Meet Aliyete Nishimwe, our New Assistant at South Knoxville Center!

Aliyete is the precious soul you will encounter as you walk into our Center’s door or call on the phone. She is a breath of fresh air, doing an amazing job, and is a wonderful addition to our SKSC family.

Come in to enjoy all we have to offer and make sure to introduce yourself to Aliyete while you are here!

Instructors Needed

The South Knoxville Senior Center is looking for instructors and we need your help!

We are searching for exercise instructors to add to the exercise classes we currently offer at the Center. We are open to most any exercise program but are particularly looking for a Yoga instructor. We also are willing to work with instructors skilled in other areas like with musical instruments, art disciplines, wood working, ceramics, and the list goes on!

If you know someone who might be interested in helping, call the Center at 865-573-5843.

Center Hours

Monday-Friday 7:30-4:00
Pool Hours 7:30-3:30
* Pool closes daily for lunch from 12:00-12:30

Pool Closed for Cleaning

The pool will be closed August 28th through September 4th for cleaning.
Sorry for the inconvenience

The Center will be closed on the following day:

July 4th in observance of Independence Day
Current Field Trips

Elvira’s Café
Wednesday, July 28th
10:30-3 PM
Enjoy some classic southern cuisine with a European twist while taking in a beautiful view of the Great Smoky Mountains and Wears Valley.

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

Brushy Mtn. State Pen.
Wednesday Aug. 16th
8-2 PM
$43 upfront
Join us as we take a 2 hour tour through this historic facility led by past workers or non-violent inmates. Viewing a short documentary and lunch is also included.

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

Crafts with Susanne

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

Tuesday, July 18th 10 AM
Trivets
Bring your own fabric

Tuesday, Aug. 1st 10 AM
Wooden Bead Flowers
$2 donation requested

Tuesday, Aug 15th 10 AM
Mini Book Stack
$2 donation requested

Who’s Interested In:

Dominoes!!
If you are interested in playing Mexican Train Dominoes at the Center, call us at 865.573.5843 and sign up! We’d love to get that going again at SKSC!

Chess!!
Do you play chess or want to learn how to play? Call the Center at 865.573.5843 to sign up today and we’ll try to get a time and day that works best for everyone.

Trivia Pursuit!!
Do you like the game of Trivia Pursuit? Want to play it with some new friends at SKSC? Call the Center at 865.573.5843 today and we’ll try to get a time and day that works best for everyone.

Crochet!!
What about crochet? Have you ever wanted to learn how to crochet or would like to work on your own project in the company of some people your age with similar interests? Call the Center at 865.573.5843 and let us know you are interested and we’ll get this program started, as well.
FUTURE Field Trips

- **Cades Cove**
  - September 15th

- **Carvers Apple Orchard**
  - October 6th

- **Cumberland Playhouse**
  - November 21st

- **Sevierville Buc-ee’s**
  - December 11th

RSVP 865.573.5843

Pool Closed for Cleaning

The pool will be closed from August 28th through the Labor Day Holiday on September 4th for its bi-annual cleaning. We are sorry for any inconvenience this may cause.

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.

Bingo

BINGO games are every 1st and 3rd Monday of the month from 10:00-11:00 a.m.

Movie Matinee

Come enjoy a movie with us every 1st Monday of the month at 1 pm.

Red Hats

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

Gospel

Gospel Music time is every 4th Monday of the month at 1 pm. Come out and join the fun!

Toenail Trimming

Toenail trimming is available by appointment only every 3rd Wednesday of the month for $13.

End of Summer Cookout

Join us for an end of the summer cookout as part of the South Knox Opry on August 17th. Enjoy good food and music with the meal starting at 10:30 am.

Quilting

Come join the fun with this group of quilt lovers working on group projects or an individual masterpiece.

Mondays and Wednesdays at 11:00
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 a.m. $5 per class**

Walking Path

A safe, paved, and flat walking path around the Center. 5 times around equals 1 mile.
AGING ADULT RESOURCE FAIR

WHEN
Friday, July 21, 2023
10am-2pm

WHERE
South Knoxville Senior Center
6729 Martel Lane, Knoxville, TN 37920

FEATURING
Prescription Take Back
Document Shredding
(Two legal boxes of documents per person)

Join us to learn more about organizations, programs, and businesses that provide support and services for aging in Knox County! It is never too early to prepare for yourself or a loved one and avoid the stress of trying to gather information in a time of crisis!

If you would like to help educate and inform our community as a vendor, please contact Detective Nina Hummel at nina.hummel@knoxsheriff.org or Misty McPhetridge with MDC at mmcpchetridge@metrodrug.org, sign up is free!
**July 2023**

*Daily Schedule Remains the Same. Special Events Are Listed by Date.*

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<td>Art Social</td>
<td>9:00 South Knox Opry</td>
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**July 3**
- 10:00 Bingo
- 1:00 Movie Matinee

**July 4**
- The center is Closed!

**July 5**
- 9:00 Senior Information and Referral

**July 6**
- 9:00 Beltone

**July 7**
- 9:00 Senior Q & A w/Teja

**July 10**
- 9:00 Senior Q & A w/Teja

**July 11**
- 1:00 Warning Signs of Alzheimer’s Presentation

**July 12**
- 9:30 Senior Walk at UT Gardens.
- 10:00 Crafts w/Susanne
- 10:30 Red Hats Meet for Lunch

**July 13**
- Toenail Trimming by appt.

**July 14**
- No Ballroom Dancing!
- 10:00–2:00 Aging Adult Recourses

**July 17**
- Bingo
- 10:00 Bingo

**July 18**
- 12:00 Ice Cream Social!
- 1:00 Gospel Singing!

**July 24**
- 10:30 Trip to Elvira’s Cafe

**July 25**

**July 26**

**July 27**

**July 28**
- 10:30 Trip to Elvira’s Cafe

**July 29**

**July 30**

**July 31**

**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
**2023 August Calendar**

**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**

*Daily schedule remains the same. Special events are listed by date.*

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**1st of the month:**
- **1st:** End of the summer!

**8th of the month:**
- **8th:** We're Having a COOKOUT!

**15th of the month:**
- **15th:** 9:00 Senior walk at CONCORD PARK
- **15th:** 10:00 Crafts with Susanne

**22nd of the month:**
- **22nd:** Pool Closed For Cleaning!
- **22nd:** 1:00 Gospel Singing!
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
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
CONCORD PARK GREENWAY

AUGUST 15TH @ 9:00 AM

MEET AT THE COVE PARK PAVILION
11808 S. NORTHSHORE DRIVE, 37922

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.
SCAM ALERT

Financial exploitation can occur in a variety of ways.
Be safe and don’t give out personal information to anyone you don’t know.

Some common SCAMS include:

* IRS Scams * Mortgage Scams
* Securities/Investment Scams * Real Estate Scams
* Romance Scams * Mail Delivery Scams
* Lottery Scams * Gift Card Scams

AARP Fraud Watch Network Helpline: 877-908-3360

Our toll-free service is available Mon. - Fri., 8 a.m. to 8 p.m. ET