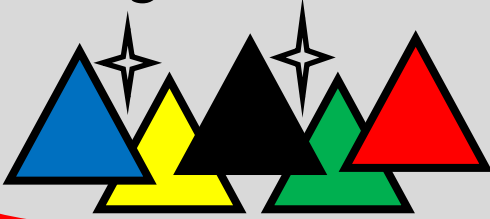


# Corryton Senior Center Connection



November/December 2024

## *Corryton Senior Center*



9331 Davis Drive, Corryton, TN 37721

865-688-5882

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

[www.knoxcounty.org/seniors/](http://www.knoxcounty.org/seniors/)

*Sarah Gault, Coordinator*

[sarah.gault@knoxcounty.org](mailto:sarah.gault@knoxcounty.org)

*Jessica Sexton, Assistant*

[jessica.mccall-sexton@knoxcounty.org](mailto:jessica.mccall-sexton@knoxcounty.org)

# VETERANS DAY

NOVEMBER 11, MONDAY

HONORING ALL  
WHO SERVED

The center will be **CLOSED**:

Monday, November 11  
Veteran's Day

Thursday/Friday  
November 28 & 29  
Thanksgiving

Tuesday/Wednesday  
December 24 & 25  
Holiday Break

*Join us Tuesday, November 12, at Super Seniors where Quilts of Valor will be presented to honored veterans.*

**ELECTION  
2024  
NOVEMBER 5**



Thank you for all of your support throughout the year. When you come through our doors we want you to feel like you are home! Enjoy your family and friends these upcoming holiday months!

Sarah and Jessica



*Happy  
Holidays*



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



**2024**

Mon	Tue	Wed	Thu	Fri
	<p><b>*Senior Walk*</b>            Tues, Nov 19th            @ 10am</p> <p>Susanne &amp; Jessica</p> <p>High Ground Park</p> <p>Lunch: The Round Up</p>	<p><b>*NO AOA CLASS*            WITH JOHNNIE            DECEMBER            10TH-31ST.</b></p> <p><b>AOA CLASS WILL            RETURN ON            JANUARY 6TH,            2025</b></p>	<p><b>*LOCAL AUTHOR*            JIM HARTSELL            AT THE            HISTORICAL            RAMSEY HOUSE</b></p> <p><b>THURSDAY,            NOVEMBER 14TH            @ 6:00PM</b></p>	<p><b>1 Fitness Room Open All Day</b>            8:30 Coffee &amp; Chat  <b>10:00 Monthly            In-Person Bingo</b>            1:00 Cardmaking            w/ Gay</p>
<p><b>4 Fitness Room Open All Day</b>  <b>11:00 Lunch &amp; Learn            w/ Comfort Keepers</b>            11:30 AOA Class  <b>1:00 Club Bunco            w/ The Clapps</b>  <b>1:30 Teja Cain            Medicare Advisor</b>            2:00 Weekly In-House            Bingo</p>	<p><b>5 Fitness Room Open All Day</b>  <b>11:00 Bottle Gnome            Craft w/ Susanne</b>            11:30 AOA Class</p> <p><b>8:00am            to            8:00pm</b></p> <p><b>VOTE            ELECTION DAY</b></p> <p><b>NO CORRYTON            JAM!</b></p>	<p><b>6 Fitness Room Open All Day</b>  <b>10:00 Jim Sikes            Medicare Appts</b>            10:00 Dominoes  <b>1:00 Jim Sikes            Medicare Appts</b>  <b>1:00 Music For            Seniors Presents:            Mark Beecher</b>  <b>2:00 Veterans Services</b></p>	<p><b>7 Fitness Room Open All Day</b>            9:15 Seated Yoga            10:00 Classic Exercise  <b>10:30 Ryan Ritter            w/ Wisdom Insurance</b>            1:00 Cardio            Drumming Class</p>	<p><b>8 Fitness Room Open All Day</b>            8:30 Coffee &amp; Chat  <b>10:00 Art Party w/            Lyndsey Ulloa Art</b></p>
<p><b>11            CENTER CLOSED</b></p> <p><b>VETERANS DAY</b>            HONOR AND RESPECT</p>	<p><b>12 Fitness Room Open All Day</b>  <b>10:30 Super Seniors:            Quilts of Valor            Veterans Celebration</b>            1:30 Corryton Jam</p> <p><b>NO AOA CLASS!</b></p>	<p><b>13 Fitness Room Open All Day</b>  <b>8:00 Teja Cain            One On One            (All Day)</b>            10:00 Dominoes  <b>1:00 Japanese            Furoshiki w/ Mana</b></p>	<p><b>14 Fitness Room Open All Day</b>            9:15 Seated Yoga            10:00 Classic Exercise            1:00 Cardio            Drumming Class  <b>2:30 Corryton SS            Singers</b>  <b>6:00 Local Author*            Jim Hartsell</b></p> <p><b>HMQG Project Day!</b></p>	<p><b>15 Fitness Room Open All Day</b>            8:30 Coffee &amp; Chat  <b>11:00 AAA Retirement            Seminar</b>  <b>1:00 Mid-Day Movie</b></p>
<p><b>18 Fitness Room Open All Day</b>  <b>9:00 Create Your Own            Craft Day (All Day)</b>            11:30 AOA Class            2:00 Weekly In-House            Bingo</p>	<p><b>19 Fitness Room Open All Day</b>  <b>10:00 Senior Walk*</b>  <b>10:00 Birds of Winter            w/ Robert Terrell</b>            11:30 AOA Class            1:30 Corryton Jam</p>	<p><b>20 Fitness Room Open All Day</b>            10:00 Dominoes  <b>10:00 Jim Sikes            Medicare Appts</b>  <b>1:00 Jim Sikes            Medicare Appts</b>  <b>1:00 CSC Bunco</b></p>	<p><b>21 Fitness Room Open All Day</b>            9:15 Seated Yoga            10:00 Classic Exercise            1:00 Cardio            Drumming Class  <b>2:30 Corryton SS            Singers</b></p>	<p><b>22 Fitness Room Open All Day</b>            8:30 Coffee &amp; Chat  <b>11:00 Lunch Bunch:            (Kobe Japanese Grill)</b></p>
<p><b>25 Fitness Room Open All Day</b>  <b>10:00 Book Club</b>  <b>11:30 AOA Class</b></p> <p><b>NO WEEKLY            IN-HOUSE BINGO!</b></p>	<p><b>26 Fitness Room Open All Day</b>            11:30 AOA Class            1:30 Corryton Jam</p>	<p><b>27 Fitness Room Open All Day</b>            10:00 Dominoes</p>	<p><b>28            CENTER CLOSED</b></p> <p><b>Happy            Thanksgiving</b></p>	<p><b>29            CENTER CLOSED</b></p> <p><b>Happy            Thanksgiving</b></p>



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



Mon	Tue	Wed	Thu	Fri
<p><b>2</b> Fitness Room Open All Day            11:30 AOA Class  <b>1:30 Teja Cain Medicare Advisor</b>            2:00 Weekly In-House Bingo</p>	<p><b>3</b> Fitness Room Open All Day  <b>11:00 Snowman Jar Craft w/ Susanne</b>            11:30 AOA Class            1:30 Corryton Jam</p>	<p><b>4</b> Fitness Room Open All Day            10:00 Dominoes</p>	<p><b>5</b> Fitness Room Open All Day            9:15 Seated Yoga            10:00 Classic Exercise            1:00 Cardio            Drumming Class  <b>2:30 Corryton SS Singers</b></p>	<p><b>6</b> Fitness Room Open All Day            8:30 Coffee &amp; Chat  <b>10:00 Monthly In-Person Bingo</b>  <b>1:00 Cardmaking w/Gay</b></p>
<p><b>9</b> Fitness Room Open All Day            11:30 AOA Class  <b>1:00 Club Bunco w/ The Clapps</b>            2:00 Weekly In-House Bingo  <b>2:00 Veterans Services</b></p>	<p><b>10</b> Fitness Room Open All Day  <b>10:30 Super Seniors: The Mossy Creek Band Christmas Celebration</b>            1:30 Corryton Jam</p> <p style="text-align: center;"><b><u>NO AOA CLASS*</u></b></p>	<p><b>11</b> Fitness Room Open All Day  <b>9:00 Beltone Hearing</b>            10:00 Dominoes  <b>1:00 Japanese Seasonal Event w/ Mana</b></p>	<p><b>12</b> Fitness Room Open All Day            9:15 Seated Yoga            10:00 Classic Exercise            1:00 Cardio            Drumming Class</p> <p style="text-align: center;"><b>HMQG Project Day!</b></p>	<p><b>13</b> Fitness Room Open All Day            8:30 Coffee &amp; Chat  <b>1:00 Mid-Day Movie</b></p>
<p><b>16</b> Fitness Room Open All Day  <b>10:00 Book Club</b>            2:00 Weekly In-House Bingo</p> <p style="text-align: center;"><b><u>*NO AOA Class*</u></b></p>	<p><b>17</b> Fitness Room Open All Day  <b>1:00 CSC Bunco</b>            1:30 Corryton Jam  <b>5:30 Senior Walk*</b></p> <p style="text-align: center;"><b><u>NO AOA CLASS*</u></b></p>	<p><b>18</b> Fitness Room Open All Day            10:00 Dominoes  <b>1:30 Chalk Talk w/ Gloria McClain</b></p>	<p><b>19</b> Fitness Room Open All Day            9:15 Seated Yoga            10:00 Classic Exercise  <b>12:00 Field Trip: Three Rivers Rambler Christmas Lantern Express</b>            1:00 Cardio            Drumming Class</p>	<p><b>20</b> Fitness Room Open All Day            8:30 Coffee &amp; Chat  <b>11:00 Lunch Bunch: (Potluck at Center)</b></p>
<p><b>23</b> Fitness Room Open All Day            2:00 Weekly In-Person Bingo</p> <p style="text-align: center;"><b><u>*NO AOA CLASS*</u></b></p>	<p><b>24</b>  <b><u>CENTER CLOSED</u></b></p> <p style="text-align: center;"><b>MERRY CHRISTMAS</b>  </p>	<p><b>25</b>  <b><u>CENTER CLOSED</u></b></p> <p style="text-align: center;"><b>MERRY CHRISTMAS</b>  </p>	<p><b>26</b> Fitness Room Open All Day            9:15 Seated Yoga            10:00 Classic Exercise            12:00 Cardio            Drumming Class</p>	<p><b>27</b> Fitness Room Open All Day            8:30 Coffee &amp; Chat</p>
<p><b>30</b> Fitness Room Open All Day            2:00 Weekly In-House Bingo</p> <p style="text-align: center;"><b><u>*NO AOA CLASS*</u></b></p>	<p><b>31</b> Fitness Room Open All Day</p> <p style="text-align: center;"><b><u>*NO AOA CLASS*</u></b></p> <p style="text-align: center;"><b>&amp;</b></p> <p style="text-align: center;"><b><u>NO CORRYTON JAM</u></b></p>		<p><b><u>*Senior Walk*</u></b>  <b>Tues, Dec 17th @ 5:30pm</b>  <b>Saraha, April, &amp; Judy</b></p> <p><b>Christmas Lights Walk Founders Park</b></p>	<p><b><u>Upcoming in 2025</u></b>  <b>International Day Monthly!</b></p> <p><b>Chili Cook Off (February)</b></p> <p><b>2nd Annual Enhance Your Life Expo (April)</b></p>

# Monday

## ACTIVE OLDER ADULT EXERCISE

**Mondays @ 11:30am**

*With Johnnie (\$3 instructor fee)*

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

**NO AOA November 11 & 12**

**NO AOA December 10-31**

AOA will return January 6, 2025!



**Teja Cain, Medicare Advisor**

**Monday, November 4**

**1:30-3:30pm**

**Wednesday, November 13**

**8:00am-4:00pm**

*(Sign-up requested)*

**Monday, December 2**

**1:30-3:30pm**

## IN-HOUSE BINGO

**FUN MONDAY BINGO with JESSICA**

**2:00-3:00pm**

**NO BINGO Monday, Nov. 25**

Play for fun and each winners name of a game will go into the BINGO POT and a name will be picked for monthly prize!

This is in-person weekly at the Corryton Senior Center!

(NOT to be confused with 1st Friday In-Person BINGO)

## MONDAY SPECIAL EVENTS

**Comfort Keepers**

**Lunch & Learn**

**Monday, November 4**

**11:00am-12:00pm**

**Join Betsy for lunch to learn about how Comfort Keepers can serve you and your family.**

**Sign-up requested**

## CLUB BUNCO

**Club Bunco with the Clapp's**

**Second Monday's**

**November 4 (1st Monday)**

**December 9 (2nd Monday)**

**1:00-3:00pm**

**Ste. B**

## Knox County

### Veterans Services Office

**Gabe Burns will be here to provide one-on-one assistance for you.**

**Mondays, 2:00-4:00pm**

**November 6 and December 9**

**Sign-up requested**

## BOOK CLUB

**Mondays @ 10:00am**

**November 25: The House in the Cerulean Sea by TJ Klune**

**December 16: Comfort & Joy, A Novel by Kristen Hannah**



# Tuesday

## ACTIVE OLDER ADULT EXERCISE

**Tuesdays @ 11:30am**

*With Johnnie (\$3 instructor fee)*

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

**NO AOA November 11 & 12**

**NO AOA December 10-31**

AOA will return January 6, 2025!

## SUPER SENIORS

**Second Tuesdays**

**10:30am**

**\$6 per person**

**Please RSVP**

**Join us for food, fellowship, and fun!**

**November 12: Quilts of Valor**

**December 10: The Mossy Creek Band Christmas Program**

**Sign-up Requested**

**You can register at the center.**

## CRAFTS BY SUSANNE

**Tuesdays**

**11:00am**

**See page 15 for details**

**November 5**

**December 3**



**Every Tuesday at 1:30pm**



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

**Everyone Welcome!**

**NO JAM NOVEMBER 5**

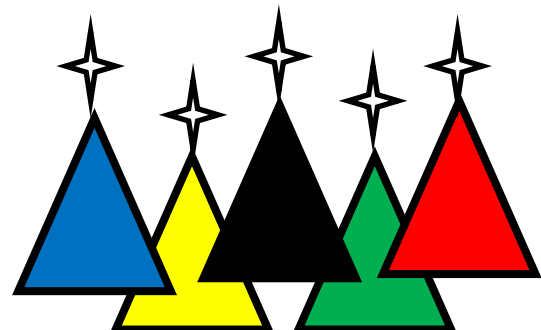
**NO JAM DECEMBER 24 or 31**

**See you on January 7**

*Who is never hungry on*

*Thanksgiving Day?*

The picture answer is located somewhere in the newsletter!





# Tuesday Continued

## BIRDS OF WINTER

**Robert Terrell**

Member of the Knoxville Chapter of the  
Tennessee Ornithological Society

**Tuesday, November 19**

**10:00-11:00am**

(Sign-up requested not required)

Robert will take you on an adventure of birding!



He has lead birding walks in the local Corryton area, and often takes groups to Seven Islands State Birding Park, He assists with the Knox County Senior walks as well providing a birding dimension to those walks. He also teaches a birding class at Pellissippi State Community College.



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

Come play Billiards



Fitness Room

Stationary bikes, a rowing machine,  
treadmills, weight machine, elliptical, &  
free weights!

Orientation required before use.



# 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!



**Jim Sikes**  
Sikes & Associates

Licensed & Certified Medicare Specialist, Jim has been working with Corryton area Medicare Beneficiaries for over 15 years. He will be holding his annual informational and enrollment meetings at the Corryton Senior Center.

**Wednesday, November 6 (2 meetings)**

**10:00am & 1:00pm**

**Wednesday, November 20 (2 meetings)**

**10:00am & 1:00pm**

## SPECIAL EVENT

**Mana Muramatsu**

**Japanese Outreach Initiative**

with the Asian Culture Center of Tennessee

◆ **Japanese Furoshiki**

**Wednesday, November 13**

**1:00-2:00pm**

◆ **Japanese Seasonal Event**

**Wednesday, December 11**

**1:00-2:00pm**

**Sign-up requested**



*What do gingerbread men have on their bed?*

A picture answer is located somewhere in the newsletter!



**Wednesday, November 20**

**1:00-2:00pm**

**Tuesday, December 17**

**10:00am-12:00pm**

**Bring a \$5 gift!**

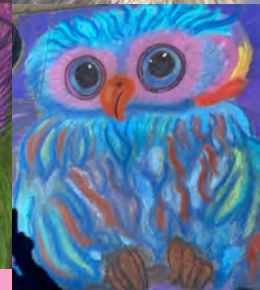
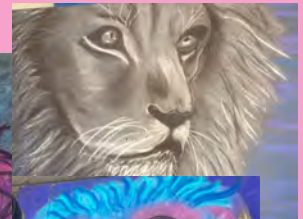
**CHALK TALK with Gloria Mclain**

**WHAT IS CHRISTMAS TO YOU?**

**Wednesday, December 18**

**1:30pm**

Join us for this unique program of hearing a story and watching it come to life by Gloria's hand with Chalk Art.





## WEDNESDAY SPECIAL EVENTS CONTINUED

MUSIC *for* SENIORS  
presents  
Frank Dycus Legacy  
FREE Daytime Concert Series

A special Veteran themed, Patriotic program with

# Mark Beecher

Wednesday, November 6th  
1:00pm - 2:00pm  
Corryton Senior Center



presented by  
**AARP**  
Tennessee



Wednesday  
December 11  
9:00-1:00pm  
Sign-up required

*How does a gingerbread man get around with a broken leg?*

A picture answer is located somewhere in the newsletter!

### BE AWARE: 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
- \*ROMANCE SCAMS
- \*SECURITIES/INVESTMENT 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

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!

You are always welcome to make suggestions on what you'd like to see happen at the center!

# THURSDAY

## SEATED YOGA

**Thursdays 9:15-9:45am**  
**With Don Parsley**

*This is virtual from Don's studio from the senior center!*  
*Never miss a session!*

## CLASSIIC EXERCISE

**Thursdays 10:00-10:30am**  
**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!



## LET'S TALK ABOUT MEDICARE!



The biggest changes to Medicare in 25+ years!!!

To learn more about your Medicare options, eligibility, and get answers to all your questions & snacks!!

**Corryton Senior Center**

Date: 11/07/2024

Time: 10:30AM- 12PM

*What's the most festive herb?*

A picture answer is located somewhere in the newsletter!

## Corryton Super Senior Singers

*Let your voice be heard and come sing with us!*

**Thursdays**  
**@ 2:30pm**  
*(Dates subject to change)*

**November 14**  
**November 21**  
**December 5**



## THREE RIVERS RAMBLER

**Thursday, December 19**

**Board at 12:00pm**  
**\$44 per Senior over 55**

**Sign-up required at center**

**See page 14 for details**



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# FRIDAY

## COFFEE CHAT

**Every Friday @ 8:30am**  
**Come chit-chat and meet new friends!**  
**Coffee provided Comfort Keepers!**

## LUNCH BUNCH

**4th Fridays @ 11:00am**  
**Meet at the Restaurant**  
**If you need to carpool let us know!**  
Sign-up requested

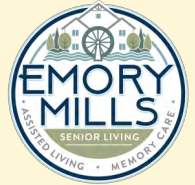
**November 22**  
Kobe Japanese Grill  
6947 Maynardville Pike, Halls  
**December 20 (3rd Friday)**  
Pot Luck at Center

## IN-PERSON BINGO

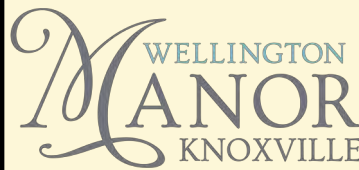
**Bingo! Bingo! Bingo!**  
**1st Friday's Only**  
**10:00am**

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

**November 1– Emory Mills**  
**Senior Living**



**December 6–Wellington**  
**Manor Knoxville**



**AAA Life Insurance Company**  
**Making Retirement Work For You**  
**Presentation by Hilary Anderson**  
**Friday, November 15**  
**11:00am**

## Mid-Day Movies

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

**Third Friday,**  
**November 15**  
**The Peanut Butter**  
**Falcon**



**The Peanut Butter Falcon**  
**is an adventure story set in the world of a modern**  
**Mark Twain that begins when Zak, a young man**  
**with Down syndrome, runs away from the nursing**  
**home where he lives to chase his dream of**  
**becoming a professional wrestler. PG-13**

## Art Party

**with Lyndsey Ullom Art**

**Friday, November 8**  
**10:00am-1:00pm**  
**\$20 instructor fee**  
**Sign-up required**

**See page 16 for**  
**details**



**Second Friday, December 13**  
**In the 1940s, a young boy named**  
**Ralphie Parker attempts to**  
**convince his parents, teacher, and**  
**Santa Claus that a Red Ryder**  
**Range 200 Shot BB gun really is**  
**the perfect Christmas gift. PG**



# KNOX COUNTY

## VETERANS SERVICES OFFICE

**THE KNOX COUNTY VETERANS SERVICES OFFICE WILL BE AT THE SENIOR CENTERS TO PROVIDE ONE-ON-ONE ASSISTANCE TO VETERANS AND FAMILY MEMBERS.**

**WE WILL EXPLAIN VA BENEFITS, ANSWER QUESTIONS, AND ASSIST VETERANS AND FAMILY MEMBERS WITH FILING FOR THEIR VA BENEFITS.**

Corryton- October 14, 2024 2:00 pm to 4:00 pm

Corryton- November 6, 2024 2:00 pm to 4:00 pm

Corryton- December 9, 2024 2:00 pm to 4:00 pm

**CALL THE KNOX COUNTY SENIOR CENTER TO  
SCHEDULE AN APPOINTMENT**







EXPECT  
SOMETHING  
MORE



## Join us for a free Retirement Distribution Seminar

We'd like to invite you to a complimentary Retirement Distribution seminar presented by AAA Life Insurance Company. This seminar lasts 1 hour and includes interactive discussion on Retirement Distribution strategies – We hope to see you then!

### Retirement Distribution Seminars

**Thursday  
November 7<sup>th</sup>**  
11:00am – 12:00pm  
Corryton Senior Center

**Refreshments will be  
served**

**Individual Q & A after  
seminar**

### Seminar topics include:

- Developing a plan for retirement
- Key things to understand
- Choosing a retirement timeline & Tips for not outliving your income

*To RSVP, sign up at the front desk*

*or email to [hilary@acq.aaa.com](mailto:hilary@acq.aaa.com)*

AAA Life and its agents do not provide legal, tax, or financial advice. Please consult your professional advisor prior to the purchase of any contract.

19-RM-0099



# THREE RIVERS RAMBLER

## Christmas Lantern Express

Thursday, December 19

12:00-3:00pm

\$44.00 per person 55+

\$49 for people under 55

Registration Required

*Join us for a trip from the train depot at University Commons on a 1940's Diesel Locomotive to Forks of the River and back. Enjoy festive decorations, holiday treats, story time with celebrity readers and a special visit with Santa!*





# The Craft Corner

## Card Making with Gay First Fridays

November 1 & December 6  
@ 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!*



## Create Your Craft Day Monday

November 18  
9:00am-3:00pm

Come to the center and create your own craft by using what we have or bring your own materials. Fun time to giggle and eat snacks and reach into your creative side!

We have paint, ribbon, glue guns, tape, colorful pens & pencils, pine cones, flowers, moss, twine, string, corks, paper of all sizes, etc.



## Ideas of what to bring:

Jars, wood, bowls, clear ornaments, toilet paper rolls, plastic bottles, lace, notions, tinsel, empty wreath to create and of course your ideas to share!



# Crafts with Susanne

(Via YouTube)

**November 5  
Bottle Gnome**

**Tuesdays @  
11:00am**



**Please Bring: (1 or 2)**

**A 16oz water bottle filled with  
sand, beans, rice, or litter**

**December 3  
Snowman**

**Please Bring:**

**Small Glass Jar  
Bedazzlements (winter pics: pine-  
cones, berry, pine)**





Friday



**Friday**  
**November 8**  
**10am-1pm**



# ART PARTY

## Acrylic Painting Class

- Easy and Comfortable Pace
- Individual Instruction
- 2-3 hour class
- Take home a painting same day!
- \$20 Includes materials and lesson



# Local Author Jim Hartsell

**Jim will be presenting at the  
Historical Ramsey House**

2614 Thorn Grove Pike, Knoxville, TN 37914

**Thursday, November 14  
6:00pm**

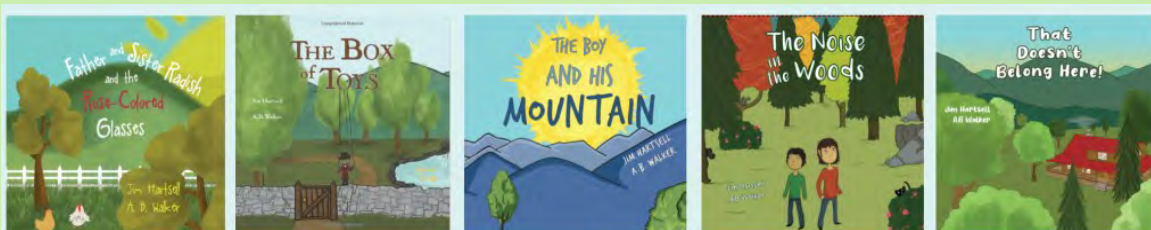


**(This is NOT a senior center sponsored trip since it's after hours but we can plan a carpool. Sign-up at the center.)**

*Jim Hartsell, avid walker, husband, father, grandfather, and retired educator is an author of over a dozen books and lives in Corryton.*

*Jim writes Southern fiction and children's books published by House Mountain Publishing and will be here to discuss his inspiration of his six book "Boone" series and who motivated him to write his children books. He has written over 15 books. Learn more about Jim's blog, books, and his upcoming events at [www.housemountainviews.com](http://www.housemountainviews.com).*

*Jim grew up in East Tennessee and has lived in Corryton for over 40 years. He walks daily with his wife Suzanne and their two dogs: Frankie and Maggie. Pick up on his Boone Series Books now at the CSC Library!*





# KNOX COUNTY SENIOR SERVICES SENIOR WALK –November 19, 2024



High Ground Park commemorates the historic site of Fort Higley. The park features a peaceful walking trail that winds through hardwood forests, wildflowers and native flowering bushes and past the remnants of defensive emplacements such as rifle trenches and a cannon redoubt. High Ground Park features a one-mile trail leading up to the Fort Higley earthworks as well as an auxiliary trail following an old military road. At the highest point at the park, visitors enjoy a panoramic view of the surrounding area from the park's signature red chairs. The park is located at **1000 Cherokee Trail Knoxville, TN 37920.**

*No restrooms available. Parking is limited. Meet at far end of the parking lot at stone wall /entrance to trail.*

**Register by calling or register by emailing: 865-288-3761 or [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)**



**Roundup Restaurant & Ice Cream**

**3643 Sevierville Pike**

**Knoxville, TN 37920**



# **KNOX COUNTY SENIOR SERVICES SENIOR WALK—December 17, 2024**



## **KNOX COUNTY SENIOR SERVICES**

### ***FOUNDERS PARK: LIGHT THE PARK WALK***

**405 N CAMPBELL STATION RD, FARRAGUT, TN 37934**

**Tuesday, December 17th at 5:00PM**

Join Judy, Saraha, and Laurie for a holiday lights walk at Founders Park! We will meet in front of the Knox County Public Library (417 N. Campbell Station Rd) and stroll for approximately 1.5 to 2 miles. The pathways are paved, and there are some hills.

**Penny Mayo/Humana will be providing hot chocolate  
and coffee!**

Afterwards, you are free to join us for dinner at Cracker Barrel (716 N. Campbell Station Rd) for an end-of-day meal!

If you're interested in participating, please pre-register by emailing [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org) or call (865) 288-3761.





CAC OFFICE ON AGING  
**Senior Angel Tree**

2024



**Coming soon!**

The Senior Angel Tree kicks off **Monday, November 4th**.  
Help us serve hundreds of Seniors with holiday cheer!

Want to donate?

- Visit a Senior Center from November 4th - 27th
- Pick a Senior and adopt any of their needs!
- Return gifts to the same Center by December 3rd

Want to volunteer?

- Call recipients in October to check wish lists
- Wrap presents in December

To volunteer, contact RSVP at:

- [rsvp@knoxseniors.org](mailto:rsvp@knoxseniors.org)
- 865-524-2786



**Senior Angel Tree**

Donate any of the items below to help support a local senior who has experienced a difficult year. We'll make sure each item makes its way into a stocking for a senior in need.

**Acceptable Items:**

- |                               |                |
|-------------------------------|----------------|
| • Non-slip cozy socks         | • Laundry Pods |
| • Tissue boxes                | • Lotion       |
| • Throw Blankets              | • Dish Soap    |
| • \$10 gift card to Kroger    | • Bar Soap     |
| • \$10 gift card to Food City | • Shampoo      |

**Return donations to this location by Tuesday, December 3rd.**



# Attention Pickers, Grinners, and Fans

Did you know that Knox County Senior Centers have multiple “Jam” session options just for you? Check out the list below, (put in day of the week order) and start making your rounds to fill your need to *JAM!*

**Guitar Jam Mondays 1:30-3:30** Open to anyone who can play guitar who likes music from the 60s and 70s. No open audience (KARNS)

**Music Jam first Mondays of every month 1:30 (WEST)**

**Gospel Singing fourth Monday of every month 1:00-3:00** Open to anyone who plays an acoustic instrument and has an open audience (SOUTH)

**Corryton Jam Tuesdays at 1:30** Open to anyone who plays acoustic instruments and has an open audience (CORRYTON)

**Music Jam first Wednesday of every month 1:00-3:00** Open to anyone who plays an instrument and likes bluegrass or Americana. Open Audience (KARNS)

**South Knox Opry Thursdays 9:00-12:00** Country, Gospel, and Bluegrass music open to anyone who plays acoustic instruments and has an open audience (SOUTH)

**Guitar Jam Fridays at 2:00** Open to anyone who plays acoustic instruments and has an open audience (CARTER)



## Knox County Senior Centers:

**Carter:** 9040 Asheville Highway, Knoxville, TN 37924 \* 865-932-2939

**Corryton:** 9331 Davis Drive, Corryton, TN 37721 \* 865-688-5882

**Halls:** 4405 Crippen Road, Knoxville, TN 37918 \* 865-922-0416

**Karns:** 8042 Oak Ridge Highway, Knoxville, TN 37931 \* 865-951-2653

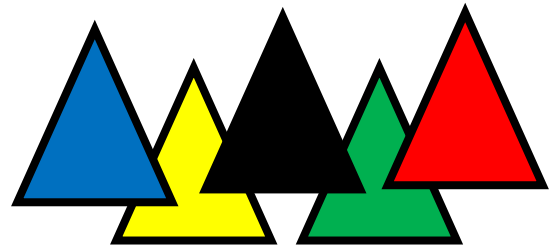
**South:** 6729 Martel Lane, Knoxville, TN 37920 \* 865-573-5843

**West:** 239 Jamestowne Rd, Suite 101, Knoxville, TN 37934 \* 865-288-7805





# 2025



## HAPPY NEW YEAR 2025

What do you want to see happen at the Corryton Senior Center next year?  
*Field trips? Theatre? Specific seminars? Dance Classes?*

**PLEASE email me with your suggestions: [sarah.gault@knoxcounty.org](mailto:sarah.gault@knoxcounty.org)**

A few fun activities coming up in 2025:



International Day Monthly:  
We will visit a different country each month.



### CALLING ALL ARTIST

We would like to display your wall art around our center. If you'd like to lend us your art for our walls please let me know. Looking for your original art, wall hangings, and anything we can hang from the ceiling!

### 2nd Annual Enhance Your Life Expo

**April 25, 2025**

## Here are some funny jokes to help you be the life of your holiday dinner!

- What did Frosty's girlfriend give him when she was mad at him? The cold shoulder.
- What do gingerbread men use when they break their legs? Candy canes.
- Why is everyone thirsty at the North Pole? No well.
- What do donkeys send out near Christmas? Mule-tide greetings.
- How did the reindeer learn to play piano? He was elf-taught.
- What did the snowman say to the aggressive carrot? "Get out of my face."
- What do you call an old snowman? Water.
- Why shouldn't you lend money to elves? They're always short
- Why did the Little Drummer Boy put his drum to bed? It was beat.
- Why are mummies such big fans of Christmas? Because they enjoy wrapping.
- What do you call a snowman with a six-pack? An abdominal snowman.
- What is green, covered in Christmas lights and Christmas bulbs, and goes ribbit? A mistle-toad.
- How do sheep say Merry Christmas to each other? Fleece Navidad.
- What is every parent's favorite Christmas song? Silent Night!
- Why did Rudolph have to attend summer school? Because he went down in history.
- How did Joseph and Mary weigh baby Jesus at birth? They had a weigh in the manger.
- Why does Scrooge love Rudolph the Red-Nosed Reindeer? Because every buck is dear to him!
- What did Adam say on the day before Christmas? "It's Christmas, Eve!"
- Why did the scarecrow get a big Christmas bonus? Because he was outstanding in his field.
- What did the bald man say when he got a comb for Christmas? "I'll never part with it!"
- What is a vegan's favorite Christmas song? Soy to the World!
- Elves use what kind of money? Jingle bills.
- What happened to the man who stole an Advent Calendar? He got 25 days!
- What do they sing at a snowman's birthday party? Freeze a jolly good fellow!