

South Knoxville Senior Center



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, and Friday;
11:00 am on Monday and Wednesday;

1:30 pm on Monday, Tuesday, Thursday and Friday

BINGO: 9:30 am Monday

Quilting: 11:00 am Monday and 10:00 am Wednesday

Clogging Lessons: 1:00 pm Monday

Gospel Music: 1:00 pm on the 4th Monday of each month

Exercise Thru Dance:

10:00 am Tuesday

Crafts & Sewing: 11:00 am Tuesday

ROOK: 1:00 pm Tuesday and

11:00 am Friday

Painting: 9:00 am Wednesday

Golden Cloggers Practice:

10:30 am Wednesday

Computer Photo Class:

10:30 am Wednesday

BeadoRama Jewelry:

12:00 pm Wednesday

Bluegrass Jam: 9:00 am Thursday

Dance lessons: 11:30 am Thursday

Computer Class: 1:00 pm Friday

Yoga: 11:30 am Friday

Joy Makers: 1:00 pm Friday

Mayor's Annual Senior Picnic

NOV/DEC 2009

THANK YOU SENIORS for your participation in Mayor's Ragsdale's 4th Annual Senior Appreciation Picnic! We had well over 650 in attendance!

Special thanks to the **South Knoxville Senior Center Bluegrass Jam Band** for providing wonderful entertainment. Thanks also to all the generous sponsors of the picnic: **Gold Sponsors:** Shepard Exposition Services, **Silver Sponsors:** Mayfield Ice Cream, Parkview Farragut, Mercy Health Partners, Windsor Gardens Assisted Living, Humana, Wells Fargo, and Pinnacle. **Table Sponsors:** East Tennessee Personal Care, Halls Business and Professionals Association, Senior Citizens home Assistance Service, Williamsburg Villas, Halls Women's League, NHC Home Health Care, Trinity Hills and Corryton Community Center.



Covenant Health Lunch and Learn

DIABETIC FOOTCARE

Monday, November 2, 2009

12:00 noon

\$5.00/lunch, Please call 541-4500 for reservations

Covenant Health Lunch & Learn Passport Program presents:

Diabetes attacks the feet in two ways – nerve damage and poor circulation. When nerves are damaged, you might not feel pain in the legs and feet. Lacking pain sensation, you might not be aware of a sore or cut. This lack of feeling is also called neuropathy and can lead to infections.. Poor blood flow is when you don't get enough blood to the feet, also called peripheral vascular disease, making it hard for a sore or infection to heal. Smoking will also decrease blood flow, so if you smoke, you have another reason to quit.

When a sore or infection won't heal, gangrene can develop. This can lead to amputation of the feet. Learn more about common diabetic foot problems and what you can do to care for your feet. Join us at the South Knoxville Senior Center on Nov. 2 as Brian Christiansen, MD leads this informative program.

Thanksgiving Pot-Luck

Join us for our annual Thanksgiving feast on November 20, from 12 – 2 p.m. We will provide the ham and turkey, and all who participate are asked to bring a dish to share that will feed at least 10. There will be a sign-up sheet at the front desk. Let's all get together for good food and friendship!



Wii BOWLING LEAGUE

Covenant Health has graciously donated a brand new Wii gaming system to the South Knoxville Senior Center. There are a multitude of fun and energetic activities for everyone to enjoy. No special skills or previous gaming experience is required, just an attitude for fun.

Beginning in November we will begin a Wii bowling league. Our first meeting will be Friday, Nov. 6 at 2:30. Once we have brushed up on our skills, and depending on the participation, we can bowl against our own Center teams or against the Hall's Center teams.

GET ACTIVE, GET MOVING, GET FIT

Exercise Through Dance	Walking Trail	Computer Photo Class	Yoga
<p>Join Sherby Jones every Tuesday from 10:00 a.m. to 11:00 a.m. for "Movement Through Dance". This class offers aerobic exercise at a non-strenuous pace.</p> <p>Wear comfortable clothing and rubber-soled shoes.</p> <p>Cost is \$2.00, payable to Sherby for each session.</p>	<p>The walking trail is "open" all the time for you to enjoy at your own pace and on a schedule that fits your needs.</p> <p>Approximately five times around is a mile.</p> <p>If you would like to participate in our walking program, stop by the office to get on the board for a walking goal.</p>	<p>Learn how to download, edit, and save your photos using the computer, and send them via email with Bruce Brandon. He will be conducting classes on Wednesdays from 10:30 a.m. to 11:30 a.m.</p> <p>Space is limited so sign up today and get into the "computer era."</p>	<p>Clear your mind. Learn the basic breathing, meditating, and stretching techniques of Yoga in a relaxed soothing environment each Friday from 11:30 a.m. to 12:30 p.m. with Sherby Jones.</p> <p>Wear comfortable clothing. A yoga mat is recommended but not required. Classes are \$2.00 each.</p>

The South Knox Senior Center would like to extend hearty thanks and a big pat on the back to a few of our volunteers:

To Paul Warren, for being our all-around, do-anything, helping hand. Paul sets up and breaks down our meeting room every week for our 2 biggest activities. He has built and put up LOTS of shelves and makes frames for the beautiful artwork that is produced by our painting class.

To Johnny Hurst, for being our resident Mr. Fix It. Johnny is the man we turn to when something needs to be assembled or when we "accidently" tear up something. A big gold star to you, Johnny, for all your help.

To Sue "WOO" Garrett and Clara Plant, for being the greatest gardeners ever. Sue and Clara put in the gardens, tended them, weeded them, did most of the harvesting, and now have winterized both of our patches. A bushel of thanks to both of our garden ladies.

To Shirley and Bill Lane, for all of their hard work with our flower beds and ornamental trees and bushes. Shirley and Bill also keep our birdfeeders clean and full. A big thank you bouquet goes out to the Lanes.

Danyell would like to send out a giant thank you to all of her "pool peeps". All of you make coming to work every day something to look forward to, and she appreciates the support and friendship she receives daily. Waves of thanks go out to our pool people.

All of us at SKSC would like to thank Bob Santore and his team of planters. Bob does an amazing job of keeping the senior center "greener" and more beautiful with all of the trees he plants and maintains. A green thumbs up to you Bob.



Introduction to Computers

Zach Hitchcock will be conducting a series of introductory computer classes on Friday from 1:00 p.m. to 2:30 p.m.



These classes will be arranged by topic, including: how to set up, access, and send email, basic uploading photos and anything else you would like to know. You must sign up for the class. He does provide individual instruction.

Chinese Gift Exchange

Come and have some great fun at our Chinese gift exchange! On December 14, from 1 – 3 p.m., we will be swapping and snitching some fun and funny gifts. If you would like to join us for this, please purchase a \$5.00 gift, wrap it and bring it with you. We will be numbering all gifts, then the fun will begin as we draw numbers and either pick a gift from the pile or take one from someone else!! We had quite a spirited time with this last year, so come on over and let's do it again!



Tree Trimming and Cookie Exchange in December

On December 1, please come by the center and help us get in the spirit while we decorate our tree. The tree will be in our lobby, and the decorating process will be ongoing. We will have decorations available; as you come in to the center, just stop and add some fun to the tree!

Then from 1 – 3:30p.m., we will have our second annual cookie exchange. Participants are asked to bring three dozen of their favorite cookies (or a dozen each of their three favorites!), plus a copy of the recipe, to swap with others. Bring three and take home three!! **DON'T FORGET TO BRING A CONTAINER FOR YOUR TAKE-HOMES!** You must sign up for the event.



MARK YOUR CALENDARS FOR THE FOLLOWING SPECIAL EVENTS

The holiday season is quickly approaching and we have lots of fun activities planned for our center. Please feel free to join in the fun!

NOVEMBER

November 11 - CENTER CLOSED

Veterans Day Observation

November 26-27, - CENTER CLOSED

Thanksgiving Day Observation

November 2, Monday - 12:00 p.m.

Lunch and Learn

Covenant Health Passport presentation

Diabetic Foot Care

Contact Covenant Health at 541-4500 for more information on how to become a passport program member and to RSVP.

November 20, Friday - 12:00 p.m. to 2:00 p.m.

Thanksgiving Potluck. Please bring a dish to share.

DECEMBER

December 24-25— CENTER CLOSED

Christmas Holidays

December 1, Tuesday - 1:00 p.m. to 3:30 p.m.

Tree Trimming and Cookie exchange -

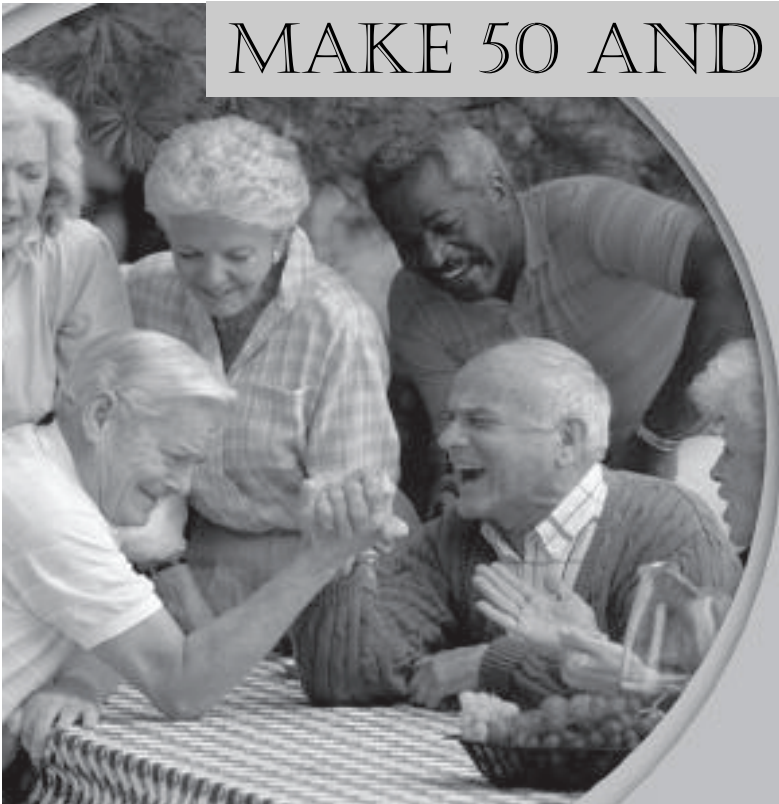
Come and decorate the South Knox Senior Center tree while enjoying hot coca and snacks. Also we will be having our annual cookie exchange at the same time. Please see above for further details. You must sign up for this event.

December 14, Monday - 1:00 p.m. to 3:00 p.m.

Chinese Gift Exchange - Sign up to join in the fun of the Chinese gift exchange. Please purchase a \$5 gift to exchange.

My heartfelt gratitude to Janet Word, Lauren Monahan, Joe Addante and Darrell Gooding for serving as "temps" at the South Knox center. A very special thank you to Danyell Schoene for making sure there were no bumps in the road during the transition and for always trying to better the center through its creative programming. All of you are an asset to not only this center but to the community and to Knox County Government.

MAKE 50 AND OVER FABULOUS



IT'S FREE! IT'S FUN!

IT WILL KEEP YOU FIT!

Find out why more people are joining the Covenant Health Passport program.

- Great Health—programs to keep you fit
- Great Times—special events just for our members
- Great Information—newsletters and programs to keep you informed
- Great Savings—discounts on guest services in our facilities and more!

Call 541-4500 to sign up today. Your new member packet will contain a detailed list of all the free benefits available to you along with a free gift from us.

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

Danyell Schoene, Life Guard/Aquatics Instructor

www.knoxcounty.org/seniors

