

South Knoxville Senior Center

NOVEMBER-DECEMBER 2011



Mayor Tim Burchett

CENTER HOURS

Monday-Friday

7:30-4:30 p.m.

Ph (865) 573-5843

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6729 Martel Lane

Knoxville, TN 37920

The *South Knoxville Senior Center newsletter* is made possible by the generous support of Covenant Health

SPECIAL EVENTS

Nov. 1-Knox Co. Trustee Meeting- 1:30 p.m.

Nov. 3-Humana-Medicare Program- 2:00 p.m.

Nov. 4-Social Security Meeting- 2:00 p.m.

Nov. 7-Estate Planning- 10:00 a.m.

Nov. 10-Hot Dogs & Flag Ceremony/Covered-dish - 11:00 a.m.

Nov. 14-U.T. Diabetes Program- 2:00 p.m.

Nov. 15-TN Orthopedic-2:00 p.m.

Nov. 18-Lunch and Learn- Insomnia-12:00

Nov. 21-Preferred Care @Home Program-10:30 p.m.

Nov. 22& Dec.20-Humana-Medicare Seminar-2:00 p.m.

Nov. 24-25-Thanksgiving Holidays -closed

Nov. 28-Gospel Music-1:00

Dec. 2-Lunch & Learn- Holiday Stress-12:00

Dec. 6-Humana Medicare Seminar- 2:00 p.m.

Dec. 15-Holiday Party & Craft Fair-9:00-12:00

Dec. 19-Cookie & Gift Exchange- 2:00 p.m.

Dec. 19-Preferred Care@HomeCare-10:30 a.m.

Dec. 23-26-Center closed for holidays

Covenant Health presents: *Lunch and Learn: "Insomnia"*

Please join Dr. Keith Hulse and co-presenter Lisa Oglesby PT, PH.D from the Behavioral Medicine Institute as they present options for alleviating insomnia. Symptoms include: difficulty falling asleep, waking often during the night and having trouble going back to sleep, waking too early in the morning or feeling tired upon waking. The "Lunch and Learn" program is Friday, Nov. 18 at 12:00 noon. **You may order a box lunch for \$5.00 by calling 541-4500.** Everyone is welcome and you do not have to purchase a lunch to attend.

Nov. 1- Knox County Trustee Office-Tax Relief

John Duncan, Knox County Trustee, will be here to inform all Senior Citizens of two state programs designed to offer assistance to those who qualify: **Tax Relief**-offers a voucher that is used like a check when you pay your property taxes or **Tax Freeze**-will freeze the amount of tax paid on a property. You must re-qualify every year. Please join us in this meeting on Tuesday, Nov. 1 at 1:30 p.m.

Nov. 3- Humana- Medicare Information Session

Join representatives from Humana as they present information about 2012 Medicare Advantage plans. This meeting will be held on Thurs., November 3 at 2:00 p.m.

Nov. 4- "Social Security-More than meets the eye"

Mr. Bob Labout, representative for Edward Jones, will share the basics of the Social Security Program and how it may impact an individual's or family's retirement income planning activities. It will also address how benefits are calculated, full retirement age and choosing the right time to file, receiving benefits while working, provisional income and tax implications and options for spouses and ex-spouses. Join us on Friday, Nov. 4 at 2:00 p.m. for this informative session. Refreshments will be served.

Nov. 7 & Dec. 5- Monday Movie Matinee

Come join us and enjoy a good movie and some popcorn! "Grumpier Old Men", starring Jack Lemmon, Ann-Margret, Walter Matthau and Sophia Loren will be shown on Monday, Nov. 7 at 1:30 p.m. The December movie will be "A Walk in the Clouds" starring Keanu Reeves and will be shown on Monday, Dec. 5 at 1:30 p.m. Popcorn will be provided but please bring a drink.

The swimming pool will be closed for cleaning Nov. 18-25, 2011. Pool will reopen on Monday, Nov. 28, 2011 at 7:30 a.m.

Nov. 7- Cost-Effective Estate Planning

Join Rebecca Abbott, Attorney at Law, as she addresses the following: - Designation of beneficiaries on bank accounts; the use of powers of attorney and living wills; whether having a will is really necessary. Ms. Abbott will be here on Monday, Nov. 7 at 10:00 a.m. to meet with interested individuals.

Highland South Memorial Park

Highland South Memorial Park will be here to share educational information regarding cemetery and funeral arrangements. There is no selling at this seminar. Join them on Monday, Nov. 7 at 12:00 noon. Door prizes and lunch will be provided. **Please RSVP to 356-4948.**

Nov. 10-Flag Pole Dedication/Hot Dog Lunch

Woodman of the World have generously donated a 30 ft. flag pole to be erected outside our center. They will serve a hot dog lunch at 11:30 a.m. while you enjoy the music. **Please bring a covered-dish to share.** We will dedicate the new flag pole at 11:00 a.m. Hot dogs will be served at 11:30 a.m. with the flag retirement to begin at 12:00. We encourage each of you to join us and show your support for the South Knoxville Senior Center.

Nov. 14-U.T. Diabetes Program

Dr. Alexander Guirguis from the UT College of Pharmacy and students will be here on Monday, Nov. 14 from 2:00-3:30. Nutrition, heart health, diabetes care and more will be topics of discussion. Samples of healthy recipes and door prizes will also be available during this informational session. Please call 573-5843 for more information.

Nov. 15-TN Orthopedic-Stryker Knee Replacements

Are you suffering from joint pain? Come hear about the various treatment options available for those suffering from arthritis of the hip and knee. Dr. Brian Edkin with TN Orthopedic will be here on Tues., Nov. 15 @ 2:00 p.m.

Nov. 21-Preferred Care @Home Senior Resource Panel

A panel of experts from our community will be here to answer your questions and aid you in the process of finding the senior resources for you or a loved one. Professionals from Medicare, attorneys, physicians, hospice, etc. will be available to answer your questions. The panel will be here on Monday, Nov. 21 from 10:30-12:00 noon. Refreshments and goody bags will be available.

Nov. 22-Humana Medicare Program-

Join Humana representatives as they share valuable information about your Medicare benefits. They will be here on Tues., Nov. 22 at 2:00 p.m.

Thanksgiving Holidays

The South Knoxville Senior Center will be closed on Thursday, Nov.24 and Friday, Nov.25 in observance of Thanksgiving. We wish each of you a safe and happy holiday.

Nov. 28-Gospel Singing

Join us on Monday, Nov.28 for our monthly gospel singing at 1:00 p.m.

Dec. 2-Covenant Health Lunch and Learn: "Holiday Stress"

*Join Dr. Susie Wilson as she shares some helpful hints to help get you through the holidays with a lot less stress. Box lunches available for \$5.00. **Please RSVP to 541-4500 for a lunch order.** This program is Friday, Dec. 2 at 12:00 noon. You do not have to order a lunch to attend this program.*

Dec. 6-Humana Medicare Seminar

Have questions about your Medicare benefits? Please join in this information session re: your Medicare benefits on Tuesday, Dec. 6 at 2:00 p.m.

Dec. 15-Holiday Treats at Opry

Please bring your favorite holiday treats to be shared by all as we listen to some good ole' Christmas music at the South Knox Opry on Thursday, Dec. 15. Covenant Health is generously sponsoring chicken biscuits from Chick-fi-la. Our thanks for their support at the Center.

Dec. 15-Holiday Craft Fair

The SKSC crafters and quilters will have items for sale on Dec. 14-15 at the center. Come holiday shop with us from 9:00-12:00 each day.

Dec. 19-Holiday Cookie and Gift Exchange

You're invited to attend our annual cookie and gift exchange party on Monday, Dec. 19 at 2:00 p.m. Please bring two dozen cookies. We will have cookies to share and you will get to take a variety plate of cookies home for the holidays. Also please bring a gift (\$5.00 value or less) to be exchanged as we play fun games.

Computer Classes for Seniors**Computer for Beginners—**

Mondays- 9:00-11:00 a.m. ,
\$15.00/class

Advanced Computers—Tuesdays
9:00-11:00 a.m., \$15.00/class.

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., Nov. 16 and Wed., Dec. 14, 2011.

All Senior Centers will be closed on Friday, Dec. 23 and Monday, Dec. 26 for the holidays.

Covenant Health presents: Bodyworks Advanced Sr. Cardio— Tuesdays and Fridays 8:45-9:45 a.m.

Designed for active seniors who want a challenging workout and are able to do mat work after 30 minutes of cardio. Participants must be able to move quickly with the upbeat music and pushed moderately hard. Hand weights (5-10 lbs)and a mat are needed for this class.

Sit'b Fit— Tuesdays and Fridays 10:00-10:45 a.m.

Great for seniors who need a slower pace but need to work on balance. Great class for beginner exercisers or chair-bound individuals. Hand weights (2-5lbs) are recommended but optional.

Daily Water Programs

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

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.

Program Scheduling

New programs and activities will be based on "interest lists" which will be posted at the front desk. A minimum of 10 seniors will be required for any program to be scheduled. We encourage your continued participation in helping the South Knoxville Senior Center "ROCK"!



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



