

South Knoxville Senior Center



Jan - Feb 2025

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



**KNOX COUNTY
TENNESSEE**

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.*

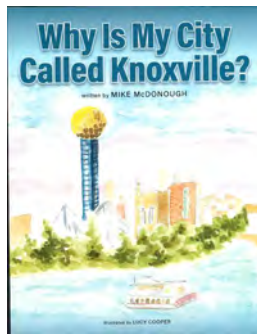
Valentine's Day Party

**Thurs. Feb 13th
10:00-12:00**

Come celebrate a day
early with us, sponsored
by Wisdom Insurance
and
Amedisys Hospice

**Book Signing and
Discussion on
"Why Is My City Called
Knoxville"**

Tues. Feb 18th 11:00
Hear from the author,
Mike McDonough about



Henry
Knox and
interesting
facts about
our city.

Seasoned to Taste

An interactive cooking
class for adults
sponsored by Second
Harvest Food Bank

(You take home a new
recipe, fresh produce,
ingredients, and
kitchen tools)

**Tues. Feb 25th
12:00-1:00**

**Spots are limited so
RSVP at
865-573-5843**



The Center Will be Closed:

January 1st in observance of New Years Day

January 20th in observance of MLK Day

February 17th in observance of Presidents' Day



Field Trips (Jan. and Feb.)

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



Apple Cake Tea Room

Jan. 31st 10:30 am

Join new and old friends from SKSC for a delicious, fun-filled trip to a local treasure.

Enjoy some local shopping along with the yummy food.

Senior Game Day and Free Lunch at Halls Senior Center

Feb. 20th 9:00 am

Join your friends and seniors from our other county Centers for a time of fun board games geared to your generation and **FREE Lunch!**



Crafts with Susanne

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



Tuesday, Jan. 7th 10 AM
Snowman Coasters
All supplies provided.



Tuesday, Feb. 4th 10 AM
Seasonal Scarf Wreath
Bring your own scarf

Another Crafting Opportunity!

Tuesday, Jan. 21 10 AM

Crafts with Lisa Paper Roll Snowflakes

Join Lisa Page and learn how to make snowflakes out of paper rolls!



All supplies provided.
Come join the crafting fun!

Tax Relief/Freeze Sign Up Event

Trustee Biggs and Brian Hornback are coming to South Knoxville Senior Center to meet with interested Seniors about the State of Tennessee Senior Tax Relief program and the Disabled Veteran Tax Relief program.

Tuesday, Jan. 28th
10:00-11:00 AM



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

Downton Abbey

- **South Friends Lunch Bunch**

Enjoy a meal with new and old friends, every 3rd Friday at 11:30

Jan. 17th - Lake Side Tavern

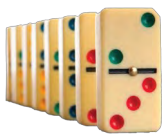
Feb. 21st - Austin's

RSVP at 865-573-5843 so we can get reservations and let us know if you want to carpool!

- **Dominoes**

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

Mon. and Wed. at 1:00



Red Hats

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

- Jan. 14th
- Feb. 11th

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.

- Jan. 13th
- Feb. 10th



Vet Chat

4th Friday of every month
9:30 am

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

Jan. 24th
Feb. 28th



Bingo!

Our next BINGO:
• Jan. 6th
From 10:00-11:00

Gospel Music

Our next Gospel Music time is **Monday, Jan. 27th at 1:00**

Come out and join the fun!

Toenail Trimming

Toenail trimming is available by appointment only

- Jan. 15th
- Feb. 19th

Call the Center at 865-573-5843 to get your appointment today!



AARP Tax-Aide back at the SKSC!

Free tax preparations for Seniors starting February 3rd from AARP.

Appointments can be made beginning January 27, 2025.

Make your appointment at Volsintax.com or call the Center at 865-573-5843 and we'd be happy to help you get registered.

Please pick up an Intake Packet at the Center ahead of your appointment. SKSC hours are 7:30-4:00, M-F.

See the attached flyer for more details.



Ice Dye Craft

It's time to Ice Dye some shirts again!

**Wednesday Jan. 29th
10:00**

\$5 per item and bring your own bucket.

You must RSVP and pay ahead of this class.
Call 865-573-7843

New to SKSC!!

Beginners Ukulele Jam!

Bring your Ukulele and join the fun!

Tuesdays at 2:00

Tasty Socials with Smoky Mountain Home Health and Hospice

Enjoy some tasty treats and fun fellowship, sponsored by our friend Chris Kirby at Smoky Mountain HH&H.

**1st Thursdays
At 11:00**

- Hot Fudge Cake Social
January 2nd
- Brownie Social
February 6th

(While Supplies Last)



Pool-atees!

An aquatic version of Pilates, a core-based set of exercises. This free class will be a half hour long on Mondays at 10 am and again at 12:30

(Warning...you WILL get your hair wet!!)

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.

1st & 3rd Thursdays

January 2nd and 16th

February 6th and 20th

8-12:00, \$30

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



Ask Humana with Rebecca

Rebecca Watts will be here the **Last Tuesday of each month**

12-2pm

to answer all questions Humana.

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
 www.knoxcounty.org/seniors

JANUARY

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

2025

***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 Dominoes 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 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 Dominoes 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 	2 11AM Hot Fudge Cake Social! 12PM Ask Humana W/ Rebecca Chair massage by appt.	3 11:30AM TV Weekly 
6 10AM BINGO	7 10AM Crafts W/ Susanne 2PM Ukulele Jam 	8 Toenail Trimming by appt. 	9 Chair Massage by appt.	10 11:30AM TV Weekly 
13 9AM Senior Q&A 	14 10:30AM Red Hats Meet For Lunch  2PM Ukulele Jam 	15 Toenail Trimming by appt.	16  Chair Massage by appt.	17 11AM South Friends Lunch Bunch Meet 
 MLK JR. DAY Center Closed!	21 10AM Crafts W/Lisa  2PM Ukulele Jam 	22 10AM Ice Dye Craft	23 1PM Computer & Phone Help W/Joyce 	24 9:30AM Veterans Chat 11:30AM TV Weekly 
27 12PM Ice-Cream Social 1PM Gospel Singing	28 10AM Tax Freeze & Tax Relief 12PM Ask Humana W/ Rebecca 2PM Ukulele Jam 	29 10AM Ice Dye Craft	30 	31 10:30AM Apple Cake Tea Room Field Trip

South Knoxville Senior Center
 6729 Martel Lane
 Knoxville TN 37920
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Hello February 2025

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3 7:30AM Tax Aide 	4 10AM Crafts W/ Susanne 2PM Ukulele Jam! 	5 	6 9AM Senior Information & Referral 11AM Brownie Social! Chair Massage By Appt!	7 11:30AM TV Weekly 
10 7:30AM Tax Aide  9:00AM Senior Q&A 	11 10:30AM Red Hats Meet For Lunch  2PM Ukulele Jam! 	12	13 10AM Valentines Party! 	14 11:30AM TV Weekly 
17  HAPPY PRESIDENT'S DAY Center Closed!	18 11AM Book Signing & Discussion. "Why Is My City Called Knoxville" 2PM Ukulele Jam 	19 Toenail Trimming By Appt! 	20 10AM Game Day @ Halls Chair Massage By Appt!	21 11AM South Friends Lunch Bunch Meets 
24 7:30AM Tax Aide 	25 12PM Ask Humana W/ Rebecca 12PM Seasoned To Taste Program 2PM Ukulele Jam 	26 	27 1PM Computer & Phone Help W/Joyce	28 9:30AM Veterans Chat 11:30AM TV Weekly 



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 (CORYRYTON)

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

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!**





TAX FREEZE / TAX RELIEF

ELDERLY & DISABLED VETERANS PROPERTY OWNERS

Are you 65 and over, own your primary residence, and your income in 2023 was \$36,370 or below?

Are you 65 and over, own your primary residence and your income was \$60,000 or below?



YOU MAY QUALIFY

If you are a disabled veteran, widow(er) of a DV own your primary residence, you may qualify for tax freeze

**Applications are open
October 1, 2024-April 5,
2025**

For information: 865-215-2554

Sign-up Events

- Jan 8, 9 A.M. Corryton Senior Center 9331 David Dr. Corryton, TN
- Jan 10, 9:30 A.M. West Knox County Senior Center 239 Jamestown Blvd. Suite 101 Farragut, TN
- Jan 14, 10 :30 A.M -Karns Senior Center 8042 Oak Ridge Highway Knoxville, TN
- Jan 16, 1 P.M. Halls Senior Center 4405 Crippen Rd. Knoxville, TN
- Jan 22, 10 A.M. Carter Senior Center 9040 Asheville Highway Knoxville, TN
- Jan 28, 10 A.M. South Knox Senior Center 6729 Martel Lane Knoxville, TN

Join Second Harvest Food Bank for



An interactive cooking class for adults age **60+** & their caregivers

FEBRUARY | 12:00 PM -
25TH | 1:00 PM

**SOUTH KNOXVILLE
SENIOR CENTER**

6729 Martel Lane
Knoxville, TN 37920

TO SIGN UP, CONTACT SOUTH KNOXVILLE
SENIOR CENTER COORDINATOR

865-573-5843

Spots are limited

**YOU TAKE
HOME:**

- ✓ new recipe
- ✓ fresh produce
- ✓ ingredients
- ✓ kitchen tools



Too cold or snowy for an outdoor walk?
Walk at your local mall!



Jan. 21st @ 10:00 AM |
West Town Mall (indoors)
7600 Kingston Pike 37919

Join Susanne and Judy at West Town Mall for
an indoor walk and window shopping!
Meet us just inside the mall entrance near
The Cheesecake Factory (East side of the mall)
@ 10:00 AM. After our walk we will have
Lunch in the food court.

**Please RSVP for the walk by calling 865-288-3761
or email seniorservices@knoxcounty.org**

February Senior Services Walk

First Creek Greenway at Caswell Park

620 Winona St, Knoxville 37919

Meet at the back parking lot of the O'Connor Senior Center
Tuesday, February 18th at 10:00am

Come enjoy a short, brisk walk with Tara and Susanne and
then warm up with a yummy lunch at

Ale' Rae's

Located at

937 N Broadway

RSVP at seniorservices@knoxcounty.org or 865-288-3761



**Knox County Senior Centers
Follow The Knox County
Schools Inclement
WINTER/SNOW Weather Delay
And Closings.**





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.

January

Corryton- January 7th, 2025 2:00 pm to 4:00 pm

Halls- January 15th, 2025 2:00 pm to 4:00 pm

West - January 23rd, 2025 1:30 pm to 4:00 pm

Karns- January 24th, 2025 8:00 am to 10:00 am

Carter- January 29th, 2025 2:00 pm to 4:00 pm

February

Corryton- February 11th, 2025 2:00 pm to 4:00 pm

Karns - February 14, 2025 8:00 am to 10:00 am

Halls- February 19th, 2025 2:00 pm to 4:00 pm

Carter- February 26, 2025 2:00 pm to 4:00 pm

West- February 27, 2025 1:30 pm to 4:00 pm

South- February 28, 2025 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