



**Corryton Senior Center
Connection
November / December 2023**



PLEASE NOTE: The center will be CLOSED on:
Friday, November 10 for Veterans Day
Thursday/Friday, November 23 & 24 for Thanksgiving
Monday/Tuesday, December 25 & 26 for Christmas/Holiday
Monday, January 1, 2024 for New Year's Day



We would like to wish all of our wonderful members a very Happy Holiday Season! We appreciate you supporting the center and for including us in your daily activities. Looking forward to a fabulous 2024!


Sarah & Jessica

Happy Holidays

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



2023

Mon	Tue	Wed	Thu	Fri
	<p>November is NATIONAL SENIOR PET MONTH!</p> 	<p>1 10:00 Dominoes 1:00 Rook</p> <p><u>NO LINE DANCE!</u></p>	<p>2 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming</p>	<p>3 8:30 Coffee & Chat 10:00 In-Person Bingo 12:15 Legacy Capital Advisors Lunch & Learn 1:00 Cardmaking w/ Gay Clapp</p> <p>11:00 Classic Exercise</p>
<p>6 10:00 WATE Studios Field Trip 11:30 AOA Class 1:30 Teja Cain Medicare Q&A</p>	<p>7 9:00 Heart & Sole Walking Group 10:00 April Tomlin SCAM/ FRAUD Presentation 1:30 Corryton Jam 3:00 Virtual Bingo</p> <p><u>NO AOA CLASS!</u></p>	<p>8 10:00 Dominoes 10:00 Jim Sikes Medicare Alert 1:00 Jim Sikes Medicare Alert 1:00 Beginners Line Dance 1:00 Rook</p>	<p>9 9:15 Seated Yoga 9:45 Stability Class 1:30 Buc-ee's Field Trip 2:30 Choir Group</p> <p><u>No Cardio Drumming!</u></p> <p>HMQG Project Day</p>	<p>10 CENTER CLOSED</p> 
<p>13 11:30 AOA Class 1:00 Bunco 1:00 Trivia</p>	<p>14 9:00 Heart & Sole Walking Group 10:30 Super Seniors 10:30 Quilts of Valor 10:30 Wendy Skiles 1:30 Corryton Jam 3:00 Virtual Bingo</p> <p><u>NO AOA CLASS!</u></p>	<p>15 10:00 Dominoes 1:00 Beginners Line Dance 1:00 Rook 2:00 Pet Care Talk w/ Doreen</p>	<p>16 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming 2:30 Choir Group</p>	<p>17 8:30 Coffee & Chat 11:00 Classic Exercise Class 1:00 Mid-Day Movie</p>
<p>20 11:30 AOA Class</p>	<p>21 9:00 Heart & Sole Walking Group 9:30 Senior Walk 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo</p>	<p>22 10:00 Dominoes 1:00 Rook</p> <p><u>NO LINE DANCE!</u></p>	<p>23 CENTER CLOSED</p> 	<p>24 CENTER CLOSED</p> 
<p>27 10:00 Book Club 11:30 AOA Class</p>	<p>28 9:00 Heart & Sole Walking Group 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo</p>	<p>29 10:00 Dominoes 10:00 Jim Sikes Medicare Alert 1:00 Jim Sikes Medicare Alert 1:00 Beginners Line Dance 1:00 Rook</p>	<p>30 9:15 Seated Yoga 9:45 Stability Class 12:00 Cardio Drumming 1:00 Pinochle</p>	<p>Senior Walk Tuesday, November 21st @ 10:00 AM</p> <p>New Harvest Park Tara, Patty, & Jessica</p> <p>Lunch: Twister's Diner</p>

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2023

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	<p><u>Senior Walk</u> Tuesday, December 19th @ 5:30 PM</p> <p>Christmas Lights Walk The Cove at Concord Park Susanne, April & Judy</p>	<p><u>Coming in January</u> Tai Chi Class w/ Don Parsley</p> <p>Every Friday Starting January 12th</p> <p>@ 10:15 AM</p>	<p><u>Coming in January</u> Knox County Senior Services Senior Walking Group Social Karns Senior Center</p> <p>Wednesday, January 17th</p> <p>3:00-5:00 PM</p>	<p>1 8:30 Coffee & Chat 10:00 In-Person Bingo 1:00 Cardmaking w/ Gay Clapp</p> <p>11:00 Classic Exercise</p>
<p>4 11:30 AOA Class 1:30 Teja Cain Medicare Q&A 2:30 United Health Care Q&A</p>	<p>5 9:00 Heart & Sole Walking Group 10:00 Hydro Dipped Ornaments' Craft w/ Susanne 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo</p>	<p>6 10:00 Dominoes 1:00 Beginners Line Dance 1:00 Rook 2:00 Holiday Travel w/ Donna Vineyard</p>	<p>7 9:15 Seated Yoga 9:45 Stability 10:00 HMQG Christmas Party 1:00 Cardio Drumming Class</p>	<p>8 8:30 Coffee & Chat 11:00 Classic Exercise Class</p>
<p>11 11:30 AOA Class 1:00 Bunco 1:00 Trivia</p>	<p>12 9:00 Heart & Sole Walking Group 10:30 Super Seniors 10:30 Wendy Skiles 1:30 Corryton Jam 3:00 Virtual Bingo</p> <p><u>NO AOA CLASS!</u></p>	<p>13 10:00 Dominoes 10:00 Holiday Food Hop Field Trip: Carter Senior Center 1:00 Beginners Line Dance 1:00 Rook</p>	<p>14 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class Corryton Senior Center Christmas Open House (ALL DAY) 2:30 Choir Group HMQG Project Day</p>	<p>15 8:30 Coffee & Chat 11:00 Classic Exercise Class 1:00 Mid-Day Movie</p>
<p>18 10:00 Book Club 11:30 AOA Class</p>	<p>19 9:00 Heart & Sole Walking Group 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo 5:30 Senior Walk</p>	<p>20 10:00 Dominoes 1:00 Beginners Line Dance 1:00 Rook</p>	<p>21 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class 2:30 Choir Group</p>	<p>22 8:30 Coffee & Chat 11:00 Classic Exercise Class</p>
<p>25 CENTER CLOSED</p> 	<p>26 CENTER CLOSED</p> 	<p>27 10:00 Dominoes 1:00 Beginners Line Dance 1:00 Rook</p>	<p>28 9:15 Seated Yoga 9:45 Stability 12:00 Cardio Drumming Class 1:00 HMQG Monthly Meeting</p>	<p>29 8:30 Coffee & Chat 11:00 Classic Exercise Class</p>



CORRYTON
SENIOR CENTER

CHRISTMAS OPEN HOUSE

Thursday, December 14, All Day
Cookies and beverages will be served.

**We'd like to invite our members
and their friends to see our
center in full force along with
holiday socializing!**

Don Parsley will be doing a Tai Chi
demonstration at 11:00am.

**If you'd like to donate a dozen cookies we would
LOVE that. Please bring to the center on
Wednesday, December 13.**



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

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

FITNESS ROOM BILLIARD ROOM
LIBRARY OUTDOOR WALKWAY
CRAFT ROOM DARTS
CARD GAMES EXERCISE CLASSES
INDOOR WALKWAY
PLUS MANY OTHER FUN ACTIVITIES!

Play Billiards and Darts in the Richard Billiards/Darts Room
Open Every Day
7:30am-4:00pm

Volunteer at the Center

If you like to volunteer, we need volunteers in the library, planning a craft, and in the spring time, helping with our new raised vegetable and flower gardens! Please let Sarah or Jessica know if interested!

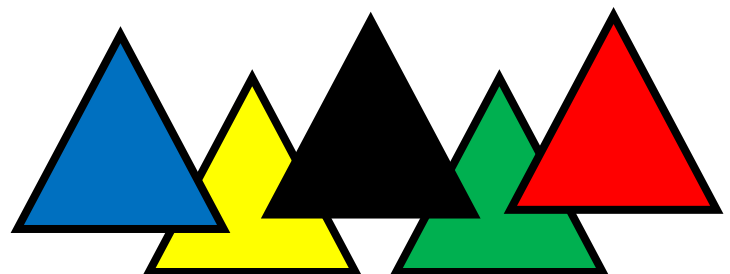
This is a RSVP Program

CHAIR VOLLEYBALL

Returns in January!



Tell your friends!
Carter & Halls Senior Centers want to challenge us for a fun game so
WE NEED YOU!



Monday



Second Monday's at 1:00pm
November 13

Holiday Trivia December 11

Come test your knowledge and see
how smart you are! Just for fun!

AOA

(Active Older Adult Exercise)

With Johnnie (\$3 instructor fee)

Monday

11:30am-12:30pm

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

Book Club

Fourth Mondays @ 10:00am

November 27:
Songbirds by Christy Lefteri

December 18: TBD
(3rd Monday due to Christmas)



MONDAY SPECIAL EVENTS



Teja Cain

Medicare Needs

November 6 @ 1:30pm

December 4 @ 1:30

Every First Mondays

FIELD TRIP



WATE-CHANNEL 6 STUDIO
November 6 @ 10:00am

CAC BUS will provide FREE transportation

We will tour the mansion,
newsroom, studio and then view a
newscast from the green room!

Space is limited to 15
Sign-up required.

BUNCO

2nd Monday's @ 1:00pm
November 13 & December 11
Join in the fun!!!

November 13 & December 11
Join in this fun dice game!
It's easy, fun, and you may even
win a prize!

Tuesday

EVERY TUESDAY

Dustin Days 7:30am-4:00pm
Heart & Sole Walk @ 9:00am
AOA @ 11:30am
Corryton Jam @ 1:30pm
Virtual Bingo @ 3:00pm
Super Seniors, 2nd Tuesdays @ 10:30am
Senior Walks, 3rd Tuesdays

AOA

(Active Older Adult Exercise)

With Johnnie (\$3 instructor fee)

**Tuesdays
11:30am-12:30pm**

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

**No AOA on Tuesday:
November 7 & 14
December 12**

CORRYTON JAM

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



Every Tuesday at
1:30pm

Everyone Welcome!

SPECIAL EVENT



**April Tomlin
Manager of Knox
County Senior Centers**

Please join us on
**November 7, Tuesday
10:00am**

April will be presenting on SCAM and FRAUD that is going on out in our world today. She will discuss what to look out for and how you can prevent from being scammed! There will be a Q&A following.

Refreshments provided.

SUPER SENIORS

**Second Tuesdays
10:30am
\$6 per person
Please RSVP**

Join us for food, fellowship, and fun!

**November 14: Quilts of Valor presented
by the House Mountain Quilting Guild and
Presentation by Historian Ed Hooper**

**December 12: The Roberts Family Singers,
Holiday Cheer**

Wednesday

WEEKLY

Rook or Canasta (or any card game)—Gather your friends and come play on any day!

10:00am Domino's Mexican Train

1:00pm Line Dancing with Judy

(NO Line Dancing November 1 & 22)

(\$4 instructor fee)

SPECIAL EVENTS

Pet Care—Canine Body Language

November is Senior Dog Month

With Doreen McClurkin

Wednesday, November 15

2:00pm

Come play games and win prizes while learning about our best friends!



HOLIDAY TRAVEL

With Donna Vineyard from

Go Anywhere Travel Destinations

Wednesday, December 6

2:00pm

Come on by and meet local Travel Agent, Donna Vineyard and learn about vacations that can be tailored just for YOU!

She will find the best value for your budget, while including exclusive upgrades, added amenities, and excursions that fit your expectations!

Thursday

SEATED YOGA & STABILITY

With Don Parsley
Virtual at CSC

Thursdays 9:15-10:15am



CARDIO DRUMMING

Thursdays @ 1:00pm

(Exception: CD will start at 12:00pm on 11/30 & 12/28)

(NO class on November 9 or 23)

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

MUSIC for SENIORS

Music for Seniors 2023 FREE Daytime Concert Series



DREW FISHER

& THE TENNESSEE STRINGBUSTERS



Thursday, November 16th

10:30-11:30

Halls Senior Center

Transportation on own to Halls Senior Center.



Corryton Super Senior Singers

Let your voice be heard and come sing with us!

Thursdays

@ 2:30pm

November 9 & 16

December 14 & 21

(dates subject to change)



Friday

WEEKLY

Coffee Chat 8:30am
Classic Exercise 11:00am
(No class on 11/3, 10 & 24 or 12/1)
In-Person Bingo (First Fridays)
10:00am
Card Making with Gay (First Fridays)
1:00pm (\$10)

Card Making

Card-Making with Gay
Every 1st Friday
September 1 & October 6
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!

COMING IN JANUARY

Tai Chi with Don Parsley
Fridays at 10:15am
Learn the many movements of Song Tai Chi!



Starting January 12
This is a 12 week class.
Not required to come to each one.

IN-PERSON BINGO

Bingo! Bingo! Bingo!
1st Friday's Only
November 3 & December 1
10:00am

Come join the fun with live BINGO!
Everybody wins a prize!
Please bring a gift bagged \$5 gift.

Thank you sponsors:

November: Sean Wilson, Legacy Capital Advisors (Lunch & Learn following BINGO)
December: Linda Taylor, Hughes Retirement

SPECIAL EVENT

Lunch & Learn

November 3, 12:15

Sean Wilson with Legacy Capital Advisors will provide lunch and give a presentation on:



- *Conservative investments that many seniors use
- *Tax consequences of those investments
- *Touch on basic estate planning like wills & trusts
- *How to structure beneficiaries on IRAs, CDs, etc.
- *Time for questions

Sign-up requested

Friday Mid-Day Movies
1:00pm

November 17: TBD
December 15: TBD



Refreshments provided by Reams Drug Store



Teja Cain, Advisor



**Teja Cain, Core Insurance
First Mondays!**

November 6: 1:30pm–Q&A

December 4: 1:30pm–Q&A

2:30pm– UHC Complete Care Plan 2024

UHC is a Chronic Special Needs plan specifically designed for those with Cardiovascular Disorders, Chronic Heart Failure, or Diabetes.

Sales materials and information will be available.

**MEDICARE ALERT 2024
with
Jim Sikes**



Wednesday, November 8th (2 meetings) 10:00am & 1:00pm
Wednesday, November 29th (2 meetings) 10:00am & 1:00pm

Jim Sikes, a licensed/certified Medicare Specialist, who has been working with the Corryton and surrounding area Medicare Beneficiaries for the past 15+ years will be holding his annual information / enrollment meetings.

Jim Sikes & Associates contact information:

Phone: 865-556-8502

Email: cortsdad@charter.net

Meet Don Parsley, Exercise Instructor Extraordinaire

We are lucky to have certified Silver Sneaker's Instructor Don on our team, teaching seated yoga, stability, classic exercise, and now Tai Chi. Here is a little background on Don's Tai Chi experience:

After practicing this gentle and ancient form of "Moving Meditation" for over 50 years, I decided to start teaching in 2008. Since then, I have taught at all the county Senior Centers. After serving in the military for 25 years, we moved to Knoxville, where I traveled as a Corporate Trainer, throughout the United States. Upon retirement in 2008, I wanted something to do outside of the house, and became a Certified Tai Chi Instructor. I am currently teaching Song style, which is the newest form, which started some 300 years ago. The way I teach is to show you the movement, then turn my back, so you can follow my verbal cues. I teach the "army way", which means we do lots of reps for each movement and try to add another movement the following week. I always tell my students the following: "If You don't feel awkward, you are not normal." I hope you can join me and enjoy the benefits of this art!



Meet Johnnie Melear, Active Older Adult Instructor



We are blessed to have Johnnie teaching AOA. As many of you know, she is a ball of positive energy along with a very kind heart. She has been with the CSC for 6 years and comes religiously twice a week to move you and shake you. AOA is a cardiovascular, strength, balance, and flexibility workout. Johnnie's goal is to "help others help themselves."

(Johnnie teaches on Monday and Tuesdays at 11:30am unless otherwise specified)

Meet Judy Mennel, Line Dancing Instructor

Judy started with us last April and has brought many happy faces to our center due to DANCING!

I'm Judy Mennel and I teach line dancing. I've done square dancing, round dancing and line dancing for over 30 years and have taught lines off and on during that time. I love dancing! Line dancing is great low impact exercise that most people can do. I've been teaching at Corryton Senior Center since April of this year. I would love to see all of you in my class. Come join the fun!

(Judy is here every Wednesday at 1:00pm unless otherwise specified)





Field Trip

WATE CHANNEL 6 STUDIOS

Monday, November 6

10:00am-2:00pm

Sign-up required

CAC BUS will provide FREE transportation

We will tour the mansion, newsroom, studio and then view a newscast from the green room!

FIELD TRIP

Thursday, November 9

1:30-4:00pm

Larry's Bus

(\$10 transportation fee)

Sign-up required.



HOLIDAY FOOD HOP

FIELD TRIP TO CARTER SENIOR CENTER

Sign-up required

CAC BUS will provide FREE transportation. Space is limited.

Wednesday, December 13

10:00am-1:00pm

The Christmas season is quickly upon us and what better way to get into the spirit than with Carter's Annual Holiday Food Hop!

There will be sponsors hosting food tables with Pasta, Chili, Desserts, Hot Cocoa, and more.

Enjoy a special holiday performance of classic Christmas carols from the Karns Senior Center Choir!

Come join us for some great food, fellowship, and caroling and let's get into the holiday spirit!





**Crafts with Susanne Presents
Hydro Dipped Ornaments**

Tuesday, December 5th at 10:00am
Virtual at Corryton Senior Center
All supplies will be provided!





KNOX COUNTY SENIOR SERVICES SENIOR WALK TUESDAY, NOVEMBER 21 @ 10AM

Join us at New Harvest Park

4775 New Harvest Lane, Knoxville 37918

for the walking group's monthly walk.

New Harvest Park features a 1.1-mile scenic walking loop that is both on paved and natural surfaces. The greenway skirts along the wooded hillside and loops back to the parking area. Water and snacks will be provided by Teja Cain with Core Insurance Advisors.

Following our walk, join us for lunch at:

The Diner at Twister's

5831 Washington Pike, Knoxville 37918

Be sure to RSVP by leaving a message at

865-288-3761 or email

seniorservices@knoxcounty.org

Join Susanne, April and Judy for our
Senior Christmas Lights Walk

The Cove at Concord Park
11808 S. Northshore Drive, 37922

December 19th, 5:30 p.m.

RSVP to:

seniorservices@knoxcounty.org

or call 865-288-3761





KNOX COUNTY SENIOR SERVICES

SENIOR WALKING GROUP SOCIAL



KARNS SENIOR CENTER
8042 Oak Ridge Hwy
Wednesday,
January 17th, 3:00 to 5:00pm

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available. Coordinators from our six senior centers will also be on hand to answer any questions you may have.

BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.

Scan the QR code to find the closest senior center to you as well as their events!



Questions? Call (865) 288-3761 or email seniorservices@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

*SECURITIES/INVESTMENT SCAMS

*ROMANCE 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

Thank you for being a part of the Corryton Senior Center!
We would love to hear your ideas so feel free to pass them along!



Looking Ahead!

(Subject to change)

January 9,:Art Bohannon @ Super Seniors

January 12: Tai Chi with Don

January 8: Chair Volleyball

January 17: Senior Walking Group Social

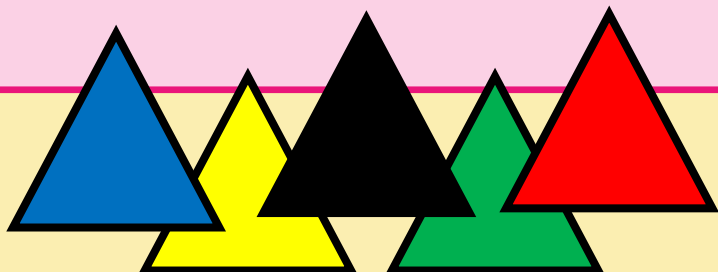
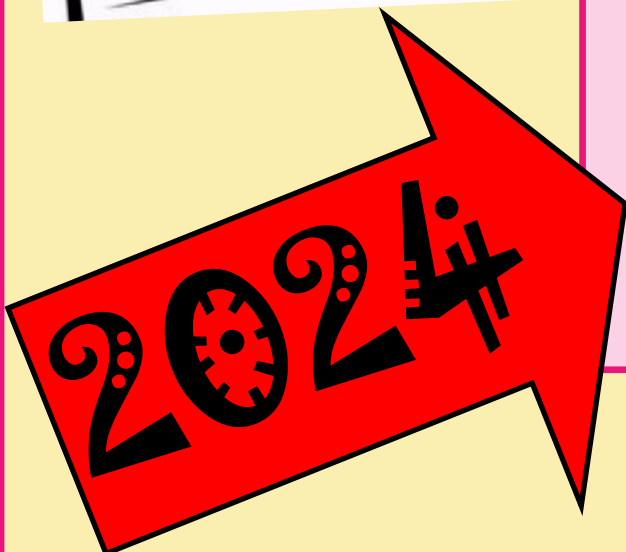
Jan 29 & 31: Craft with Debbie

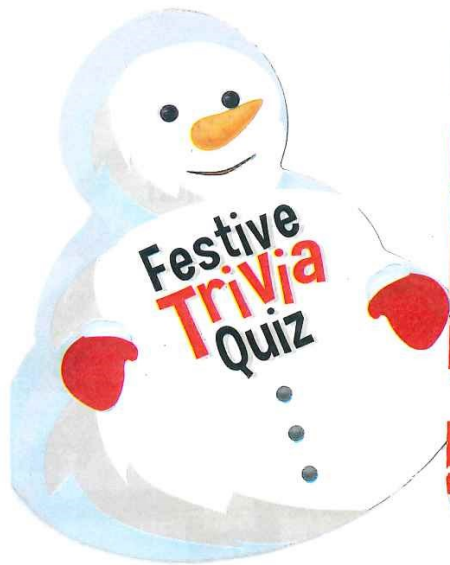
February starts Lunch Bunch

April 12: Brushy Mountain Penitentiary

May: Tennessee River Boat Lunch Cruise

Trip to other Knox County Senior Centers too!





Question

How many gifts would you receive if you received all of the gifts in the song 'The Twelve Days of Christmas'?

Answer

—

Question

What is the name of Will Ferrell's character in the film 'Elf'?

Answer

—

Question

How do you say 'Merry Christmas' in Spanish?

Answer

—

Question

What date is St. Stephen's day?

Answer

—

Question

What is the opening line of the Christmas Carol 'Deck The Halls'?

Answer

—

Question

'He's making a list and he's checking it twice, he's going to know who's naughty and nice' is taken from which Christmas song?

Answer

—

Question

Complete this alternative name for Father Christmas: Saint ___?

Answer

Saint Nicholas

Question

In which country is Lapland?

Answer

—