



# ***Corryton Senior Center Connection***

## ***March/April 2024 Newsletter***

### ***Corryton Senior Center***



**9331 Davis Drive, Corryton, TN 37721**

**865-688-5882**

**Hours: 7:30am to 4:00pm, Mon-Fri**

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

***Sarah Gault, Coordinator***

**[sarah.gault@knoxcounty.org](mailto:sarah.gault@knoxcounty.org)**

***Jessica Sexton, Assistant***

**[jessica.mccall-sexton@knoxcounty.org](mailto:jessica.mccall-sexton@knoxcounty.org)**



## **ELECTION DAY**

**CORRYTON COMMUNITY CENTER**

**TUESDAY, MARCH 5**

**8:00AM-8:00PM**



Enter through the Corryton Senior Center entrance to go to the voting area in the Community Center

House Mountain Quilters Guild will have a product sale and food items for sale!



### **PLEASE NOTE:**

**The center will be CLOSED:**

***Friday, March 29: Spring Holiday***

CORRYTON SENIOR CENTER  
 9331 DAVIS DRIVE  
 CORRYTON, TN 37721  
 (865)688-5882  
 HOURS: 7:30 a.m. to 4:00 p.m. Mon-Fri

# MARCH 2024



Mon	Tue	Wed	Thu	Fri
<p><b>*HMQG*</b>  <b>Bake/Craft Sale</b>            will set-up in the  <b>Hallway and Quilt</b>  <b>Room</b></p> <p><b>*HMQG Retreat*</b>            (22nd &amp; 23rd)</p>	<p><b>Senior Walk</b>  <b>Beverly Park</b>  <b>Intergenerational</b>  <b>Tues, Mar 19th</b>  <b>@ 10:00am</b></p> <p>Tara, Patty, &amp; Eilene</p> <p>Lunch: Henry's Deli</p>	<p><b>*Rescheduled*</b>  <b>Karns Senior</b>  <b>Center Walking</b>  <b>Social</b></p> <p><b>MUST RSVP!</b></p> <p><i>Let's Get SOCIAL</i></p>		<p><b>1</b>            8:30 Coffee &amp; Chat  <b>10:00 In-Person</b>  <b>Bingo</b>            10:15 Tai Chi Class  <b>(Virtual)</b>            11:00 Classic            Exercise Class  <b>(Virtual)</b></p>
<p><b>4</b>            10:00 Chair            Volleyball            11:30 AOA Class  <b>1:30 Teja Cain</b>  <b>Medicare Q&amp;A</b></p>	<p><b>5 *Election Day*</b>  <b>10:00 Pressed Flower</b>  <b>Lantern Craft</b>            3:00 Virtual Bingo  <b>Caleb Days</b>  <b>(7:30-4:00pm)</b>  <b>HMQG Bake/Craft Sale</b></p> <p> <b>No AOA Class!</b>  <b>No Corryton Jam!</b></p>	<p><b>6</b>            10:00 Dominoes  <b>1:00 Fairy/Gnome</b>  <b>Garden Craft</b></p>	<p><b>7</b>            9:15 Seated Yoga            9:45 Stability Class            1:00 Cardio            Drumming Class  <b>2:00 Dementia</b>  <b>Cares Presentation</b></p>	<p><b>8</b>            8:30 Coffee &amp; Chat            10:15 Tai Chi Class            11:00 Classic            Exercise Class</p>
<p><b>11</b>            10:00 Chair            Volleyball            11:30 AOA Class</p> <p><b>Karns Walking Social</b>  <b>(2:00-4:00 PM)</b></p>	<p><b>12</b>  <b>10:30 Super Seniors</b>  <b>10:30 The Big</b>  <b>Camera w/Donna</b>            1:30 Corryton Jam            3:00 Virtual Bingo  <b>Caleb Days</b>  <b>(7:30-4:00pm)</b>  <b>NO AOA CLASS!</b></p>	<p><b>13</b>            10:00 Dominoes  <b>1:00 Go Anywhere</b>  <b>Travel w/Donna</b></p>	<p><b>14</b>            9:15 Seated Yoga            9:45 Stability Class            1:00 Cardio            Drumming Class  <b>2:30 Corryton SS</b>  <b>Singers</b></p> <p><b>HMQG Project Day</b></p>	<p><b>15</b>            8:30 Coffee &amp; Chat            10:15 Tai Chi Class            11:00 Classic            Exercise Class  <b>1:00 Mid-Day Movie</b></p> <p> <b>St. Patrick's</b>  <b>Day!</b>  <b>March 17th</b></p>
<p><b>18</b>            10:00 Chair            Volleyball  <b>10:00 KUB Plant</b>  <b>Smart Presentation</b>            11:30 AOA Class  <b>1:00 Trivia</b></p>	<p><b>19</b>  <b>10:00 Senior Walk</b>            11:30 AOA Class            1:30 Corryton Jam            3:00 Virtual Bingo  <b>Caleb Days</b>  <b>(7:30-4:00pm)</b></p>	<p><b>20</b>            10:00 Dominoes  <b>2:00 Living on</b>  <b>Your Own or</b>  <b>Community</b>  <b>Presentation</b></p>	<p><b>21</b>            9:15 Seated Yoga            9:45 Stability Class            1:00 Cardio            Drumming Class  <b>2:30 Corryton SS</b>  <b>Singers</b></p>	<p><b>22</b>            8:30 Coffee &amp; Chat            10:15 Tai Chi Class            11:00 Classic            Exercise Class  <b>11:00 Lunch Bunch:</b>  <b>(Henry's Deli)</b>  <b>HMQG Retreat</b>  <b>(22nd &amp; 23rd)</b></p>
<p><b>25</b>  <b>10:00 Book Club</b>            11:30 AOA Class</p> <p><b>No Chair Volleyball!</b></p>	<p><b>26</b>            11:30 AOA Class            1:30 Corryton Jam  <b>2:00 Elder Law Talk</b>            3:00 Virtual Bingo  <b>Caleb Days</b>  <b>(7:30-4:00pm)</b></p>	<p><b>27</b>            10:00 Dominoes  <b>1:00 Cyanotype</b>  <b>Cards w/Rita</b></p>	<p><b>28</b>            9:15 Seated Yoga            9:45 Stability Class            12:00 Cardio            Drumming Class  <b>1:00 HMQG</b>  <b>Monthly Meeting</b></p>	<p><b>29</b>  <b>Center</b>  <b>Closed</b></p> <p><b>Happy Spring Holiday</b></p>

CORRYTON SENIOR CENTER  
 9331 DAVIS DRIVE  
 CORRYTON, TN 37721  
 (865)688-5882  
 Hours: 7:30 a.m. to 4:00 p.m. Mon-Fri



Mon	Tue	Wed	Thu	Fri
<b>1</b> 10:00 Chair Volleyball 11:30 AOA Class <b>1:30 Teja Cain</b> Medicare Q&A  	<b>2</b> 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo <b>Caleb Days</b> <b>(7:30-4:00pm)</b>	<b>3</b> 10:00 Dominoes	<b>4</b> 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class	<b>5</b> 8:30 Coffee & Chat <b>10:00 In-Person</b> <b>Bingo</b> 10:15 Tai Chi Class <b>(Virtual)</b> 11:00 Classic Exercise Class <b>(Virtual)</b>
<b>8</b> 10:00 Chair Volleyball 11:30 AOA Class  <u>2024 Lunar Eclipse</u> <u>(1:00-4:00pm)</u> 	<b>9</b> <b>10:30 Super Seniors</b> <b>Bingo w/ Prizes</b> 1:30 Corryton Jam 3:00 Virtual Bingo <b>Caleb Days</b> <b>(7:30-4:00pm)</b>  <u><b>NO AOA CLASS!</b></u>	<b>10</b> 10:00 Dominoes <b>2:00 Farm Bureau</b> <b>Health Plans Talk</b>	<b>11</b> 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class <b>2:30 Corryton SS</b> <b>Singers</b> <b>HMQG Project Day!</b> <b>HMQG Project Day!</b>	<b>12</b> <b>7:30 Brushy Mtn.</b> <b>Field Trip</b> <b>(7:30-3:30 PM)</b> 8:30 Coffee & Chat 10:15 Tai Chi Class 11:00 Classic Exercise Class
<b>15</b> <b>9:00 Tech Smart</b> 10:00 Chair Volleyball 11:30 AOA Class <b>1:00 Trivia</b>	<b>16</b> <b>9:00 Tech Smart</b> <b>9:30 Senior Walk</b> 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo <b>Caleb Days</b> <b>(7:30-4:00pm)</b>	<b>17</b> <b>9:00 Tech Smart</b> 10:00 Dominoes	<b>18</b> <b>9:00 Tech Smart</b> 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class <b>2:30 Corryton SS</b> <b>Singers</b>	<b>19</b> 8:30 Coffee & Chat <b>9:00 Tech Smart</b> 10:15 Tai Chi Class 11:00 Classic Exercise Class <b>1:00 Mid-Day Movie</b>
<b>22</b> <b>9:00 Tech Smart</b> <b>10:00 Book Club</b> 10:00 Chair Volleyball 11:30 AOA Class	<b>23</b> 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo  <u><b>*Day/Date Change*</b></u> <u><b>Caleb Days moved</b></u> <u><b>this week to</b></u> <u><b>Friday the 26th!</b></u>	<b>24</b> 10:00 Dominoes	<b>25</b> 9:15 Seated Yoga 9:45 Stability 12:00 Cardio Drumming Class <b>1:00 HMQG</b> <b>Monthly Meeting</b>	<b>26 Caleb Days (All Day)</b> 8:30 Coffee & Chat 10:15 Tai Chi Class 11:00 Classic Exercise Class <b>11:00 Enhancing</b> <b>Your Life Expo</b>  <u><b>*Lunch Bunch*</b></u> <u><b>at the Expo!</b></u>
<b>29</b> 10:00 Chair Volleyball 11:30 AOA Class	<b>30</b> 11:30 AOA Class 1:30 Corryton Jam 3:00 Virtual Bingo <b>Caleb Days</b> <b>(7:30-4:00pm)</b>	<b>April's</b> <b>*Lunch Bunch*</b> <b>will be</b> <b>provided at the</b> <b>Enhancing</b> <b>Your Life</b> <b>Expo!</b>		<b>Senior Walk</b> <b>Baxter Gardens</b> <b>Tues, April 16th</b> <b>@ 9:30am</b>  <b>Judy &amp; Carole</b>  <b>Lunch: Litton's</b>

## Tech Smart Knox Seniors RETURNS

April 15-22, Monday–Monday (6 days)

9:00am-12:00pm

If you are interested in learning practical computer skills to meet your needs in this current electronic age, sign up for this training today.

CAC will offer 18 hours of training, 3 hours a day for 6 days. This training will also include Telehealth training. After the completion of this training you will be able to purchase a new Chromebook, bag, and mouse pad for only \$25 **IF** you haven't received one from a previous training.

**Telehealth** is the delivery of health care services at a distance through technology. Some benefits of telehealth include:

- Receiving care at home. This is helpful for those who cannot easily get to their doctor.
- Receiving care from a specialist who is not close by.
- Receiving care after office hours.
- Cost saving, convenient for those in rural area who do not have access to a local doctor or clinic.
- Reduced exposure to pathogens and support for people with chronic conditions.

REGISTRATION REQUIRED

Thank you CAC Office on Aging



## CATCHING UP WITH CALEB



Hello Friends!

It has been a busy start for me with Senior Services. I have enjoyed getting to know many of you and being greeted by your smiling faces is a highlight of my Tuesdays at Corryton. I wanted to bring a few things to your attention as we look forward to the next few weeks.

I have been working hard to improve the fitness room. We have new treadmills, bikes, and various strength equipment coming soon. I am excited about what we are building and look forward to sharing an improved fitness room with you. I promise that what is coming is worth the wait.

I am excited to announce the addition of Assisted Stretching to the fitness offerings at the Center! Stretching is a vital part of our health and wellbeing. Stretching can help to improve mobility, circulation, stress, sciatic pain, and much more. Come relax and let me do the work.

By the way, you do not have to wait until the fitness room is finished to move forward with your health and wellness. I am here every Tuesday to help you take your next step. Several members have already made the decision to improve strength, mobility, and balance. Join them! Perhaps you feel like you are losing your ability to live life at your best. I can help! Stop by and we can discover the path to moving forward.

Look forward to seeing you here!

# Monday

## CHAIR VOLLEYBALL



**Mondays @ 10:00am**  
Tell your friends!  
Carter & Halls Senior Centers want to challenge us for a fun game so **WE NEED YOU!**  
(No CV on March 25)

## MONDAY SPECIAL EVENTS

Knox County Senior Services  
April Tomlin, Manager,  
invites you to a  
**Senior Walking Group Social**  
**at Karns Senior Center**  
**Monday, March 11**  
**2:00-4:00pm**

Enjoy light refreshments, music, and socializing with your fellow walkers from around the county!

## ACTIVE OLDER ADULT EXERCISE

**Monday @ 11:30AM**  
**AOA**

With Johnnie (\$3 instructor fee)

AOA focuses on cardiovascular, strength, balance, and flexibility, plus it's fun!



**PLANT SMART**  
Presentation by KUB  
**Monday, March 18**  
**10:00am**

Sign-up requested



**Teja Cain**  
**1st Monday of the month**

**1:30pm**  
**March 4 & April 1**  
**Insurance Q&A**

KUB supports planting "The Right Tree in the Right Place" in our community and maintaining the existing plantings. KUB's forester will provide guidance for planting and caring for trees properly. You'll realize the benefits they provide when planted, while reducing conflicts with overhead power lines that provide you with power.



**Monday**  
**1:00pm**  
**March 18 and April 15**

Come test your knowledge and see how smart you are! Just for fun!

**2024 Lunar Eclipse**  
**Monday, April 8**  
**1:00-4:00pm**



A total solar eclipse will take place at the Moon's ascending node, visible across North America and dubbed the Great North American Eclipse by some of the media. (Weather permitting)

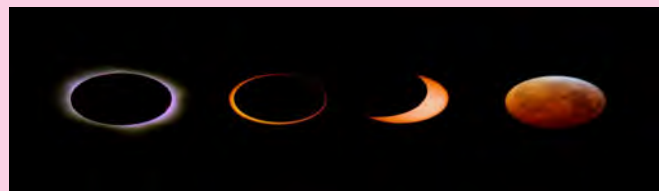
Solar eclipse glasses and refreshments provided by The Providence Group, Andy Williams. Bring your own chair or use one of ours.

## BOOK CLUB

**4th Mondays @ 10:00am**

**March 25: Maid to Match by Deanne Gist**

**April 22: I Must Betray You**  
**by Ruta Sepetys**



# Tuesday

## TUESDAY

**Caleb Days Every Tuesday**  
**Senior Service Walks: 3rd Tuesday**  
(See pages 18 & 19 for details)

## ACTIVE OLDER ADULT EXERCISE

**Tuesday @ 11:30AM**  
(Except 2nd Tuesdays)

(NO AOA March 5 due to Election Day)

With *Johnnie* (\$3 instructor fee)

AOA focuses on cardiovascular, strength, balance, and flexibility, plus it's fun!

## CORRYTON ACOUSTIC JAM

Bring your guitar, banjo, fiddle, and voice or any other instrument you may play. This is an acoustic gathering where you just sit, play, and sing or just listen!



**Every Tuesday at 1:30pm**

Everyone Welcome!

(NO Jam March 5 due to Election Day)

## VIRTUAL BINGO

**Tuesdays @ 3:00pm**

Join Jessica and play BINGO in-person at the center or join on your computer from the comforts of your own home!

If you want to play via ZOOM from home on your computer, please call or email Jessica for the special link.

## SUPER SENIORS

**Second Tuesdays**  
**10:30am**  
**\$6 per person**  
Please RSVP

Join us for food, fellowship, and fun!

**March 12: THE BIG CAMERA**  
With Donna Moore  
(See page 11 for details)

**April 9: BINGO!**

**May 14: TBA**

**June 11: Mossy Creek Band**

**July 9: Wild Blue Yonder Band**



Tuesday, March 5

8:00am-8:00pm

Corryton Community Center  
Enter through the Senior Center  
Shop the House Mountain Quilters  
Guild tables and bake sale.



# Tuesday Continued

## SPECIAL EVENTS

### Elder Law of East Tennessee

### Attorney Bailey Schiermeyer

*presents*

***“Taking the Bull by the Horns:  
A No Frills Guide to Planning for Tomorrow”***

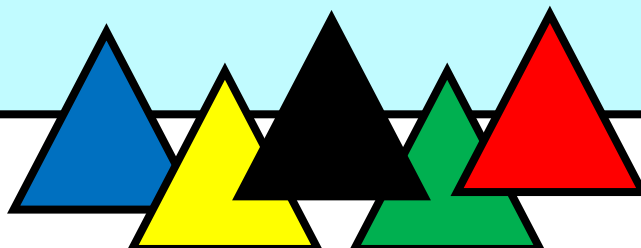
**Tuesday, March 26 @ 2:00pm**



This presentation will cover legal documents that everyone over 55 should have, provide information about TennCare/Medicaid, as well as Veteran’s Benefits.

Attorney **Bailey Schiermeyer** is Certified as an Elder Attorney by the National Elder Law Foundation. Bailey is a partner at **Elder Law of East Tennessee**.

Bailey’s practice focuses on assisting individuals and families with planning for the legal and financial challenges of aging and long-term care situations. She helps clients execute estate plans, enroll in Medicare, evaluate tax strategies, and obtain Veterans benefits and Medicaid benefits. Bailey also devotes a significant amount of her practice to special needs planning and advocating for the disability community.



**FUN! Open Daily-Monday thru Friday  
7:30am-4:00pm  
Come play Billiards  
and/or Darts**



**Fitness Room  
Stationary bikes,  
treadmills, weight  
machine, elliptical, free weights!  
Orientation required before use.**

# Wednesday

## DOMINOS

**Every Wednesday  
10:00am-12:00pm**

Come play or learn the game of Mexican Train! It's fun and there is no limit to number of participants! Our experts will be happy to teach you!

## SPECIAL EVENT

**GO ANYWHERE TRAVEL  
WITH DONNA VINEYARD**

**Wednesday, March 13 @ 1:00pm**

Come hear about the latest hot spots to travel to and find out the best way to book your trip!

## SPECIAL EVENT

**Kay Lorick from Morning Pointe  
and Holly White from Park View**

presents

***Living on Your Own vs. a Community***

**Wednesday, March 20 @ 2:00pm**

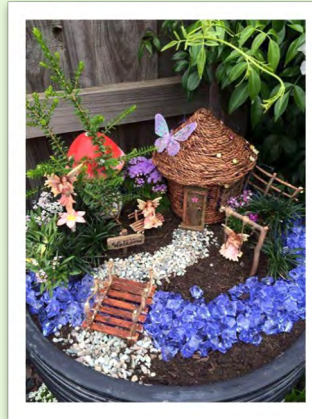
Join a discussion on options for seniors who are having trouble living on their own or who just don't want to anymore. We will cover the similarities and differences in our communities and what how to plan. We will also touch on recognizing the signs of Dementia/Alzheimer's versus normal aging and how to communicate better with people with Dementia.

Refreshments will be provided.

## SPECIAL CRAFTS

**Fairy/Gnome Garden  
UT GARDENS STAFF  
Wednesday, March 6, 2024  
1:00pm**

**\$12.00 per person  
(includes all materials)**



For those who are always exploring ways to express their creativity, creating the perfect fairy/gnome garden is a great way to do so!

Minimum of 10 people must participate for class to take place.

Sign-up required



## CYANOTYPE CARD MAKING

**WITH RITA & DONNA**

**Wednesday, March 27**

**1:00-3:00PM**

**\$3 for 3 cards/Sign-up required**

Make cyanotype cards using a printing process from the early days of photography. Objects are placed on light sensitive fabric, exposed to light and rinsed in water, creating a blue print. Simple and fun to do !





# THURSDAY

## SEATED YOGA & STABILITY

**Thursdays 9:15-10:15am**  
**With Don Parsley**

*This is virtual from Don's studio from the senior center!*  
*Never Miss a Session!*

## CARDIO DRUMMING

**Thursdays @ 1:00pm**  
**4th Thursday @ 12:00pm**

Join in the fun with this low impact, seated 30 minute exercise class that gets your heart rate up and burns calories. It provides a great upper body and cardio workout while drumming to the rhythm of your favorite music!

## Corryton Super Senior Singers

*Let your voice be heard and come sing with us!*

**Thursdays**  
**@ 2:30pm**  
**March 14 & 21**  
**April 11 & 18**  
*(Dates subject to change)*



## SPECIAL EVENT



Alzheimer's Association presents  
**Kimberly L. Warnick**  
**Thursday**  
**March 7,**  
**2:00pm**

Join us for an educational opportunity with Kim Warnick, Alzheimer's Association Community Educator and Owner of Dementia Care Solutions of East Tennessee.

### Topics will include:

- \*10 Warning Signs of Alzheimer's
- \*Getting a Diagnosis
- \*Community Resources and Support
- \*Questions and Answers

Sign-up requested  
Refreshments provided



WELL, REMEMBER WHAT YOU SAID, BECAUSE IN A DAY OR TWO, I'LL HAVE A WITTY AND BLISTERING RETORT! YOU'LL BE DEVASTATED THEN, I PROMISE!



# Wednesday continued

## SPECIAL EVENT

**Penny Mayo**  
**Regional Sales Specialist**  
**with Farm Bureau Health Plans**  
**Wednesday, April 10**  
**2:00pm**



### *The Alphabet Soup of Medicare. A, B, C, and D!*

Don't make the recipe more difficult than it is. It is all about timing. Join Penny as she will talk about the special plans only used for Medicare. We all know that Medicare can be complicated, but it doesn't have to be.

Farm Bureau Health Plans can help you with:

- How and when to enroll in Medicare
- How to avoid Medicare late enrollment penalties
- Handling the transition from employer coverage to Medicare and what type of plan makes the most sense for you

Sign-up Requested  
Refreshments provided

**CORE INSURANCE**  
**Invites**  
**you to join their**  
**Walking Group**

**Sign-up any time!**

LET'S GET WALKING IN  
2024



Our friend Teja Cain with Core Insurance will be here to answer your questions and sign you up (first Mondays) for their goal oriented Walking Group. We can sign you up too! Look for the tracking board at the center!

You will receive a pedometer to start keeping track of how many miles you walk. Every 150 miles you will receive an incentive prize. The FIRST 150 miles you will receive a special t-shirt designed especially for the **Corryton Senior Center!**

On Monday, March 11, 2:00-4:00pm, at the Senior Services Walking Social at Karns Senior Center, will not only kick off our own monthly walks but will also kick off the *Core Insurance Walking Club!* (Details on the social see page 16) Sign-up to go to the social via carpool at the Corryton Senior Center or feel free to meet us there.

# Friday

## COFFEE CHAT

**Every Friday @ 8:30am**  
**Come chit-chat and meet new friends!**  
**Coffee provided along with treats!**

## Tai Chi & Classic Exercise

### Don Parsley



**Tai Chi @ 10:15am**  
**12 sessions**  
**You don't have to attend**  
**each one.**

**Classic Exercise @**  
**11:00am**

## IN-PERSON BINGO

**Bingo! Bingo! Bingo!**  
**1st Friday's Only**  
**10:00am**  
**Thank you sponsors!**

**March 1 –Teja Cain with**



**April 5–Sonya Fife with**



**Join the fun with live BINGO!**  
**Everybody wins a prize!**  
**Please bring a \$5 gift.**

## Mid-Day Movies

**Friday Mid-Day Movies @ 1:00pm**  
**Sponsored by Jessica R. Baker**  
**TVA EMPLOYEE CREDIT UNION**

**March 15: Field of Dreams (1989)** (Let's kick off the baseball season right!) **Starring Kevin Costner, James Earl Jones, Ray Liotta, Amy Madigan**

Iowa farmer Ray Kinsella is inspired by a voice he can't ignore to pursue a dream he can hardly believe. Supported by his wife, Ray begins the quest by turning his ordinary cornfield into a place where dreams can come true.

**April 19: Philadelphia Story (1940)**

**Starring Katherine Hepburn, Cary Grant, and Jimmy Stewart.** When a rich woman's ex-husband and a tabloid-type reporter turn up just before her planned remarriage, she begins to learn the truth about herself.



## NEW : LUNCH BUNCH

**4th Fridays @ 11:00am**

**Meet at the Corryton Senior Center to**  
**carpool or meet us there!**

March 22–Henry's Deli  
7231 Tazewell Pike, Corryton

April 26  
Lunch at the Corryton Senior Center  
Provided by Hillcrest Health Care at our  
Enhance Your Life Expo (pg. 15)

\*May 29 (Wednesday): Tennessee Riverboat  
SPECIAL EVENT (pg. 17)

\$39.88

Sign-up required.

You will pay online. We will send you the  
information after you sign-up and will be happy  
to help you with processing your payment.

# Crafts with Susanne Presents:



## Pressed Flower Lantern Craft!

A simple but beautiful spring craft to help usher in warm weather!

March 5th at 10 AM

Sign-up required

Please bring a wide mouthed, smooth jar and all other supplies will be provided!

**SUPER SENIORS**  
**March 12, Tuesday @ 10:30am**  
**Introducing**  
***THE BIG CAMERA***  
**with Donna Moore**

The Big Camera is a giant traveling camera. It is used to teach the history of photography and early photographic processes. It is also a Camera Obscura - which means “dark chamber. Looking inside gives you a view of the world upside down and backwards, like a camera “sees”. We will share images taken with it and demonstrate making Cyanotypes, a historic printing process from the early days of photography that create a blue print.



**CYANOTYPE CARD MAKING**  
**WITH RITA & DONNA**  
**Wednesday, March 27**  
**1:00-3:00PM**  
**\$3 per person/3 cards**  
**Sign-up required**  
**Corryton Senior Center**





## PLANT SMART

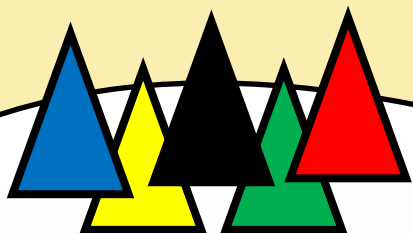
**Corryton Senior Center  
Monday, March 18  
10:00-11:00am**

**KUB supports planting “The Right Tree in the Right Place” in our community and maintaining the existing plantings. KUB’s forester will provide guidance for planting and caring for trees properly. You’ll realize the benefits they provide when planted, while reducing conflicts with overhead power lines that provide you with power!**



# *Enhance Your Life Expo*

Corryton Senior Center



*You're Invited*

**Friday, April 26**

**11:00am-2:00pm**

**Local resource vendors, lunch, and  
shop our House Mountain Quilters Guild tables**

**Vendors include:**

**Hillcrest Health Care (Lunch Sponsor)**

**Farm Bureau Insurance**

**Morning Pointe**

**Inspirit**

**Comfort Keepers**

**Office on Aging**

**Select Medical Group**

**RSVP**

**State Farm Insurance**

**American House**

**Nuclear Care Partners**

**Volunteer Assisted Transportation**

**Go Anywhere Travel Destinations (Dessert Sponsor)**

**And more!**

**JOIN US FOR DOOR PRIZES AND FUN!**



**RESCHEDULED**  
NEW DATE ANNOUNCED



**KNOX COUNTY SENIOR SERVICES**

**SENIOR WALKING GROUP SOCIAL**



**KARNS SENIOR CENTER**

**8042 Oak Ridge Hwy**

**Monday, March 11<sup>th</sup>,**

**2:00 to 4:00pm**

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, prizes, 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.

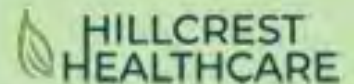
Coordinators from our six senior centers will also be on hand to answer any questions you may have.

**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](mailto:seniorservices@knoxcounty.org)





**Wednesday, May 29th**

**@ 11:00am**

**Cost: \$39.88**



***Lunch Cruise on the Star of Knoxville  
Tennessee Riverboat Co.***

**Sightseeing cruises are the perfect way to see  
Knoxville and the Tennessee River.**

**PLEASE RSVP!**

**Boarding starts 11:30am**

**Sails 12:00-1:30pm**



***BBQ Pork, Baked Beans,  
Mac & Cheese, Potato Salad,  
Coleslaw, Rolls, Apple Cobbler,  
and Non-Alcoholic Beverages***

**Sign-up required. Payment will be made  
directly to the Tennessee Riverboat via a link or  
phone number we will provide. We will be happy  
to help you process your payment.**

**Transportation on own but if you need  
assistance please let us know.**

# **KNOX COUNTY SENIOR SERVICES SENIOR WALK –MARCH 19, 2024**

## **KNOX COUNTY SENIOR SERVICES MONTHLY SENIOR WALK**



**BEVERLY PARK**



**INTERGENERATIONAL PLAYSPLACE**

**TUESDAY, MARCH 19 @ 10AM**

Join Tara, Patty, and Eilene at Beverly Park (5311 Beverly Park Circle, Knoxville 37918) for the walking group's monthly walk. The paved trail is a 0.6-mile loop. Beverly Park Greenway loops the rolling terrain of Beverly Park against a beautiful hardwood forest backdrop. After our stroll, we will have time to venture over to the NEW Intergenerational Playspace and learn about the fun playground equipment and hopefully have some "play" time. Following our walk, join us for some lunch at Henry's Deli (7231 Tazwell Pike, Corryton 37721). Be sure to RSVP by leaving a message at 865-288-3761 or you can email

[seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)

# KNOX COUNTY SENIOR SERVICES SENIOR WALK—APRIL 16, 2024

## BAXTER GARDENS

3901 Sam Cooper Lane

Knoxville, Tn 37918

APRIL 16<sup>th</sup>, 9:30AM



OPEN TO THE  
PUBLIC ONCE  
A YEAR!



Join us at Baxter Gardens to tour this beautiful 20-acre private property only opened for the month of April as part of the Dogwood Arts Festival. The estate has been described as a timeless English Garden inspired by the Biltmore Estate Gardens and Sissinghurst Castle in England with plenty of mountain views, water features and statues.

The owner, Bill Baxter, use to mow the property as a teenager and would say one day he would own it and develop it. That he did!

There are 15 themed gardens including, The White Garden, The Bluebird Garden, The Ellipse, The Asian Gardens, The Azalea Garden, The Butterfly Garden, the Iris Garden and The Dogwood Ramble, a favorite of Mr. Baxter's, with over 30 types of different dogwoods.

We will gather after the walk for lunch at Litton's (2803 Essary Drive, Knoxville, TN 37928)

There are no restroom facilities on property.

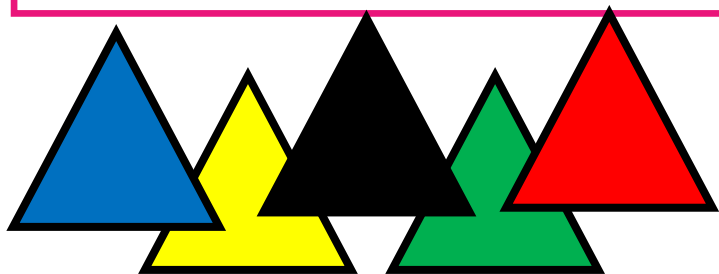
Make sure to RSVP to 865-288-3761 or email

[seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)



Corryton Senior Center welcomes everyone, every weekday!  
There is no fee to be a part of the fun!  
We offer:

- FITNESS ROOM      LIBRARY
- OUTDOOR WALKWAY
- CRAFT ROOM      DARTS/BILLIARDS
- EDUCATIONAL PROGRAMS
- CARD GAMES      EXERCISE CLASSES
- INDOOR WALKWAY
- PLUS MANY OTHER SOCIAL ACTIVITIES!



*Corryton Senior Center*



**BE AWARE: SCAM ALERT**

Financial Exploitation can occur in a variety of ways. Be safe and don't give out your personal information to ANYONE you don't know.

Some common **SCAMS** include:

- \*IRS SCAMS                      \* MORTGAGE SCAMS
- \*REAL ESTATE SCAMS      \*ROMANCE SCAMS
- \*SECURITIES/INVESTMENT SCAMS
- \*MAIL DELIVERY SCAMS      \*LOTTERY SCAMS
- \*GIFT CARD SCAMS

AARP Fraud Watch Network Helpline:  
877-908-3360

Toll-free service is available Monday-Friday:  
8:00am-8:00pm EST



**Looking Ahead!**

(Subject to change)

- May 1: Joe Longmire presents Corryton History
- May 8 & 22: Japanese Programs with Mana
- May 29, Wednesday: Tennessee River Boat Lunch Cruise
- June 18, Tuesday: Norris Dam Field Trip
- July 12: Second Annual OLYMPICS



**2024 Book List**

Join us on the 4th Monday at 10:00am

- March 25      Maid to Match by Deeanne Gist
- April 22      I Must Betray You by Ruta Sepetys
- May 20\*      Durrells of Corfu by Michael Haag
- June 24      Spy by Danielle Steele
- July 22      Tom Lake by Anne Patchett

\* denotes NOT the 4th Friday

## DID YOU KNOW THIS ABOUT KNOXVILLE:?



1. The man who invented one of the world's most well-known bulk trash containers—the Dempster Dumpster—once served as Knoxville's mayor.
2. It's home to the Forensic Anthropology Center. The center contains a "body farm" where fresh human remains are placed in natural settings so budding forensic scientists can study their decomposition.
3. Actor and comedian Johnny Knoxville is actually from Knoxville, but his real name is Philip John "PJ" Clapp.
4. Proving it's a diverse and dichotomous place, Knoxville has been called "The Streaking Capital of the World" and "The Underwear Capital of the World." The former, coined by newsman Walter Cronkite, has to do with a mass streaking incident that occurred in the 1970s, the latter a reference to the undergarment textiles industry that was once huge in Knoxville.
5. In 1982, Knoxville was the smallest city to have ever hosted a World's Fair.
6. Cherry Coke, the branded prepackaged version of the longtime soda fountain favorite, was introduced at the Knoxville World's Fair.
7. The now-ubiquitous touch-screen was first demonstrated to the public at the 1982 World's Fair. Attendees might have laughed at the notion of carrying around such screens in their pockets one day.
8. It's against the law to lasso a fish in Knoxville.
9. Knoxville played a key role in the early success of Elvis Presley. An RCA talent scout heard a local record store blaring the future King's Sun Studios single "That's All Right" and brought it to the attention of the label, who ended up buying out Presley's contract from Sun Studios.
10. Filmmaker Quentin Tarantino was born in Knoxville.
11. The Oliver Hotel was originally built to house an ice cream saloon.
12. "Rocky Top" isn't the official fight song of the UT Volunteers. And Volunteer is a nickname, not a mascot. The UT Volunteers official mascot is a bluetick coonhound named Smokey.
13. The man who yelled the famous words "Damn the torpedoes! Full speed ahead!" during the Civil War Battle of Mobile Bay—Union Admiral David Farragut—was born in Knoxville in 1801.
14. It's where the soft drink Mountain Dew was invented in 1940.
15. It's where Hank Williams, Sr. spent the last night of his life, at the Andrew Johnson Hotel. Now an office building, it was once the tallest structure in Knoxville.
16. Author Kurt Vonnegut, a counterculture literary hero of the 1960s and '70s, was an alumni of the University of Tennessee in Knoxville.
17. City Hall used to sit at the north end of Market Square, approximately where the outdoor stage sits today.
18. The Knoxville Gazette was the first newspaper published in Tennessee. The first edition appeared in 1791.
19. WDVX, a popular local radio station that champions regional and Americana music, now calls the Knoxville Visitor Center home, but it began operation in a pull-trailer stationed in a campground off Interstate 75.
20. Knoxville is technically considered an international port. It's possible to travel by boat from downtown to the Gulf of Mexico and the Great Lakes.