Senior Angel Tree

The Senior Angel Tree is back thanks to the CAC and South Knoxville Senior Center gets to help again this year!

Our Center will have 5 seniors in need that we are blessed to help brighten their holiday season.

Beginning November 6th, we will be collecting specific items needed that have been identified by their social workers.

Friendsgiving Meal

Hi Friends!
Let’s celebrate the blessing of our SKSC family together with a Friendsgiving Meal!
November 15th beginning at 11:30.

The meal is free but you must have a ticket to attend!
Stop by the front desk at the Center for your ticket.
Menu includes:
Turkey stuffing casserole, green beans, potatoes, rolls, and pumpkin pie

The Center will be closed on the following days:
Nov 10th in observance of Veterans Day
Nov 23rd and 24th in observance of Thanksgiving
Dec 25th and 26th in observance of Christmas

Happy Thanksgiving!
Christmas Party
And Pictures
With Mr. & Mrs. Claus
(aka Phil and Janet Word!)

Come enjoy some Christmas snacks and get your picture taken with the Claus family during our South Knox Opry Thursday, Dec 14th 9-12 PM

Crafts with Susanne

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

Tuesday, Nov 7th 10 AM
Fall Gnomes
Bring Embellishments

Tuesday, Dec 5th 10 AM
Hydro Dipped Ornaments

Guest Crafter!!
Holiday Cards

Join our very own Karen Seeley and make some holiday/winter cards with stencils!

Tues, Dec 19th at 10 AM
RSVP at 865-573-5843 or at the front desk.

Beltone

Michael Murphy will be at the Center on December 7th 8:30-10 AM
He will help check your hearing aids, clean them, and give you direction with hearing issues.

UHC Complete Care Plus

Teja will be presenting a new UHC Complete Care Plan for 2024. This is a Chronic Special Needs plan specifically designed for those with Cardiovascular Disorders, Chronic Heart Failure, or Diabetes. Sales materials and information will be available.

Nov. 13th at 10 AM
S’more Movie Time!

Come out and enjoy S’MORE fun time with your SKSC family as we watch The Great Outdoors.

Monday November 6th
11:30 AM

We will have S’more Pies and Popcorn to satisfy your movie cravings and enjoy this 1988 comedy starring Dan Aykroyd and John Candy.

Mark your calendars and don’t miss the fun!

Questions with Penny

Penny Mayo with Farm Bureau Health Plans, will be here on Monday, November 6th at 9 AM to answer your questions about their Medicare plans.

Penny will also be sponsoring BINGO that day at 10 AM so make sure to come out, get your Medicare questions answered, and enjoy a rousing game of Bingo.

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.

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.

Balance Fair

Thursday, Nov. 16th
9AM-12PM

(See attached flyer for details)
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 8:45-9:45  $5 per class**

Walking Path

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

Wobblin’ Weebles Stability Class

Learn how to not fall down and activate your core muscles.  **T 10:30**
## November 2023

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

**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**

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### Daily Schedule

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
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</table>
| 7:30 AM Free Swim  
9:00 AM Water Aerobics  
11:00 AM Water Aerobics  
11:30 AM Quilting  
12:00-12:30 PM Pool Closed  
12:30 PM Free Swim  
2:00 PM Aquaball  
3:00-3:30 PM Free Swim  
Jigsaw Puzzle All Day | 7:30 AM Free Swim  
8:45 AM Cardio, Strength & Stretch  
9:00 AM Water Aerobics  
10:30 AM Wobbly Weboballs  
12:00-12:30 PM Pool Closed  
12:30 PM Free Swim  
1:00 PM Chair Volleyball  
1:00 PM Croquet  
1:00 PM Water Aerobics  
2:00 PM Aquaball  
3:00-3:30 PM Free Swim  
Jigsaw Puzzle All Day | 7:30 AM Free Swim  
9:00 AM Mixed Media  
Art Social  
11:00 AM Water Aerobics  
11:00 AM Quilting  
12:00-12:30 PM Pool Closed  
12:30 PM Free Swim  
1:00 PM Cards  
1:00 PM Cardio Drumming  
1:00 PM Water Aerobics  
2:00 PM Aquaball  
3:00-3:30 PM Free Swim  
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12:30 PM Free Swim  
1:00 PM Cards  
1:00 PM Water Aerobics  
2:00 PM Aquaball  
3:00-3:30 PM Free Swim  
Jigsaw Puzzle All Day |

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**November Fun**

- **1** 9AM-12PM Tech Smart
- **2** 9AM Senior Information & Referral  
  9AM-12PM Tech Smart
- **3** 9AM-12PM Tech Smart  
  10AM Crochet Class
- **4** Center closed for Veterans Day
- **5** 10AM Crochet Class
- **6** 9AM Questions w/ Penny from Farm Bureau  
  10AM Bingo  
  11:30 AM Movie & S’mores  
  Senior Angle Tree Starts!
- **7** 10AM Crafts w/ Susanne
- **8** November  
  11AM-1PM Friends-Giving Party! Free ticket required  
  Toenail Trimming by appt.
- **9** 9AM Free Balance Eval by Benchmark PT
- **10** 10AM Crochet Class
- **11** 10AM Bingo  
  10AM UHC Complete Care  
  10AM Crafting w/ April!
- **12** 10:30AM Red Hats Meet for Lunch
- **13** 11AM-1PM Friends-Giving Party! Free ticket required  
  Toenail Trimming by appt.
- **14** 9AM Cumberland Playhouse Field Trip  
  10AM New Harvest Park-Senior Walk
- **15** 9AM Cumberland Playhouse Field Trip  
  10AM New Harvest Park-Senior Walk
- **16** 9AM Cumberland Playhouse Field Trip  
  10AM New Harvest Park-Senior Walk
- **17** 10AM Crochet Class
- **18** 10AM Crochet Class
- **19** 10AM Crochet Class
- **20** 10AM Crochet Class
- **21** 10AM Crochet Class
- **22** 10AM Crochet Class
- **23** 10AM Crochet Class
- **24** 10AM Crochet Class
- **25** 10AM Crochet Class
- **26** 10AM Crochet Class
- **27** 10AM Crochet Class
- **28** 10AM Crochet Class
- **29** 10AM Crochet Class
- **30** 10AM Crochet Class
South Knoxville Senior Center  
6729 Martel Lane  
Knoxville TN 37920  
865-573-5843  
www.knoxcounty.org/seniors

**DECEMBER 2023**

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

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<td>9:00 Mixed Media</td>
<td>9:00 South Knox Opry</td>
<td>8:45 Cardio, Strength &amp;</td>
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<tr>
<td>11:00 Water Aerobics</td>
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<td>12:00-12:35 Pool Closed</td>
<td>Stretch</td>
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<td>11:00 Quilling</td>
<td>10:30 Wobblin’ Weebles</td>
<td>11:00 Quilling</td>
<td>12:00-12:35 Pool Closed</td>
<td>9:00 Water Aerobics</td>
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<td>9:00 South Knox Opry</td>
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<td>1:00 Water Aerobics</td>
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<td>12:00-12:35 Pool Closed</td>
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<td>2:00 Aquaball</td>
<td>1:00 Chair Volleyball</td>
<td>1:00 Hand &amp; Foot Cards</td>
<td>1:00 Cards</td>
<td>12:30 Free Swim</td>
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<tr>
<td>3:30-3:30 Free Swim</td>
<td>1:00 Cards</td>
<td>2:00 Line Dance</td>
<td>1:00 Cards</td>
<td>1:00 Water Aerobics</td>
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<tr>
<td>Jigsaw Puzzle All Day</td>
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| 1                        | 10 AM Crochet Class      | 1                        | 10 AM Crochet Class      |
| 4                        | 10 AM Crafts W/ Susanne  | 5                        | 10 AM Crafts W/ Teja     |
| 10AM Bingo               | 10 AM Crafts W/ Karen    | 11 AM Senior Q&A w/Teja  | 10AM Buc-ee’s Field Trip |
| 11AM Senior Q&A w/Teja   | 10:30 AM Red Hats Meet for Lunch |
| 10AM Buc-ee’s Field Trip | 12:30 AM Christmas Party w/ Mr. & Mrs. Claus |
| 14                       | 10AM Crochet Class       | 15                       |
| 18                       | 10:00 AM Bingo           | 16                       |
| 19                       | 10AM Crafts w/Karen      | 17                       |
| 20                       | 5:30 PM Senior Christmas Lights Walk |
| 21                       | Toenail Trimming by appt. | 22                       |
| 25                       | Center closed for Christmas! | 26                       |
| 26                       | Center closed for Christmas! | 27                       |
| 27                       |                           | 28                       |
| 29                       |                           |                          |

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
Hey Musicians!!!

We are seeking pickers and grinners for South Knox Opry music jam!

Musicians in country, bluegrass, and gospel, playing acoustic music are welcome.

Must be 50 years of age or older.

Location: South Knoxville Senior Center, 6729 Martel Lane, Knoxville, TN 37920

Time: Thursdays, 9am-noon

Join us for a fun and friendly music jam!

Share with your friends who love music!
Knox County Senior Centers follow the Knox County Schools inclement WINTER/SNOW weather delay and closings.
Last year, the CAC Office on Aging provided over 1,600 gifts to local seniors in need, brightening their holiday season with a little cheer from caring neighbors. This year's Senior Angel Tree will begin on Monday, November 6.

This enormous effort is only possible through the help of volunteers. The Retired & Senior Volunteer Program (RSVP) puts in hundreds of hours to make the Senior Angel Tree happen. What can you do? Volunteers help us call each recipient in October to confirm their wish list and develop a short bio. They also help us wrap all the presents in December when they start arriving!

Contact RSVP to volunteer:
rsvp@knoxseniors.org
865-524-2786
Could you be at risk for falls?

Join Results Physiotherapy and Benchmark Physical Therapy for a BALANCE FAIR at the SOUTH KNOX SENIOR CENTER

Thursday, November 16th • 9AM - 12PM
6729 Martel Lane • Knoxville, TN 37920

We will be offering 15 minute balance screens with a licensed physical therapist that will include:
- Balance and gait testing
- Fall prevention education

Recommendation on whether physical therapy could help reduce fall risk and if the senior center’s balance class would be a safe option.
Join us at New Harvest Park (4775 New Harvest Lane, Knoxville 37918) for the walking group’s monthly walk. New Harvest Park features a 1.1-mile scenic walking loop that is both on paved and natural surfaces. The greenway skirts along the wooded hillside and loops back to the parking area. Water and snacks will be provided by Teja Cain with Core Insurance Advisors. Following our walk, join us for some lunch at The Diner at Twister’s (5831 Washington Pike, Knoxville 37918). Be sure to RSVP by leaving a message at 865-288-3761 or you can email seniorservices@knoxcounty.org
Join Susanne, April and Judy for our 
Senior Christmas Lights Walk

The Cove at Concord Park
11808 S. Northshore Drive, 37922

December 19th, 5:30 p.m.

RSVP to: 
seniorservices@knoxcounty.org
or call 865-288-3761
KNOX COUNTY SENIOR SERVICES

SENIOR WALKING GROUP SOCIAL

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available. Coordinators from our six senior centers will also be on hand to answer any questions you may have.

KARNS SENIOR CENTER
8042 Oak Ridge Hwy
Wednesday,
January 17th, 3:00 to 5:00pm

Questions? Call (865) 288-3761 or email seniorservices@knoxcounty.org
The goal...

A wreath on each Veterans' headstone in the three Veterans' cemeteries in Knox County. There is no Federal or State funding for this effort.

You can help with a donation of $17 per wreath.

Please donate at knoxwreaths.org • click on Optimist Club of Knoxville

or

mail this flyer and check payable to Wreaths Across America
KNOXWREATHS
PO Box 50054, Knoxville, TN 37950
Hosted by
American Legion Post 2

Knoxville's 98th Veterans Day Parade
Friday, Nov. 10th, 2023
10:40 AM
Gay Street

Special guests: Challenger and the Budweiser Clydesdales