South Knoxville Senior Center

6729 Martel Lane , Knoxville, TN 37920
Phone: 865-573-5843
www.knoxcounty.org/seniors

MARCH-APRIL 2022

CENTER HOURS– 7:30-4:00 PM
POOL HOURS-7:30-3:30PM
(Pool closed 12:00-12:30)
Center open Monday-Friday

THE WALL THAT HEALS

Knox County Mayor Glenn Jacobs is excited to be hosting 'The Wall That Heals' exhibit in 2022! The exhibit includes a three-quarter scale replica of the Vietnam Veterans Memorial along with a mobile Education Center. The traveling exhibit honors the more than three million Americans who served in the U.S. Armed Forces in the Vietnam War and it bears the names of the 58,281 men and women who made the ultimate sacrifice in Vietnam. Located at the Berry Lynnhurst Funeral Home and Lynnhurst Cemetery, the exhibit is open to the public 24 hours a day beginning **April 21st with opening ceremonies at 10:00 a.m. We will take a CAC Bus, leaving the center at 9:15 a.m. and returning 11:30ish. If you are interested in going with us. Please RSVP by Monday, April 18th.** Admission is free. At night, the wall will be lighted. Local veterans and other organizations will keep vigil and provide information to visitors. Learn more at: **www.wallthathealsknoxville.org**

AARP TAXAIDE

Free income tax preparation and filing will again be available at the South Knoxville Senior Center on **Mondays beginning FEBRUARY 7TH** (closed Feb. 21st). **Appointments are required and can be made by visiting Volsintax.com OR by calling 865-229-4429 starting January 31st.**

Please bring: 2020 Return (2019 if available), Income forms– W-2, 1099, SSA1099 or RRB 1099 and support for deductions. Also bring any IRS letters or forms received. Both spouses must be present to sign for electronic filing.

AARP requires wearing masks for these appointments. Information on other sites is available at the same website or phone number.
***'Intake booklets' should be filled out before your scheduled appointment. You may pick one up at the front desk.**

Senior Center Closing: Friday , April 15th for Good Friday.

Knox County Senior Information and Referral

Sara Mary Wallace, Master Social Worker & Certified Information & Referral Specialist in Aging/Disability (865)546-6262

OFFICE ON AGING

Knox County Veterans Services

Knox County Veterans Service Office is readily available to assist veterans. The Knox County VSO assists Veterans and family members with VA benefits. You may contact their office by calling: (865) 215-5645 or e-mail, veterans@knoxcounty.org

KNOX COUNTY SENIOR WALKS

Join April & Cindy on **Tuesday, March 15th at 10:00 am** for an enjoyable walk at *Bob Leonard Park, 301 Watt Rd., 37934*. Lunch afterwards at Big Kahuna Wings! Woohoo! Then on **Tuesday, April 19th at 9:30 am**, April and Darrell will be heading up a walk at *Seven Islands Birding Park, 2809 Kelly Lane, Kodak, TN 37764.*

Everyone is welcome so come join the fun and fellowship! For more information or to RSVP, please visit our website at: seniorservices@knoxcounty.org or simply call: 865-288-3761.

Get out and smell the roses!

VAT– VOLUNTEER ASSISTED TRANSPORTATION

CAC is seeking volunteer drivers for their VAT program. Volunteers will utilize agency-owned hybrid sedans while accompanying seniors or persons with disabilities to appts., shopping and other errands. Training is provided. If interested, please contact Nancy at: (865)673-5001 or nancy.welch@cactrans.org.

NO CASH POKER

Join the fun as our friends from ***TRI STAR Senior Advisors*** serve as the dealers for "NO CASH POKER"! No experience required and experienced players are welcome!

WHEN: FRIDAY, MARCH 4TH & 18TH

FRIDAY, APRIL 1ST & 15TH

Games start at 10:00 a.m.

TRI STAR SENIOR ADVISORS

SPRING FLING COOK-OUT

We're all so very tired of being 'cooped up" so let's have a cookout! Andy Williams from Cigna will be grilling some hot dogs to get us in the mood for Spring and ready to get out and mow the yard! HAHA! Ream's Drugs will provide side dishes, South High Assisted Living will provide drinks and we're even having cotton candy! **So join us on Thursday, March 31st at 11:00 for lunch.**

Cigna

REAMS DRUG STORE!

SOUTH HIGH ASSISTED LIVING!

BINGO NEWS

Our BINGO game schedule is sort of *wonky* due to the temporary interruption during tax season. So be sure to mark your calendar with the new dates/time for March & April. Please make note of the following:

March– No games scheduled.

April 25th– 10:00 (Monday)

Regular BINGO schedule will resume (1st & 3rd Monday at 10:00), beginning Monday, May 2nd!

MARCH 13TH!

Toenail Trimming

Toenail trimming is available at the South Knoxville Senior Center for only $12.00. We have appointments from 10:00-3:00. Next appointments are **Wednesday, March 16th and Wednesday, April 20th.**

Call 573-5843 for appt.

Movie Matinee

Who doesn't enjoy a good movie and some popcorn? Well, we certainly do and we'd like to invite you to join us **every Tuesday afternoon at 1:00** to enjoy the show! Our first movie will be showing on **Tuesday, March 1st!**

Come and enjoy spending a good time with others!

*Popcorn sponsored by Cigna Healthcare.

Beltone Free Hearing Testing & Tune-Up's

Mr. Michael Murphy, Board Certified Hearing Instrument Specialist, will be at the center on **Tuesday, March 15th at 8:30.** He is offering free services for hearing tests as well as tune-ups on your hearing aids. Appointments are not necessary but please call the center so we can let him know to expect you.

The swimming pool will be closed the week of March 21-25th for the bi-annual cleaning.

Will reopen, Mon., March 28th

Cardio Drumming

What is Cardio Drumming? It brings together drumsticks, a large ball and a bucket to create one of the most fun workouts you'll ever do! The drumming raises your heartrate to help you burn hundreds of calories in as little as 20 minutes. The exercise can improve your coordination and ability to focus while strengthening muscle groups for a full body workout.

Come join in the fun exercise program as Susanne Huff leads each Thursday at 1:00. There is no charge for the class.

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. Teja will be here on **March 14th & April 11th , at 9:00.** If you have questions you would like to ask, just call the center to make an appointment.

CORE Insurance ADVISORS

DOGWOOD ARTS FESTIVAL 2022 FIELD TRIP

Join your friends as we travel to Downtown Knoxville to enjoy the sights and sounds of the Dogwood Arts Festival on **Friday, April 22nd at 11:00am. CAC will provide a bus to travel to the World's Fair Park departing the center at 11:00 and returning 1:30p.m.** Come join in the festivities for shopping and enjoying the festival. Wear comfortable walking shoes and attire. Lunch on your own!

Party Time at the South Knox Opry!

March 17th– 9-12 St. Patrick's Day Party

April 14th– 9-12- Easter Bonnet Party

HUMANA. *Guidance when you need it most*

Humana is a Meidcare Advantage HMO, PPO, PFFS organization with a Medicare contract. Come join Mr. David George as he presents new information regarding Medicare plans on **Monday, April 28th at 11:00.** ***Lunch will be provided!***

Please RSVP , (865-573-5843) so plans for lunch can be made!

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

MARCH 2022

Center Hours– 7:30-4:00, M-F
Pool Hours—7:30-3:30, M-F
(Pool closed 12-12:30 daily)

Mon (7:30—4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
DAILY SCHEDULE 7:30 Free Swim 9:00 Water Aerobics 11:00 Water Peeps 11:00 Quilting 12:00 –12:35 Pool Closed 12:35 Free Swim 12:30 Dominos 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:00 Crafts 12:00 –12:35 Pool Closed 12:35 Free Swim 1:00 Cards 1:00 Water Aerobics 1:00 Movie Matinee 2:00 Aquaball 3:00-3:30 Free Swim	7:30 Free Swim 9:00 Mixed Media Art Social 11:00 Water Peeps 11:00 Quilting 12:00-12:35 Pool Closed 12:35 –3:30 Free Swim 1:00 Hand and Foot 2:00 Line Dance	7:30 Free Swim 9:00 Water Aerobics 9:00 South Knox Opry 12:00-12:35 Pool Closed 12:35 Free Swim 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball 3:00– 3:30 Free Swim	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:00 Flow Yoga 11:00 Stability Class 11:45 Song Tai Chi 11:00 Water Peeps 12:00 Cards 12:00-12:35 Pool Closed 12:35 Free Swim 12:30 Combo Tai Chi 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim
	1 10:00- Susanne's Crafts 1:00 Movie Matinee	2 1:00 "Name That Tune" with Teja 2:00 Line Dance	3 9:00 Senior Information & Referral	4 TRI STAR SENIOR ADVISORS 10:00 –No Cash Poker (Sponsored by Tri Star Senior Advisors)
7 AARP TAX ASSISTANCE (BY APPT.)	8 10:00- Susanne's Craft Social 1:00 Movie Matinee	9 1:00 "Name That Tune" with Teja 2:00 Line Dance	10	11
14 CORE Insurance Senior Coverage Q & A with Teja Cain -9:00 AARP TAX ASSISTANCE (BY APPT.)	15 8:30 Beltone here (Please RSVP) 10:00 Senior Walk (Bob Leonard Park) 10:00 Susanne's Crafts 1:00 Movie Matinee	16 Toenail Trim (by appt.) 2:00 Line Dance	17 St. Patrick's Day Party at the SK Opry– 9:00-12:00 *Sponsored by: First Light Homecare*	18 TRI STAR SENIOR ADVISORS 10:00-No Cash Poker
21 AARP TAX ASSISTANCE (BY APPT.)	22 10:00– Susanne's Craft Social 1:00 Movie Matinee	23 2:00 Line Dance	24	25
28 AARP TAX ASSISTANCE (BY APPT.)	29 10:00 Susanne's Crafts 1:00 Movie Matinee	30 2:00 Line Dance	31 Cigna *Spring Fling Cookout @ South Knox Opry Lunch @ 11:00 Sponsored by our friends from Cigna Healthcare*	FIRST DAY OF SPRING!! MARCH 20TH

South Knoxville Senior Center
6729 Martel Lane ,Knoxville, TN 37920
Phone: 865-573-5843
FAX: 865-573-5880
www.seniorservices.org

APRIL 2022

CENTER HOURS—7:30AM-4:00PM
POOL HOURS– 7:30AM-3:30PM
Pool is closed daily from 12:00-12:30PM

***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 Dominos 12:30 Free Swim 1:00 Water Aerobics 2:00 Aquaball 3:00 –3:30 Free Swim	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:00 Crafts 12:00-12:35 Pool Closed 12:35 Free Swim 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball 3:00 –3:30 Free Swim	7:30 Free Swim 9:00 Mixed Media Art Social 11:00 Water Peeps 11:00 Quilting 12:00 –12:35 Pool Closed 12:35-3:30 Free Swim 1:00 Hand & Foot Cards 2:00 Line Dance	7:30 Free Swim 9:00 Water Aerobics 9:00 South Knox Opry 12:00-12:35 Pool Closed 12:35 Free Swim 1:00 Cards 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:00 Flow Yoga (Don) 11:00 Water Peeps 12:00 Cards 11:00 Stability Class 11:45 Beginner Tai Chi 12:00-12:35 Pool Closed 12:35 Free Swim 12:30 Advanced Tai Chi 1:00 Water Aerobics 2:00 Aquaball 3:00 –3:30 Free Swim
				1 TRI STAR SENIOR ADVISORS No Cash Poker 10:00-12:00
4 AARP Taxaide (by appt.)	5 10:00 Susanne's Craft Social	6 2:00 Line Dance	7 9:00Senior Info & Referral Here	8
11 9:00 Senior Q & A with Teja CORE Insurance ADVISORS AARP Taxaide (by appt.)	12 10:00 Susanne's Crafts	13 CORE Insurance ADVISORS 1:00 -"Name That Tune" with Teja 2:00 Line Dance	14 9:00-12:00 @ the South Knox Opry! Easter Bonnet Party! 	15 GOOD FRIDAY Center Closed
18 AARP Taxaide (by appt.) BINGO	19 10:00 Susanne's Crafts Social	20 Toenail Trim (by appt.) 2:00 Line Dance	21 9:15 "The Wall That Heals" Trip	22 11:00 Dogwood Arts Festival
25 10:00 BINGO BEGINS! Home Instead SENIOR CARE 11:00 HUMANA PROGRAM (rsvp for lunch) HUMANA. Guidance when you need it most	26 10:00 Susanne's Crafts	27 2:00 Line Dance	28	29

KNOX COUNTY

VETERANS SERVICES OFFICE

THE KNOX COUNTY VETERANS SERVICES OFFICE WILL BE AT THE SENIOR CENTERS TO PROVIDE ONE-ON-ONE ASSISTANCE TO VETERANS AND FAMILY MEMBERS.

WE WILL EXPLAIN VA BENEFITS, ANSWER QUESTIONS, AND ASSIST VETERANS AND FAMILY MEMBERS WITH FILING FOR THEIR VA BENEFITS.

South Knox- April 21, 2022 9:00 am to 9:30 am

Carter- April 27, 2022 11:30 am 12:00 pm

West Knox- May 12, 2022 11:00 am to 11:30 am

Halls- May 18, 2022 9:00 to 9:30

Corryton- June 7, 2022 10:00 am to 10:30 am

Karns- June17, 2022 10:00 am to 10:30 am

CALL THE KNOX COUNTY SENIOR CENTER TO

SCHEDULE AN APPOINTMENT

AARP TAXAIDE ASSISTANCE

At the South Knoxville Senior Center

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Please bring: -2020 Return (2019 if available)
- Income forms- W-2, 1099, SSA1099 or RRB 1099 and support for deductions
-Also bring any IRS letters or forms received.
-Both spouses must be present to sign for electronic filing

MASKS ARE REQUIRED!

Information on other sites is available at the same website or phone number.

***Intake booklets should be filled out before your arrival. You may pick one up at the front desk.**

Knox County Senior Services

Mayor Bob Leonard Park

301 Watt Road
Knoxville, TN 37934

March 15th at 10AM

Join April and Cindy for a walk around Bob Leonard Park. A 50 acre park with four paved greenway trails that loop sections of the park. At the heart of the park, is a beautiful wetlands area with a boardwalk and observation deck. We will walk approximately 3 miles.

Join us for lunch afterwards at Big Kahuna Wings at 12828 Kingston Pike, Knoxville, TN 37934. Check out https://www.bkwings.com/farragut/ to view their menu.

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

Seven Island Birding Park Walk

Date: Tuesday, April 19, 2022

Time: 10:00 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 expert, Mr. Robert Terrell will be leading our tour. We will meet at 10:00 AM at the parking lot at Seven Islands and begin our walk at 10:15 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! Bottled water provided courtesy of Tennova Hospice. This walk is brought to you by April Tomlin, Senior Services Manager and Darrell Gooding, Coordinator at West Knox County Senior Center. To RSVP call 865-288-3761 or email SeniorServices@knoxcounty.org.

Knoxville-Knox County Community Action Committee's

Volunteer Driven Program is in Need of Volunteer Drivers!

Volunteer Assisted Transportation program:

- Seeking volunteer drivers to assist seniors and people with disabilities
- Volunteers are needed for weekdays, evenings and weekends.
- Drivers must be **21 years of age** and have at **least 3 years of driving experience**
- Flexible scheduling is available to all volunteers.
- Provide safe, accessible transportation services in **agency-owned vehicles**
- Stay with Riders and provide assistance at appointments, grocery shopping and other errands.
- Ensure Riders make it safely to their destinations and back home
- Training provided. *(All Training costs covered by the program.)*
  - First Aid & CPR Certification
  - Vehicle Orientation (Toyota Prius and Wheelchair Accessible Mini-van or Ford Transit)
  - Passenger Assistance Training
  - AAA Driver Improvement Program
  - Wheelchair securement training

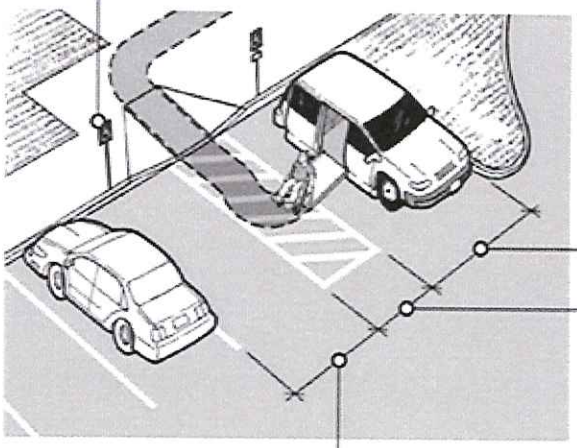
Call to Volunteer and schedule YOUR training today!

Contact Nancy Welch at 865-673-5001 or nancy.welch@cactrans.org

Follow us on: Facebook.com/KnoxVAT

VOLUNTEER ASSISTED TRANSPORTATION

CAC
Knoxville - Knox County
Community Action Committee
Helping People. Changing Lives.



PARKING LOT ADA REGULATIONS

It has been brought to our attention that cars/trucks are parking in the 'hash-lined' areas beside the Handicapped designated parking spaces. These areas are not parking spaces. This space is reserved for those needing more space to enter and exit their vehicles.

Please do not park in these areas. Thank you for your attention to this issue.