

Corryton Connection



865-688-5882 Ph.
865-688-5964 Fax
Corryton Senior Center
9331 Davis Dr
Corryton, TN 37721
jill.green@knoxcounty.org Email
HOURS: 7:30 a.m.-4:00 p.m. M-F



It was one of those *March* days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.



Joy Gaertner Special Spring Zoom Programs

Fabulously Flawed

Flawsome - adjective, "an individual who embraces their 'flaws' and knows they are awesome regardless."

Tuesday, March 9th 1:00-2:00PM

Happiness Is A Choice

"You are the only person who can make you happy. You're as happy as you CHOOSE to be."

-Rick W.

Tuesday, April 13th 1:00-2:00PM

Contact - joy@walkingwithjoy.com

Or jill.green@knoxcounty.org



On Line Games & Programs



Find our monthly virtual games and programs

calendar on seniorservices@knoxcounty.org or email jill.green@knoxcounty.org . I would

be glad to see you on Tuesday 3:00PM

BINGO, Joy Gaertner's programs, or join Jessica on High-Noon Hangman on Friday at 12:00! There are many interesting, helpful, and entertaining Zoom programs. If you have questions on joining Zoom, give us a call. We

would be happy to assist!



Celebrate St. Patrick's Day with a Slow-Cooked Corned Beef and Cabbage Dinner recipe from Pillsbury!

Dinner– 2 lb. small red potatoes

1 1/2 cups fresh baby carrots

1 (2 to 2 1/2-lb.) corned beef brisket with seasoning packet

1 medium onion, cut into 8 wedges

2 cups apple juice

Water

8 thin wedges cabbage

Horseradish Sauce – 1/2 cup sour cream

1/4 cup mayonnaise

2 tablespoons prepared

horseradish

2 teaspoons Dijon mustard

Steps– 1. Place potatoes, carrots, and onion in 5 to 6 1/2– quart slow cooker. Top with corned beef brisket; sprinkle with contents of seasoning packet. Add apple juice and enough water to just cover brisket. Cover; cook on low setting for 10 to 12 hours.

2. About 40 minutes before serving, remove beef from slow cooker; place on serving platter and cover to keep warm. Add cabbage wedges to vegetables and broth in slow cooker. Increase heat setting to high; cover and cook an additional 30 to 35 minutes or until cabbage is crisp-tender.

3. Meanwhile, in a small bowl, combine all horseradish sauce ingredients; mix well.

4. To serve, cut corned beef across grain into thin slices. With slotted spoon, remove vegetables from slow cooker. Serve corned beef and vegetables with sauce.

Spotlight Author is Janet Evanovich. Janet Evanovich (née Schneider; April 22, 1943) is an American writer. She began her career writing short contemporary [romance novels](#) under the pen name Steffie Hall, but gained fame authoring a series of contemporary mysteries featuring [Stephanie Plum](#), a former lingerie buyer from [Trenton, New Jersey](#), who becomes a [bounty hunter](#) to make ends meet after losing her job. The novels in this series have been on The New York Times, [USA Today](#), [Wall Street Journal](#) and [Amazon](#) bestseller lists. Evanovich has had her last seventeen Plums debut at #1 on the NY Times Best Sellers list and eleven of them have hit #1 on USA Today Best-Selling Books list. She has over two hundred million books in print worldwide and is translated into over 40 languages. Wikipedia