

# South Knoxville Senior Center

MARCH-APRIL 2009



Mayor Mike Ragsdale

## CENTER HOURS

8:00-4:30

Monday—Friday

6729 Martel Lane

Knoxville, TN 37920

Ph (865) 573-5843

Fax (865) 573-5880

## DAILY ACTIVITIES

Water Aerobics: Monday, Tuesday, Thursday, Friday at 9:00am and at 11am on Mondays and Wednesdays

BINGO: 9:30 am on Monday.

Arthritis Water Class: Monday, Tuesday, Thursday & Friday at 1:30 pm

Aerobics: Tuesday & Friday at 10 am

ROOK: Tuesday at 1pm and Friday at 11am

Painting: 9am on Wednesday

Crafts & Sewing: Tuesday at 11am and Thursday at 9am

Quilting: 10am on Wednesday

Garden Club: 11am on Tuesday

Bluegrass Jam: Thurs. at 9 am

Dance lessons: Thursday at 11:30 am

Golden Cloggers: practice Wednesday at 10:30 am

Joy Makers: practice Friday at 1pm

Gospel Music: 4th Mondays at 1:00 pm

YOGA: 11:30-12:30 on Friday



**GET YOUR WALKING SHOES ON  
AND GET READY TO TREK OUR TRAIL!**

**ON FRIDAY, APRIL 17**

**AT 11:30**

**THE KNOX COUNTY HEALTH DEPARTMENT  
WILL START OUR 2009 WALKING PROGRAM  
WITH  
A PRESENTATION ON TECHNIQUES  
AND PERSONAL GOAL SETTING.**



## HOW TO STAY MARVEOUS AFTER MENOPAUSE WOMEN'S LUNCH & LEARN

Featuring Dr. Holly Noonan Talley of Great Expectations OB/GYN

A frank discussion about the gynecological issues women face as they age.

12:00 Noon, Monday, March 2, 2009.

Please call 541—4500 for more information.

The cost is \$5 and seating is limited to 40.



### THERE IS STILL TIME TO MAKE YOUR 2008 TAX PREPARATION APPOINTMENT

AARP TaxAide volunteers will be here from 9:00 a.m. to 3:00 p.m., Monday March 9, 16, 23, 30 as well as April 6 and 13.

Call **521- 5569** to get an appointment.

Bring copies of your income tax for 2007, as well as all the receipts and paperwork you need to complete your tax forms for 2008.

In addition to the usual paperwork, bring your property tax notice or a cancelled check record of paid property taxes and proof of your Economic Stimulus rebate—which might be a record of the deposit into your bank account, or a printout from the IRS website ([www.irs.GOV](http://www.irs.GOV)). You might qualify for this new allowance for 2008.

### NEW CLASSES IN MARCH & APRIL

#### DANCE LESSONS PROGRAM GROWS INTO BALLROOM and SQUARE DANCING SESSIONS

Come on Thursdays  
11:30—1:00 for ballroom dance lessons  
\$2.00 each person  
1:00—2:00 for square dance lessons  
\$1.00 per person



Put some swing and some steppin' into your SPRING!

#### Lap Dulcimer Classes will begin Thursday, March 5, 2 to 3 p.m.



Sandee Rose has been playing dulcimer since 1991. As her skills grew, she rapidly became involved in teaching dulcimer lessons, as well as conducting workshops and festivals. You don't need to know anything about music for this class, she says, nor do you need to own or buy a dulcimer yet. She can advise you what kind of dulcimer to shop for and where to shop.

It's time to spruce up our horseshoe pit area and play horseshoes!  
Join Steve on Wednesday, April 1, 12—2:00 to get the games off to a 2009 start!

Join the Yoga classes led by Shirby Jones Fridays, 11:30-12:30



**Assistive Devices Can Help You Live More Independently**  
**Tuesday, March 24, from 11:00—12:00**

Maybe you find some activities harder to do than you used to. Maybe, with a special tool, someone you provide daily care for could handle a simple chore or task on her or his own, feeling more independent and giving you some relief.

This program on assistive devices will be presented by Louise Mckown with East Tennessee Technology Access Center (ETTAC). She will offer some tips on assistive devices that might make your daily and routine chores easier to complete. She will also provide information about services through which you can get such devices free or for loan. Her resources include devices to help with bathing, dressing, grooming, cooking, eating, dealing with speech or vision or hearing losses, and even such basic needs as getting out of a chair or cutting fingernails.

**Legal Aid of East Tennessee**  
**Friday, March 27, from 1:00—2:00**

Legal Aid of East Tennessee is available to assist you with preparing wills, enrollment in a Senior Food Stamp Program, information about being a conservator, etc.

This program will inform you of what assistance Legal Aid can provide and how to get in touch with the staff.

**IJAMS staff will be at the Garden Club meeting**  
**Tuesday, April 14, starting at 11:00 a.m.**

IJAMS staff will present their Living Clean & Green workshop at the Garden Club meeting on Tuesday, April 14. Information from this workshop covers recycling, setting up a bird-friendly yard, creating a “green” household, organic gardening and composting, etc.

Join the Garden Club every Tuesday as members develop new gardens and planting sites for the Center.

**Find out about the benefits from Senior Citizens Home Assistance Service, Inc.**  
**Tuesday, April 28, 11:30—12:30**

The mission of the Senior Citizens Home Assistance Service is to improve the quality of life for seniors and people with disabilities of all ages. The staff can:

- supplement family care
- become the surrogate family when there is no other family
- provide companionship in the home or a nursing home
- assist with meal preparation, light housekeeping, grocery shopping and other chores that are necessary for clients to be able to remain in their own homes
- offer personal care such as assisting with bathing, getting dressed, washing and grooming hair, trimming nails, etc.

Staff is screened, trained and dependable. Clients are asked to pay as much as they can up to the full cost. Fees can be supplemented by local, state, and federal governments; United Way; foundation grants; fundraisers; and private contributions.



# CLOSED FOR EASTER HOLIDAY

## On FRIDAY, APRIL 10

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



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

Mike Ragsdale, Knox County Mayor

Hemal Tailor, Director of Senior Services

Steve Brelsford, Senior Center Coordinator

Stephanie Tindell, Assistant

Danyell Schoene, Life Guard/Aquatics Instructor

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

