

South Knoxville Senior Center

JANUARY-FEBRUARY 2012



Mayor Tim Burchett



“Greetings from Mayor Burchett”

As 2011 comes to a close, I want to wish all Knox County residents a Merry Christmas and a Happy New Year. The holiday season is a time when we naturally reflect on the past year and look forward to the one to come. When I look back at 2011, I am pleased to see a Knox County Government that is more efficient, service-oriented and committed to saving our taxpayers’ money. Citizens’ trust in the work that we do is higher than it has been in recent history, and that is largely due to the hard work and commitment of our county employees. They deserve our continued thanks. I wish I could say definitely that the coming year will bring robust growth in the overall economy, but no one can say that for sure. Instead, as we look forward, I am committed to ensuring that Knox County continues to operate with a focus on being a good steward of taxpayer money by making sure that we are living within our means. Once again my staff and I would like to wish you a happy and prosperous New Year!

CENTER HOURS

Monday-Friday

7:30-4:30 p.m.

Ph (865) 573-5843

Fax (865) 573-5880

6729 Martel Lane

Knoxville, TN 37920

Special Events

Jan. 3- Tai Chi classes begin.

Jan. 6- Living Legacy Program-9:00

Jan.9-Veteran’s Office Benefits Program-9:00

Jan.13-Covenant Health: Brown Bag Lunch- Home Care-12:00

Jan. 25-Toenail Trimming (by appt.)

Feb.3-Line Dance Classes Begin-12:15

Feb. 6-AARP Income Tax Assistance Begins-(by appt.)

Feb. 7-SAIL Classes begin @2:30

Feb. 8-Humana New Member Orientation-8:30

Feb.9-Valentines Celebration-9:00

Covenant Health presents “BodyWorks”

Looking for a convenient, affordable, fitness option that will give you the intense and challenging workout you need? BodyWorks offers one-hour classes that incorporate a variety of exercise options for a complete workout. You’ll find classes that are appropriate for just about any level of fitness, whether you’re just starting out or you’re an exercise veteran looking for a new challenge. Exercise adds life to your years, reduces your risk of disease, and boost mood and energy. You have everything to gain-except pounds. BodyWorks classes scheduled at the South Knoxville Senior Center are as follows:

Tuesdays and Fridays

8:45 a.m.- Advanced Cardio Fitness- This class is for the more fit seniors challenging them with a tougher workout. Participants will need mats and light weights (3-5lbs.)

10:00 a.m.-Sit B’ Fit Class- This class is for any age person who needs an easier class which is primarily performed in or with chairs. This is a great class for anyone with mobility issues. This is also a good workout for continuing rehabilitation after injuries. Participants will need light weights (2-5 lbs.) (cont.)

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Cost for each class is \$3.00 or \$5.00/couple with a variety of discounts offered throughout the year. There are no membership fees and no contracts to sign. You pay as you go and your first class is free! For more information, please call the senior center at 573-5843. Classes for 2012 will begin on Tuesday, January 3.

Jan.3 - Tai Chi for Arthritis

Tai Chi for Arthritis Beginners' classes will be held every Tuesday at 11:00 starting Jan. 3. Advanced Tai Chi classes are every Tuesday at 12:30 following the beginner class. You are welcome to participate in both classes. The cost is \$2.00/class. For more information please contact instructor Don Parsley at dparsley@comcast.net.

Jan. 6 "Remember When" A Reminiscence Workshop Sponsored by the Living Legacy Project

Being remembered by future generations is as important to them as it is you. Learn how to pass down your life lessons and values by sharing stories of your vintage photos and keepsakes. Mrs. Christine Collier will be here to share information on Friday, Jan. 6 at 9:00. You will learn how to put legacy materials together to be passed down to younger generations. This is a free program packed with interactive fun and surprises. Gather a few vintage photos from early childhood along with a keepsake item and bring them with you. For more information, you may visit their website at www.legacystories.org.

Humana New Member Orientation

Organizational meeting for Humana will be Wednesday, Feb. 8 at 8:30.

Jan. 9 Veteran's Affairs Answers

This is a great opportunity for veterans to get a lot of their questions answered regarding Veteran's benefits and how those may affect supplemental insurance policies. You may want to write down a few questions you have before coming. Col. Richard Julian, Knox County Assistant Veterans Service Officer will be here on Monday, Jan.9 at 9:00 to answer questions. Everyone is welcome to attend.

Jan. 13 Covenant Health presents: Covenant Home Care, Rehabilitation and Hospice

Join in as Anne Weaver, R.N., will present information on home health care and other types of health care for you or your loved ones. She will discuss what happens after being discharged from the hospital in regards to wound care, therapy or rehabilitation. With advancements in technology, treatments that previously required patients to be hospitalized can now be delivered safely and efficiently in the comfort of your home. Come learn how Covenant **Home Health** can make the transition easier on **Friday, January 13 at 12:00 noon**. You may bring a brown bag lunch and drink to this program.

Feb. 3 Line Dance Classes Line Dance classes for all levels will begin on Friday, Feb. 3. Classes will be every Friday from 12:15-1:15 for \$2.00/class. Mary Dupes is the instructor. A minimum of ten people will be required to conduct the class weekly so dust off your boots and join in the fun.

Senior Center Closings

The following is a list of closings for holidays:
Monday, Jan. 2— New Years Day
Monday, Jan. 16-MLK, Jr. Holiday
Monday, Feb. 20-President's Day

Feb. 6 -AARP Income Tax Assistance

Free Income Tax preparation and electronic filing will be available again this year at the South Knoxville Senior Center **by appointment only** beginning Monday, February 6 and continuing through Monday April 9, 2012. The appointment hours are 9:00 a.m. thru 2:30 p.m. Appointments can be made by calling the Tax Aide center at (865)521-5569 beginning Monday, January 23 from 9:00-3:00. All counselors are IRS trained to prepare most individual returns with the exception of business returns. You need to bring: last year's (2010) return, W-2's, 1099's, SSA 1099's or RRB 1099's. To file electronically, both spouses must be present in order to sign appropriate forms. Electronic filing speeds up the refund and lessens the chance of errors. You may also call this number to see where other Tax Assistance locations will be located. Walk-in assistance is also available at the O'Conner Senior Center on Wednesdays on a first come-first served basis beginning Feb. 1-April 11 from 9:00-2:00.

Feb. 9 Valentines Celebration at the South Knox Opry

Put on your prettiest red or pink shirt (or your red or pink boots) and join in the fun as we celebrate Valentine's Day at the South Knox Opry on Thursday, Feb. 9. The fun will begin at 9:00. Please bring a sweet to share with others. Drinks will be provided by our friends at Walgreens.



Toenail Trimming

Toenail trimming is available at the South Knox Senior Center for only \$12.00. Please call the center at 573-5843 for an appointment. Appointment dates are Wed., Jan. 25 and Wed., Feb. 22.

Arthritis Water Exercise Class

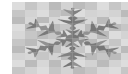
Arthritis Foundation Exercise Classes will be held every Wednesday at 9:30 a.m. This class is especially beneficial to people with osteoarthritis, rheumatoid arthritis, lupus and fibromyalgia. Cost for the class is \$2.00/class. There must be at least 3 seniors to conduct a water class.

Daily Water Programs

Several water exercise programs are offered for seniors age 50 and over. These programs include: Water Walk, Water Dance, and Water Aerobics. Please see the calendar for days and times.

Inclement Weather Policy

Winter has arrived and with it the possibility of a few bad weather days. The Knox County Senior Centers are typically open but when in doubt, please tune into WIVK (fm 107.7), or WJXB (fm 97.5) radio stations for center closing information. You may also get information from television stations WATE, WBIR or WVLT.



SAIL Program (Stay Active and Independent for Life)

Join us on Tuesdays and Fridays at 2:30 for our new land-based, low-impact exercise class. This class is a fun way to get some great aerobic exercise. Instruction will also provide important tips regarding balance. Classes will begin Feb. 7. Each class is \$2.00 and all equipment will be provided through the Knox County Health Dept. Please call 573-5843 to register.

New Program Ideas

We welcome any new program ideas you may want to see offered at your senior center. Please see Janet to get new programs started at the center and we will get them on the calendar.



South Knoxville
Senior Center
6729 Martel Lane
Knoxville, TN 37920
(865) 573-5843

Tim Burchett, Knox County Mayor
Hemal Tailor, Director of Senior Services
Janet Word, Senior Center Coordinator
Danyell Schoene, Aquatics Specialist
Jessica McCall, Lifeguard
www.knoxcounty.org/seniors

