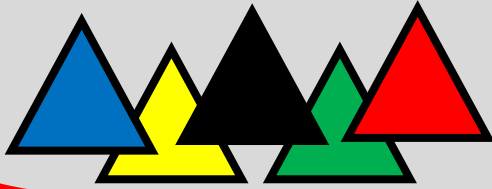


Corryton Senior Center Connection



May/June 2024 Newsletter

Corryton Senior Center



9331 Davis Drive, Corryton, TN 37721

865-688-5882

Hours: 7:30am to 4:00pm, Mon-Fri

www.knoxcounty.org/seniors/

Sarah Gault, Coordinator

sarah.gault@knoxcounty.org

Jessica Sexton, Assistant

jessica.mccall-sexton@knoxcounty.org

MEMORIAL DAY

HONORING ALL WHO SERVED



The center will be CLOSED:

Monday, May 27: Memorial Day

Wednesday, June 19: Emancipation Day



CORRYTON SENIOR CENTER
 9331 DAVIS DRIVE
 CORRYTON, TN 37721
 (865)688-5882
 HOURS: 7:30 a.m. to 4:00 p.m. Mon-Fri

May 2024



Mon	Tue	Wed	Thu	Fri
<p>*NEW PROGRAM*</p> 	<p>Senior Walk Darrell & Cindy Seven Islands Birding Park</p> <p>Tues, May 21st @ 9:30am</p> <p>Bring a Brown Bag Lunch!</p>	<p>1 10:00 Dominoes 1:00 Billiards Club 1:00 Joe Longmire Corryton History Presentation</p>	<p>2 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class</p>	<p>3 8:30 Coffee & Chat 10:00 In-Person Bingo 9:30 Tai Chi Class (Virtual Only) 11:00 Classic Exercise Class</p>
<p>6 11:30 AOA Class 1:00 Dementia Behavior Presentation 1:30 Teja Cain Medicare Q&A (Appt Only)</p>	<p>7 10:00 Marble Coffee Mug Craft 10:00 Caleb's Seminar 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>8 10:00 Dominoes 1:00 Billiards Club 1:00 Japanese Culture w/ Mana Presentation</p> 	<p>9 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class</p> <p>HMQG Project Day</p>	<p>10 8:30 Coffee & Chat 9:30 Tai Chi Class (Virtual Only) 11:00 Classic Exercise Class</p>
<p>13 11:30 AOA Class 1:00 Hillcrest Lunch & Learn</p>	<p>14 10:30 Super Seniors 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p> <p>NO AOA CLASS!</p>	<p>15 10:00 Dominoes 1:00 Billiards Club</p>	<p>16 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p>	<p>17 8:30 Coffee & Chat 9:30 Tai Chi Class (Virtual Only) 11:00 Classic Exercise Class 1:00 Mid-Day Movie</p>
<p>20 10:00 Book Club 11:30 AOA Class 1:00 Knox County ADA Presentation</p>	<p>21 10:00 Senior Walk 11:30 AOA Class 1:00 Bunco (NEW) 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>22 10:00 Dominoes 1:00 Billiards Club 1:00 Japanese Tea Ceremony w/ Mana</p> 	<p>23 9:15 Seated Yoga 9:45 Stability Class 12:00 Cardio Drumming Class 1:00 HMQG Monthly Meeting</p>	<p>24 8:30 Coffee & Chat 9:30 Tai Chi Class (Virtual Only) 11:00 Classic Exercise Class</p>
<p>27 CENTER CLOSED</p> 	<p>28 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)</p>	<p>29 10:00 Dominoes 11:30 Lunch Bunch: TN Riverboat Lunch Cruise 1:00 Billiards Club</p> 	<p>30 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class 2:30 Corryton SS Singers</p>	<p>31 8:30 Coffee & Chat 9:30 Tai Chi Class (Virtual Only) 11:00 Classic Exercise Class 1:00 Beekeeping 101 w/ Kevin Trostle Presentation</p> 

CORRYTON SENIOR CENTER
 9331 DAVIS DRIVE
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 (865)688-5882
 Hours: 7:30 a.m. to 4:00 p.m. Mon-Fri



Mon	Tue	Wed	Thu	Fri
3 11:30 AOA Class 1:30 Teja Cain Medicare Q&A (Appt Only)	4 10:00 Patriotic Cork Heart Craft 10:00 Caleb's Seminar 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)	5 10:00 Dominoes 1:00 Billiards Club 1:00 Local Author: John Grigsby Talk	6 9:15 Seated Yoga 9:45 Stability Class 1:00 Cardio Drumming Class	7 8:30 Coffee & Chat 10:00 In-Person Bingo 9:30 Tai Chi Class (Virtual Only) 11:00 Classic Exercise Class 1:00pm Card Making with Gay
10 11:30 AOA Class	11 10:30 Super Seniors 1:30 Corryton Jam Caleb's Day (7:30-4:00pm) <u>NO AOA CLASS!</u>	12 9:00 Beltone Hearing Screenings 10:00 Dominoes 1:00 Billiards Club	13 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class 2:30 Corryton SS Singers HMQG Project Day	14 8:30 Coffee & Chat 9:30 Tai Chi Class (Virtual Only) 11:00 Classic Exercise Class
17 11:30 AOA Class 1:00 Healthy Living for Your Brain & Body Presentation	18 9:30 Senior Walk 10:00 Norris Dam Field Trip 11:30 AOA Class 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)	19 <u>CENTER CLOSED</u> 	20 9:15 Seated Yoga 9:45 Stability 1:00 Cardio Drumming Class 2:30 Corryton SS Singers	21 8:30 Coffee & Chat 9:30 Tai Chi Class (Virtual Only) 11:00 Classic Exercise Class 1:00 Mid-Day Movie
24 9:00 Tech Smart 10:00 Book Club 11:30 AOA Class	25 9:00 Tech Smart 11:30 AOA Class 1:00 Bunco (NEW) 1:30 Corryton Jam Caleb's Day (7:30-4:00pm)	26 9:00 Tech Smart 10:00 Dominoes 1:00 Billiards Club 1:00 Oaks Daylily Farm Tour & Talk	27 9:00 Tech Smart 9:15 Seated Yoga 9:45 Stability 12:00 Cardio Drumming Class 1:00 HMQG Monthly Meeting	28 8:30 Coffee & Chat 9:00 Tech Smart 9:30 Tai Chi Class (Virtual Only) 11:00 Classic Exercise Class 11:00 Lunch Bunch: (Gondolier of Halls)
	<u>Tech Smart Classes</u> <u>Dates:</u> June 24th - July 1st 9:00-12:00pm	<u>Taking A Break</u> Virtual Bingo until September! Date & Time TBA	<u>LOOKING AHEAD</u> July 12th 2nd Annual Senior OLYMPICS July 16th Special Trip: Lulu's Tea Room	<u>Senior Walk</u> Robyn & Aliyete UT Arboretum Oak Ridge Tues, June 18th @ 9:00am Lunch: Woody's

CATCHING UP WITH CALEB



Exploring the Benefits of Assisted Stretching

Caleb Newsome, NASM-CPT, CES

In the realm of fitness and wellness, stretching often takes a back seat to more vigorous forms of exercise. However, the importance of flexibility cannot be overstated, as it plays a crucial role in overall health and physical performance. While self-stretching routines have long been advocated, assisted stretching is emerging as a powerful tool for enhancing flexibility, improving mobility, and preventing injury. Let's look at a few benefits of assisted stretching and why it's becoming increasingly popular among fitness enthusiasts and athletes alike.

Enhanced Flexibility and Range of Motion

By assisting individuals in achieving deeper stretches, assisted stretching can significantly enhance flexibility and increase range of motion. Improved flexibility not only enhances performance but also reduces the risk of injury by allowing muscles and joints to move more freely.

Improved Posture and Alignment

Many people suffer from poor posture due to sedentary lifestyles, prolonged sitting, or muscle imbalances. Assisted stretching can help address these issues by targeting specific muscle groups that may be tight or restricted, leading to improved posture and alignment. Through targeted stretching techniques, assisted stretching can release tension in tight muscles, alleviate muscle imbalances, and promote proper alignment of the spine and joints. This not only improves overall posture but also reduces the risk of chronic pain and injuries associated with poor posture, such as back pain, neck pain, and sciatica.

Relaxation and Stress Relief

In addition to its physical benefits, assisted stretching also provides a profound sense of relaxation and stress relief. The gentle, controlled movements involved in assisted stretching help stimulate the parasympathetic nervous system, promoting a state of relaxation and reducing stress levels.

Customized Approach to Stretching

One of the greatest advantages of assisted stretching is its ability to provide a customized approach to stretching based on individual needs and goals. Unlike generic stretching routines, which may not address specific areas of tightness or restriction, assisted stretching allows for tailored stretching protocols that address everyone's unique imbalances and limitations.

In conclusion, assisted stretching offers a wealth of benefits for individuals looking to enhance their flexibility, improve mobility, and prevent injury. From increased range of motion and improved posture to relaxation and stress relief, the advantages of assisted stretching extend far beyond the physical realm. By incorporating assisted stretching into their wellness routines, individuals can unlock their full potential and achieve a greater sense of overall well-being.

Caleb's Seminars

May 7 @ 10:00am: Exercise and Cognitive Health

June 4 @ 10:00am: Exercise and Aging

Monday

ACTIVE OLDER ADULT EXERCISE

Monday @ 11:30am
AOA

With Johnnie (\$3 instructor fee)

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



Teja Cain, Advisor

will be here first Monday's by appointment only. Sign-up required filling the first time-slot first starting at 1:30pm.

May 6

June 3

July 1- NO TEJA TODAY

August 5

BOOK CLUB

4th Mondays @ 10:00am

**Books have changed*

**Details page 17 for future books*



May 20: (third Monday)
Spy by Danielle Steele

June 24: Where the Crawdads Sing by Delia Owens

**CLOSED MONDAY,
MAY 27 FOR
MEMORIAL DAY**

MAY MONDAY SPECIAL EVENTS

Kim Warnick

Join us for these educational opportunities. Kim volunteers as an Alzheimer's Association Community Educator and is Owner of Dementia Care Solutions of East Tennessee.



May 6 @ 1:00pm

Understanding and Responding to Dementia related Behavior

June 17 @ 1:00pm

Healthy Living for Your Brain and Body

**Hillcrest at Home
Lunch & Learn
with**

Lavonda Cantrell

May 13, 1:00-2:00pm

The Difference Between "In-Home Care" & "Home Health Care"



See flyer page 13 For more details



Knox County Government

Carly Pearson

ADA Coordinator

May 20 @ 1:00pm

Come learn about the county's plan on making the county ADA compliant and her own courageous story.

Tuesday

TUESDAY

Caleb Days Every Tuesday
AOA @ 11:30am (No class 5/14 & 6/11)
Corryton Jam @ 1:30pm
Senior Service Walks: 3rd Tuesday
(See pages 15 & 16 for details)

Virtual Bingo is taking a break till
September

NEW



Tuesdays
May 21
June 25
1:00pm
Sign-up requested!

CRAFTS BY SUSANNE

Tuesdays, May 7 and June 4
10:00am

See Page 16 for details!

FIELD TRIP TO NORRIS DAM
Tuesday, June 18 @ 10:00am
CAC Bus leaves at 9:00am
Sign-up Required
SEE DETAILS PAGE 14

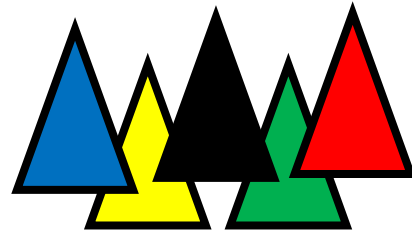
SUPER SENIORS

Second Tuesdays
10:30am
\$6 per person
Please RSVP

Join us for food, fellowship, and fun!

May 14: Cindy Petty from West Knox Sr.
Center presents
"Laughter is the Best Medicine"

June 11: Music by Mossy Creek



Caleb's Seminars

May 7 @ 10:00am
Exercise and Cognitive Health
There is a strong correlation between physical activity and cognitive function. Regular exercise has been shown to improve various aspects of cognitive health, including memory, attention, processing speed, and executive function.

June 4 @ 10:00am
Exercise and Aging
While aging is inevitable, its effects can be mitigated and managed through regular physical activity. Exercise has been shown to exert profound effects on numerous aspects of health, making it a cornerstone of healthy aging.

Wednesday

DOMINOS



**Every Wednesday
10:00am-12:00pm**
Come play or learn the
game of Mexican Train!

It's fun and there is no limit to number of participants! Our experts will be happy to teach you!

SPECIAL EVENT



**Joe Longmire
presents
Corryton History
Wednesday, May 1
1:00-3:00pm**

Joe is a 7th generation Corrytonian, living here his entire life. Growing up "downtown" beside the railroad tracks, he attended Corryton Elementary, Gibbs High School and onto the University of Tennessee and is a lifelong member of Rutherford Memorial UMC.

He and his brother were raised in is parents grocery store and went into business together in 1977 building House Mountain Market. In 1988 they bought the Midway IGA which was located on the corner of Emory/Tazewell, then built a new store in the shopping center where it is now.

His wife Becky (Hammer) were married in 1966 and raised two sons. They now enjoy their two granddaughters.

Joe loves to talk Corryton!

Join us for some HISTORY on CORRYTON!

SPECIAL EVENT

Mana Muramatsu

Japanese Outreach Initiative
with the Asian Culture Center of Tennessee

◆ **Japanese Culture Program**
Wednesday, May 8
1:00-2:00pm

No sign-up required

◆ **Tea Ceremony**

Wednesday, May 22
1:00-2:00pm

Sign-up Required/Limited to 12 seats only

You will see a demonstration of the Japanese Tea Ceremony and after the demonstration, you can make your own matcha green tea.



**Wednesday
June 12
9:00-1:00pm**
Sign-up required

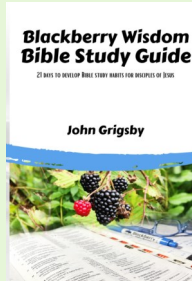
WEDNESDAY SPECIAL EVENTS CONTINUED



Local Author
John Grigsby
Wednesday, June 5
1:00-2:00pm

John is a disciple-maker who calls Corryton home. He is an avid gardener and is also a Toastmaster, Beekeeper, and proud granddad.

John has published two books relating to blackberries and the Bible. He currently hosts a podcast dedicated to creating conversations about making disciples of Jesus.



You can find John's books at [amazon.com](https://www.amazon.com) under his name. Find out more about John at blackberrywisdom.com



Oaks Daylily Farm

Wednesday, June 26
1:00pm

Tour and talk with Ken Oakes
Meet at the farm
Daylily Festival June 28 & 29, Fri/Sat



CLOSED WEDNESDAY, JUNE 19
FOR EMANCIPATION DAY

Corryton Senior Center welcomes everyone, every weekday!
There is no fee to be a part of the fun!
We offer:

FITNESS ROOM LIBRARY

OUTDOOR WALKWAY

CRAFT ROOM DARTS/BILLIARDS

EDUCATIONAL PROGRAMS

CARD GAMES EXERCISE CLASSES

INDOOR WALKWAY

PLUS MANY OTHER SOCIAL ACTIVITIES!



Looking Ahead!

(Subject to change)

July 12: Second Annual OLYMPICS

July 16: Special Trip to Lulu's Tea Room

October 8: Harvest Festival

THURSDAY

SEATED YOGA & STABILITY

Thursdays 9:15-10:15am
With Don Parsley

This is virtual from Don's studio from the senior center!
Never Miss a Session!

CARDIO DRUMMING

Thursdays @ 1:00pm
4th Thursday @ 12:00pm

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

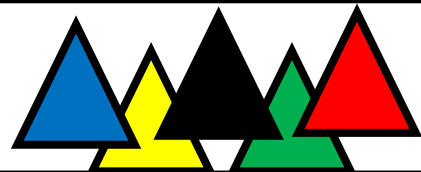
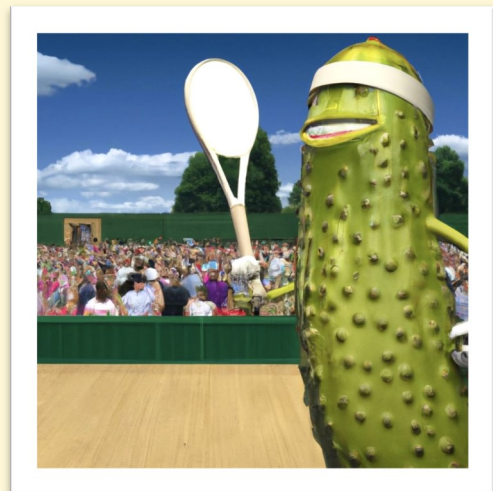
Thursdays
@ 2:30pm
May 16 & 30
June 13 & 20
(Dates subject to change)



NEW in Corryton Park

PICKLE BALL COURTS ARE HERE IN CORRYTON!

If you are a member of the Corryton Senior Center, we have rackets and balls for you to check out. We also will have basketballs to check out to play on the new surfaced BB court!
(First come, First Serve)
STAY ACTIVE!



We are open daily-Monday thru Friday
7:30am-4:00pm

Come play Billiards on Wednesdays at 1:00pm
with the new Billiards Club—everyone welcome!



Fitness Room
New stationary bikes, a New rowing machine, treadmills, weight machine, elliptical, & new free weights!

Friday

COFFEE CHAT

*Every Friday @ 8:30am
Come chit-chat and meet new friends!
Coffee provided along with treats!*

Tai Chi & Classic Exercise

GOING VIRTUAL ONLY via ZOOM

from the comfort of your own home!

Tai Chi @ 9:30 VIRTUAL ONLY

Classic Exercise @ 11:00am

(no longer at the CSC)

**Email Don Parsley to get on his
email list:**

spiritofthedragon01@gmail.com



**Beekeeping 101
with Kevin Trostle
May 31 @ 1:00pm**

See page 12 for details

LUNCH BUNCH

4th Fridays @ 11:00am

Meet at the Restaurant

If you need to carpool let us know!

***May 29 (Wednesday):**

Tennessee Riverboat

Sign-up required.

SOLD OUT!

June 28:

Gondolier of Halls

Italian Restaurant & Pizza

6951 Maynardville Pike, Knoxville, TN
37918

IN-PERSON BINGO

**Bingo! Bingo! Bingo!
1st Friday's Only
10:00am**

**Join the fun with live BINGO!
Please bring a \$5 gift.
Thank you sponsors!**



May 3

**Farm Bureau Health Plans
Penny Mayo**

June 7

**TVA Credit Union
Jessica R. Baker**



Mid-Day Movies



**Friday Mid-Day Movies @
1:00pm**

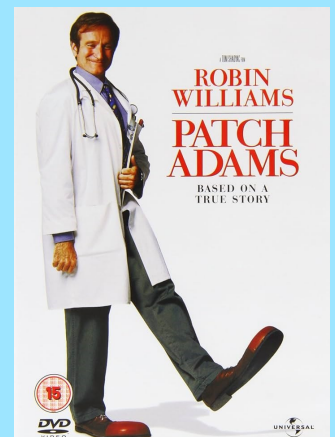
**Sponsored by
TVA EMPLOYEE CREDIT UNION
Jessisca R. Baker**

May 17: Grumpy Old Men

GRUMPY OLD MEN



June 21: Patch Adams



Card Making with Gay

Returns

June 7 @ 1:00pm

\$10 to make 6-8 cards

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



Friday continued

SPECIAL EVENT

Beekeeping 101

With Kevin Trostle

May 31, Friday

1:00-3:00pm

Have you ever thought about keeping bees?
If so, this introductory class will help you decide!

*basic bee biology

*pest management

*harvesting honey

*basic cost for clothing and equipment



HILLCREST AT HOME

Everyone Matters!

The Difference Between
"In- Home Care" & "Home Health Care."

Lunch & Learn
May 13th, 2024
1pm-2pm

- *What is Home Health Care?*
- *What is In-Home Care?*
- *Can I Use Both Home Health Care and In-Home Care Together?*
- *What are the Similarities and Differences between In-Home Care vs. Home Health Care*



*****SIGN-UP REQUIRED PLEASE*****



FIELD TRIP TO NORRIS DAM

Tuesday, June 18 @ 10:00am

Tour the Norris Hydro Plant

GO BEHIND THE SCENES AND SEE HOW THE DAM WORKS!

Tour provided by Plant Manager Erik Bodiscomassink &
Community Relations Specialist Bryan Johnson.

Starting with a video history lesson on the dam and TVA, we will then venture into the hydro plant. There are stairs and attendees must wear long pants and closed toe shoes.

Bring your own lunch and beverage. We will go to the Norris Park and have a picnic.

**SIGN-UP REQUIRED—LIMITED TOUR GROUP OF 20
CAC BUS COST TBD. Limit on bus is 15.
Option to drive yourself/carpool.**

*All personal protective equipment (hard hat, safety glasses, hearing protection) will be provided.

*Please ensure that all attendees wear long pants and closed toe shoes.

*Please keep in mind that dates can change based on forced outages or extended outages

Tech Smart Knox Seniors RE-DO

Let's try this again!

June 24–July 1

Monday–Monday

9:00am–12:00pm

Limited space of 12/Must have 8 to have the class

REGISTRATION REQUIRED

If you are interested in learning practical computer skills to meet your needs in this current electronic age, sign up for this training today.

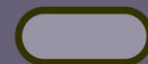
CAC will offer 18 hours of training, 3 hours a day for 6 days. This training will also include Telehealth training.

After the completion of this training you will be able to purchase a new Chromebook, bag, and mouse pad for only \$25 **IF** you haven't received one from a previous training.

Telehealth is the delivery of health care services at a distance through technology. Some benefits of telehealth include:

- Receiving care at home. This is helpful for those who cannot easily get to their doctor.
- Receiving care from a specialist who is not close by.
- Receiving care after office hours.
- Cost saving, convenient for those in rural area who do not have access to a local doctor or clinic.
- Reduced exposure to pathogens and support for people with chronic conditions.

Thank you CAC Office on Aging



Crafts with Susanne Presents:

Marble Coffee Mug!

Tuesday, May 7 at 10:00am



Beautiful crafting with nail polish!

Please bring:

***White coffee mug & Nail Polish (Dollar Tree)**

Patriotic Cork Heart!

Tuesday, June 4 at 10:00am



**Please bring a hot glue gun if you have one. (We have 3)
All other supplies are provided.**

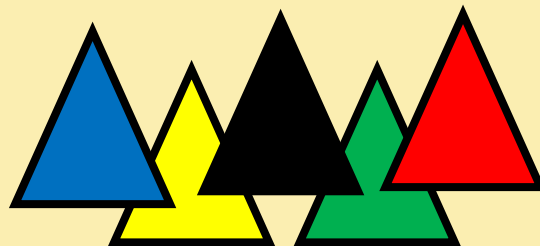


2024 Book List

Join us on the 4th Monday at 10:00am

- | | |
|--------------|--|
| July 22 | Pushing Back
by Jim Hartsell |
| August 26 | Isle of the Blue Dolphin
by Scott O'Dell |
| September 23 | The Book Woman of Troublesome Creek
by Kim Michele Richardson |
| October 28 | The Secret Book & Scone Society
by Ellery Adams |
| November 25 | The House in the Cerulean Sea
by TJ Klune |
| December 16* | TBD |

* denotes NOT the 4th Friday



KNOX COUNTY SENIOR SERVICES SENIOR WALK –MAY 21, 2024

Seven Island Birding Park Walk

Date: Tuesday, May 21, 2024

Time: 9:30 AM

Location: 2809 Kelly Ln., Kodak, TN 37764

Join us for a senior walk and birding tour at one of Tennessee's premier birding destinations, Seven Island Birding Park (2809 Kelly Ln., Kodak, TN 37764). Birding enthusiast, Mr. Robert Terrell will be leading our tour. We will meet at 9:30 AM at the parking lot at Seven Islands Birding Park and begin our walk at 9:45 AM.

Anticipate a four mile walk with some inclines and declines as well as uneven earthen paths through wooded and open terrain. Bring a brown bag lunch and enjoy lunch at the Bluebird Barn which is located adjacent to the parking entrance. Remember to wear comfortable shoes, snacks if desired, and bring your binoculars! This walk is brought to you by Darrell Gooding, Coordinator and Cindy Petty, Assistant Coordinator, from West Knox County Senior Center. To RSVP call 865-288-3761 or email SeniorServices@knoxcounty.org.



KNOX COUNTY SENIOR SERVICES SENIOR WALK—June 18, 2024

UT Arboretum Walk

901 S Illinois Ave, Oak Ridge, TN 37830

JUNE 18th at 9AM

Join us at the UT Arboretum for a fun walk! We will meet in the parking lot and then walk a couple of miles on one of the trails. Make sure to bring your water!



For lunch we will eat at Woody's, located on 114 Union Valley Rd, Oak Ridge, TN 37830. This is a 2 minute drive from the Arboretum.



Make sure to RSVP to 865-288-3761 or email

seniorservices@knoxcounty.org



A Night To
REMEMBER
SENIOR PROM CELEBRATION!

ALL SENIORS WELCOME!

LIGHT REFRESHMENTS & A DJ

FRI, MAY 10TH FROM 1PM-3PM

AT THE DOOR **\$5**

HALLS SENIOR CENTER

4405 CRIPPEN RD,

KNOXVILLE, TN 37918

\$5 AT THE DOOR

DRESS CODE: DRESS IN YOUR BEST.



2024 Senior Center Olympics



Corryton Senior Center

VS



Carter Senior Center

Ladder Ball

July 12, Friday

Chair Volleyball

M&M Game

10:00am-12:00pm

Bucket Toss

Walk 1/2 - 1 Mile

Corryton Senior Center

Darts

Corn Hole

Bean Bag Baseball

Billiards

Peanut Butter Tic Tac Toe

SAVE THE DATE!
Come and compete in one or all of our games!
Who will win the most games?
Prizes for 1st, 2nd, and 3rd Place

1960's Trivia



Which '60s musical featured the songs 'Good Morning Starshine' and 'Aquarius'?

Who became the lead singer of Creedence Clearwater Revival in 1967?

Who first recorded the song 'The Last Thing on My Mind' in 1964?

Which band released the album 'Surrealistic Pillow' in 1967?

Who scored a hit in 1969 with the song 'In the Year 2525'?

WHICH BAND RELEASED THE ALBUM 'A WHITE SHADE OF PALE' IN 1967?

Who was the lead singer of the '60s Australian folk band the Seekers?

Which country singer was killed in a plane crash in 1964?

Which band released the album 'Days of Future Past' in 1967?

In what year did Led Zeppelin release their first album?

Who wrote the theme for the '60s TV show 'The Tonight Show Starring Johnny Carson'?

Email/call Sarah or Jessica for the answers!