PLEASE NOTE: The center will be CLOSED on:

- Monday, September 4 for Labor Day
- Friday, October 13 at 11:00am for Staff Retreat

National Council on Aging celebrates September as National Senior Center Month: Discover Yours

"Discover Yours" encourages us to take an active role in exploring new activities, hobbies, and experiences. It emphasizes that it’s never too late to try something new and encourages self-discovery. “

September and October we are having programs that are educational and informational! We want you to

Learn Something New! Even if you try a regular scheduled program or activity that you’ve never done before, you have

Learned Something New!

For each session you attend you will get 1 point!

At the end of October, turn in your score card calendar and if you attended the most sessions you’ll win a Gift Bag sponsored by Home Instead!
**Corryton Senior Center**  
9331 Davis Drive  
Corryton, TN 37721  
(865) 688-5882  
HOURS: 7:30 a.m. to 4:00 p.m. Mon-Fri

**September 2023**

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<th>Mon</th>
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</table>
| *What’s New*  
*Trivia*  
(2nd Mondays)  
1:00pm  
*Book Club*  
(4th Mondays)  
10:00am  
Lunch: Yassin’s Falafel House | Senior Walk  
Tuesday, September 19th @ 9:30am  
April & Judy  
Maryville Greenway | 9:00 Cornhole & Ladderball  
10:00 Dominoes  
12:30 Home Instead Craft & Listen  
1:00 Beginners Line Dance  
1:00 Rook | 9:15 Seated Yoga  
9:45 Stability Class  
1:00 Cardio Drumming  
1:00 Pinochle | 8:30 Coffee & Chat  
10:00 In-Person Bingo  
1:00 Cardmaking w/ Gay Clapp |

| 4 CENTER CLOSED | 5  
9:00 Heart & Sole Walking Group  
11:30 AOA Class  
1:00 Pinochle  
1:30 Corryton Jam  
3:00 Virtual Bingo | 6  
9:00 Cornhole & Ladderball  
10:00 Dominoes  
12:30 Home Instead Craft & Listen  
1:00 Beginners Line Dance  
1:00 Rook | 7  
9:15 Seated Yoga  
9:45 Stability Class  
1:00 Cardio Drumming  
1:00 Pinochle | 8  
8:30 Coffee & Chat  
9:30 Zumba Gold  
11:00 Classic Exercise Class  
1:00 Mid-Day Movie |

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| 10:00 Covenant Health Presentation  
11:30 AOA Class  
1:00 Bunco  
1:00 Trivia | 9:00 Heart & Sole Walking Group  
10:00 Veterans Services  
10:30 Super Seniors  
10:30 Wendy Skiles  
1:00 Pinochle  
1:30 Corryton Jam  
3:00 Virtual Bingo | 9:00 Cornhole & Ladderball  
10:00 Dominoes  
1:00 Beginners Line Dance  
1:00 Rook | 9:15 Seated Yoga  
9:45 Stability Class  
1:00 Cardio Drumming  
1:00 Pinochle  
2:30 Choir Group | 8:30 Coffee & Chat  
8:30 Cades Cove Field Trip  
9:30 Zumba Gold  
11:00 Classic Exercise Class |

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| 11:30 AOA Class  
1:00 Axonics Snack & Learn | 9:00 Heart & Sole Walking Group  
9:30 Senior Walk  
11:30 AOA Class  
1:00 Pinochle  
1:30 Corryton Jam  
3:00 Virtual Bingo | 9:00 Cornhole & Ladderball  
9:30 Market Square Farmers Market Field Trip  
10:00 Dominoes  
1:00 Beginners Line Dance  
1:00 Rook | 9:15 Seated Yoga  
9:45 Stability Class  
1:00 Cardio Drumming  
1:00 Pinochle  
2:30 Choir Group | No Zumba Gold  
8:30 Coffee & Chat  
11:00 Classic Exercise Class |

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| 10:00 Book Club  
11:30 AOA Class  
1:00 Emergency Prepared Awareness Presentation | 9:00 Heart & Sole Walking Group  
11:30 AOA Class  
1:00 Pinochle  
1:30 Corryton Jam  
3:00 Virtual Bingo | 9:00 Cornhole & Ladderball  
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1:00 Beginners Line Dance  
1:00 Rook | 9:15 Seated Yoga  
9:45 Stability Class  
12:00 Cardio Drumming  
1:00 Pinochle  
1:00 HMQG Monthly Meeting | 8:30 Coffee & Chat  
9:30 Zumba Gold  
11:00 Classic Exercise Class  
1:00 Mid-Day Movie |

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1:00 Rook | 9:15 Seated Yoga  
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| 9:15 Seated Yoga  
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12:00 Cardio Drumming  
1:00 Pinochle  
1:00 HMQG Monthly Meeting | No Zumba Gold  
8:30 Coffee & Chat  
11:00 Classic Exercise Class |

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| 8:30 Coffee & Chat  
9:30 Zumba Gold  
11:00 Classic Exercise Class  
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<td>1:30 Humana Annual Notice of Change</td>
<td>1:00 Pinochle</td>
<td>1:00 Cardio</td>
<td>10:00 Andy Williams Medicare Q&amp;A</td>
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<td>1:30 Teja Cain Medicare Q&amp;A</td>
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<td>10:00 Wetland Seminar</td>
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<td>10:00 Ranger Claire Bird Sanctuary Presentation</td>
<td>9:00 Heart &amp; Sole Walking Group</td>
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<td>1:00 Knox County Property Tax Relief &amp; Freeze Q&amp;A</td>
<td>10:00 Medcare Alert w/ Jim Sikes</td>
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<td>2:00 Cigna Sales Seminar</td>
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<td>1:00 Medicare Alert w/ Jim Sikes</td>
<td>1:00 Drumming Class</td>
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<td>10:00 Keep Knox Beautiful Presentation</td>
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<td><strong>HAPPY HALLOWEEN!</strong></td>
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<td>9:00 Heart &amp; Sole Walking Group</td>
<td><strong>Senior Walk Tuesday, October 17th @ 10:00am Darrell &amp; Eileen</strong></td>
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<td><strong>Ijams Forks of The River</strong></td>
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<td><strong>Bring a Sack Lunch!</strong></td>
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### Monday

#### NEW

**TRIVIA**

Second Monday’s at 1:00pm
September 11 & October 9
Come test your knowledge and see how smart you are! Just for fun!

#### AOA

(Active Older Adult Exercise)

*With Johnnie ($3 instructor fee)*

Monday and Tuesdays
11:30am
(NO AOA 9/12 & 10/10—Super Seniors)

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

#### BUNCO

2nd Monday’s @ 1:00pm
Join in the fun!!!

#### MONDAY SPECIAL EVENTS

**Teja Cain, Core Insurance**

**Medicare Annual Enrollment Period**

- October 2 @ 1:30pm: Humana
- October 16 @ 2:00pm: Cigna Healthcare
- October 25 @ 2:00pm: Devoted (NEW!)

**MONDAY SPECIAL EVENTS**

- September 11 @ 10:00am:
  - Covenant Health—Cancer Care
  - Details Page 6
- September 18 @ 1:00pm:
  - Axonics—Incontinence Control
  - Details Page 7
- September 25 @ 1:00pm:
  - Emergency Preparedness Class
  - Details Page 7
- Oct. 2, 9, 16, 23, 30:
  - Environmental Awareness Programs
  - Details Page 8

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**CSC Book Club**

4th Mondays @ 10:00am

- September 25
- October 23

We will post the book list after our first meeting on August 28th. Please join us any 4th Monday to discuss the book.

(Books provided by the Tennessee Commission on Aging and Disability Grant)

**CHAIR VOLLEYBALL**

is taking a break! It will be back in January!
Tell your friends!

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Second Tuesdays
September 12 and October 10
$6 per person

Join us for food, fellowship, and fun!

September 12: **BINGO**!

October 10: **Harvest Festival**
10:30am-1:00pm
Games, music, demonstrations, food, and fellowship!
*Sponsored by Jim Sikes & Associates*

**Pumpkin Decorating Contest**
(No Carving please)
Decorate a pumpkin and bring to the center by October 3, Tuesday. Our members can vote on their favorite pumpkin! (once a day till October 9)
Winners will be announced at the Harvest Festival!

There will be 1st, 2nd, and 3rd Place Winners

Thank you Reams Drug Store for sponsoring the Pumpkin Decorating Contest!

See page 10 & 11 for more details

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**EVERY 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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**Dustin Parker**

Dustin Parker, Fitness Coordinator will be here every Tuesday from 7:30am-4:00pm.

Sign-up to have your fitness center orientation or to have some one-on-one fitness counseling with Dustin.

Join our walking group Heart & Sole at 9:00am and walk 2–5 miles around the Corryton area lead by Dustin.

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**Corryton Jam**

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

*Every Tuesday at 1:30pm*

Everyone Welcome!
Jim Sikes & Associates
Medicare Alert 2024

Jim will be holding his annual information/enrollment meetings and invites everyone to come. No sign-up necessary.

Wednesdays
October 18
November 8 & 29
10:00am and 1:00pm

Learn Something New
Corn Hole and Ladder Ball
OFF THE BACK PORCH
Wednesdays, 9:00am-4:00pm

We will put out the games off the back porch. Play at your own risk!

Rook or Canasta (or any card game)—Gather your friends and come play on any day!
10:00am Dominoes—Mexican Train
1:00pm Line Dancing with Judy ($4 instructor fee)

HOME INSTEAD
Craft & Listen
Wednesday, September 6
12:30pm

Kris Brinkmeier will present a simple craft while telling us about the great service Home Instead Senior Care provides!

NEW
CARDIO DRUMMING
With Don Parsley
Virtual at CSC
Thursdays at 9:15am

Thursdays @ 1:00pm
(Except: 12:00pm on 9/28 & 10/26)
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!

House Mountain Quilters Guild

Project Days (Thursday)
September 14 & October 12
Retreat (Friday & Saturday)
September 22 & 23
Meeting @ 1:00pm (Thursday)
September 28 & October 26
*Donate towards the Opportunity Quilt:
$5/6 tickets

Corryton Super Senior Singers
Let your voice be heard and come sing with us!

2nd & 3rd Thursdays @ 2:30pm
September 14 & 21
October 12 & 19

HOME INSTEAD
Craft & Listen
Wednesday, September 6
12:30pm

Kris Brinkmeier will present a simple craft while telling us about the great service Home Instead Senior Care provides!
**Friday**

<table>
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<th>SPECIAL</th>
<th>IN-PERSON BINGO</th>
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| Medicare Questions?  
Andy Williams, Benefits Advisor  
Friday, October 6  
10:00am–12:00pm  
Questions & Answers | Bingo! Bingo! Bingo!  
1st Friday’s Only  
September 1 & October 6  
10:00am  
Come join the fun with live BINGO!  
Everybody wins a prize!  
Please bring a gift bagged $5 gift. |

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<th>COFFEE CHAT</th>
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| **Coffee Chat**  
8:30am | **Card-Making with Gay**  
Every 1st Friday  
September 1 & October 6  
1:00pm  
$10 to make 6–8 cards |

|--------------|
| **Coffee Chat**  
Meet and chat about your week and your plans for the weekend! Coffee provided. We will sit in the Library or outside and just chat it up! | **Enjoy socializing and making hand-made cards with artist Gay Clapp. You will be provided all the materials and create fabulous greeting cards!** |

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<th>CLASSIC EXERCISE</th>
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| **With Olga Martin**  
Fridays @ 9:30am  
$5 instructor fee | **Friday Mid-Day Movies**  
1:00pm  
(Due to special events dates have been changed) |

|--------------|
| **With Olga Martin**  
Fridays @ 9:30am  
$5 instructor fee  
This is a low impact Latin dance exercise that is great for the heart!  
(No class on Sept. 1 & 22 or October 6) | **September 8: Arsenic and Old Lace**  
A Brooklyn writer of books on the futility of marriage risks his reputation after he decides to tie the knot. Things get even more complicated when he learns on his wedding day that his beloved aunts are habitual murderers.  
**September 29: TBD**  
**October 27: TBD** |

**Coffee Chat**  
Meet and chat about your week and your plans for the weekend! Coffee provided. We will sit in the Library or outside and just chat it up!  
Second Fridays refreshments sponsored by Pointe at Lifespring

**With Olga Martin**  
Fridays @ 9:30am  
$5 instructor fee  
This is a low impact Latin dance exercise that is great for the heart!  
(No class on Sept. 1 & 22 or October 6)

**With Don Parsley**  
Live and Virtual from CSC  
Fridays at 11:00am  
September 1, 8, 15, 22, 29  
October 6, 13, 20, 27  
Classic Exercise is a 45 minute class that increases your strength, improves your balance, and promotes general well-being!  
All necessary equipment provided.

**Refreshments provided by Reams Drug Store**
Comprehensive Cancer Care In Your Community

Join us to learn about the comprehensive, world-class cancer care and free oncology patient support services that Thompson Cancer provides throughout East Tennessee.

We will highlight the Thompson Proton Center and Proton Therapy; Thompson Cancer’s most recently added cancer treatment service and one of the most innovative, precise forms of radiation tradition treatments available.

Date: September 11, Monday
Time: 10:00-11:00am
Learn Something New

Axonics

Monday, September 18
1:00–2:00pm

Do you struggle with bladder or bowel control? A life with less accidents is possible, without the pads, pills, and planning.

Attend this interactive event to learn more about Axonics Sacral Neuromodulation (SNM) Therapy and if it could be right for you.

Don’t let bladder and bowel dysfunction impact the rest of your life.

Light lunch provided

Learn Something New

Emergency Preparedness Class

Monday, September 25
1:00–2:00pm

Corryton Senior Center

Presented by Dakota Russell
Emergency Preparedness Health Educator
Knox County Health Department

Refreshments provided
Every Monday in October we will have a special program regarding our environment.

Learn Something New!

October 2 @ 10:00am
Ken Weathers, Chief Meteorologist *(CBM & NWA Certified)*
WATE 6 On Your Side
Ken will talk about severe weather safety planning and touch on the wintery outlook for East Tennessee. Be sure to sign-up for field trip to WATE Studios on November 6 - space is limited!

October 9 @ 10:00am
Kim Pilarski-Hall, Retired Wetland Biologist, TVA
“Wetlands & Watersheds of Knox County”
The water resources of Knoxville are varied, ranging from forested wetlands to cattail marshes, tiny streams to the mighty Tennessee River. Discover these rich ecosystems and learn how to protect them.

October 16 @ 10:00am
Ranger Clare Dattilo, Seven Islands Birding Park
“Birding and the Birds of Seven Islands “
Birdwatching is one of the fastest growing outdoor hobbies. It provides a connection between people and the natural world and can be done anywhere. We will learn tips for how to attract and identify birds and discover the joy and wonder that they can provide to our lives.

October 23 @ 1:00pm
Bo Baxter, Director & Senior Conservation Biologist
Conservation Fisheries, Inc.
CFI is dedicated to the preservation of aquatic biodiversity in our rivers and streams. They have propagated more than 80 non-game fish species, including some of the most imperiled species in the southeastern states. CFI are leaders in propagating rare and difficult-to-collect species.

October 30 @ 10:00am
Nick Merrick, Program Coordinator—Keep Knoxville Beautiful
Some scary things about Halloween that most people don’t think about is the environmental waste that is involved: plastic candy wrappers, plastic in mass-produced costumes, and rotted jack-o-lanterns that end up in the trash that fill already overloaded landfills. Let’s discuss!
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**

**MANY OTHER FUN ACTIVITIES!**

---

**Did you Know:**

*We all know Kenny Chesney is from Corryton, but did you know Phil Leadbetter, (1960-2021) bluegrass singer/guitar player went to Gibbs High School too? He received a Grammy Nomination for “Best Blue Grass Album at the 37th Annual Gramm Awards with his work with JD Crowe and the New South on the album Flashback in 1994. And his solo song “California Cottonfields” held the #1 spot on the National Bluegrass Chart for two consecutive months in 2005.*

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**GET YOUR SHOTS!**

Get your Flu Shots Here!

**October 10, Friday**

1:00-3:00pm

Sign-up Required

Flu, Shingles, Covid Boosters, and Pneumonia Shots will be administered by a pharmacist from Reams Drug Store.

Reams Drug Store is a family owned local drug store in Powell. They have **FREE Delivery** in and around the Knoxville and the Corryton area!

Call 865-947-5235 for pricing or visit them in person at 604 E. Emory Road in Powell.

They may be able to save you money on your prescriptions! They have multiple packaging options available to help you manage your medicine.

Let REAMS DRUG STORE provide you with the best service in the area!

---

**CALLING ALL WALKERS AND RUNNERS**

‘Possum Chase Race

October 28 @ 8:30am

Register under our team name **Team CSC Heart & Sole** at:

https://runsignup.com/Race/TN/Corryton/Corryton8Miler

**BENEFITS:**

Corryton Hospitality Food Pantry

Need help registering? Stop in and ask us!
Field Trip
September 15, Friday, 8:30–3:30pm
Visit Cades Cove Museum then head to Cade’s Cove on Larry’s Bus ($10)
Picking up South Knox Senior Center Friends on the way!
WAITLIST ONLY AT THIS TIME. We will plan a spring trip 2024!

Field Trip
Market Square Knoxville
September 20, Wednesday
9:30am–1:30pm
CAC Bus (Limited Space)
Enjoy the Farmer’s Market and shopping in beautiful Market Square. Lunch on own. Sign-up required.

Field Trip
Carver’s Apple Orchard
Cosby, TN
October 20, Friday
9:00am–3:30pm
We will pick up our Halls Senior Center Friends and arrive in time for a delicious lunch at the café. Spend time walking around and head back around 2:00pm with your apple purchases! Sign-up required.
$10 Transportation Fee
Harvest Festival—Super Seniors
October 10, Tuesday
10:30am-1:00pm
Sponsored by Sikes & Associates

Enjoy a game of Corn hole or Ladder Ball
Take part in the Cake Walk

Watch an Apple Butter Making, Spinning Wheel, and Whittling demonstration.

Vendors: Comfort Keepers, Office on Aging, The House Mountain Quilting Guild, and others

Lunch will be BBQ Chicken & all the Fixin’s!

Music by the Corryton Senior Center Singers

The winner of the Pumpkin Decorating contest will be announced!
(Pumpkin Decorating instruction on the next page)
Pumpkin Decorating Contest

Let’s decorate some pumpkins! Any size! Bedazzling, googly eyes, painting, adding flowers, the options are endless!

*No Carving Please
*Decorate your pumpkin with paint, tinsel, yarn, anything crafty!
*Drop off at Corryton Senior Center between October 2-4 (Mon-Wed). We will display the pumpkins at the center for the week.
*You will be able to vote on your favorite pumpkin (once a day)!
*Voting ends Monday, October 9 at 3:00pm.
*Gift Card Prizes for 1st, 2nd, and 3rd Place sponsored by Reams Drug Store.
*Winners will be announced at the Harvest Fest-Super Seniors on October 10.

Thank you Reams Drug Store for donating the prizes for the winners of the Pumpkin Contest!
Humana Annual Notice of Change  
**Monday, October 2, 2023 @ 1:30pm**
Teja will be presenting ANOC for a Humana Gold Plus plan for 2024. 
Sales materials and information will be available. 
Q&A session will follow after the presentation.

Cigna Sales Seminar  
**Monday, October 16, 2023 @ 2:00pm**
Teja will be presenting Cigna HMO Advantage Plan for 2024. 
Come learn about one of their new plans. 
Sales materials and information will be available. 
Q&A session will follow after the presentation.

Devoted Sales Seminar  
**Wednesday, October 25, 2023 @ 2:00pm**
Plans from a **newer** TN Medicare Advantage company called **Devoted**. Come learn about this revolutionary company, making waves all over the country. Sales materials and information will be available. You don’t want to miss this presentation! 
Q&A session will follow after the presentation.
Andy Williams, Benefits Advisor

Friday, October 6
10:00am-12:00pm
Q & A

Andy is a Full-Service Insurance Broker serving Medicare Beneficiaries in Tennessee!

andy.williams@theprovgroup.com  865-287-0175
JIM SIKE'S A LICENSED/CERTIFIED MEDICARE SPECIALIST, WHO HAS BEEN WORKING WITH THE CORRYTON AND SURROUNDING AREA MEDICARE BENEFICIARIES FOR THE PAST 15+ YEARS WILL BE HOLDING HIS ANNUAL INFORMATION / ENROLLMENT MEETINGS.

Wednesday, October 18th (2 meetings) 10:00am & 1:00pm
Wednesday, November 8th (2 meetings) 10:00am & 1:00pm
Wednesday, November 29th (2 meetings) 10:00am & 1:00pm

JIM SIKE'S & ASSOCIATES
CONTACT INFORMATION:
PHONE: 865-556-8502
EMAIL: cortsdad@charter.net
RSVP: Retired and Senior Volunteer Program

Contact RSVP@knoxseniors.org or Jared at 865-524-2786 to sign up for any of these opportunities with CAC or RSVP partners.

Volunteer Opportunities

Friday, September 15: RSVP is hosting a senior resource fair at O’Connor and volunteers can help with the sign-in table, staffing the RSVP table to talk to visitors about volunteering, and can help with providing directions and other event-flow needs – greeting, distributing items from tables, etc. Volunteers needed 8am to noon.

October 2 through October 13: Senior Angel Tree volunteers are needed on weekdays to call and interview gift recipients. Calls are simple – training and a script are provided. Calls are pleasant – volunteers verify the gift wish list of seniors who are referred and then ask a couple questions about their life experience. Volunteers then write a brief biography (4-5 sentences) so donors can learn about the senior they adopt.

Featured RSVP Station: Gentiva Hospice
RSVP volunteers serving with Gentiva visit local seniors who are in hospice care. Volunteers receive a training class and then sign up to do visitations. The role does not expect volunteers to provide caregiving services. Visits are for companionship and help encourage the seniors Gentiva serves. Attached is a flyer with more information, let RSVP know if you’d like to sign up for an upcoming training class.

Free Community Resources

Senior Safety Summit – September 15, 9am to noon. This senior resource fair will have over 35 vendors representing emergency preparedness organizations and groups that help with various aspects of end-of-life planning. Location is O’Connor Senior Center, all RSVP volunteers are welcome to attend and spread the word. Vendors will be handing out free resources and educational materials and include the Red Cross, Legal Aid, TDOT, KUB, and many more. Covid boosters and flu shots will be available, as well as a commodities distribution.

Health Fair – September 22. O’Connor Senior Center will host a health fair with local organizations representing health care. Free blood pressure checks, Covid boosters, and flu shots will also be available at this event.
Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze

If you are 65 or over, own your primary residence, and your income in 2022 was $33,460 or below you may qualify for Tax Relief.

If you are 65 or over, own your primary residence and your income in 2022 was $44,940 or below you may qualify for Tax Freeze. As previously announced, in October 2024 the 2023 income is expected to be $60,000.

If you are a Disabled Veteran, Widow(er) of a DV, own your primary residence, you may qualify for Tax Relief of $680.

Applications are open October 5, 2023 — April 5, 2024
You must sign up every year.

Knox County Trustee Justin Biggs and members of his team will be at Knox County Senior Centers in October to meet with you to answer questions and accept your applications.

October 3 at 10 AM Halls Senior Center 4405 Crippen Road Knoxville, TN
October 6 at 10 AM West Knox County Senior Center 239 Jamestown Blvd, Suite 101 Farragut, TN
October 16 at 1 PM Corryton Senior Center 9331 Davis Drive Corryton, TN
October 24 at 10 AM South Knox Senior Center 6729 Martel Lane Knoxville, TN
October 25 at 10:30 A.M. Carter Senior Center 9040 Asheville Highway Knoxville, TN
October 26 10:30 A.M. Karns Senior Center 8042 Oak Ridge Highway Knoxville, TN
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

Looking ahead:

April Tomlin
Manager of Knox County Senior Centers

April will be here to talk about the SCAM and FRAUD that is going on out in the world today.

Please join us on
November 7, Tuesday
10am–12pm

We will discuss what to look out for and how you can prevent being scammed, along with a Q&A.

Refreshments provided.
2023 SEPTEMBER/OCTOBER MONTHLY SENIOR WALKS

KNOX COUNTY SENIOR SERVICES

3rd Tuesdays

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

**October 17 @ 10:00am**
Join Darrell & Eilene
*Ijams Forks of the River*
2915 Island Home Ave, 37920

**November 21 @ 10:00am**
Join Tara, Patty, & Jessica
*New Harvest Park*
4775 New Harvest Lane, 37918
Lunch at *Twister’s Diner*

**Looking Ahead!**

November 2, Thursday, 8:30am-3:30pm: Office on Aging AMOS Medicare—Open Enrollment Options
November 6, Monday @ 10am: Field Trip to WATE Studio Tour and watch a newscast
November 7, Tuesday @ 10am: April Tomlin, Manager of Knox County Senior Centers will give a presentation on SCAM/FRAUD
November 8 & 29, Wednesday @ 10am & 1pm: Medicare Alert 2024 with Jim Skies of Sikes & Associates.
November 13, Wednesday @ 10:00am: Food Hop at Carter Senior Center
December 4, Monday @ 10am: Field Trip to the Tennessee Theatre for Musical Monday. (Tentative)
December 6, Wednesday: CSC Christmas Party
Senior Walk—Maryville Greenway

Date: September 19th, 2023, Tuesday       Time: 9:30 AM

Location: Springbrook Pavilion,  Distance: 2 miles
1561 Dalton Street Alcoa, TN 37701

Join Judy and April for a Senior Walk at the Maryville Greenway. Walk begins at Springbook Pavilion. These trails have plenty of trees, benches and squirrels everywhere! There are plenty of picnic tables if you want to bring your lunch or you can join us after the walk for a delicious Mediterranean meal at the locally owned Yassin’s Falafel House (Dutch-treat) and only 5 minutes from our walk. Located at 12 Hamilton Crossing Dr, Alcoa, TN 37701.

If you are interested in attending, please RSVP by calling (865) 288-3761 or emailing seniorservices@knoxcounty.org.
Senior Walk

Ijams & Forks of the River Walk

**Date:** Tuesday, October 17, 2022  
**Time:** 10:00 AM  
**Location:** Ijams Nature Center, 2915 Island Home Ave., Knoxville, TN 37920

Join us on Tuesday, October 17 when we will begin by walking a portion of the Will Skelton Greenway spanning through Ijams Nature Center and Forks of the River Wildlife Management area operated by TWRA (Tennessee Wildlife Resource Agency). This walk will be approximately 3 miles in length. We will meet up at the Ijams Welcome Center (2915 Island Home Ave) at 10:00 AM. The walk will be over paved and graveled trails. There are few places to sit and rest along the way but be prepared for some walking. Wear appropriate footwear and bring bottled water for hydration. Feel free to bring a brown bag lunch and enjoy Ijams Nature Center after the walk. This walk will be lead by Darrell Gooding, Coordinator at West Knox County Senior Center and Eilene Collins, Floating Assistant. To RSVP call 865-288-3761 or email Senior.Services@KnoxCounty.org.
The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don’t forget the rummage sale. It’s a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don’t let worry kill you off – let the Church help.

Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.

For those of you who have children and don’t know it, we have a nursery downstairs.

The Rector will preach his farewell message, after which the choir will sing 'Break Forth Into Joy'.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

Potluck supper Sunday at 5pm – prayer and medication to follow.

The church will host an evening of fine dining, super entertainment and gracious hospitality.

At the evening service tonight, the sermon topic will be ‘What is Hell?’ Come early and listen to our choir practice.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7pm there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Low Self-Esteem Support Group will meet Thursday at 7pm. Please use the back door.

The Associate Minister unveiled the church’s new tithing campaign slogan last Sunday: 'I Upped My Pledge – Up Yours.'

This being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the altar.