PLEASE NOTE: The center will be CLOSED on:
Tuesday, July 4th - Independence Day

Corryton vs. Carter Olympics
July 10, Monday
10:00-2:00pm

Games, Cookout, & Prizes
Corn Hole  Billiards
Darts  Bucket Toss
Chair Volleyball
Peanut Butter Tic Tac Toe
And More!

Lunch Cookout provided by Reams Drug Store, Cigna, Quality Home Health and Core Insurance

Hosted at Corryton Senior Center

Senior Summer Camp
August 7-11, Mon-Fri

Remember going away to day camp? Well...We are having extra fun activities here!
Bring your friends!
We will still have our regular programming but adding a special activity each day!

BIG BINGO with Hillcrest Healthcare
Craft with Kris
Rock Painting
Trivia
Movie Day
Game Day—CLUE (Who Done It?)
Corryton Senior Center welcomes everyone, every weekday! There is no fee to be a part of the fun! We offer:

- FITNESS ROOM
- BILLIARD ROOM
- LIBRARY
- OUTDOOR WALKWAY
- CRAFT ROOM
- DARTS
- CARD GAMES
- EXERCISE CLASSES

and many other fun activities!

**NEW!!**

Heart & Sole Walking Group with Dustin
Every Tuesday at 9:00am
Dustin will lead you on a journey around the center grounds! Everyone welcome!

Dustin Day’s are every Tuesday! Sign-up for your own private time with him at the front desk!

---

**Card-Making with Gay**
Every 1st Friday
July 7 and August 4
1:00pm

$10 to make 6-8 cards

Enjoy socializing and making hand-made cards with artist Gay Clapp. You will be provided with the materials and create fabulous greeting cards!

---

**BEAT THE HEAT MOVIE GOERS**
After we have binged the first four movies, we are ready for the fifth movie:

**Indiana Jones and the Dial of Destiny**
Friday, July 14
Time: TBD

Meet at Halls Cinema (Behind McDonald’s & Bel-Air Grill)
Adults = $6.25/Over 60 = $6.00

---

**Did you Know that the CSC:**

*Has a Greeting Card box? If you need a card take one, if you have one, leave one! We have:

Thank You, Birthday, Sympathy, Thinking of You....and more!

*We have blood pressure cups for you to use to make sure your BP on track!

---

CORE Insurance Advisors

**QA**
Starting August 7, Monday
1:30-3:30pm

Teja Cain, Agent/Advisor, will be here first Monday’s of the month, to answer your questions on Medicare. Please stop by and find out all you need to know!
**Monday**

**SPECIAL EVENT**

**TVA Credit Union**
**Lunch & Learn**
**Monday, July 17 @ 12:30pm**

Join Jessica R. Baker, Senior Member Service Rep, for lunch, and learn about retirement skills and getting pointers on being a wise adult. 

Sign-up requested.

---

**AOA**

*(Active Older Adult Exercise)*

**With Johnnie ($3 instructor fee)**

Monday and Tuesdays
11:30am
(NO AOA week of July 10)

AOA focuses on cardiovascular, strength, balance, and flexibility, plus it’s a lot of fun!

---

**CHAIR VOLLEYBALL**

*is taking a break! It will be back later in the year!*

---

**Tuesday**

**Dustin Days 7:30am-4:00pm**
**Heart & Sole Walk @ 9:00am**
**Corryton Jam @ 1:30pm**
**Virtual Bingo @ 3:00pm**
**Super Seniors, 2nd Tuesdays @ 10:30am**
**Senior Walks, 3rd Tuesdays**

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**FIELD TRIP**

**Jewelry TV (JTV) and Lunch at Olive Garden**
**Monday, August 21**

See details on Page 8

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**SUPER SENIORS**

*Second Tuesdays*  
*July 11 & August 8*  
*$6 per person*

Join us for food, fellowship, and fun!

**July 11:** Thomas Jefferson Cook-out
**August 8:** Z Force All Star Band
Lunch provided by IGA

---

Play Billiards and Darts in the Richard Gabriel Kagawa Memorial Billiards Room. Go up against infamous 99 year old Joe Roberts on Tuesday mornings if you dare!

Billiards/Darts Room Open Every Day 7:30am-4:00pm.
Life is better when you can dance! Come learn some Boot Scootin’ Boogie line dances and have some fun!

**Line Dancing**

**With Judy Mennel**

**Wednesdays at 1:00pm**

**July/August**

$4.00 instructor fee

SPECIAL EVENT

**Meet Local Author:**
**Jim Hartsell**

**Wednesday, July 26 @ 1:00pm**

See details on page 6

SEATED YOGA & STABILITY

**With Don Parsley**

**Virtual at CSC**

**Thursdays at 9:15am**

Are you a Silver Sneakers Member?
Register and get your points!

CARDIO DRUMMING

**Thursdays @ 1:00pm**

Join in the fun with this low impact, seated 30 minute exercise class that gets your heart rate up, burn 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**

**July 13 & 27**

**August 10 & 31**
Third Friday Mid-Day Movies
1:00pm

**July 21: Knives Out**
A murder mystery
When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-servings lies to uncover the truth behind Harlan's untimely death. Also starring Jamie Lee Curtis.

**August 18: Second Hand Lions**
A boy named Walter is dropped by his mother Mae at his great-uncles' house. Later, Walter will find out his great-uncles' big secret, and rumors say that Hub and Garth, Walter's great-uncles, have stolen a lot of gold and money. (some say they stole it from Al Capone) Did they really steal that money or not? Starring Robert Duvall and Michael Caine.
Meet Local Author Jim Hartsell

Wednesday, July 26, 1:00pm
Corryton Senior Center

Did you know our own Jim Hartsell, avid walker, husband, father, grandfather, and retired educator is an author of over a dozen books and lives in Corryton?

Jim writes Southern fiction and children’s books published by House Mountain Publishing and will be here to discuss his inspiration of his six book “Boone” series and who motivated him to write his children books. Plus learn about his blog, other books, and his upcoming events.

Jim grew up in East Tennessee and has lived in Corryton for over 40 years. He walks almost daily with his wife Suzanne and their two dogs: Frankie and Maggie. He has written 15 books and two more are coming out this summer! You don’t want to miss this meet and greet with Jim!
2023 Senior Center Olympics

Corryton Senior Center VS Carter Senior Center

Monday, July 10
10:00 AM to 2:00 PM

Corryton Senior Center

Ball
Walk ½ - 1 Mile
Corn Hole
Billiards
Chair Volleyball
Bucket Toss
Darts
Peanut Butter Tic Tac Toe

Come and compete in one or all of our sports!
Who will win the most games?
Prizes for 1st, 2nd, and 3rd Place
Lunch sponsored by Reams Pharmacy, Cigna, Quality Home Health & Core Insurance
Field Trip
Jewelry Television Studios
August 21, Monday
10:00–2:00ish
$10 transportation fee

We will get a behind the scenes look at the JTV facilities including live broadcast studios, control rooms, call center operations, automated shipping and receiving system, and learn a few other fun tidbits along the way.

Please RSVP by Tuesday, August 15
Limited space available.

Please meet at Corryton Senior Center at 9:45am to load Larry’s bus then head to JTV at 10:00am
Lunch at Olive Garden

What is JTV?

Jewelry Television is an American television network specializing in the sale of jewelry for both men and women. On-air and online, the network is mainly branded by its jtv initials in lower-case letters. It has an estimated reach of more than 80 million U.S. households, through cable and satellite providers, online streaming and limited over-the-air broadcasters. Headquartered in west Knoxville.

July 24–28, Monday–Friday
9:00am – 12:00pm

If you are 60 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 15 hours of training. After the completion of this training you will be able to purchase a new Chromebook, bag, and mouse pad for only $25.

Corryton Senior Center is hosting this class. Please 865-688-5882 to register.

House Mountain Quilt Guild invites you to pop around East Tennessee for Shop Hop Thursdays:
July 20, July 27, and August 3
$10 transportation fee each trip

Arrive center at 7:45am
Bus leaves promptly at 8:00am
Bring snacks, drinks, and money for lunch.

You will be visiting store in:
Tazewell Sevierville Johnson City
Jonesboro Maryville Knoxville
Harriman Crossville
(Subject to change)

SIGN-UP REQUIRED IN THE QUILTING ROOM.
Summer Crafting for a Cure

Home Instead is raising money to help those battling Alzheimer's/Dementia in Tennessee. According to the Centers for Disease Control and Prevention, Alzheimer's disease has an impact on just about everyone with more than 120,000 Tennesseans, 5.4 Million Americans and 43 Million people in the world have Alzheimer's. Alzheimer's disease is the 6th leading cause of death in the United States.

Date: Tuesday, July 18th
Time: 10:30 am- 11:30 am
Location: Corryton Senior Center
Cost: Minimum donation of $5, with all proceeds donated.

The craft we will be making is a "Summer/Beach" themed wooden door knob hanger. (The wooden hanger, paint/brushes, embellishments such as sand, seashells, wooden shapes, etc will be provided). If you would like to add something special to your door hanger from a trip to the beach such as a picture, shell, etc please bring those items with you.

You don't want to miss the fun and helping a worthy cause at the same time! Sign up TODAY, we only have 10 spots available!

Look for details on our next Craft for a Cure during Senior Summer Camp when Kris returns with a Paint Pour on Thursday, August 10!
Thank you to Joan Helton for supplying our display case with her antique kitchen ware set. It’s from the Helton’s family homes.

July display of patriotic decorations will be created by Gay Clapp. August will be a display of beautiful woodworking by Carroll Bales.

Be sure to stop by and see the display case!

If you’d like to share a special collection, please let us know and we’ll assign you a month!
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
* SECURITIES/INVESTMENT SCAMS  * ROMANCE 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

My CSC Newsletter Reminder Notes (What I want to do!)

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<th>Activity</th>
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2023 JULY/AUGUST/SEPTEMBER MONTHLY SENIOR WALKS
KNOX COUNTY SENIOR SERVICES

Tuesday, July 18 @ 9:30am
Leaders: Dustin & Kim from Halls
UT Gardens & Third Creek Greenway
2518 Jacob Drive, Knoxville, TN 37966
Lunch at Calhoun’s on the River

Tuesday, August 15 @ 9:00am
Leaders: Carole from West & Sue from Karns
Concord Park Trail/The Cove
11808 S. Northshore Dr, Knoxville, 37922
Lunch at Fruition Café, 129 W. End Ave., Knoxville, TN 37934

Tuesday, September 19 @ 9:30am
Leaders Judy from Halls & April
Maryville Greenway
232 Calderwood Street. Alcoa, TN 37701
Lunch at Subs & Such

Looking into Fall!
September 15, Friday, 9:00am: Field Trip to Cades Cove, Larry’s Bus
September 20, Wednesday, 10:00am: Field Trip to Market Square Market with Jessica
CAC Bus Provided
October 2, Monday @ 11am: Ken Weathers, WATE Meteorologist is in the house!
October 10, Tuesday: Harvest Festival
October 20: Field Trip to Carver Apple Orchard, Larry’s Bus
October 28, Saturday: Corryton Possum Race
Let’s get a Team!
November 6, Monday @ 10am: Field Trip to WATE Studio Tour and watch a newscast
BOOK CLUB COMING IN SEPTEMBER!
KNOX COUNTY SENIOR SERVICES WALK
JULY 18TH @ 9:30

The UT Gardens – Knoxville Guided Tour and Third Creek Greenway Walk

Join Dustin and Laurie and get ready for a truly enchanting experience as we gather at the entrance to UT Gardens for a guided walking tour of UT Gardens proudly sponsored by Caris HealthCare.

We kindly ask you to RSVP, securing your place on this exclusive tour limited to 20 spots. Reach out to us at (865) 288-3761 or via email at SeniorServices@knoxcounty.org to secure your spot. Don’t delay, as parking passes are limited and in high demand.

Prepare to be captivated as we delve into the breathtaking beauty of UT Gardens. Moreover, we have an extra treat in store for you! Caris Representative, Casey Parker, will be joining us on this unforgettable stroll.

Directions
UT Gardens Address: 2518 Jacob Drive, Knoxville, TN 37996

Visitor parking is directly across from the entrance to the UT Gardens and is marked with signs for “2-Hr Visitor Parking.” The 2-Hour Visitor Parking spaces do not require parking passes. We will have 20 additional Parking Passes available for those who sign up that will be given to you upon arrival to display in your car dash.

After the tour and walk, join us for lunch afterwards at:

Calhoun’s On The River: 400 Neyland Dr, Knoxville, TN 37902

CARIS healthcare
Hospice: Your Life, Our Mission
Why not start your day with a walk beside waters blue?! Join Carole and Darrell for a morning walk with sights of Summer...Sailboats, ducks, fishing, swimming, and volleyball all along the Concord Greenway.

We will walk approximately 3 miles which will include the recently completed pedestrian bridge. We are starting extra early to beat the summer heat but still remember to bring your hydration!

We love to support our local businesses! We will be gathering at Fruition Cafe @ 129 W. End Ave, 37934 for a bite afterwards.

Please RSVP to www.seniorservices@knoxcounty.org or call 865-288-3761.
Grandparents as Parents
School Supply Drive

Donate

- crayons
- colored pencils
- earbuds
- headphones
- composition notebooks
- plastic folders
- spiral notebooks
- glue sticks
- pencils
- pencil boxes
- dry erase markers
- backpacks with computer compartments
- glue
- red/green pens
- tissue boxes
- Ziploc bags
- highlighters

Donations accepted July and August 2023
Drop off donations at any
Knox County Senior Center
O’Connor Senior Center | 611 Winona Street
Corryton Senior Center | 9331 Davis Drive
Halls Senior Center | 4405 Crippen Road
Karns Senior Center | 8042 Oak Ridge Hwy
South Knoxville Senior Center | 6729 Martel Lane
West Knox Senior Center | 239 Jamestown Blvd. Suite 101

Call the Grandparents as Parents program for more information.
865-524-2786
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<td>5 9:30 Rook</td>
<td>6 9:15 Seated Yoga</td>
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<td>1:00 Pop-Up Movie</td>
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<td>24 9:00 Tech Smart</td>
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<td>11:30 AOA Class</td>
<td>31 Senior Walk Tuesday, July 18th @ 9:30 AM Dustin &amp; Laurie</td>
<td>UT Gardens/ Third Creek Greenway</td>
<td>Lunch: Calhoun’s</td>
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**July 2023**

**Corryton Senior Center**
9331 Davis Drive, Corryton, TN 37721
(865) 688-5882

Hours: 7:30 a.m. to 4:00 p.m. Mon-Fri
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| **Senior Walk**  
**Tuesday, August 15th @ 9:00 AM**  
Carole & Sue | 1  
9:00 Heart & Sole Walking Group  
9:30 Zumba Gold  
10:00 Canasta  
11:30 AOA Class  
1:00 Pinochle  
1:30 Corryton Jam  
3:00 Virtual Bingo | 2  
9:30 Rook  
10:00 Dominos  
1:00 Beginners Lin Dance  
1:00 Rook | 3  
8:00 Quilt Shop Hop  
9:15 Seated Yoga  
9:45 Stability  
10:00 Canasta  
1:00 Cardio Drumming Class  
1:00 Pinochle  
National Watermelon Day! | 4  
8:30 Coffee & Chat  
10:00 In-Person Bingo  
11:00 Classic Exercise Class  
1:00 Cardmaking w/ Gay Clapp |
| **Concord Park Trail/ The Cove**  
Lunch: Fruition Cafe | 7  
Senior Summer Camp  
8:30 Summer Camp Welcome w/ Coffee, Donuts, & Juice  
10:00 Big Bingo  
12:00 AOA Class  
1:30 Teja Cain Medicare Q&A | 8  
Senior Summer Camp  
9:00 Heart & Sole Walking Group  
9:00 Coloring Pages  
10:00 Canasta  
10:30 Super Seniors  
10:30 Wendy Skiles  
1:00 Pinochle  
1:00 Rock Painting  
1:30 Corryton Jam | 9  
Senior Summer Camp  
9:30 Rook  
10:00 Dominos  
1:00 Beginners  
1:00 Rook  
1:00 The Game Clue | 10  
Senior Summer Camp  
9:15 Seated Yoga  
9:45 Stability  
10:00 Canasta  
10:30 Craft For A Cure w/ Kris  
1:00 Cardio Drumming Class  
1:00 Pinochle  
2:30 Choir Group  
HMQG Project Day |
| 14 | 15  
11:30 AOA Class  
1:00 Bunco | 16  
9:00 Heart & Sole Walking Group  
9:00 Senior Walk  
10:00 Canasta  
11:30 AOA Class  
1:00 Pinochle  
1:30 Corryton Jam  
3:00 Virtual Bingo | 17  
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10:00 Canasta  
1:00 Cardio Drumming Class  
1:00 Pinochle | 18  
8:30 Coffee & Chat  
9:30 Zumba Gold  
11:00 Classic Exercise Class  
1:00 Mid-Day Movie |
| 21 | 22  
10:00 Jewelry TV Field Trip  
11:30 AOA Class | 23  
9:30 Rook  
10:00 Dominos  
1:00 Beginners  
1:00 Rook  
1:00 HMQG Monthly Meeting | 24  
9:15 Seated Yoga  
9:45 Stability  
10:00 Canasta  
12:00 Cardio Drumming Class  
1:00 Pinochle | 25  
8:30 Coffee & Chat  
9:30 Zumba Gold  
11:00 Classic Exercise Class |
| 28 | 29  
11:30 AOA Class | 30  
9:30 Rook  
10:00 Dominos  
1:00 Beginners  
1:00 Rook | 31  
9:15 Seated Yoga  
9:45 Stability  
10:00 Canasta  
1:00 Cardio Drumming Class  
1:00 Pinochle  
2:30 Choir Group |
Check with Sarah for answers.