

South Knoxville Senior Center



The Party Line

November-December
2023

6729 Martel Lane
Knoxville, TN 37920
865-573-5843
Knoxcounty.org/seniors/



**KNOX COUNTY
TENNESSEE**

Center Hours

Monday-Friday 7:30-4:00

Pool Hours 7:30-3:30

* Pool closes daily for lunch
from 12:00-12:30

***Daylight Savings Time
Ends Nov.5th
Remember to turn back
your clocks!!***

Senior Angel Tree

The Senior Angel Tree is back thanks to the CAC and South Knoxville Senior Center gets to help again this year!

Our Center will have 5 seniors in need that we are blessed to help brighten their holiday season.

Beginning November 6th, we will be collecting specific items needed that have been identified by their social workers.



Friendsgiving Meal

Hi Friends!
Let's celebrate the blessing of our SKSC family together with a Friendsgiving Meal! November 15th beginning at 11:30.

The meal is free but you must have a ticket to attend!

Stop by the front desk at the Center for your ticket.

Menu includes:
Turkey stuffing casserole,
green beans, potatoes, rolls,
and pumpkin pie



The Center will be closed on the following days:

Nov 10th in observance of Veterans Day

Nov 23rd and 24th in observance of Thanksgiving

Dec 25th and 26th in observance of Christmas



Happy Thanksgiving!

**Christmas Party
And Pictures
With Mr. & Mrs. Claus
(aka Phil and Janet
Word!)**

Come enjoy some Christmas snacks and get your picture taken with the Claus family during our South Knox Opry Thursday, Dec 14th 9-12 PM



Beltone

Michael Murphy will be at the Center on December 7th 8:30-10 AM

He will help check your hearing aids, clean them, and give you direction with hearing issues.



Crafts with Susanne

Join us for Crafts with Susanne either in person or via Zoom. We will do one craft in November and December. Check out some details below and make sure to RSVP at 865-573-5843



Tuesday, Nov 7th 10 AM
Fall Gnomes
Bring Embellishments



Tuesday, Dec 5th 10 AM
Hydro Dipped Ornaments



**Guest Crafter!!
Holiday Cards**

Join our very own Karen Seeley and make some holiday/winter cards with stencils!

Tues, Dec 19th at 10 AM
RSVP at 865-573-5843 or at the front desk.



**UHC Complete Care
Plus**

Teja will be presenting a new **UHC Complete Care Plan** for 2024. This is a Chronic Special Needs plan specifically designed for those with Cardiovascular Disorders, Chronic Heart Failure, or Diabetes. Sales materials and information will be available.

Nov. 13th at 10 AM



S'more Movie Time!

Come out and enjoy
S'MORE fun time with
your SKSC family as we
watch
The Great Outdoors



**Monday November 6th
11:30 AM**

We will have
S'more Pies and Popcorn
to satisfy your movie
cravings and enjoy this
1988 comedy starring
Dan Aykroyd and
John Candy.

Mark your calendars and
don't miss the fun!



Questions with Penny

Penny Mayo with *Farm
Bureau Health Plans*,
will be here on
Monday, November 6th
at 9 AM
to answer your questions
about their Medicare plans.



Penny will also be
sponsoring BINGO that
day at 10 AM so make sure
to come out, get your
Medicare questions
answered, and enjoy a
rousing game of Bingo.



Senior Coverage Q & A with Teja

Teja Cain with *Core
Insurance Advisors*, will be
here the **2nd Monday** each
month for a **Senior
Coverage Question &
Answer Session**. Teja will
be available to assist with
your Medicare or other
insurance questions.



Bingo

BINGO games are every 1st
and 3rd Monday of the
month from 10:00-11:00 a.m.

Red Hats

Enjoy lunch with some sweet
ladies every 2nd Tuesday of
the month. Meet at the
Center at 10 am.

Gospel

Gospel Music time is every
4th Monday of the month at
1 pm. Come out and join the
fun!

Toenail Trimming

Toenail trimming is available
by appointment only every
3rd Wednesday of the month
for \$13.

Crochet

Crochet class has started on
the 1st and 3rd Friday's of
the month. Come and learn
or work on your own project.

Balance Fair

**Thursday, Nov. 16th
9AM-12PM**
(See attached flyer for
details)



South Knoxville Senior Center

Fitness Classes

Aquatic Exercises

Water Aerobics A great way to exercise without the hassle of that pesky gravity! Lifeguard led and approved. **M, T, TH, F 9:00-10:00 and 1:00-2:00 \$2 per class.**

Free Swim Open pool for individual exercise. **M, F 7:30-9, 10-11, 12:30-1, 3-3:30**
T, TH 7:30-9, 10-12, 12:30-1, 3-3:30, W 7:30-11, 12:30-3:30

Water Peeps Group led water aerobics with seasoned water aerobic veterans.
M, W, and F 11:00-12:00

Aquaball A fun, energetic game of ball in the pool! No real skill required!
M, T, TH, F 2:00

Ballroom Dance

Learn the beautiful art of Ballroom Dance and get some great exercise at the same time.
F 10, \$5 per class

Cardio Drumming

Exercise, music, and drumming...so fun! Good for all exercise levels and no drumming skills needed! **TH 1:00-1:30**

Chair Volleyball

Great exercise and loads of fun! No experience necessary and you stay seated while you play. We use a beach ball so it won't hurt your hands and new players are always welcome. **T 1:00**

Line Dance

Come join the fun with beginners line dancing! No experience needed and all skill levels welcomed. Great exercise and great fun! **W 2:00**

Senior Cardio, Strength & Stretch

Covenant Health Bodyworks Exercise class offered weekly.
T, F 8:45-9:45 \$5 per class

Walking Path

A safe, paved, and flat walking path around the Center. 5 times around equals 1 mile.

Wobblin' Weebles Stability Class

Learn how to not fall down and activate your core muscles. **T 10:30**

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 Pool is closed daily from
 12:00-12:30 PM for Lunch

2023

***DAILY SCHEDULE REMAINS THE SAME. SPECIAL EVENTS ARE LISTED BY DATE.**

Mon	Tue	Wed	Thu	Fri
7:30 Free Swim 9:00 Water Aerobics 11:00 Water Peeps 11:00 Quilting 12:00-12:35 Pool Closed 12:30 Free Swim 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:30 Wobblin' Weebles 12:00-12:35 Pool Closed 12:30 Free Swim 1:00 Chair Volleyball 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day	7:30 Free Swim 9:00 Mixed Media Art Social 11:00 Water Peeps 11:00 Quilting 12:00-12:35 Pool Closed 12:30-3:30 Free Swim 1:00 Hand & Foot Cards 2:00 Line Dance Jigsaw Puzzle All Day	7:30 Free Swim 9:00 Water Aerobics 9:00 South Knox Opry 12:00-12:35 Pool Closed 12:30 Free Swim 1:00 Cards 1:00 Cardio Drumming 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:00 Ballroom Dance 11:00 Water Peeps 12:00-12:35 Pool Closed 12:00 Cards 12:30 Free Swim 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day
		1 9AM- 12PM Tech Smart	2 9AM Senior information & Referral 9AM-12PM Tech Smart	3 9AM-12PM Tech Smart 10AM Crochet class
6 9AM Questions w/ Penny from Farm Bureau 10AM Bingo 11:30 AM Movie & S'mores Senior Angle Tree Starts!	7 10AM Crafts w/ Susanne 	8 	9	10 Center closed for Veterans Day!
13 9AM Senior Q&A w/Teja 10AM UHC Complete Care 10AM Crafting/w April!	14 10:30AM Red Hats Meet for Lunch 	15 11AM-1PM Friends-Giving Party! Free ticket required Toenail Trimming by appt.	16 9AM Free Balance Eval by Benchmark PT	17 10AM Crochet Class 
20 10AM Bingo 	21 9AM Cumberland Playhouse Field Trip 10AM New Harvest Park-Senior walk	22	23 Center closed for Thanksgiving!	24 Center closed for Thanksgiving! 
27 12PM Ice Cream Social 1PM Gospel Singing! 	28	29	30	

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				1 10 AM Crochet Class
4 10AM Bingo 	5 10 AM Crafts W/ Susanne 	6 	7 8:30AM- 10AM Beltone	8
11 9AM Senior Q&A w/Teja 10AM Buc-ee's Field Trip 	12 10:30 AM Red Hats Meet for Lunch 	13 	14 9AM Senior Information & Referral 10AM Christmas Party w/ Mr. & Mrs. Claus	15 10 AM Crochet Class
18 10:00 AM Bingo 	19 10AM Crafts w/Karen 5:30 PM Senior Christmas Lights Walk	20 Toenail Trimming by appt. 	21	22
25 Center closed for Christmas!	26 Center closed for Christmas!	27	28	29



Hey Musicians!!!

**We are seeking pickers and gridders for
South Knox Opry music jam!**

Musicians in country, bluegrass, and gospel, playing acoustic music are welcome.

Must be 50 years of age or older.

Location: South Knoxville Senior Center, 6729 Martel Lane,
Knoxville, TN 37920

Time: Thursdays, 9am-noon

Join us for a fun and friendly music jam!

Share with your friends who love music!

Knox County Senior
Centers follow the
Knox County Schools
inclement
WINTER/SNOW
weather delay and
closings.



CAC OFFICE ON AGING

Senior Angel Tree

Last year, the CAC Office on Aging provided over 1,600 gifts to local seniors in need, brightening their holiday season with a little cheer from caring neighbors. This year's Senior Angel Tree will begin on Monday, November 6.



This enormous effort is only possible through the help of volunteers. The Retired & Senior Volunteer Program (RSVP) puts in hundreds of hours to make the Senior Angel Tree happen. What can you do?

Volunteers help us call each recipient in October to confirm their wish list and develop a short bio. They also help us wrap all the presents in December when they start arriving!

Contact RSVP to volunteer:

rsvp@knoxseniors.org

865-524-2786

Could you be at risk for falls?



Join Results Physiotherapy and Benchmark Physical Therapy
for a **BALANCE FAIR** at the **SOUTH KNOX SENIOR CENTER**

.....
Thursday, November 16th • 9AM - 12PM
6729 Martel Lane • Knoxville, TN 37920
.....

**We will be offering 15 minute balance screens with
a licensed physical therapist that will include:**

Balance and gait testing

Fall prevention education

Recommendation on whether physical therapy could help reduce fall risk and
if the senior center's balance class would be a safe option





KNOX COUNTY SENIOR SERVICES SENIOR WALK

TUESDAY, NOVEMBER 21 @ 10AM

Join us at New Harvest Park (4775 New Harvest Lane, Knoxville 37918) for the walking group's monthly walk. New Harvest Park features a 1.1-mile scenic walking loop that is both on paved and natural surfaces. The greenway skirts along the wooded hillside and loops back to the parking area. Water and snacks will be provided by Teja Cain with Core Insurance Advisors. Following our walk, join us for some lunch at The Diner at Twister's (5831 Washington Pike, Knoxville 37918). Be sure to RSVP by leaving a message at **865-288-3761 or you can email seniorservices@knoxcounty.org**

Join Susanne, April and Judy for our
Senior Christmas Lights Walk

The Cove at Concord Park
11808 S. Northshore Drive, 37922

December 19th, 5:30 p.m.

RSVP to:
seniorservices@knoxcounty.org
or call 865-288-3761





KNOX COUNTY SENIOR SERVICES

SENIOR WALKING GROUP SOCIAL



KARNS SENIOR CENTER
8042 Oak Ridge Hwy
Wednesday,
January 17th, 3:00 to 5:00pm

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available. Coordinators from our six senior centers will also be on hand to answer any questions you may have.

BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.

Scan the QR code to find the closest senior center to you as well as their events!



Questions? Call (865) 288-3761 or email seniorservices@knoxcounty.org





WREATHS — *across* — AMERICA

The goal. . .
A wreath on each
Veterans' headstone
in the three Veterans'
cemeteries in Knox
County. There is
no Federal or State
funding for this effort.

You can help with a
donation of \$17 per
wreath.

Please donate at knoxwreaths.org • click on
Optimist Club of Knoxville

or

mail **this flyer** and check payable to

Wreaths Across America

KNOXWREATHS

PO Box 50054, Knoxville, TN 37950



FLIERS COURTESY OF



CENTRIWORKS

Hosted by
American Legion Post 2

**Knoxville's 98th
Veterans Day
Parade**

**Friday, Nov. 10th, 2023
10:40 AM**

Gay Street

**Special guests: Challenger and the
Budweiser Clydesdales**

