20, 27
April 3, 10, 17, 24**

8 sessions

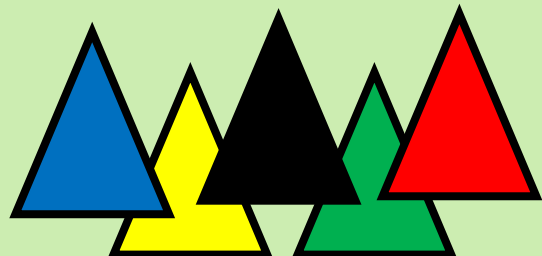
We are going to offer a different exercise class each week to keep your body guessing!

**Strength & Balance: March 6 & April 3
Walking with Jo : March 13 & April 10
Strength & Balance: March 27 & April 27
Circuit Training: March 20 & April 17**

Strength & Balance is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. They can be done sitting or standing.

Walking with Jo: Join this YouTube star who walks to music and has a bounce to her step! Low-medium cardio but will make you burn!

Circuit Training: This will be a mix of the fitness center and walking outside and possibly a Youtube video! For one hour you will do 4-6 different exercises.



FRIDAY

COFFEE CHAT

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



THE PRICE IS RIGHT GAME
With TVA Credit Union
Clayton Scarborough
10:00am-12:00pm
Sign-up requested
See page 12 for details

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!

March 7–
Sponsored by
YES Insurance



April 4: Sponsored
by Giving Home
Health Care



LUNCH BUNCH

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

March 28
Lil Jo's BBQ
280

April 26
Lunch at the
Enhance Your Life Expo
At the Center

FIELD TRIPS

Field Trip to Blount/Hall of Fame
Friday, April 11
See page 13 for details

ENHANCE YOUR LIFE EXPO

Friday, April 25
Come meet our many resource
vendors and have lunch!

See more details on page 16.

Friday Mid-Day Movies 1:00pm

March 21– McFarland-USA

April 11 – Ordinary Angels



CORRYTON SENIOR CENTER INVITES YOU TO CHOOSE YOUR FAVORITE CHILI

WEDNESDAY, MARCH 26, 12:00-2:00PM

WHO WILL WIN THE GOLDEN SPOON FOR BEST CHILI?

WHO WILL WIN THE BEST CHILI NAME?

WHO WILL WIN THE BEST DECORATED TABLE?

**VISIT EACH TABLE AND HAVE A TASTE OF THE CONTESTANTS CHILI
THEN FILL OUT YOUR BALLOT.**

CHILI TASTING: 12:00-12:30PM

TURN YOUR BALLOT IN BY 12:30PM

ENJOY MORE CHILI (IF ANY IS LEFT OVER!)

**WINNERS ANNOUNCED AT
12:50PM.**



CONTESTANTS:

Berry Funeral Home

Edward Jones Financial

Emory Mills Senior Living

Hillcrest Healthcare

PJ Parkinson's Support

Wisdom Insurance

I-2 Agency

Smoky Mountain Hospice

The Pointe at Lifespring

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

Fitness Room and Billiards Room
open all day, every day!



Stationary bikes, a rowing machine,
treadmills, weight machine, elliptical, &
free weights!



We would LOVE to hear from you!!

What would you like to see happen at the Corryton Senior Center this year?
Field trips? Theatre? Specific seminars? Dance Classes?

PLEASE email me with your suggestions; sarah.gault@knoxcounty.org

MARK YOUR CALENDAR:

Friday, April 25, 11:00am-1:00pm 2nd Annual Enhance Your Life Expo at Corryton Senior Center

Friday, May 16, 1:00-3:00pm. Sock Hop Dance at Halls Senior Center. In cahoots with the South Knox Senior Center and Corryton Senior Center,

Friday, May 30, 11:30am-2:30pm. Tennessee Riverboat Lunch Cruise, Leave from CSC.

Summer/Fall Field Trips: Ramsey House and Cruz Pizza Barn– Oak Ridge Science Museum and Big Ed's Pizza – Aspire Park and Picnic Lunch – Cades Cove – Suggestions?

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!

*You are always welcome to make
suggestions on what you'd like to see
happen at the center!*

We're ready to put our Medicare experience to work for you

Thursday, March 20 @ 9:00am



Humana has been in healthcare for over six decades—and we're just getting started. We put people first, listening to what you really need and want from a Medicare Advantage plan, then helping you find the plan options and benefits that are right for you.

At Humana, we are committed to going above and beyond for our members. That includes connecting you with resources and tools that address not just your physical health, but your mental well-being too.



Stop by and speak to a licensed Humana sales agent in your community

PENNY MAYO
865-518-9161 (TTY: 711)
8 a.m. – 5 p.m.
PMAYO3@HUMANA.COM

Please join us to learn more about 2025 Humana Medicare plans:

Corryton Senior Center—865-688-5882
9331 Davis Dr.
Corryton, TN 37721

Sign-up Requested
Light Breakfast will be served!

Humana. A more human way to healthcare®

THE PRICE IS RIGHT!

PRESENTED BY



Join Us!

Corryton Senior Center
Friday, March 14, 2025 | 10 A.M.

Game Rules

Guess the price of the prize most closely and win that prize!
Prizes provided by Knoxville TVA Employees Credit Union.

Get ready to win!

Come ready to guess, laugh, and win some amazing prizes!



FIELD TRIP

FRIDAY, April 11

9:30am-3:00pm

FREE CAC BUS leaves at 9:30am from Center

Blount Mansion 10am-12pm (\$8)

WBHF 1-3pm (\$6 for 62+, \$8 under 62)

Bring a sack lunch and beverage



Circa-1792 Blount Mansion was home to U. S. Constitution signer William Blount, appointed by President George Washington to govern the Southwest Territory, which Blount shepherded into admission to the union as our nation's sixteenth state, Tennessee.

In addition to a family home, this fine wood frame dwelling also served as the territorial capital. Blount Mansion is Knoxville, Tennessee's only National Historic Landmark and the city's oldest operating museum, opening in 1926.

ABOUT US

The Women's Basketball Hall of Fame opened in June 1999 in Knoxville, TN. The 35,000-square-foot facility was completed by Bell Construction. It is the only facility of its kind dedicated to all levels of women's basketball. With the 2024 Induction, the Women's Basketball Hall of Fame celebrated its 25th Anniversary and added seven new members to our prestigious Hall, honoring 199 inductees.

In addition to preserving the game's history, the Women's Basketball Hall of Fame is also the perfect location for special events, proms, wedding receptions, corporate meetings, birthday parties, and reunions.

WORLD'S LARGEST BASKETBALL

The Women's Basketball Hall of Fame is home to the world's largest basketball. The Hall of Fame basketball measures 30 feet tall and weighs 10 tons.

THE BERENSON

As you enter the Women's Basketball Hall of Fame's Pat Summitt Rotunda, you first see the Berenson Statue. This 17-foot bronze statue exemplifies our mission to "honor the past, celebrate the present, and promote the future" of women's basketball. Each inductee receives a replica of this statue upon their induction into the Women's Basketball Hall of Fame.

The Craft Corner

Card Making with Gay First Fridays

No class in January

March 7 & April 4

1:00-3:00pm

\$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!

Crafts with Suzanne

Tuesdays @ 11:00am

March 4– Bendable Fabric Flowers



April 1–Book Page Sunflower



CYANOTYPE CARD MAKING

WEDNESDAY

APRIL 30 @ 1:00PM

Join Donna and Rita as they return with this beautiful art form!

Sign-up required.

\$5 for instructors and materials.

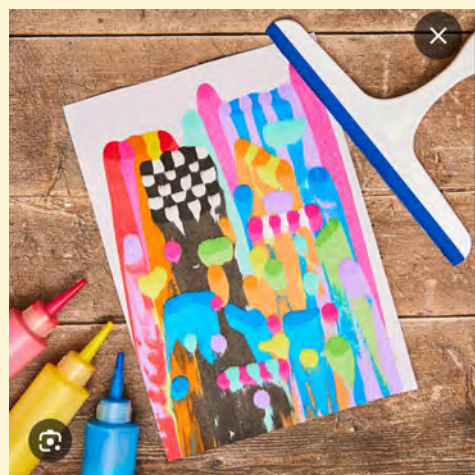


The cyanotype is a slow-reacting, photographic printing formulation sensitive to a limited near ultraviolet and blue light spectrum, the range 300 nm to 400 nm known as UVA radiation.

Squeegee Painting Craft with Lisa

Monday, April 28

10:30am-12:00pm



Super Fun and easy for all skill levels!
Create a beautiful picture to take home!

Please bring your own Squeegee
(Dollar Tree)

All other materials will be provided!

Enhance Your Life Expo



Corryton Senior Center

You're Invited

Friday, April 25

11:00am-2:00pm

Visit our local resource vendors, have lunch, and
shop our House Mountain Quilters Guild tables

Vendors include but not limited to:

Hillcrest Health Care - Core Insurance

Morning Pointe Powell - Edward Jones Financial

Office on Aging - RSVP - SCAN - Hillcrest Health Care

Emory Mills - John Grigsby - The Pointe at Lifespring - RSVP

Home Option - Humana - Local Retirement Group

Smoky Mountain Hospice - PJ Parkinson's - TVA Credit Union

YES! Insurance - I2 Agency - Wellington Manor

Debbie's Originals - Jim Hartsell House Mountain Publishing

JOIN US FOR DOOR PRIZES AND FUN!



2025 Book List

Join us on 4th Mondays at 10:00am

January 27	Pick Your Own Book
February 24	Run Rose Run by Dolly Parton & James Patterson
March 24	West with Giraffes: A Novel by Lynda Rutledge
April 28	The Storied Life of AJ Fikry by Gabrielle Zevin
May 26	The Inheritance Games by Jennifer Lynn Barnes
June 23	The Summer Cottage by Viola Shipman
July 28	Assistant to a Villain by Hannah Nicole Maehrer
August 25	My Grandmother Asked Me to Tell You She's Sorry By Fredrik Backman
September 29	We Solve Murders by Richard Osman
October 27	Before We Were Yours by Ellery Adams
November 24	The Lost Bookshop by Evie Woods
December 15 (3rd Monday)	The Christmas Train by David Baldacci

“Reading
is a
discount
ticket
to
everywhere.”

-Mary Schmich

KNOX COUNTY SENIOR SERVICES SENIOR WALK – March 18, 2025

March Senior Services Walk

Pellissippi State Hardin Valley Campus

Tuesday, March 18, 10:00am

Join Sue and Jessica for a 1.5 mile loop walk on the Pellissippi State College campus. We will meet at the open parking lot (O1) overlooking the duck pond. The path is all paved with beautiful views of the pond and greenspace surrounding the campus.

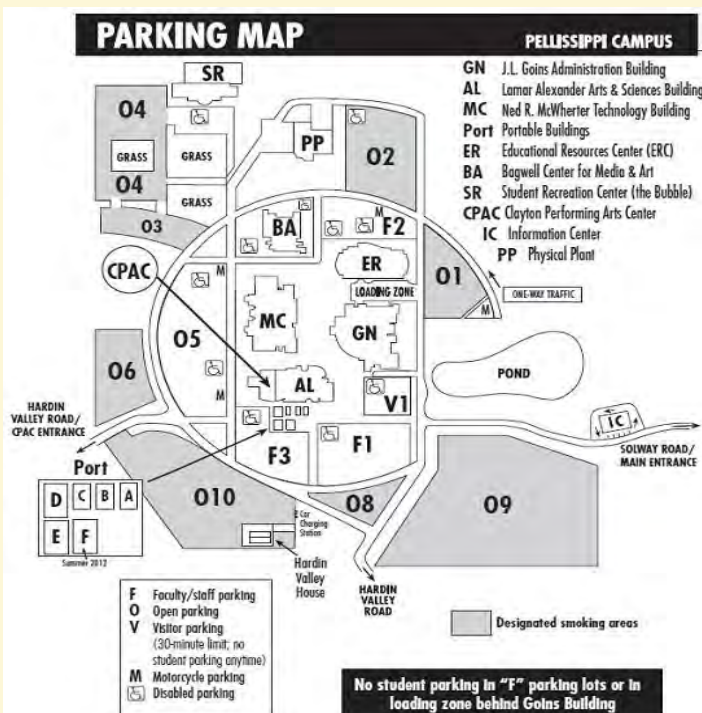
Where: 10915 Hardin Valley Rd., Knoxville, TN 37933

When: Tuesday, March 18th at 10:00 am

Lunch: We will meet for lunch at Double Dogs immediately after at 10639 Hardin Valley Road.

Email: seniorservices@knoxcounty.org

or call 865-288-3761 to sign up!



KNOX COUNTY SENIOR SERVICES SENIOR WALK—April 15, 2025

**April Senior Services Walk
UT Arboretum at Oak Ridge
901 S Illinois Ave, Oak Ridge, TN 37830**

Join us on Tuesday, April 15th at 10am. We will meet in the parking lot. There are 7 miles of trails from casual to serious hiking with Butterfly trail of 0.5 miles and rated easy. Come enjoy a short walk with Kim and Cindy.

After you have worked up an appetite, eat with us at the Soup Kitchen, 47 E. Tennessee Ave., Oak Ridge, TN 37830

RSVP at seniorservices@knoxcounty.org or call 865-288-3761



Meet our new Public Health Fitness Coordinator, Missy Worley

Missy will be located at Halls Senior Center on Wednesdays. Plan a visit to **Halls Senior Center** at 4405 Crippen Road, and get a free consultation from Missy. Then bring it back to the Corryton Senior Center to get your workout in throughout the week! Just call 865-922-0416 to make an appointment. She will be at West Knoxville Senior Center on Monday & Tuesdays, and Karns Senior Center on Thursday and Fridays if you'd rather meet her there.

Welcome Missy Worley

We welcome Missy Worley as the **Public Health Fitness Coordinator**. She will be at Halls Senior Center every Wednesday. Her goal is to help you reach your fitness goals. She can assist with nutrition, fitness, exercise guidance, and help you develop a plan that's right with you. She will also be providing Fitness Room orientations to show you the safe and proper way to use the fitness equipment so you can get the most out of your workout. She is a Certified Personal Trainer and also do small group training, classes on health and fitness topics for the senior population—and all with no charge to you! Now's the best time to schedule your free consultation with Missy and it's easy to do—just stop by the office or call 865-922-0416.



Who is Missy Worley

“I was born in Washington, Georgia and attended young Harris College before transferring to the University of Georgia,” Missy says, “I fell in love with fitness while taking boot camps which led me to teaching them. Fitness became a passion for me.”

Missy has nineteen years experience teaching many different fitness classes and doing personal training. She lived in Chattanooga for the past few years and now calls Knoxville home. On her days off, she enjoys hiking, attending sports events, and going to live music shows. She has two adult children; one who resides in Birmingham and the other in Chattanooga.



Attention Pickers, Grinners, and Fans

Did you know that Knox County Senior Centers have multiple “Jam” session options just for you? Check out the list below, (put in day of the week order) and start making your rounds to fill your need to *JAM!*

Guitar Jam Mondays 1:30-3:30 Open to anyone who can play guitar who likes music from the 60s and 70s. No open audience (KARNS)

Music Jam first Mondays of every month 1:30 (WEST)

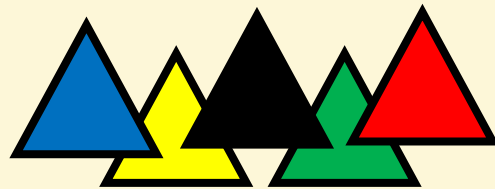
Gospel Singing fourth Monday of every month 1:00-3:00 Open to anyone who plays an acoustic instrument and has an open audience (SOUTH)

Corryton Jam Tuesdays at 1:30 Open to anyone who plays acoustic instruments and has an open audience (CORYYTON)

Music Jam first Wednesday of every month 1:00-3:00 Open to anyone who plays an instrument and likes bluegrass or Americana. Open Audience (KARNS)

South Knox Opry Thursdays 9:00-12:00 Country, Gospel, and Bluegrass music open to anyone who plays acoustic instruments and has an open audience (SOUTH)

Guitar Jam Fridays at 2:00 Open to anyone who plays acoustic instruments and has an open audience (CARTER)



Knox County Senior Centers:

Carter: 9040 Asheville Highway, Knoxville, TN 37924 * 865-932-2939

Corryton: ***9331 Davis Drive, Corryton, TN 37721 * 865-688-5882***

Halls: 4405 Crippen Road, Knoxville, TN 37918 * 865-922-0416

Karns: 8042 Oak Ridge Highway, Knoxville, TN 37931 * 865-951-2653

South: 6729 Martel Lane, Knoxville, TN 37920 * 865-573-5843

West: 239 Jamestowne Rd, Suite 101, Knoxville, TN 37934 * 865-288-7805



KNOX COUNTY

VETERANS SERVICES OFFICE

THE KNOX COUNTY VETERANS SERVICES OFFICE WILL BE AT THE SENIOR CENTERS TO PROVIDE ONE-ON-ONE ASSISTANCE TO VETERANS AND FAMILY MEMBERS.

WE WILL EXPLAIN VA BENEFITS, ANSWER QUESTIONS, AND ASSIST VETERANS AND FAMILY MEMBERS WITH FILING FOR THEIR VA BENEFITS.

March

Karns- March 7th, 2025 8:00 am to 10:00 am

Corryton- March 14, 8:00-11:00am Friday

Halls- March 19th, 2025 2:00 pm to 4:00 pm

Carter- March 26th, 2025 2:00 pm to 4:00 pm

West - March 27th, 2025 1:30 pm to 4:00 pm

South- March 28, 2025 8:30 am to 11:00 am

April

Corryton- April 9, 8:00-11:00am, Wednesday

Karns - April 11th, 2025 8:00 am to 10:00 am

Halls- April 16th, 2025 2:00 pm to 4:00 pm

Carter- April 23rd, 2025 2:00 pm to 4:00 pm

West- April 24th, 2025 1:30 pm to 4:00 pm

South- April 25th, 2025 8:30 am to 11:00 am

CALL THE KNOX COUNTY SENIOR CENTER TO

SCHEDULE AN APPOINTMENT



Friday, May 30 @

11:00am

Cost: \$38.78pp



***Lunch Cruise on the Star of Knoxville
Tennessee Riverboat Co.***

Sightseeing cruises are the perfect way to see
Knoxville and the Tennessee River.

PLEASE RSVP!

Boarding starts 11:30am

Sails 12:00-1:30pm



TBD

Sign-up required. Payment will be made directly to the Tennessee Riverboat via a link or phone number we will provide. We will be happy to help you process your payment.

Transportation: FREE CAC BUS up to 14 passengers. Drive self or Carpool—plenty of parking.



TECH SMART KNOX SENIORS

KNOXSENIORS.ORG
A PROGRAM OF THE CAC OFFICE ON AGING

Are you age 60+ & live in Knox County?

**Interested in learning how
to use a laptop computer?**

**Need help purchasing an
affordable laptop computer?**

We can help!

NOTE:

**Location of
classes are to be
determined.**

**There will *NOT* be
a class at the
Corryton Senior
Center.**



After completing this 15-hour training, you are eligible to purchase a laptop computer called a Chromebook for \$25 (Retail value \$150).

Classes are Monday—Friday; 3 hours per day.

Call for class locations.

Give us a call to learn more!
865-524-2786

This project is funded under a Grant Contract with the State of Tennessee.

Frosty Outside, Smooth Inside



Winter Skin Care Tips!

Winter weather takes a toll on senior skin, making it dry, itchy, and more prone to cracking. With a few simple adjustments, seniors can protect their skin and keep it healthy throughout the colder months. Try these skin care tips and recommended products to keep skin hydrated and comfortable.

1. **Moisturize Regularly**

Apply a rich moisturizer immediately after bathing to lock in moisture and keep skin soft.

2. **Limit Hot Showers**

Opt for warm showers rather than hot, as hot water strips natural oils from the skin.

3. **Stay Hydrated**

Drink plenty of water, even in the winter, to maintain skin hydration from within.

4. **Use a Humidifier**

Use a humidifier to add moisture to your living space and prevent skin from becoming too dry.

Recommended 5-Star Skin Care Products for Seniors



This fragrance-free, gentle cream contains ceramides and hyaluronic acid to deeply hydrate without irritation.



Ideal for extra-dry or cracked areas, Aquaphor provides a protective barrier that helps skin retain moisture.



Formulated for rough and dry skin, this lotion provides long-lasting hydration with urea and ceramides to smooth and protect.



Infused with oatmeal, this soothing lotion relieves itchy, dry skin and is perfect for sensitive or delicate skin.

Supporting Winter Skin Health with Home Care

Our home care services help seniors manage winter skin care routines by assisting with daily moisturizing, maintaining hydration, and creating a comfortable home environment. Our caregivers are trained to support senior health and wellbeing.

Call about Our 5-Star Senior Care!



865-523-1300