

# South Knoxville Senior Center



## The Party Line

July - Aug 2024

6729 Martel Lane  
Knoxville, TN 37920  
865-573-5843  
[Knoxcounty.org/seniors/](http://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



### Car Fit

**Helping mature  
drivers find their  
safest fit.**

Come out to the Center  
in your car on  
**Mon July 8th**  
**9-11:30am**

Trained experts will  
show you how you can  
enhance your comfort,  
safety, and fit within  
your vehicle.



A program in  
conjunction with the  
Knoxville Police  
Department

**No Appointment  
Needed**

### End of Summer Cookout

August 15th, 11:00am  
Come join the fun at  
our End of Summer  
Cookout during the  
South Knox Opry.  
We'll have hamburgers  
with all the fixins along  
with our version of a  
guitar jam!

Food will be served  
beginning at 11:00  
while supplies last.



**HAPPY**  
**4<sup>TH</sup> OF**  
**JULY!**

The Center will be closed on July 4th in observance  
of Independence Day.

## Field Trips (July and August)

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

### Knoxville Farmers Market

July 10th, 9:30am  
Enjoy the beautiful  
Knoxville Downtown while  
shopping the farmers  
market and having a lovely  
lunch with friends.



### Yoder's Country Market

August 23rd, 9:30am  
Enjoy homemade items,  
unique crafts, and country  
“must haves” at this sweet,  
country market. Don't  
forget to grab one of their  
amazing sandwiches while  
you are there!



## Crafts with Susanne

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



**Tuesday, July 2nd 10 AM**  
**Tissue Paper Flower**  
All supplies provided

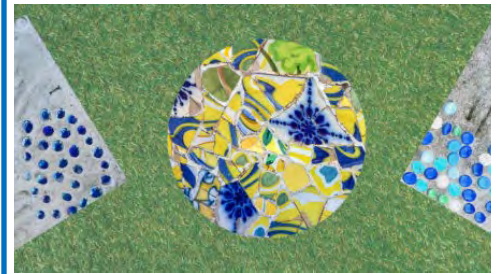


**Tuesday, August 6th**  
**10 AM**  
**Dream Catcher**  
Bring your own ring and any  
special embellishments  
desired.

## Guest Crafter!! Stepping Stones

Join our very own  
Ella Jo Pratt in crafting  
stepping stones  
**Tues, July 30th 10 am**

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



## Future Field Trips (Sept-Dec)

Check out our field trips  
that are planned for the  
rest of the year!  
Get all the details and sign  
up at 865-573-5843 or at  
the front desk.

**Sweetwater Valley Farm**  
**September**

**Apple Barn & Cider Mill**  
**October**

**Fantasy of Tress**  
**November**

**Hamrick's**  
**December**



## 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 .

First Series-Sweet Magnolias

- **South Friends Lunch Bunch**

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

July - "First Watch"

August - "Los Amigos"

Call 865-573-5843 for more information

- **Movie Time**

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

See Aliyete at the front desk to vote on what movie we watch next!

- **Dominos**

Mexican Train Dominos is so fun we need an extra day!

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 am.

- July 9th
- August 13th

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## 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.

- July 8th
- Aug 12th



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## Grandparents as Parents School Supply Drive

South Knoxville Senior Center will be supporting Grandparents raising their grandkids by collecting school supplies again for them this year.

See the attached flyer for all the details!



## Bingo!

Our next BINGO:

- July 1st
  - July 15th
  - Aug 5th
  - Aug 19th
- from 10:00-11:00 am.

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## Gospel

Gospel Music time is Monday, July 22nd and August 26th at 1 pm. We will also have an ice cream social beginning at noon sponsored by Smoky Mountain Hospice. Come out and join the fun!

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## Toenail Trimming

Toenail trimming is available by appointment only

- July 17th
- Aug 21st

## Beltone Presents

## Hearing Health Seminar

Wed July 17th

11am-12pm

Michael Murphy will be going over the importance of hearing.

Free give aways and cleaning of hearing aids after the seminar.



## 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!

- July 30th
- Aug 27th

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## Mini Health Fair

Join us for the Staying  
Strong and Independent for  
Life mini health fair and  
presentation 10 to 12:30pm  
on August 27th.

Guest speaker is **Rachel  
Frazier, Knox County  
Health Department**  
*presenting on Staying  
Strong and Independent  
for Life: Preventing  
Falls and Promoting*

*Brain Health* at 11:30  
am. Vendors with  
information and giveaways  
will be available including  
free balance screening.  
Lunch will be provided but  
registration is required. To  
RSVP please contact the  
South Senior Center at  
865-573-5843



## Tech Smart Knox Seniors with Telehealth (Another Class Made Available for YOU!)

If you are 50 or older and  
interested in learning  
practical computer skills to  
meet your needs in this  
current electronic age, sign  
up for the training today.  
CAC will offer 18 hours of  
training, 3 hours a day for 6  
days, and after the  
completion of this training  
you will go home with a  
new Chromebook, bag and  
mouse pad for only \$25.

*One computer per household*

**July 8-12, and July 15**

**9 am –noon**

Call 865-573-5843 to RSVP

**See attached flyer for  
more details!**



## Save the Date!



Sept 20th  
8am –2pm

Secure your spot now!!  
865-573-5843

## Medicare 101 Seminars

Do you have questions  
about Medicare and all the  
changes? Do you wonder if  
your plan is the right plan  
for you?

We have 2 opportunities by  
2 of our sponsors for you to  
come out and get your  
questions answered!



**July 22nd, 10am**

*American*  
**SENIOR BENEFITS™**

**July 23rd, 11am**

Pick the day and time that  
works best for you!



# 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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 865-573-5843  
 www.knoxcounty.org/seniors



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 11:00 Water Peeps 11:00 Quilting 12:00-12:30 Pool Closed 12:30 Free Swim 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 12:00-12:30 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 1:00 Dominos 2:00 Line Dance  Jigsaw Puzzle All Day	7:30 Free Swim 9:00 Water Aerobics 9:00 South Knox Opry 12:00-12:30 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 11:00 Water Peeps 12:00-12:30 Pool Closed 12:00 Cards 12:30 Free Swim 1:00 Water Aerobics 2:00 Aquaball 2:00 Ballroom Dance 3:00-3:30 Free Swim Jigsaw Puzzle All Day
<b>1</b>  10AM 	<b>2</b>  10AM Crafts W/ Susanne	<b>3</b>	<b>4</b>  HAPPY <b>4TH OF JULY</b> Center Closed!	<b>5</b>  11:30AM TV Weekly
<b>8</b>  9AM Senior Q&A W/Teja  9AM Car Fit  9AM Tech Smart Telehealth	<b>9</b>  9AM Tech Smart Telehealth  10:30AM Red Hats Meet For Lunch 	<b>10</b>  9AM Tech Smart Telehealth  9:30AM Market Square Farmers Market Field Trip	<b>11</b>  9AM Tech Smart Telehealth	<b>12</b>  9AM Tech Smart Telehealth  11:30AM TV weekly
<b>15</b>  9AM Tech Smart Telehealth  10:00AM   11:30AM Movie Time!	<b>16</b>	<b>17</b>  11AM-12PM Hearing Health Seminar W/ Beltone  Toenail Trimming by appt.	<b>18</b>	<b>19</b>  11AM South Friends Lunch Bunch Meet
<b>22</b>  10AM Medicare Seminar 101  12PM Ice-Cream Social  1PM Gospel Singing	<b>23</b>  11AM Medicare Seminar 101	<b>24</b>  Knoxville Summers	<b>25</b>	<b>26</b>  11:30AM TV Weekly
<b>29</b>	<b>30</b>  10AM Crafts W/Ella Jo  12PM Ask Humana W/ Rebecca	<b>31</b>		



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			<b>1</b>  <b>9AM Senior I&amp;R</b>	<b>2</b>  <b>11:30AM TV Weekly</b>
<b>5</b>  <b>10AM BINGO</b>	<b>6</b> <b>10AM Crafts W/ Susanne</b>  	<b>7</b>	<b>8</b>	<b>9</b>  <b>11:30AM TV weekly</b>
<b>12</b>  <b>9AM Senior Q&amp;A W/Teja</b>	<b>13</b> <b>10:30AM Red Hats Meet For Lunch</b>  	<b>14</b>	<b>15</b>   <b>11AM Back To School Party!</b>	<b>16</b> <b>11AM South Friends Lunch Bunch Meet</b>  
<b>19</b>  <b>10:00AM BINGO</b>  <b>11:30 Movie Time!</b>	<b>20</b> <b>9AM Senior Walk- Marine Park Greenway Trail</b>	<b>21</b> <b>Toenail Trimming by appt.</b>  	<b>22</b>	<b>23</b>  <b>9:30 AM Yoder's Field Trip</b>  <b>11:30AM TV Weekly</b>
<b>26</b>  <b>12PM Ice-Cream Social</b>  <b>1PM Gospel Singing!</b>	<b>27</b> <b>10AM- 12:30 Mini Health Fare W/Rachel Frasier</b>  <b>12PM Ask Humana W/ Rebecca</b>	<b>28</b>  	<b>29</b>	<b>30</b>



## **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!**





Helping Mature Drivers Find Their Safest Fit

**AOTA**® The American Occupational Therapy Association, Inc.



**AARP**®  
Driver Safety

Do you have trouble seeing over the steering wheel? Reaching the gas pedal? Problems with flexibility, strength, or changes in vision that make you less comfortable behind the wheel?

### **You're not alone! CarFit is here to help!**

CarFit is a program that promotes continued safe driving and mobility among older drivers by focusing on safety, comfort, and fit. The Knoxville Police Department will be hosting this event at our center. You will need to bring your own vehicle.

At this event a trained technician will look at:

- **Your line of sight over steering wheel**
- **Space between you and the steering wheel**
- **Seat and seatbelt adjustment and comfort**
- **Properly adjusted head restraints**
- **Access and ease of use between gas and brake pedals**

Date: **Mon, July. 8th**

Time: **9:00 AM - 11:30 AM**

Come and learn how to personalize your vehicle for safety and mobility!



**South Knoxville Senior Center  
Yard-Craft-Bake Sale**

**Friday, September 20, 2024**

**8:00 am to 2:00 pm**

**6729 Martel Lane, Knoxville TN 37920**



# BELTONE



## PRESENTS

# Hearing Health Seminar

### WHEN

**Wednesday, July 17<sup>th</sup>  
11:00am to 12:00pm**

### WHERE

**South Knoxville  
Senior Center**



[beltonesouth.com](http://beltonesouth.com)

**Free of Charge  
Event**

### SPONSORS

Beltone South

### BENEFITING

South Knox Senior  
Center

Michael Murphy, a Board-Certified Hearing Instrument Specialist with the State of Tennessee will be going over the importance of Hearing.

Michael Murphy will be on hand to clean the hearing aids after the seminar.

Free give away's too!



# Grandparents as Parents School Supply Drive

## Donate

crayons  
colored pencils  
earbuds  
headphones  
composition notebooks  
plastic folders

spiral notebooks  
glue sticks  
pencils  
pencil boxes  
dry erase markers  
backpacks with computer compartments

glue  
red/green pens  
tissue boxes  
Ziploc bags  
highlighters



**Donations accepted July 2024**

**Drop off donations at O'Connor Senior Center or  
any Knox County Senior Center**



**O'Connor Senior Center | 611 Winona Street**

**Corryton Senior Center | 9331 Davis Drive**

**Halls Senior Center | 4405 Crippen Road**

**Karns Senior Center | 8042 Oak Ridge Hwy**

**South Knoxville Senior Center | 6729 Martel Lane**

**West Knoxville Senior Center | 239 Jamestown Blvd. Suite 101**

**Call the Grandparents as Parents program for more information.  
865-524-2786**





# TECH SMART KNOX SENIORS

KNOXSENIORS.ORG  
A PROGRAM OF THE CAC OFFICE ON AGING

**Are you age 50 or older?**  
**Interested in learning how  
to use a laptop computer and  
access Telehealth?**  
**Need help purchasing an  
affordable laptop computer?**  
***We can help!***



After completing this 18-hour training, you are eligible to purchase a laptop computer called a Chromebook for \$25.

(Retail value \$150)

***Give us a call to learn more!***  
**865-524-2786**

# TGH TN Telehealth Curriculum Overview

Visit [www.tghn.org/telehealth](http://www.tghn.org/telehealth) to see a more detailed look at what is covered during each class session



## Intro to Chromebooks

Get signed into a Google account and learn the basics of using a Chromebook



## Intro to Telehealth & Gmail

Learn the basics of gmail and how email can be used to communicate with medical professionals



## Telehealth in Action

Learn how to prepare for a virtual appointment and how to use a digital calendar



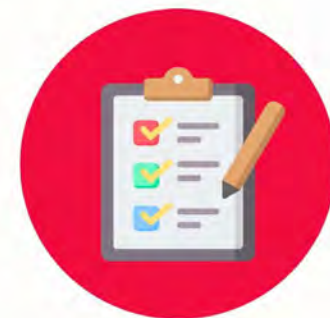
## Internet Safety

Learn to identify potential scams and how to protect personal information by using strong passwords and privacy settings



## Telehealth Toolbox

An overview of Youtube, local telehealth resources, and health-related apps



## Last Day

Learners wrap up any loose ends, share what they have learned, celebrate their achievement, and take home their new Chrombooks!



TECH GOES HOME  
TENNESSEE





## *Stay Strong and Independent Seminar and Health Fair*

Come and join us for a seminar and  
health fair

Tuesday, August 27th  
10am to 12:30pm

South Senior Center  
6729 Martel Lane

Vendors will provide giveaways and door prizes. Free balance screening and vision testing will be available.

**Lunch will be provided for the first 30 who RSVP. Please call South at (865) 573-5843 to make your reservation.**



# Knox County Senior Services Monthly Senior Walk

**Tuesday, July 16 @ 9:30am**

Join us for the walking group's monthly walk at Collier Preserve Beaver Creek Duo (330 West Emory Road, Powell 37849). This 12-acre park features a soft trail along with an ADA walkway, nature path, native plants garden, arboretum, birding platform and a tranquil natural setting for observing wildlife.

Collier Preserve sits adjacent to the Powell Branch Library, and we ask that those participating in the walk, park in that lot at the Library.

Following our walk, feel free to join us for lunch (dutch treat) at Southern Kitchen Sandwich Co. (2307 West Emory Road, Powell 37849). Be sure to RSVP by leaving a message at **865-288-3761** or you can email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)



## Marine Park Greenway Walk

**Date:** Tuesday, August 20<sup>th</sup> at 9:00 am

**Address:** 2201 Alcoa Highway, 37920

Marine Park offers a peaceful setting alongside the Tennessee River. The Knox/Blount Greenway spans from Marine Park, along the shore of the Tennessee River, passes the Cherokee Farm Innovation campus and connects to the Neyland Greenway via the J.E. "Buck" Karnes Bridge. The paved, out-and-back walk features views of the river on one side and grassy areas on the other. **Be aware, there are no restrooms on site.**

Join us for lunch after at SoKno Tacos at 3701 Sevierville Pike

Make sure to RSVP to 865-288-3761 or email [seniorservices@knoxcounty.org](mailto: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 !**







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