

South Knoxville Senior Center



Jan-Feb 2024

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

**Happy New Year Drop-In
Party**
Jan. 2nd 10-12
(See attached flyer)

CORE Insurance Advisors Walking Club

A free-to-join walking club with incentives to help you “keep on moving” and stay healthy! Walk when you want, at your own pace.

Teja Cain from CORE will sign up anyone interested in joining the walking club beginning January 8th at 9am. You’ll get a free pedometer and then it’s time to get walking.



Senior Walking Group Social

Come out and enjoy some light refreshments, music, socializing, and fun with your fellow walkers. Come out and see what this group is all about!

Jan. 17th 3-5 pm

Karns Senior Center

Get information about the 2024 walks .

Be sure to register at the SKSC and get your free ticket to attend.

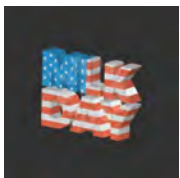


The Center will be closed on the following days:

Monday, January 1st in observance of New Year’s Day

Monday, January 15th in observance of MLK Day

Monday, February 19th in observance of President’s Day



Presidents' Day

Field Trips

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



Apple Cake Tea Room

Jan. 16th at 11am

Delicious food and antique shopping.



Mighty Musical Monday

Feb. 5th at 11 am

Enjoy some beautiful music
and explore downtown
Knoxville.

Beltone

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

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



Crafts with Susanne

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



Tuesday, Jan 2nd 10 AM

Winter Trees

All supplies provided.



Tuesday, Feb 6th 10 AM

Melted Snowman

All supplies provided.



Guest Crafters!!

Wall-hanging Snowman

Join our very own Ella Jo
Pratt and make an
adorable wall-hanging
snowman.

Tues, Jan 16th at
9:30 AM

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

Only 10 spots available.

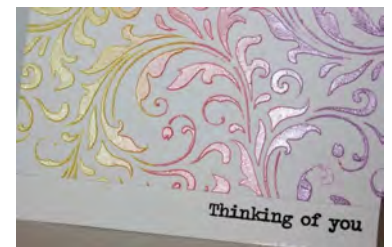


Stencil Cards

Join our very own Karen
Seeley and make Cream
Paint Stencil Cards

Tues, Feb. 20th at
10:00 AM

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



AARP Tax-Aide back at the SKSC!

Free tax preparations for Seniors starting February 5th from AARP.

Appointments can be made beginning January 29, 2024.

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.



New Activities at SKSC!!

Come out and play Mexican Train Dominoes Mondays at 1pm

Let's play Euchre!!

A trick taking card game with a trump, played by four players in teams of two.

Call 865-573-5843 for more information

How to Avoid Scams Presentation & Workshop by April Tomlin, Senior Services Manager

**Tuesday February 27th
10:00-12:00**

1 in 5 seniors have been affected by some type of SCAM. It can happen to anyone, and it's only getting worse. We will watch some videos with real life scenarios, discuss the types of SCAMS to watch out for, and have a little quiz at the end.

To sign up for this free and informative presentation and workshop call the Center at 865-573-5843



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.



Special Edition Bingo!

Come out on a special day, January 8th, from 10:00-11:00 a.m. for BINGO!

Valentine Party

Enjoy our Valentine's Day party as part of the South Knox Opry!
February 15th

Gospel

Gospel Music time is Monday, January 22nd at 1 pm. We will have a hot chocolate bar beginning at noon sponsored by Smoky Mountain Hospice. Come out and join the fun!

Toenail Trimming

Toenail trimming is available by appointment only every 3rd Wednesday of the month

Estate and End of Life Planning By



And Funeral Arrangements: Avoid Hidden Fees

By Dale Hinkle
Retired Funeral Director
with over 20 years
experience

See attached flyers 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**

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



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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 11:00 Water Peeps 11:00 Quilting 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	7:30 Free Swim 8:45 Cardio, Strength & Stretch 9:00 Water Aerobics 10:30 Wobblin' Weebles 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Chair Volleyball 1:00 Cards 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 2:00 Line Dance Jigsaw Puzzle All Day	7:30 Free Swim 9:00 Water Aerobics 9:00 South Knox Opry 12:00-12:30 Pool Closed 12:30 Free Swim 1:00 Cards 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 Water Peeps 12:00-12:30 Pool Closed 12:00 Cards 12:30 Free Swim 1:00 Water Aerobics 2:00 Aquaball 3:00-3:30 Free Swim Jigsaw Puzzle All Day
1 Center closed! New Years Day!	2 10AM Crafts W/ Susanne 10AM-1PM New Years Floating Party W/ Penny Mayo No Cardio Class!	3 	4	5 10 AM Crochet Class No Cardio Class! 
8 1PM Dominos 9AM Senior Q&A w/Teja 10AM Special Bingo 11AM Elder Law Presentation	9 10:30 AM Red Hats Meet for Lunch	10 8:30AM- 10AM Beltone	11	12 10AM-11AM Chess Club 
15 Center closed! Martin Luther King Day!	16 9:30AM Crafts w/ Ella Jo 11AM Apple Cake Tearoom Field Trip	17 Toenail Trimming by appt. 	18	19 10 AM Crochet Class 
22 12PM Hot Chocolate Social 1 PM Dominos 1PM Gospel Singing!	23 10AM Tax Relief/ Freeze Presentation	24 	25	26 10AM-11AM Chess Club 
29 1 Dominos 	30	31 12PM Funeral Arrangements Presentation: Avoid Hidden fees		

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FEBRUARY 2024

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			1	2 10AM Crochet class 
5 7:30-4:00 AARP Tax-Aide 11AM Mighty Musical Monday Field Trip 1PM Dominos	6 10AM Crafts w/ Susanne 	7	8	9 10AM-11AM Chess Club 
12 7:30-4:00 AARP Tax-Aide 9AM Senior Q&A w/Teja 1PM Dominos	13 10:30AM Red Hats Meet for Lunch 	14	15 9AM Valentine's Party!	16 10AM Crochet Class 
19 Center Closed!	20 10AM Crafts W/Karen	21 Toenail Trimming by appt. 	22	23 10AM-11AM Chess Club 
26 7:30-4:00 AARP Tax-Aide 1PM Dominos	27 10AM-12PM How To Avoid Scams/ April Tomlin	28 	29 	

HAPPY NEW YEAR DROP-IN PARTY!



**Come Join us for snacks and a pop up craft
W/Penny Mayo From Farm Bureau!**

Tue, Jan. 2nd 10AM-12PM



Elder Law Of East Tennessee will be coming to our center to give a presentation on all you need to know about estate planning and end of life planning.



Elder Law

OF EAST TENNESSEE

Counsel. Care. Compassion.

Come join us for the presentation on **Mon, Jan 8th**
from 11AM-12PM!

Dale Hinkle, a retired funeral home director, will be coming to our center to explain the 5 different parts of funeral arrangement, how to save money, and how to avoid hidden fees. He also owns an animal cremation business so he will be happy to provide information on that subject.

There will be a Q & A for those with questions.

Join us for the presentation! Wed, Jan. 31 from 12-1PM!





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!

Knox County Senior
Centers follow the
Knox County Schools
inclement
WINTER/SNOW
weather delay and
closings.



NO EXCUSES... EVEN IF IT IS A COLD JANUARY!!

We will be taking our walk inside the West Town Mall this month. No better way to get your steps in than window shopping with friends while you exercise!

Laurie, Eilene and Carole will **meet you right inside the mall entrance by The Cheesecake Factory**... as seen in this picture.

After we walk the mall, we will gather in the food court where you have many choices of food to eat. Be sure to RSVP by calling **865-288-3761** or you can email seniorservices@knoxcounty.org

**WEST TOWN
MALL**

(INDOORS)

**JANUARY 16TH
@10:00am**

**7600 KINGSTON PIKE
37919**





Knox County Senior Services **SENIOR WALK**

Tuesday, February 20th at 9:30 am

Join us at Ft. Sanders Health & Fitness Center (270 Fort Sanders W Blvd, Knoxville, TN 37922) for the walking group's monthly walk. Ft. Sanders Health & Fitness Center is full of 5-

star amenities for the entire family and offer a wide variety of month-to-month memberships.

We will be taking a tour of the facility and walking a couple of miles on the indoor walking track. Following our walk, join us for lunch at Sami's Cafe (9700 Kingston Pike #5, Knoxville, TN 37922). Be sure to RSVP by leaving a message

at [865-288-3761](tel:865-288-3761) or you can email seniorservices@knoxcounty.org



KNOX COUNTY SENIOR SERVICES

SENIOR WALKING GROUP SOCIAL



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

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.

BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.

Scan the QR code to find the closest senior center to you as well as their events!



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





At
Knox County Senior Centers

ITS FREE TO JOIN

WALK WHEN YOU WANT / AT YOUR OWN PACE

WALKING IS GREAT EXERCISE

ITS ALWAYS MORE FUN TO WALK WITH A FRIEND

**WALKERS RECEIVE A FREE PEDOMETER TO TRACK THEIR
STEPS AND WILL BE AWARDED PRIZES FOR MILES WALKED**

**SIGN UP BEGINS IN DECEMBER AT ALL 6
KNOX COUNTY SENIOR CENTER LOCATIONS**

Take that first step to better health !



Elderly & Disabled Veterans Property Owners Tax Relief and Tax Freeze

If you are 65 or over, own your primary residence, and your income in 2022 was \$33,460 or below you may qualify for Tax Relief.

If you are 65 or over, own your primary residence and your income in 2022 was \$44,940 or below you may qualify for Tax Freeze. As previously announced, in October 2024 the 2023 income is expected to be \$60,000



If you are a Disabled Veteran, Widow(er) of a DV own your primary residence you may qualify for Tax Relief of \$680

Applications are open October 5, 2023 — April 5, 2024

You must sign up every year.

Knox County Trustee Justin Biggs and members of his team will be at Knox County Senior Centers in January to meet with you to answer questions and accept your applications.

January 9 at 10 AM Halls Senior Center 4405 Crippen Road Knoxville, TN

January 11 at 10 AM West Knox County Senior Center 239 Jamestown Blvd, Suite 101 Farragut, TN

January 12 at 1 PM Corryton Senior Center 9331 Davis Drive Corryton, TN

January 18 10:30 A.M. Karns Senior Center 8042 Oak Ridge Highway Knoxville, TN

January 23 at 10 AM South Knox Senior Center 6729 Martel Lane Knoxville, TN

January 31 at 10:30 A.M. Carter Senior Center 9040 Asheville Highway Knoxville, TN