South Knoxville Senior Center

The Party Line

September-October 2023

6729 Martel Lane
Knoxville, TN 37920
865-573-5843
Knoxcounty.org/seniors/

Songs for the Ages

Enjoy a unique uplifting low bass a capella program of patriotic medleys, classic show tunes, songs for sweethearts, retro theme songs and more!

Dave Becker has a rich background in vocal performance and now spends his time entertaining seniors and passing on his message of peace through “Just HELP”

Enjoy some great music and lite snacks sponsored by Farm Bureau Health Plans

Tuesday, September 26th at 11 AM.

Chili Feed

Let’s eat some chili!! October is a great time for chili so stop on by October 25th and enjoy some home cooked chili! Reams Drugs is sponsoring this event with White Bean Chicken Chili and Corn Bread, along with some of our very own seniors’ contributing their best chili! If you want to add to the menu, let us know at 865-573-5843

Wednesday, October 25th
11-1 PM

Center Hours

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

Thunder and Lightning Policy

For your safety, the pool will close for 1 hour after the appearance of thunder or lightning at the Center.

The Center will be closed on the following days:

September 4th in observance of Labor Day
October 13th at 11:30 am for Staff Development
Current Field Trips

StateMint Consignment Sale & Pizza Inn

Thursday Sept. 28th 9:30-1:30 PM
Enjoy this pop-up show to find deals on clothes you’ll actually love wearing!
RSVP at the front desk or call 865-573-5843

Carver’s Orchard and Applehouse Restaurant

Friday October 6th 10—1:30 PM
Enjoy nature’s beauty in the hills of Cosby, TN and the taste of American classics & apple-based treats. Don’t forget to bring some apples home!
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 September and October. Check out some details below and make sure to RSVP at 865-573-5843

Tuesday, Sept 5th 10 AM
Decoupage Clothespins
Bring fun paper

Tuesday, Oct 3rd 10 AM
Textured Pumpkin

Guest Crafters!!

Crafting for a Cure!
Join Kris Brinkmeier for a fun, Fall craft on Tues, Sept 19th at 10 AM
$5 donation requested and all proceeds go toward the fight against Alzheimer’s.
RSVP at 865-573-5843 or at the front desk.

Tuesday, Sept 5th 10 AM
Dragonfly Bead Craft
Join Cindy for a fun bead craft. She will guide you on how to make a dragonfly keychain or window hanging using beads and wire. No previous experience working with crafting beads is necessary.
Tues, Oct. 17th at 10 AM
FUTURE Field Trips
Cumberland Playhouse
November 21st
Sevierville Buc-pee’s
December 11th
RSVP 865-573-5843

Reams Drugs Vaccine Clinic
Reams Drugs will hold a vaccine clinic on Thursday October 10-12
Vaccines Available:
- Flu
- Shingles
- Pneumonia
Please make sure to Sign-up for which vaccines you’d like to have or call 865-573-5843

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

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.

Crochet
Crochet class has started on the 1st and 3rd Friday’s of the month. Come and learn or work on your own project.

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

New Exercise at SKSC
Are you wobbly on your feet? Come out and join our new stability class Wobblin’ Weebles Balance Class taught by our very own Danyell Schoene!
Tuesdays at 10:30 AM Starting September 12th
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.
Opportunities at SKSC to get your Medicare questions answered:

Oct 9th @ 10:00 Humana ANOC (Annual Notice of Change)
Teja Cain of Core Insurance Advisors will be presenting ANIC for a Humana Gold Plus plan for 2024. Sales materials and information will be available. Q&A session will follow after the presentation. If you cannot make the meeting, you can make personal appointment with Teja by calling 865-661-4451.

Oct 17th @ 2:00 PM Cigna Medicare HMO Advantage Plan Sales Seminar
Teja Cain of Core Insurance Advisors 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. If you cannot make the meeting, you can make a personal appointment with Teja by calling 865-661-4451.

Oct 18th @ Noon Humana What is New for 2024
Rebecca Watts of Humana will explain what is new in 2024 and have Q&A afterwards. If you cannot make the meeting, you can make a personal appointment with Rebecca by calling 865-228-5605.

Oct 27th @ 12-4 United Health Care
Bonnie Fennell of United Health Care will explain what United Health Care has to offer for your Medicare needs. If you cannot make the meeting, you can make a personal appointment with Bonnie at bonita_l_fennel@uhc.com.

Oct 31st @ 10:00 Devoted Sales Seminar
Teja Cain of Core Insurance Advisors will be presenting a plan 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. If you cannot make the meeting, you can make a personal appointment with Teja by calling 865-661-4451.

Nov 30th @ 8:30-3:30 Office on Aging AMOS Medicare Open Enrollment Appointments
LeShea Pridham of AMOS will hold private appointments at SKSC during this time. For an appointment call 865-524-2786.
South Knoxville Senior Center
Yard-Craft-Bake Sale

Friday, September 22, 2023
8:00 am to 2:00 pm
6729 Martel Lane, Knoxville TN 37920

Yard sale slots available outside for $10,
craft sale 6' tables available inside for $12,
Bake sale sponsored by Tiny Stitches Quilting Group

Reserve your slot by calling 865-573-5843 or
email Susanne.Huff@knoxcounty.org
South Senior Center flu shot day is October 5th from 10:00-12:00 with the shots being administered by a pharmacist from Reams Drug Store. Shingles, Covid Boosters and Pneumonia shots are available but you must sign up for those at least 2 days prior to the shot day. Thank you!

Reams Drug Store is a Family locally owned Drug Store in Powell! We Have Free Delivery in and around the Knoxville area!

Call us at 865-947-5235 for pricing or come by to see us at 604 E Emory Road in Powell TN. We may be able to save you some MONEY on your medicine!!!! We have multiple packaging options available to help you manage your medicine.

Let us provide you with the best service in the Knoxville Area!!!!!
Home Instead presents:
Fall into Crafting for a Cure
Tuesday, September 19th
10am

We will be making wooden ghosts, pumpkins or Frankenstein, your choice!

Minimum $5 donation with all proceeds donated to find a cure for Alzheimer's.
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**Sept Calendar**

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

2023

*Daily Schedule Remains the Same. Special Events are listed by date.*

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<tr>
<th>1</th>
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<tr>
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<td>Labor Day</td>
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<td>5</td>
<td>10 AM Crafts W/ Susanne</td>
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<td>6</td>
<td>8:30 -10:00 AM Beltone Information &amp; Referral Grandparents Day</td>
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<td>7</td>
<td>9:00 AM Senior</td>
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| 11 | 9:00 Senior Q & A w/ Teja |
| 12 | 10:30 AM Wobblin’ Weebles w/Danyell |
| 13 | 10:30 AM Red Hats Meet for Lunch |

| 19 | 9:30 AM Maryville Greenway walk RSVP at Front Desk |
| 20 | 10:00 Crafting for a Cure |
| 21 | Toenail Trimming by appt. |

| 25 | 12:00 Ice Cream Social 1:00 Gospel Singing! |
| 26 | 10:30 AM Wobblin’ Weebles w/Danyell |
| 27 | 11:00 AM Dave Baker “Songs for the ages” |

| 28 | 9:30 AM StateMint Consignment Sale Field Trip |
| 29 | 8:00-2:00 PM Yard-Craft Bake |

**Center Hours** 7:30-4:00 PM
**Pool Hours** 7:30-3:30 PM
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2 10 AM Bingo

3 10 AM Crafts with Susanne
10:30 AM Wobblin’ Weebles w/Danyell

4

5 9 AM Senior Information & Referral
10 AM- 12 PM vaccinations w/Reams Pharmacy

6 10 AM Carvers apple Orchard Field trip
10 AM Crochet Class

9 10 AM Humana: Annual Notice of Change w/Teja from Core Insurance

10 10:30 AM Wobblin’ Weebles w/Danyell
10:30 AM Red Hats Meet for Lunch

11

12

13 The center will close at 11:30 AM for staff retreat

16 10 AM Bingo

17 9 AM Senior walk at 11mas Forks of the River
10 AM Crafts w/Cindy
10:30 AM Wobblin’ Weebles w/Danyell
2 PM Cigna Presentation w/Teja from Core Insurance

18 12 PM Humana Q & A w/Rebecca Watts
Toenail Trimming by appt.

19

20 10 AM Crochet Class

23 12 PM Ice Cream Social
1 PM Gospel Singing!

24 10:30 AM Wobblin’ Weebles w/Danyell
10 AM— 11 PM Tax Relief/Freeze Presentation

25 11 AM— 1 PM Chili Feed

26

27 12-4 PM United Health Care Presentation

30

31 10 AM Devoted Sales Seminar w/Teja Core Insurance
10:30 AM Wobblin’ Weebles w/Danyell
Senior Walk—Maryville Greenway

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

Location: Springbrook Pavilion,  Distance: Two 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 lunch dutch treat delicious Mediterranean meal at the locally owned Yassin’s Falafel House 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.
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 Eileen Collins, Floating Assistant. To RSVP call 865-288-3761 or email Senior.Services@KnoxCounty.org.
"S.A.I.L.* DAY IN THE PARK"
FRIDAY, SEPT. 15, 2023
10:00 A.M.

COME JOIN US FOR THE 3RD ANNUAL
S.A.I.L. DAY AT LAKESHORE PARK
FOR A FUN HOUR OF EXERCISE, GREAT MUSIC,
VARIOUS EXHIBITS (SEE BELOW),
FOOD TRUCK, ICE CREAM TRUCK,
RAFFLE DRAWING, & OTHER GIVEAWAYS.

EXHIBITS presented by:

*Stay Active &
Independent for Life

- doTERRA - Leah Crawford
- Equalize Sports & Therapeutic Massage - Ingrid Beverly
- Knox Physical Therapy - Dr. Lee Easley
- Lakeshore Park Conservancy - Julieanne Foy
- LifeWave - Ann Lorimer
- The Empirical Herbalist - Ruth Shelton

KNOX COUNTY TENNESSEE HEALTH DEPARTMENT
ETHRA East Tennessee Human Resource Agency
AAAD