

South Knoxville Senior Center



Nov - Dec 2024

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



KNOX COUNTY
TENNESSEE

Friendsgiving Meal

Nov. 20th, 11:30

Come out and enjoy a Friendsgiving meal with all your SKSC friends and family, **free while supplies last.**

“Dining Room” doors will open at 11 am & plates will be served beginning at 11:30.

Menu includes: turkey casserole, green beans, mashed potatoes, rolls, and pumpkin muffins.



Christmas Cookie Exchange

Dec. 19th, 10-11:30

We are having a Cookie Exchange as part of our South Knox Opry Music fun!

Bring some of your favorite homemade holiday cookies to share and take home a few you may not have tried before.

Small goodie bags will be provided.



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:

Nov. 11 for Veteran's Day

Nov. 28 and 29 in observance of Thanksgiving

Dec. 24 and 25 in observance of Christmas



Field Trips (Nov and Dec)

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

Fantasy of Trees & Love That BBQ

Nov 27, 9:00am

Experience this holiday
tradition and fundraiser for
Children's Hospital
\$8 entry paid at the door



Hamrick's & The Diner

Dec 13, 9:00am

Let's shop until we drop,
then enjoy some lunch
together at
The Diner



Crafts with Susanne

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



Tuesday, Nov 5th 10 AM
Bottle Gnome

Bring some fun, fall fabric
(10"x12") if you have it and 1
pound of dry beans or rice!



Tuesday, Dec 3rd 10 AM
Snowman Vase

Must RSVP

All supplies provided.

Other Crafting Opportunities!

(Must RSVP at
865-573-5843
or at the front desk for this
activity)

Crafts with Karen Christmas Shirts

Join Karen Seeley in
crafting Christmas shirts
for the holiday season.
Bring your own, blank
shirt.



New Exercise Class

Pool-atees!

This is an aquatic version
of Pilates, which is a core-
based set of exercises. We
will focus on using our core
muscles (shoulders to hips)
to perform balance
routines. This free class
will be a half hour long on
Mondays at 10 am and
again at 12:30 pm.
**(Warning...you WILL get
your hair wet!!)**

Don't Miss Out!

- **TV Weekly**

Join friends and watch a TV series you might not be able to watch at home. (It's better with friends, anyway!) Fridays at

11:30 am

Downton Abbey

- **South Friends Lunch Bunch**

Meet at the Center to carpool to lunch every 3rd Friday at 11 am

Call 865-573-5843 for more information

- **Movie Time**

Watch a movie with friends, and popcorn, of course, every 3rd Monday at the Center.

- Nov. 18 - Jumanji: Welcome to the Jungle
- Dec. 16 - Annie (1999 version)

- **Dominoes**

Mexican Train Dominoes is so fun we need two days to play!

Mon and Wed at 1pm!



Red Hats

Enjoy lunch with some sweet ladies every 2nd Tuesday of the month. Meet at the Center at 10:30 am.

- Nov 12th
- Dec 10th

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.

- Nov 18th
- Dec 9th



Vet Chat

4th Friday of every month
9:30 am

Come get some coffee and hang out with new and old Veteran friends!

Nov 22nd

Dec 27th



Bingo!

Our next BINGO:

- Nov 4th
- Nov 18th
- Dec 2nd
- Dec 16th

from 10:00-11:00 am.

Gospel Music & Social

Our next Gospel Music time is **Monday, Nov 25th At 1 pm**

With a Cinnamon Roll Social sponsored by Smoky Mountain Hospice starting at noon!

December's Gospel Music time is **Monday, Dec 23rd at 1 pm**

With a Hot Chocolate Bar Sponsored by Smoky Mountain Hospice starting at noon!

Come out and join the fun!

Toenail Trimming

Toenail trimming is available by appointment only

- Nov 20th
- Dec 18th



Ask Humana with Rebecca

Rebecca Watts will be here
the **Last Tuesday of each
month
12-2pm**

to answer all questions
Humana.

Drop by, say "Hi" and learn
lots!

- Nov 26th
- Dec 31st

Beltone

Michael Murphy will be at
the Center on
December 5th
8:30-10 AM

He will help check your
hearing aids, clean them,
and give you direction with
hearing issues.



Senior Information & Referral (SIR)

A one-stop-shop for
everything senior.

Provided by the CAC Office
on Aging.

9 am

- Nov 7th
- Dec 5th

Knoxville - Knox County

CAC

OFFICE ON AGING

South Doyle High School Madrigals

"A Caroling Concert"

They are coming back!!

Our annual performance
from this very talented
group is on our calendar
and you don't want to miss
the fun! They will perform
on

Dec 17th, 11 am

Refreshments will be
served.



**The swimming pool will
be closed**

**November 4 through
November 8th**

**For our
Bi-annual
Cleaning.**

**Thank you for your
understanding!**



Professional Therapeutic Chair Massage offered at SKSC!

Our very own Tabitha
Travis (instructor for
Cardio, Strength and
Stretch) will be offering 30
minute therapeutic chair
massage to help alleviate
muscle & joint pain, reduce
stiffness, restore mobility,
improve circulation, and
expedite healing &
recovery.

Thursday Nov. 7 and 21

8-12:00, \$30

Schedule your appointment
at the front desk or call
865-573-5843



Thunder and Lightning Policy

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

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**

South Knoxville Senior
Center
6729 Martel Lane
Knoxville TN 37920
865-573-5843

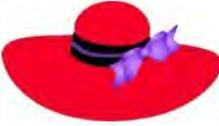


November

2024

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.**

Mon	Tue	Wed	Thu	Fri
7:30 Free Swim 9:00 Water Aerobics 10:00 Pool-atees 11:00 Water Peeps 11:00 Quilting 12:00-12:30 Pool Closed 12:30 Pool-atees 1:00 Water Aerobics 1:00 Dominos 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:30 Wobblin' Weebles 12:00 Cards 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Chair Volleyball 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day	7:30 Free Swim 9:00 Mixed Media Art Social 11:00 Water Peeps 11:00 Quilting 12:00-12:30 Pool Closed 12:30-3:30 Free Swim 1:00 Hand & Foot Cards 1:00 Dominos 2:00 Line Dance Jigsaw Puzzle All Day	7:30 Free Swim 9:00 Water Aerobics 9:00 South Knox Opry 12:00 Cards 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Cardio Drumming 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:00 Ballroom Dance 11:00 Cards 11:00 Water Peeps 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day
				1 11:30AM TV Weekly
4 Pool Closed! 10AM BINGO 11:30 Learn About Medicare W/ United Health care	5 Pool Closed! 10AM Crafts W/ Susanne Wear Tie Dye Day!	6 Pool Closed! 11:30 Comfort Keepers Lunch & Learn	7 Pool Closed! 9AM Senior Information & Referral Chair Massage by appt!	8 Pool Closed! 11:30AM TV Weekly
11 Center Closed HAPPY VETERANS DAY <small>HONORING ALL WHO SERVED</small>	12 10:30AM Red Hats Meet for Lunch 	13 	14	15 11AM South Friends Lunch Bunch Meets
18 9:00AM Senior Q&A 10AM BINGO 10 & 12:30 Pool-atees 11:30AM Movie Time!	19 10AM Crafts W/ Karen 10AM High Ground Park Walk	20 11:30AM Friendsgiving Meal! Toenail Trimming by appt! 	21 Chair Massage by appt!	22 9:30AM Vet Chat 11:30 TV Weekly
25 10 & 12:30 Pool-atees 12PM Cinnamon Roll Social 1:00 Gospel Singing! 	26 12PM Ask Humana W/ Rebecca	27 9AM Fantasy Of Trees Field Trip	28 Center Closed 	29 Center Closed 



Hey Musicians!!!

**We are seeking pickers and gridders 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!

Attention Pickers, Grinners, and Fans alike:

Did you know that Knox County Senior Centers have multiple “Jam” 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 865-951-2653
- South 6729 Martel Lane Knoxville TN 37920
- West 239 Jamestowne Road Suite 101 Knoxville TN 37934

WANT QUICK,
AFFORDABLE
RELIEF THAT
WORKS?



**GOT
PAIN?**

OFFERING 30 MIN.THERAPEUTIC CHAIR MASSAGE:

**Alleviate Muscle & Joint Pain
Reduce Stiffness & Restore Mobility
Improve Circulation & Expedite Healing & Recovery**

**THURSDAY NOV.
7TH & 21ST**

\$30

8-12:00

***SCHEDULE YOUR APPT. AT THE FRONT DESK OR CALL:
TABITHA TRAVIS
(865) 765-1678**

Comfort Keepers Lunch & Learn

Comfort Keepers provides in-home care for seniors and other adults in need of assistance with daily activities such as light house cleaning and light cooking.



Come join us for a lunch and learn to find out what other services Comfort Keepers offers. Lunch will be provided but must **RSVP at the front desk or by calling [865-573-5843](tel:865-573-5843) by November 1.st**

On Wed, November 6th at 11:30AM



Learn about Medicare the easier way

Looking for a fun, no-pressure way to learn more about Medicare? Come to an open house where we'll answer your questions about Medicare and show you how you could take advantage of the benefits of a plan from UnitedHealthcare.® Bring your friends. Bring your neighbors. And bring your questions.

November 4, 2024

12:00 PM

South Knox Senior Center

6729 Martel Ln
Knoxville, TN 37920

For information about attending an open house, contact your local licensed sales agent.

Let's connect today

Get your Medicare questions answered by a local licensed sales agent. There's no obligation or cost to attend.



Ja'el Michael

Licensed Sales Agent

865-264-2147, TTY 711

jaelmichael@yahoo.com

myuhcagent.com/jael.michael



**United
Healthcare**

For accommodation of persons with special needs at meetings, call 865-264-2147, TTY 711.

©2024 United HealthCare Services, Inc. All rights reserved.

Y0066_SPRJ83835_C

SPRJ83835

**Computer and Phone help
with Joyce!**

Every 4th Thursday

12-3PM

Sign up at the front desk

Or call 865-573-5843

**to get your appointment
secured today!**





High Ground Park

Tuesday, November 19th @ 10:00am

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



Roundup Restaurant & Ice Cream

3643 Sevierville Pike

Knoxville, TN 37920



KNOX COUNTY SENIOR SERVICES

FOUNDERS PARK: LIGHT THE PARK WALK

405 N CAMPBELL STATION RD, FARRAGUT, TN 37934

Tuesday, December 17th at 5:30PM

Join Judy, Sarah, and April 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 or call (865) 288-3761.





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
- Tissue boxes
- Throw Blankets
- \$10 gift card to Kroger
- \$10 gift card to Food City
- Laundry Pods
- Lotion
- Dish Soap
- Bar Soap
- Shampoo



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





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

Karns- November 8, 2024 8:00 am to 10:00 am

Halls- November 20, 2024 2:00 pm to 4:00 pm

West - November 21, 2024 1:30 pm to 4:00 pm

South- November 22, 2024 8:30 am to 11:00 am

Carter- November 27, 2024 2:00 pm to 4:00 pm

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

Karns - December 13, 2024 8:00 am to 10:00 am

Halls- December 18, 2024 2:00 pm to 4:00 pm

West- December 19, 2024 1:30 pm to 4:00 pm

South- December 27, 2024 8:30 am to 11:00 am

CALL THE KNOX COUNTY SENIOR CENTER TO
SCHEDULE AN APPOINTMENT





presents 13 free breakfasts for Veterans and guests monthly
Coffee at 8:00 am - Chow line 8:30 am

First Saturday

Elks Lodge #160
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church
214 Cedar St., Sevierville 37862

Second Saturday

Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

Last Saturday

Oliver Springs DAV
Tri-County Chapter 26
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church
3110 Wears Valley Rd, Sevierville, 37862
Located approximately 7 miles S of
Pigeon Forge and 8 miles NE of Townsend

Starting March 30th

West End Baptist Church
116 West End St, Newport 37821

For more information or to sponsor a
breakfast call 865-604-4443