

South Knoxville Senior Center

SEPTEMBER-OCTOBER 2011



Mayor Tim Burchett

CENTER HOURS

Monday-Friday

7:30-4:30 p.m.

Ph (865) 573-5843

Fax (865) 573-5880

6729 Martel Lane

Knoxville, TN 37920

The *South Knoxville Senior Center newsletter* is made possible by the generous support of Covenant Health, 1901 Clinch Avenue, Knoxville, TN 37916.

SPECIAL EVENTS

Sept. 5-Center closed for Labor Day

Sept. 8-Walgreen's Flu Shots, 8:30-12:00

Sept. 9-Friday, AmeriLife Senior Life and Health Ins./luncheon, 11:00 a.m.

Sept. 9-Friday, U.T. Mobile Mammography, by appt.

Sept. 12-Monday, Covered-dish Lunch 12:00 noon for Grandparents Day

Sept. 13-Tuesday, Bridgewater Speech and Hearing Prog., 2:00 p.m.

Sept. 14-Wednesday, CVS Flu Shots, 9:00-12 noon

Sept. 16-Covenant Lunch and Learn, 12:00 noon

Sept. 16-18-SKSC Painters, Art Show at Candora Building

Sept. 19-Monday, Medi Care Part D Prog., 1:30 p.m.

Sept. 30-Friday, Judy Garland Fashion Show, 2:00 p.m.

Oct. 27-Thursday, Halloween Hoedown @ South Knox Opry, 9:00-12:00

Oct. 31-Monday, Trick or Treat Party 1:30 p.m.

Special Thanks To Our Picnic Sponsors

Thank you for supporting the 5th annual Mayor's Senior Appreciation Picnic. This is an important event for many Knox County senior citizens. I appreciate your participation and hope you enjoyed the picnic as much as I did. We had an amazing turnout at the picnic, with hundreds of seniors in attendance. Thanks to you, the Department of Senior Services and our sponsors, it was extremely successful.

In addition to the good food, I hope you received helpful information from the mini-health fair. There was also great entertainment, and I want to thank musicians from the South Senior Center for their performance. I hope the 6th Annual Picnic is an even bigger success than this one. I look for the date to be announced soon.

I also want to thank the other Knox County departments who volunteered their resources and staff to make this year's picnic so enjoyable.

Again, to our sponsors, seniors, staff and volunteers, thank you so much for your generosity and I look forward to working with you in the future.

Tim Burchett, Knox County Mayor

Platinum Sponsors: Mercy Health Systems. **Gold Sponsors:** AmeriLife. **Silver Sponsors:** Covenant Health, Hosenfeld Chiropractic, Shepard Exposition Services, Helping Hands Home Assistance, Senior Financial Group, Humana, Senior Home Assistance of Tennessee. **Bronze Sponsors:** Windsor Gardens, Tennessee Valley Audiology, East Tennessee Personal Care, Corryton Community Club, Health Springs, HomeWatch Caregivers, Aid and Assist at Home, LLC; Clinch River Home Health, Walgreens, NHC Assisted Living (Farragut), Halls Business & Professional Association, Halls Crossroads Women's League, Mayfield, Northaven Health Care, Trinity Hills, Allergy, Asthma and Sinus Center. **Water Sponsors:** Harper's, Kroger, Walgreens, **Knox County Senior Services:** Hemal Tailor, Darrell Gooding, Amanda Patton, Rebecca Kirkland Quarles, Tara Stirone, Janet Word, Danyell Schoene, Jessica McCall, Greg Hill, Martha Chambers, Lauren Monahan, Phyllis Barnes. We would also like to thank Knox County Community Outreach, Health Department, Information Technology and Recreation.



Sept. 8- Walgreens' Flu Shots

Get your flu shot early this year. Walgreens will be here on Thursday, Sept. 8 from 8:30-12:00 noon. Medicare accepted.

Sept. 9-Amerilife and Health Services- Privately owned senior life and health insurance agency. Meet to discuss Asset Protection, Wealth Transfer, Long Term Care and Medicare. Lunch served. Please RSVP to 573-5843 for lunch by Sept. 6.

Sept. 9-U.T. Mobile Mammography

Mobile unit here on Friday, Sept. 9. Appointments can be made by calling 305-9753.

Sept. 12- Grandparent's Day Covered Dish

Please bring a covered dish to share for lunch on Monday, Sept. 12 in honor of Grandparents Day. Lunch begins at 12:00 noon.

Sept. 13-Senior Resource Specialists

Professional team of experts to provide you with tools for the highest quality of living. Team members include: Bridgewater Speech and Hearing, Elder Advocates, MedAdvocate and Seniors Helping Seniors.

Join in and meet the team on Tuesday, Sept. 13 at 2:00 p.m. to receive direction and advice. Refreshments will be served.

Sept. 14- Flu Shots by CVS

Flu shots are covered 100% through Medicare part B. Vaccines will be given at the South Knox Senior Center on Wed., Sept. 14, from 10-12 noon. Please call 573-5843 or come by the center so insurance can be billed ahead of time for an accurate copay.

Sept. 19- Information on Medicare Part D

Walgreens will be presenting important information regarding your Medicare Policy Part D. Please join us on Monday, Sept. 19 at 1:30 p.m.

Sept. 30- Fashion for the "Well-Dressed Lady"

Come join in the fun as Mrs. Judy Garland will be here with the latest in fall fashions and accessories. Ms. Judy will be here on Friday, Sept. 30 at 1:30 p.m. She will also be using some of our ladies as models so come join in the fun. This event is sponsored by your friends at Extended Family Services.

Oct. 4- Advanced Chiropractic

The Arthritis Foundation and Advanced Chiropractic invite you to take control of your arthritis. Learn what research says on how to manage your pain, how your diet and the way you move affects how you feel. Dr. Scott Parson has been practicing chiropractic care for 20 years and wants to help you get out of pain and back to life. This program will be Tuesday, Oct. 4 at 3:00 p.m.

Oct. 27- "Halloween Hoedown"

Put on your cowboy hats, boots and spurs and join us at the "Halloween Hoedown" at the South Knox Opry on Thursday, October 27, 2011. It will be fun if everyone dresses in their country and western best!

**Oct. 31- Trick or Treat Party**

Come join in the fun as Williamsburg Villas provides us with some treats for a fun party. Costumes are encouraged. Party will begin at 1:30 on Monday, Oct. 31.

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. Bring hand weights (5-10 lbs and mat).

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. Bring hand weights (2-5lbs), recommended but optional.

“Let’s Play Pinochle”

We will be playing Pinochle on Mondays from 10:00-12:00 noon beginning Sept. 19, 2011.

Monday Movie Matinee

Come join us and enjoy a good movie and some popcorn! “Lady Hawk” will be shown on Monday, Sept. 12 at 1:30 p.m. October 3 movie will be “Cocoon” and will be shown on Monday, October 3 at 1:00 p. m. Popcorn will be provided but please bring yourself a drink. It’s cheaper than going to the theatre!

SKSC Painters Art Show

Please join the South Knox Painters at their Art Show and Sale. It will be at the Candora Marble Company in Vestal beginning Friday, Sept. 16 from 4-7 p.m. with a reception and will also be Sept. 17 & 18 from 12 noon-5:00 p.m. Please show your support and come to the show.

Sept. 16- Covenant Health presents: Lunch and Learn— Heart Health

*Come join in a Lunch and Learn program regarding the health of your heart on Friday, Sept. 16 at 12:00 noon. Cardiologists from Ft. Sanders Medical Center will be here for the presentation. **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.*

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.

Computer Classes

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

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.

Toenail Trimming, Sept. 28 & Oct. 26

Michelle Collins, licensed cosmetologist, will be at the center once a month to trim toenails. If you need assistance with this task she will be glad to help you. Cost for this service is \$12.00. Please call the center at 573-5843 for an appointment. Appointment dates are September 28 and October 26, 2011.

All Senior Centers will be closed on Monday, Sept. 5, 2011 for Labor Day.



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(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



