

# South Knoxville Senior Center



May - June 2024

6729 Martel Lane  
Knoxville, TN 37920  
865-573-5843  
[Knoxcounty.org/seniors/](http://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

## Mother's Day at the Opry

If you are a women, you are  
a mother of some sort!  
Come help celebrate all  
women  
May 9th, 9-11am

## Senior Prom!

We are having a senior  
prom and we want you all  
to attend! The South  
Center is teaming up with  
the Halls Center to bring  
you "A Night to Remember"  
in the daytime!!

Friday, May 10th from  
1-3 PM

4405 Crippen Road  
\$5 at the door

**RSVP at 865-573-5843 to  
ride the bus and the rest  
of us can carpool from  
the Center!**

There will be a DJ taking  
requests and light  
refreshments.

Come Join the Fun!!



## Elvis Concert!

Elvis is coming to the  
South Knoxville Senior  
Center!

It's a Luau, so wear your  
best Luau outfits and  
come out for a free concert  
June 12th at 11:30am.

Also enjoy peanut butter  
and banana sandwiches  
and other fun food Elvis  
loved!

## FREE Concert!!



The Center will be closed on the following days:

May 27th in observance of Memorial Day

June 19th in observance of Juneteenth



## Field Trips

RSVP at 865-573-5843  
or at the front desk.

## Oaks Daylily Festival

June 28th, 9am

Enjoy the beautiful  
daylilies at Oaks Daylily  
Farm.

There will be thousands of  
daylilies in bloom and pre-  
dug and potted daylilies for  
sale, plus lot of fun "extras"  
this year!



## Parking Lot

As our programs grow and  
more seniors come to the  
Center, our parking lot is  
getting a lot of use!

Please, make sure to be  
courteous in your parking  
and even if tempted, do not  
park in illegal spaces or  
create your own spaces  
inside the parking lot. (No  
parking on stripes) Also,  
remember to be careful of  
the dips that are painted  
bright yellow so you don't  
miss them.



## Crafts with Susanne

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



**Tuesday, May 7th 10 AM**

### Marble Coffee Mug

Bring a white mug and nail  
polish colors



**Tuesday, June 4th 10 AM**

### Patriotic Cork Heart

Bring a hot glue gun if you  
own one.



## Guest Crafters!!

## Japanese Origami

Join us in crafting with  
Mana and learning the art  
of Origami

**Tues, May 21st 10 am**

RSVP at 865-573-5843 or  
at the front desk.

Only 12 spots available.



## Crafting with Karen

Join our very own Karen  
Seeley

in crafting

Epoxy Floral Creations

**Tues, June 18th at**

**10:00 AM**

RSVP at 865-573-5843 or  
at the front desk.



## Don't Forget What's New!

- **Walking Buddies!**

Come out and walk with friends here at the Center on Mondays at 11 am. Don't forget to pack a lunch!

- **TV Weekly**

Join friends and watch a TV series you might not be able to watch at home. (It's better with friends, anyway!) Friday's at 11:30 am .

First Series-Sweet Magnolias

- **South Friends Lunch Bunch**

Meet at the Center to carpool to lunch every 3rd Friday at 11 am.

May - "Donna's"

June - "Litton's"

Call 865-573-5843 for more information

- **Movie Time**

Watch a movie with friends, and popcorn, of course, every 3rd Monday at the Center. Pick the next movie each month.

May- "Mama Mia"

June- "Blue Hawaii"

## Red Hats

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

- May 14th
- June 11th

## 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.



## Dominos Day 2

Mexican Train Dominos is so fun we need an extra day!

Mon and Wed at 1pm!

## Beltone

Michael Murphy will be at the Center on

**June 6th**  
**8:30-10 AM**



## Bingo!

Our next BINGO:

- May 6th
- May 20th
- June 3rd
- June 17th

from 10:00-11:00 am.

## Gospel

Gospel Music time is Monday, June 24th at 1 pm. We will have an ice cream social beginning at noon sponsored by Smoky Mountain Hospice. Come out and join the fun!

## Toenail Trimming

Toenail trimming is available by appointment only

- May 15th
- June 18th (**SPECIAL DAY**)

## Father's Day at the Opry

Celebrating all men  
June 13th, 9-11am

## Senior Fraud Presentation by Apex Bank

**June 25th, 10am**

Come out and learn how to protect yourself and what to do next if you are a victim of Senior Fraud.



## Tech Smart Knox Seniors with Telehealth

If you are 50 or older and interested in learning practical computer skills to meet your needs in this current electronic age, sign up for the training today. CAC will offer 18 hours of training, 3 hours a day for 6 days, and after the completion of this training you will go home with a new Chromebook, bag and mouse pad for only \$25.

**June 10-14, and June 17**

**9 am –noon**

Call 865-573-5843 to RSVP

See attached flyer for more details!



## Ask Humana with Rebecca

Rebecca Watts will be here the **Last Tuesday of each month**  
**12-2pm**

to answer all questions  
Humana.

Drop by, say “Hi” and  
learn lots!

## Summer Cookout

May 16th, 10:30am  
Come join the fun at our Summer Cookout during the South Knox Opry. We'll have hotdogs with all the fixins' along with our version of a guitar jam! Food will be served beginning at 10:30 while supplies last.



## Everyone Welcome!

South Knoxville Senior Center is a recreation center for anyone 50 years old or over.

Our games and activities are open to anyone.

No expertise needed.

If you don't know how to play, we will teach you how.

We are so glad you are here!



## CPR for Seniors!

Let's learn the skills needed to help save our family and friends if an emergency arises!

**May 28th at 10am**

**Cost is \$10**

RSVP at the Center

865-573-5843

Space is limited.



## Volunteer Hearing Meet and Greet/Hearing Evals

Learn the importance of better hearing and sign up for a hearing eval.

**Informative Mtg.**

**May 8th, 11am (RSVP)**

**Hearing evals**

**May 20th (RSVP)**



## Talk On Soil

Come out and learn all you need to know about soil and how best to get things growing with Ron They

May 13th, 10am

# 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**

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



Center Hours 7:30-4:00 PM  
Pool Hours 7:30-3:30 PM  
Pool is closed daily from  
12:00-12:30 PM for Lunch

## 2024

**\*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 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Water Aerobics 1:00 Dominos 2:00 Aquaball 3:00-3:30 Free Swim	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:30 Wobblin' Weebles 12:00-12:30 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 12:00-12:30 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 12:00-12:30 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 12:00-12:30 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
		<b>1</b>  1PM Add-On Dominos	<b>2</b>  9AM Senior I & R	<b>3</b>  10:00AM Crochet Class  11:30AM TV Weekly
<b>6</b>  10AM <b>BINGO</b>  11AM Walking Buddies	<b>7</b>  10AM Crafts W/ Susanne	<b>8</b>  11AM Meet & Greet W/ Volunteer Hearing  1PM Add-On Dominos	<b>9</b>  9AM Mothers Day At The Opry!	<b>10</b>  10AM-11AM Chess Club  11:30AM TV Weekly  1:00PM Senior Prom!
<b>13</b>  9AM Senior Q&A w/Teja  10AM Talk On Soil W/Ron  11AM Walking Buddies	<b>14</b> 10:30 AM Red Hats Meet for Lunch  	<b>15</b> Toenail Trimming by appt.   1PM Add-On Dominos	<b>16</b> 10:30AM Summer Cookout!  	<b>17</b>  10 AM Crochet Class  11AM South Friends Lunch Bunch Meets
<b>20</b>  10AM Bingo  11AM Walking Buddies  11:30AM Movie Time! "Mama Mia"	<b>21</b>  10AM Crafts W/ Mana	<b>22</b>  1PM Add-On Dominos	<b>23</b>	<b>24</b>  10AM-11AM Chess Club  11:30 TV Weekly
<b>27</b>   Center Closed!	<b>28</b>  10AM Senior CPR Class  12PM Ask Humana W/ Rebecca	<b>29</b>  10:45AM River Boat Field Trip!  1PM Add-On Dominos	<b>30</b>	<b>31</b>  

South Knoxville Senior Center  
 6729 Martel Lane  
 Knoxville TN 37920  
 865-573-5843  
 www.knoxcounty.org/seniors



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 Pool Hours 7:30-3:30 PM  
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<b>3</b>  <b>10AM BINGO</b>  <b>11AM Walking Buddies</b>	<b>4</b>  <b>10AM Crafts W/ Susanne</b>	<b>5</b>  <b>1PM Add-On Dominos</b>	<b>6</b>  <b>8:30AM Beltone</b>  <b>9:00AM Senior I&amp;R</b>	<b>7</b>  <b>10:00AM Crochet Class</b>  <b>11:30AM TV Weekly</b>
<b>10</b>  <b>9AM Senior Q&amp;A W/Teja</b>  <b>9AM Tech Smart Telehealth</b>  <b>11AM Walking Buddies</b>	<b>11</b>  <b>9:00AM Tech Smart Telehealth</b>  <b>10:30AM Red Hats Meet For Lunch</b> 	<b>12</b>  <b>9:00 AM Tech Smart Telehealth</b> <b>11:30AM Elvis Concert And Lunch!</b>  <b>1PM Add-On Dominos</b>	<b>13</b>  <b>9AM Tech Smart Telehealth</b>  <b>9AM Fathers Day At The Opry!</b>	<b>14</b>  <b>9AM Tech Smart Telehealth</b>  <b>10AM Chess &amp; Checkers Club</b>
<b>17</b> <b>9AM Tech Smart Telehealth</b>  <b>10:00AM BINGO</b> <b>11:00AM Walking Buddies</b> <b>11:30AM Movie Time! "Blue Hawaii"</b>	<b>18</b> <b>10AM Crafts W/Karen</b>  <b>Toenail Trimming by appt.</b> 	 <b>Center Closed!</b>	 <b>20</b>	<b>21</b>  <b>10AM Crochet Class</b>  <b>11AM South Friends Lunch Bunch Meet</b>
<b>24</b>  <b>11AM Walking Buddies</b>  <b>12PM Ice-Cream Social</b>  <b>1PM Gospel Singing!</b>	<b>25</b>  <b>10AM Senior Fraud Presentation W/Apex</b>  <b>12PM Ask Humana W/ Rebecca</b>	<b>26</b>  <b>1PM Add-On Dominos</b>	<b>27</b>	<b>28</b> <b>9AM Oaks Daylily Farm Field Trip</b>  <b>10AM Chess &amp; Checkers Club</b>  <b>11:30AM TV Weekly</b>
				



*A Night To*  
**REMEMBER**  
SENIOR PROM CELEBRATION!

ALL SENIORS WELCOME!

LIGHT REFRESHMENTS & A DJ

FRI, MAY 10<sup>TH</sup> FROM 1PM-3PM

HALLS SENIOR CENTER

4405 CRIPPEN RD,

KNOXVILLE, TN 37918

DRESS CODE: DRESS IN YOUR BEST.

AT THE DOOR

\$5

\$5

AT THE DOOR





## **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!**



**Tech Smart Knox Seniors**  
**with Telehealth**  
**Get a new Chromebook for \$25**  
**and learn how to use it!**

If you are 50 or older and interested in learning practical computer skills to meet your needs in this current electronic age, sign up for the training today. CAC will offer 18 hours of training, 3 hours a day for 6 days, and after the completion of this training you will go home with a new Chromebook, bag and mouse pad for only \$25.

Telehealth is the delivery of health care services at a distance through technology, such as conducting medical visits, monitoring patients' vital signs, or sharing test results. **Some of the benefits of telehealth include:**

- Getting care at home, especially for people who can't easily get to their providers' offices.
- Getting care from a specialist who is not close by.
- Getting care after office hours.
- More communication with your providers.
- Cost savings, convenience, and the ability to provide care to people with mobility limitations, or those in rural areas who don't have access to a local doctor or clinic.
- Reduced exposure to pathogens and support for people with chronic conditions.

**If you have taken the class before you may retake it,  
but WILL NOT be eligible for a computer.**







June 10th-14th and June 17th, 9:00 a.m. – Noon.  
Call the South Knox Senior Center (865-573-5843) to register.



**May is  
Better Hearing  
Month**

**Know the signs ...**

Are you struggling with any of the following:

-  Difficulty Hearing with background noise or in a crowd
-  Tinnitus - ringing or roaring in the ears
-  "I can't hear when someone is turned away from me and speaking"
-  "I can hear, but I can't understand"
-  Withdrawal from conversations or avoidance of social settings
-  Needing to turn up the volume of the television or radio

**VOLUNTEER HEARING WILL BE HERE AT THE  
SOUTH KNOXVILLE SENIOR CENTER TO TALK  
ABOUT THE IMPORTANCE OF BETTER HEARING  
ON MAY 8<sup>TH</sup> AT 11:00AM.**

**JOIN US FOR LIGHT REFRESHMENTS AND  
LEARN MORE ABOUT THE  
IMPORTANCE OF BETTER HEARING.  
PLEASE SIGN UP BELOW TO ATTEND!**





## **ATTENTION: SOUTH KNOXVILLE SENIOR CENTER**

Volunteer Hearing will be coming to South Knoxville Senior Center to perform hearing evaluations on **Monday May 20th starting at 9:00AM.**

Many people with hearing loss struggle to hear conversations, have difficulty in background noise, and complain of the TV being too loud. Perhaps you or a family member have noticed your hearing loss. The good news is most hearing loss is treatable.

If you suspect a hearing loss, we will have our licensed audiologist, Dr. Leslie Smelcer, on-site May 20th to perform hearing evaluations and to discuss what treatments are suitable for your hearing and lifestyle needs.

Hearing evaluations can be billed to your insurance company. We accept most major insurances!

We would love to help you with your hearing needs and would be delighted and honored to start the journey of better hearing with you and being your local hearing healthcare provider!

***DEADLINE TO SIGN UP IS WEDNESDAY MAY 15<sup>TH</sup>! PLEASE SIGN UP BELOW FOR TESTING.***

# Seven Island Birding Park Walk

**Date:** Tuesday, May 21, 2024

**Time:** 9:30 AM

**Location:** 2809 Kelly Ln., Kodak, TN 37764

Join us for a senior walk and birding tour at one of Tennessee's premier birding destinations, Seven Island Birding Park (2809 Kelly Ln., Kodak, TN 37764). Birding enthusiast, Mr. Robert Terrell will be leading our tour. We will meet at 9:30 AM at the parking lot at Seven Islands Birding Park and begin our walk at 9:45 AM.

Anticipate a four mile walk with some inclines and declines as well as uneven earthen paths through wooded and open terrain. Bring a brown bag lunch and enjoy lunch at the Bluebird Barn which is located adjacent to the parking entrance. Remember to wear comfortable shoes, snacks if desired, and bring your binoculars! This walk is brought to you by Darrell Gooding, Coordinator and Cindy Petty, Assistant Coordinator, from West Knox County Senior Center. To RSVP call 865-288-3761 or email [SeniorServices@knoxcounty.org](mailto:SeniorServices@knoxcounty.org).



# UT Arboretum Walk

901 S Illinois Ave, Oak Ridge, TN 37830

JUNE 18<sup>th</sup> at 9AM

Join us at the UT Arboretum for a fun walk! We will meet in the parking lot and then walk a couple of miles on one of the trails. Make sure to bring your water!



For lunch we will eat at **Woody's**, located on **114 Union Valley Rd, Oak Ridge, TN 37830**. This is a 2 minute drive from the Arboretum.



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

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



At  
Knox County Senior Centers

**ITS FREE TO JOIN**

**WALK WHEN YOU WANT / AT YOUR OWN PACE**

**WALKING IS GREAT EXERCISE**

**ITS ALWAYS MORE FUN TO WALK WITH A FRIEND**

**WALKERS RECEIVE A FREE PEDOMETER TO TRACK THEIR  
STEPS AND WILL BE AWARDED PRIZES FOR MILES WALKED**

**SIGN UP BEGINS IN DECEMBER AT ALL 6  
KNOX COUNTY SENIOR CENTER LOCATIONS**

**Take that first step to better health !**





presents 13 free breakfasts for Veterans and guests monthly  
Coffee at 8:00 am - Chow line 8:30 am

### **First Saturday**

Elks Lodge #160  
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church  
214 Cedar St., Sevierville 37862

### **Second Saturday**

Hillcrest Community Church  
1615 Price Ave, Knoxville 37920

Kodak Church  
2923 Bryan Rd, Kodak 37764

### **Third Saturday**

Community Center  
1708 West Emory Rd, Powell 37849

First United Methodist Church  
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church  
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church  
1001 Ebenezer Rd, Knoxville 37923

### **Last Saturday**

Oliver Springs DAV  
Tri-County Chapter 26  
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24  
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154  
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church  
3110 Wears Valley Rd, Sevierville, 37862  
Located approximately 7 miles S of  
Pigeon Forge and 8 miles NE of Townsend

### **Starting March 30th**

West End Baptist Church  
116 West End St, Newport 37821

For more information or to sponsor a  
breakfast call 865-604-4443