

# South Knoxville Senior Center

MAY JUNE 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: 9:00 am on Monday, Tuesday, Thursday, Friday; 11 am on Mondays and Wednesdays; 1:30 pm on Monday, Tuesday, Thurs. & Friday.

BINGO: 9:30 am on Monday.

Gospel Music: 1:00 pm on 4th Mondays.

Exercise Thru Dance: 10:00 am on Tuesday.

Crafts & Sewing: 11 am on Tues.

Garden Club: 11 am on Tuesday.

ROOK: 1 pm on Tuesday and 11:00 am on Friday.

Painting: 9 am on Wednesday.

Quilting: 10 am on Wednesday.

Golden Cloggers: 10:30 am practice on Wednesday.

Games Galore!: 1:00 pm on Wed.

Bluegrass Jam: 9 am on Thursday.

Dance lessons: 11:30 am on Thurs.

Basket Weaving: 12 - 1:00 on Thurs.

Dulcimer lessons: 2:00-3:00 pm on Thursday.

Horseshoes: 10:00 am on Friday.

YOGA: 11:30-12:30 on Friday.

Joy Makers: 1 pm practice on Fri.

## COME OUT, COME OUT, WHEREVER YOU ARE!

It's warmer weather now and South Knoxville Senior Center wants you to help you get active and enjoy some new activities.

Our walking trail is "open" all the time for you to enjoy at your own pace and on a schedule that works best for you. Approximately five times around is a mile. If you would like to participate in our goal-directed program, stop by the office to get on the board for a walking goal. We have prizes for our walkers who meet their milestones.

Want to stay inside but still tackle something new for Spring? Come play Board Games Galore! on Wednesdays from 1:00 to 3:00. We have Scrabble, checkers, chess, dominos, Yahtzee, Reminisce, backgammon, etc. Got a favorite board game...bring it with you. Want to learn a new game? Let us know and we will find someone who can teach us all a new activity.

It's Horseshoes & Coffee on Fridays at 10:00 am. Steve would like to get a team together that can compete with the other Senior Centers.

## MANAGING HEADACHES

Lunch & Learn Program presented by Dr. Jeffrey Nelson  
of Fort Sanders Neurology Associates

Are you a headache sufferer? Tension, migraines, sinus, allergies,  
hormones. For information on finding relief, join us.

Tuesday June 9, noon.

Please call 541—4500 to register.

\$5 registration includes a boxed lunch.

# ANNOUNCING OUR NEW EXERCISE PROGRAMS!

## EXERCISE THROUGH DANCE

Join Sherby Jones on Tuesdays from 10:00 a.m. to 11:00 a.m., starting May 5, for a "Movement Through Dance" class. This is our new program that offers aerobic exercise.

Wear comfortable clothing and rubber-soled shoes.

Cost for a class is \$2.00, payable to Sherby at each session you attend.

## INTRODUCTORY CLOGGING OFFERED

Betty Branham, who leads our Golden Cloggers group, is teaching Introductory Clogging, starting Monday, June 4, from 1:00 p.m. to 2:00 p.m..

No previous clogging experience is required. You do not need to have shoes with taps to start this class. But do wear soft-soled shoes - no rubber soled shoes—so you can move quickly and safely on our floor.

## Care for Caregivers: Now What Do I Do?

Learn how to prepare yourself for the emotional, physical and physiological demands of being a caregiver for a loved one. On Tuesday, May 5, from 12:00 noon to 1:00 p.m., Bob Coyne will offer his highly successful program "I'm a Caregiver? Now What Do I Do?" at South Knoxville Senior Center.

Bob was caregiver for his wife during her lingering illness until she passed away in 2003. His professional background as a director of training and development enabled him to convert his own experience into this classroom program where he teaches skills and coping mechanisms.

Whether you are currently a caregiver or anticipate this role in your future, please join Bob Coyne on May 5 to become aware and educated about this challenging lifestyle change.

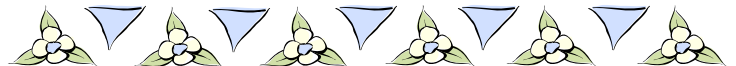
## Do You Need a Mammogram?

Thompson Cancer Survival Center's Mobile Mammogram Unit will be here Friday, May 8, beginning at 9:00 am.

For an appointment or more information, call 541-1312 or 1-800-442-8372.

To have a mammogram, you must be 35 years or older and have no symptoms such as lumps or discharge. You cannot have breast implants. It must have been a year since your last mammogram.

Most insurances are accepted.



## In Memory of Dr. Bruce Walker

The Lakemoor Home and Garden Club members have planted a dogwood tree at the Center in memory of Dr. Bruce Walker, who was a member of the development Community Committee for the Center. This tree is located in the side yard area just behind our mailbox.

It was through Dr. Walker's efforts that the property for this center was located and able to be purchased by Knox County for construction of our center. Dr. Walker was a long-time, very active member of the Lakemoor Home and Garden Club. He passed away in September 2008.

The club members placed a decorative rim from an old Packard car around the base of this newly planted tree. Its embrace of this memorial tree represents Dr. Walker's love of collecting and refurbishing Packards as well as his active participation with a local club of Packard restoration fans.

## TWO NEW CRAFT CLASSES ON BOARD!

### QUILTING: LESSONS & TECHNIQUES

A second quilting group will start meeting here on Mondays from 11:00 a.m. to 1:00 p.m. , starting on Monday, May 4.

This group welcomes beginner and advanced quilters. They will produce a Cathedral Windows pattern quilt for displaying here at the Center.

Peggy Webb, who leads the current quilting group, will develop and guide this new program.

### Introduction to Basket Weaving

Learn basic basket weaving techniques from Kay Blackwell in our new craft class. Join her every Thursday from 12:00 noon to 1:00 p.m., starting on May 7.

Kay will bring basic supplies for a beginning project that students can purchase from her. There is no charge for the class.

### Legal Issues for Seniors

Rebecca Abbott is coming back to do another Legal Issues for Seniors seminar on Monday, June 15, from 10:00 a.m. to 11:00 a.m.

She will cover wills, power of attorney forms, estate planning, living wills, probate, etc. Also to be discussed is how to designate beneficiaries on insurance policies, bank and savings program accounts, and other financial issues.

This seminar is popular and very informative.

### Thank you to our volunteer gardeners and backyard wildlife habitat specialists!

The beautiful displays of tulips and daffodils and jonquils around our Center landscaping and the horseshoe pit recreation area are due to the service of our Garden Club members Shirley and Bill Lane, Sue Garrett and husband Wade, Clara Plant, B. J. Hitchcock, David Gregg, and Don Clark.

Shirley is already gathering annual plants for our bedding areas so that we can enjoy blooming flowers into the Summer months.

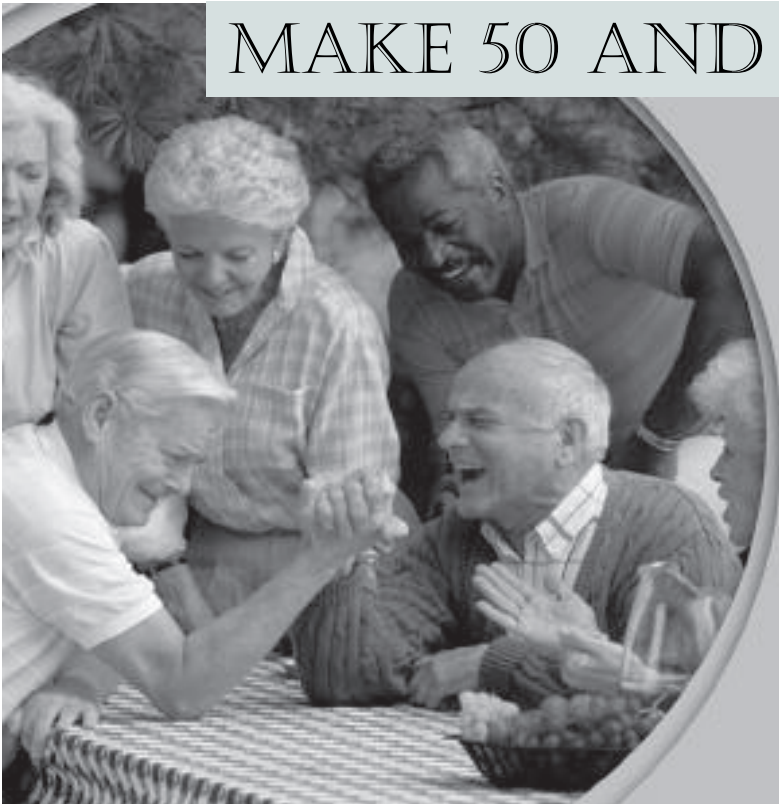
Sue and Wade also established our vegetable gardens. They cleared the plots, tilled up the soil, treated it to add fertilizing nutrients, and then planted the seeds for our vegetable harvest.

We have five bluebird boxes around the Center, thanks to David Gregg and Bill Lane. And we've got 2 bird feeding areas set up—one in view of the larger meeting room windows and another one outside the swimming pool windows. Peggy Webb donated our gorgeous "log cabin" feeder.

We will take donations of plants and of birdseed to ensure that these projects are kept strong throughout the year. And the Garden Club welcomes new members. They meet on Tuesdays at 11:00 a.m. and "dig in the dirt" most any time.



# MAKE 50 AND OVER FABULOUS



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



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 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)

