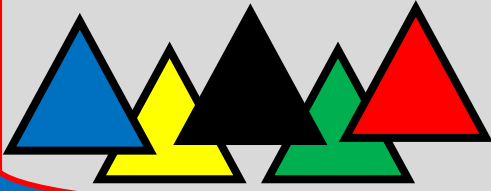


# Corryton Senior Center Connection



January/February Newsletter 2025

## 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)

The center will be **CLOSED**:

Monday, January 20  
Martin Luther King, Jr. Day



Monday, February 17  
President's Day



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

Fitness Room and Billiards Room  
open all day, every day!



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

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

# January 2025



Mon	Tue	Wed	Thu	Fri
	<p><u>*Senior Walk*</u>  <b>Tues, Jan 21st</b>  <b>@ 10am</b>  <b>Judy &amp; Susanne</b></p> <p><b>West Town Mall</b>  <b>(Indoors)</b></p> <p><b>Lunch: Many Options</b>  <b>in Food Court</b></p>	<p><b>1</b>  <b>CENTER CLOSED</b></p> <p><i>Happy</i>  <b>NEW</b>  <b>YEAR</b></p>	<p><b>2 Fitness Room Open All Day</b>            9:15 Seated Yoga            10:00 Classic Exercise            10:30 Stability            1:00 Cardio            Drumming Class</p>	<p><b>3 Fitness Room Open All Day</b>            8:30 Coffee &amp; Chat  <b>10:00 Monthly</b>  <b>In-Person Bingo</b></p> <p><b><u>NO CARDMAKING</u></b>  <b><u>W/ GAY CLAPP</u></b></p>
<p><b>6 Fitness Room Open All Day</b>            11:30 AOA Class            2:00 Weekly In-House            Bingo</p>	<p><b>7 Fitness Room Open All Day</b>  <b>11:00 Snowman Spoons</b>  <b>Craft w/ Susanne</b>            11:30 AOA Class            1:30 Corryton Jam  <b>2:00 Veterans Services</b></p>	<p><b>8 Fitness Room Open All Day</b>  <b>9:00 Knox County</b>  <b>Tax Freeze/Relief</b>            10:00 Dominoes</p>	<p><b>9 Fitness Room Open All Day</b>            9:15 Seated Yoga            10:00 Classic Exercise            10:30 Stability            1:00 Cardio            Drumming Class</p> <p><b>HMQG Project Day!</b></p>	<p><b>10 Fitness Room Open All Day</b>            8:30 Coffee &amp; Chat</p>
<p><b>13 Fitness Room Open All Day</b>  <b>9:00 Craft Day</b>            11:30 AOA Class  <b>1:00 Club Bunco</b>  <b>w/ The Clapps</b>  <b>1:30 Teja Cain</b>  <b>Medicare Advisor</b>            2:00 Weekly In-House            Bingo</p>	<p><b>14 Fitness Room Open All Day</b>  <b>10:30 Super Seniors:</b>  <b>Bingo w/ TVA</b>  <b>Credit Union</b>            1:30 Corryton Jam</p> <p><b><u>NO AOA CLASS</u></b></p>	<p><b>15 Fitness Room Open All Day</b>            10:00 Dominoes  <b>2:00 International</b>  <b>Month Kickoff</b>  <b>Different Countries</b>  <b>(Video)</b></p>	<p><b>16 Fitness Room Open All Day</b>            9:15 Seated Yoga            10:00 Classic Exercise            10:30 Stability            1:00 Cardio            Drumming Class  <b>2:30 Corryton SS</b>  <b>Singers</b></p>	<p><b>17 Fitness Room Open All Day</b>            8:30 Coffee &amp; Chat  <b>1:00 Mid-Day Movie</b></p>
<p><b>20</b>  <b>CENTER CLOSED</b></p> <p><b>Martin Luther</b>  <b>King Day</b></p> 	<p><b>21 Fitness Room Open All Day</b>  <b>10:00 Senior Walk*</b>            11:30 AOA Class  <b>1:00 CSC Bunco</b>            1:30 Corryton Jam</p>	<p><b>22 Fitness Room Open All Day</b>            10:00 Dominoes  <b>1:00 Fight Fraud w/</b>  <b>TVA Credit Union</b>  <b>Presentation</b></p>	<p><b>23 Fitness Room Open All Day</b>            9:15 Seated Yoga            10:00 Classic Exercise            10:30 Stability            12:00 Cardio            Drumming Class  <b>1:00 HMQG Monthly</b>  <b>Meeting</b></p>	<p><b>24 Fitness Room Open All Day</b>            8:30 Coffee &amp; Chat  <b>11:00 Lunch Bunch:</b>  <b>(Habenaro 11 Mexican)</b>  <b>1:00 Come Sit &amp; Spin</b>  <b>Vinyl Hour</b></p>
<p><b>27 Fitness Room Open All Day</b>  <b>10:00 Book Club</b>            11:30 AOA Class  <b>1:00 Diamond Art</b>  <b>w/ Lisa</b>            2:00 Weekly In-House            Bingo</p>	<p><b>28 Fitness Room Open All Day</b>            11:30 AOA Class            1:30 Corryton Jam</p>	<p><b>29 Fitness Room Open All Day</b>            10:00 Dominoes</p>	<p><b>30 Fitness Room Open All Day</b>            9:15 Seated Yoga            10:00 Classic Exercise            10:30 Stability            1:00 Cardio            Drumming Class  <b>2:00 Seasoned to Taste</b>  <b>Cooking Class</b></p>	<p><b>31 Fitness Room Open All Day</b>            8:30 Coffee &amp; Chat</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


  
**2025**

Mon	Tue	Wed	Thu	Fri
<b>3</b> Fitness Room Open All Day <b>9:00 Spa Day</b> w/ Hair Cuts 11:30 AOA Class <b>1:30 Teja Cain</b> <b>Medicare Advisor</b> 2:00 Weekly In-House Bingo	<b>4</b> Fitness Room Open All Day <b>11:00 Valentine's</b> <b>Wreath Craft</b> w/ Susanne 11:30 AOA Class 1:30 Corryton Jam	<b>5</b> Fitness Room Open All 10:00 Dominoes	<b>6</b> Fitness Room Open All Day <b>9:00 Anastasia</b> <b>The Musical</b> 9:15 Seated Yoga 10:00 Classic Exercise 10:30 Stability 1:00 Cardio Drumming Class	<b>7</b> Fitness Room Open All Day 8:30 Coffee & Chat <b>10:00 Monthly</b> <b>In-Person Bingo</b> <b>1:00 Cardmaking</b> w/Gay
<b>10</b> Fitness Room Open All Day <b>9:00 Craft Day</b> 11:30 AOA Class <b>1:00 Club Bunco</b> w/ The Clapps 2:00 Weekly In-House Bingo	<b>11</b> Fitness Room Open All Day <b>10:30 Super Seniors:</b> <b>Valentine Medleys</b> w/ Sarah Dockary 1:30 Corryton Jam <b>2:00 Veterans Services</b>  <u><b>NO AOA CLASS</b></u>	<b>12</b> Fitness Room Open All Day <b>9:00 Beltone Hearing</b> 10:00 Dominoes <b>1:00 Japanese Etegami</b> <b>(Picture Letters)</b> w/ Mana	<b>13</b> Fitness Room Open All Day 9:15 Seated Yoga 10:00 Classic Exercise 10:30 Stability 1:00 Cardio Drumming Class <b>2:30 Corryton SS</b> <b>Singers</b>  <b>HMQG Project Day!</b>	<b>14</b> Fitness Room Open All Day 8:30 Coffee & Chat <b>1:00 Mid-Day Movie</b>  
<b>17</b> <u><b>CENTER CLOSED</b></u>  	<b>18</b> Fitness Room Open All Day <b>10:00 Senior Walk*</b> 11:30 AOA Class <b>1:00 CSC Bunco</b> 1:30 Corryton Jam	<b>19</b> Fitness Room Open All Day <b>9:00 Beltone</b> 10:00 Dominoes <b>2:00 Let's Visit</b> <b>Poland w/ Margaret</b> <b>Lon-Britton</b>	<b>20</b> Fitness Room Open All Day 9:15 Seated Yoga 10:00 Classic Exercise 10:30 Stability 1:00 Cardio Drumming Class <b>2:30 Corryton SS</b> <b>Singers</b>	<b>21</b> Fitness Room Open All Day 8:30 Coffee & Chat <b>11:00 Chili Cook-off</b>  
<b>24</b> Fitness Room Open All Day <b>10:00 Book Club</b> 11:30 AOA Class 2:00 Weekly In-Person Bingo	<b>25</b> Fitness Room Open All Day 11:30 AOA Class 1:00 Corryton Jam	<b>26</b> Fitness Room Open All Day 10:00 Dominoes	<b>27</b> Fitness Room Open All Day 9:15 Seated Yoga 10:00 Classic Exercise 10:30 Stability 12:00 Cardio Drumming Class <b>1:00 HMQG Monthly</b> <b>Meeting</b>	<b>28</b> Fitness Room Open All Day 8:30 Coffee & Chat <b>11:00 Lunch Bunch:</b> <b>(Texas Road House)</b>
	<u><b>*Senior Walk*</b></u> <b>Tues, Feb 18th</b> <b>@ 10am</b> <b>Susanne &amp; Tara</b>  <b>First Creek Greenway</b> <b>@ Caswell Park</b>  <b>Lunch: Ale Rae's</b>	<u><b>Coming in 2025</b></u>  <b>2nd Annual</b> <b>Enhance Your Life</b> <b>Expo</b>  <b>Friday, April 25th,</b> <b>2025</b>	<b>Looking Forward</b> <b>to ...</b> <b>Sock Hop @ Halls</b> <b>Senior Center along</b> <b>with Corryton and</b> <b>South Senior Centers</b>  <b>Friday, May 16</b> <b>@ 1pm</b>	<b>What would you like</b> <b>to see at the center:</b> <b>Field Trips,</b> <b>Specific Seminars,</b> <b>Dance Classes, etc...</b> <b>Please Email:</b> <b>sarah.gault@</b> <b>knoxcounty.org</b> <b>your suggestions!</b>

# 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 January 20 or February 17**

## MONDAY SPECIAL EVENTS

### Craft Day

**Monday, January 13 & February 10**

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 and share ideas!

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

**SPECIAL CRAFT: We will decorate a Valentines bag for senior shut-ins that SCAN will deliver!**

**Please bring something small to fill the bag such as tissues, chapstick, notepads, candy. The bag is 6'x4'.**



**Teja Cain**

**Medicare Advisor**

**Mondays**

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

**January 13 (2nd Monday)**

**February 3 (1st Monday)**



## WEEKLY BINGO

**MONDAY BINGO with JESSICA**

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

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)

## CLUB BUNCO

**Club Bunco with the Clapp's  
Second Monday's**

**January 13**

**February 10**

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

**Ste. B**



### DID YOU KNOW?

**Giraffes are 30 times more likely to get hit by lightning than people.**

True, there are only five well-documented fatal lightning strikes on giraffes between 1996 and 2010. But due to the population of the species being just 140,000 during this time, it makes for about 0.003 lightning deaths per thousand giraffes each year. This is 30 times the equivalent fatality rate for humans.





**Diamond Art with Lisa  
Monday, January 27  
1:00pm**

Join Lisa as she teaches us how to create beautiful coasters with diamond dots. It's a new craze that everyone is talking about. Relaxing, social, and fun!



**Mondays - 10:00am—Library  
January 27 and February 24  
See page 14 for details.**

**DID YOU KNOW?**

**You can actually die laughing.**

And a number of people have, typically due to intense laughter causing a heart attack or suffocation. Comedy shows should come with a warning.



**Knox County Veteran Services**

**Gabriel Burns will be here to provide one-on-one assistance for you with your Veteran needs.**

**Tuesdays**

**2:00-4:00pm**

**January 7**

**February 11**

**See page 21 for other locations.**



2025 2025 2025 2025 2025 2025



**AND DID YOU KNOW?**

**Ants don't have lungs.**

They instead breathe through spiracles, nine or ten tiny openings, depending on the species.



# 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 January 14 or February 11**

## SUPER SENIORS

**Second Tuesdays**

**10:30am**

**\$6 per person**

**Please RSVP**

Join us for food, fellowship, and fun!

**January 14: BINGO with TVA Credit Union**

**February 11: Valentine Medleys with Vocalist Sarah Dockery**

**Sign-up Required**

## CRAFTS BY SUSANNE

**Tuesdays**

**11:00am**

**January 7 & February 4**

**See page 13 for details**



**CORRYTON JAM**

**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!



**Tuesday at 1:00pm**

**Ste. B**

**January 21**

**February 18**

**Bring a \$5 gift!**

## DID YOU KNOW?

**Identical twins don't have the same fingerprints.**

You can't blame your crimes on your twin, after all. This is because environmental factors during development in the womb (umbilical cord length, position in the womb, and the rate of finger growth) impact your fingerprint.



# 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!

## FRAUD/SPAM Presentation

### Fight Fraud!

**January 22, 1:00-2:00pm**

**KNOXVILLE TVA CREDIT UNION**

**Shelli Allison, CUCE, BSACS**

Manager | Compliance, Fraud, & Vendor Management

Learn how to keep your accounts and information more secure. Fraudsters get trickier every day, but Knoxville TVA Employees Credit Union™ has resources to help our Members fight back! Knowledge is your best defense.



Years of People Helping People.™

Sign-up requested

### DID YOU KNOW?

**Animals can experience time differently from humans.**

To smaller animals, the world around them moves more slowly compared to humans.

Salamanders and lizards, for example, experience time more slowly than cats and dogs. This is because the perception of time depends on how quickly the brain can process incoming information.



## SPECIAL EVENT

**Mana Muramatsu**

### Japanese Outreach Initiative

with the Asian Culture Center of Tennessee

**Wednesdays at 1:00pm**

Sign-up requested

◆ **February 12**

**Etegami**

Picture Letters

◆ **March 12**

**Yukata**

Traditional Summer Kimono

◆ **April 9**

**Japanese Banjo**

Ms. Mahagi LaCure, Music Teacher



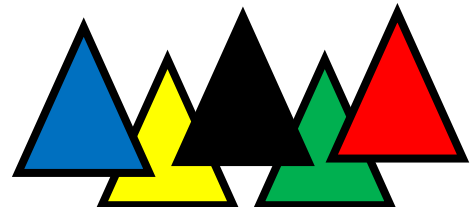
### Tax Freeze/Tax Relief

Wednesday, January 8

9:00-11:00am

Justin Biggs Group

Brian Hornback





## WEDNESDAY SPECIAL EVENTS CONTINUED

### International Month Kick-Off

Every month we will visit a different country, presented by someone who is from there or we will show a video.

#### Introduction

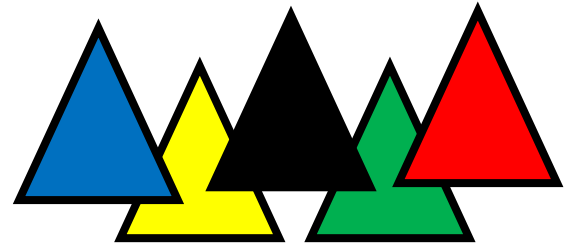
Wednesday, Jan 15 @ 2pm  
Different Countries (Video)

#### Let's Visit Poland

with Margaret Lon-Britton  
Wednesday, Feb 19 @ 2pm  
Margaret moved from Poland when she was 13 to Halls. She will take you on a pleasant tour of her homeland!



**Wednesday  
February 19  
9:00-11:00am  
Sign-up required**



#### **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

## EXERCISE CLASSES with DON PARSLEY ONLINE

**SEATED YOGA**  
9:15-9:45am

**CLASSIC EXERCISE**  
10:00-10:30am

**STABILITY**  
10:30-11:00am

**SAIL VIA YOUTUBE COMING SOON!**

## FIELD TRIP

**ANASTASIA, The Musical**  
(Youth Edition)

**Thursday, February 6**

Clayton Center for the Arts in Maryville

FREE TICKETS provided by  
Penny Mayo, Humana

BUS COST TBD  
Or drive on your own  
Sign-up Required  
Details page 20

## 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!

## SEASONED TO TASTE

## SECOND HARVEST FOOD BANK



**SEASONED TO TASTE**  
**Thursday, January 30**  
**2:00-3:00pm**

Join in the fun and learn how to  
make Pumpkin Soup. All ingredients  
supplied.

Class limited to 15  
Sign-up Required  
See page 15 for details.

## Corryton Super Senior Singers

Let your voice be heard and come sing  
with us!

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

**January 16**  
**February 13 & 20**



# FRIDAY

## COFFEE CHAT

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



**CHILI COOK-OFF**  
Friday, February 21  
11am-1pm  
**See page 12 for details!**

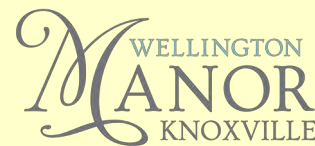
## IN-PERSON BINGO

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

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

**January 3– sponsored BY Knoxville TVA  
Credit Union, Clayton**

**February 7: Sponsored by Wellington  
Place**



## LUNCH BUNCH

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

**January 24**  
**Habanaro II Mexican Restaurant**  
4620 Greenway Dr. Knoxville, TN 37918

**February 28**  
**Texas Road House**  
East Town  
3071 Kinzel Way, Knoxville, TN 37924

## Mid-Day Movies

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

### **January 17–Father Stu**

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption.

Starring: Mark Wahlberg, Jackie Weaver, Aaron Moten  
(Biography, Drama)



### **February 14–Book Club**

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

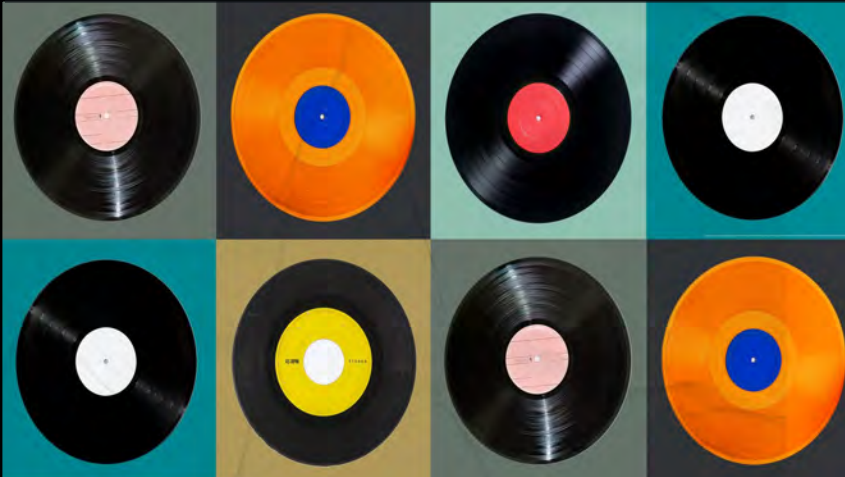
Starring: Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen, Andy Garcia, Craig T. Nelson, Don Johnson, and more!

(Romantic Comedy, Drama)





# FRIDAY SPECIAL EVENTS



*"I believe that vinyl will outlast CDs."*

**Conor Oberst**

(Bright Eyes, the Best Songwriter of 2008 by *Rolling Stone* magazine)

**Come Sit & Spin  
It's the Vinyl Hour  
FRIDAY, January 24  
1:00-3:00PM**

Bring your vinyl and let's play some music on a record player and admire the album covers.

What's your music taste?  
Bring it and we'll spin it!

## DID YOU KNOW?

**Wearing a tie can reduce blood flow to the brain by 7.5 per cent.**

A study in 2018 found that wearing a necktie can reduce the blood flow to your brain by up to 7.5 per cent, which can make you feel dizzy, nauseous, and cause headaches. They can also increase the pressure in your eyes if on too tight and are great at carrying germs.



## HAPPY NEW YEAR 2025

We would LOVE to hear from you!!

What would you like to see happen at the Corryton Senior Center this year?

*Field trips? Theatre? Specific seminars? Dance Classes?*

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

### MARK YOU CALENDAR:

**2nd Annual Enhance Your Life Expo, Friday, April 25, 11:00am-1:00pm**

**Sock Hop Dance at Halls Senior Center along with South Knox Senior Center and Corryton Senior Center, Friday, May 16, 1:00-3:00pm.**

**Ideas for Field Trips:** Ramsey House and Cruz Pizza Barn - Oak Ridge Science Museum and Big Ed's Pizza - Women's Hall of Fame and Historical Museum - Aspire Park and Picnic Lunch - Cades Cove in the Fall - Suggestions?



***CORRYTON SENIOR CENTER INVITES YOU TO CHOOSE YOUR FAVORITE CHILI***

**FRIDAY, FEBRUARY 21, 11:00AM-1:00PM**

***WHO WILL WIN THE GOLDEN SPOON FOR BEST CHILI?***

***WHO WILL WIN THE BEST CHILI NAME?***

***WHO WILL WIN THE BEST DECORATED TABLE?***

**GO TO EACH TABLE AND HAVE A TASTE OF THE CONTESTANTS CHILI  
AND FILL OUT YOUR BALLOT.**

**CHILI TASTING: 11:00PM-12:30PM**

**TURN YOUR BALLOT IN BY 12:30PM**

**ENJOY MORE CHILI (IF ANY IS LEFT OVER!)**

**WINNERS ANNOUNCED AT  
12:54PM.**

**CONTESTANTS:**

BERRY FUNERAL HOME  
EDWARD JONES FINANCIAL  
EMORY MILLS SENIOR LIVING  
HILLCREST HEALTHCARE  
SMOKEY MOUNTAIN  
HOSPICE  
WISDOM INSURANCE  
YES INSURANCE/I-2  
AGENCY





# The Craft Corner

## Card Making with Gay First Fridays

No class in January

February 7

1:00-3:00pm

\$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!*

## Crafts with Suzanne

Tuesdays @ 11:00am

January 7

Snowmen Spoons

Everything provided



February 4

Valentine's Wreath

Wreaths provided. Bring your own bedazzlements for your wreath to make it your own. We have ribbon and other décor for your use.



## Create Your Own Craft Day Monday

January 13

February 10

9:00am-3:00pm

See page 4 for more details.

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.

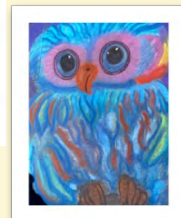
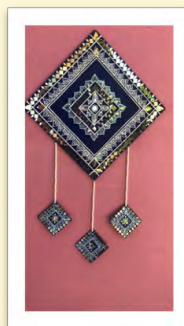
**JOIN IN THE FUN!**

## ARTISTS CALL

We would like to invite you to display your wall art around our center. If you'd like to lend us your art for our walls please email:

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

Looking for your original art, wall hangings, or anything we can hang from the ceiling! Any medium or style!





## DID YOU KNOW?

The world's oldest cat lived to 38 years and three days old. Creme Puff was the oldest cat to ever live.

**August 3, 1967 –  
August 6, 2005**



The world's oldest dog lived to 29 -1/2 years old. While the median age a dog reaches tends to be about 10-15 years, one Australian cattle dog, 'Bluey', survived to the ripe old age of 29+.

**1910-1939**



## 2025 Book List

Join us on 4th Mondays at 10:00am

January 27	Pick Your Own Book
February 24	Run Rose Run by Dolly Parton & James Patterson
March 24	West with Giraffes: A Novel by Lynda Rutledge
April 28	The Storied Life of AJ Fikry by AJ Fikry
May 26	The Inheritance Games by Jennifer Lynn Barnes
June 23	The Summer Cottage by Viola Shipman
July 28	Assistant to a Villain by Hannah Nicole Maehrer
August 25	My Grandmother Asked Me to Tell You She's Sorry By Fredrik Backman
September 29	We Solve Murders by Richard Osman
October 27	Before We Were Yours by Ellery Adams
November 24	The Lost Bookshop by Evie Woods
December 15 (3rd Monday)	The Christmas Train by David Baldacci





Join Second Harvest Food Bank for



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

**JANUARY** | **2:00 PM -**  
**30TH** | **3:00 PM**  
**THURSDAY**

**CORRYTON  
SENIOR CENTER**

9331 Davis Drive  
Corryton, TN 37721

**SIGN-UP REQUIRED**  
**STOP IN OR CALL 865-688-5882**

*Spots are limited*

**YOU TAKE  
HOME:**

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



# FOOD DRIVE—FOOD DRIVE—NOT FOOD FIGHT!

We need your cans man!

We are having a food drive for Second Harvest of East Tennessee.

**January 7-February 28**

If you can spare a can or two please consider donating to one of the bins at the Corryton Senior Center. Look forward to a field trip to their facility later in the year.

*Your generosity is greatly appreciated!*



## Most Needed Food Drive Items

### Peanut Butter

### Canned Proteins

(tuna, chicken, salmon, beans)

### Canned Fruits

(peaches, pears, pineapple)

### Canned Vegetables

(green beans, corn, mixed veggies)

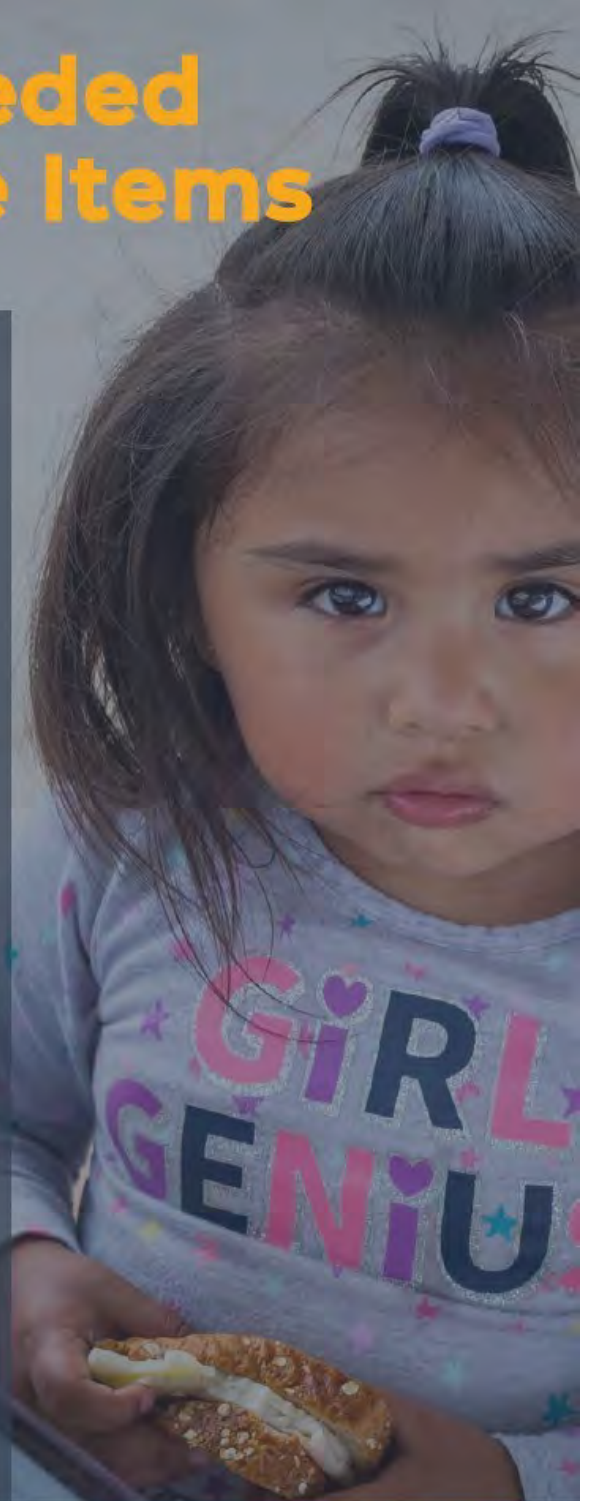
### Soups

(beef stew, chicken noodle, chili)

### Staples

(rice, dry beans, dry pasta, cereal)

**\*NO GLASS CONTAINERS PLEASE\***







# 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)**

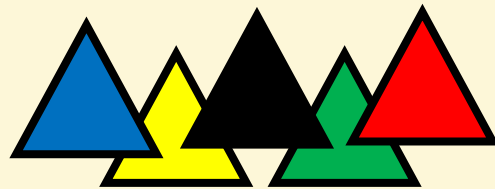
**Gospel Singing fourth Monday of every month 1:00-3:00** Open to anyone who plays an acoustic instrument and has an open audience (SOUTH)

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

**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



# **KNOX COUNTY SENIOR SERVICES SENIOR WALK – January 21, 2025**

*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](mailto:seniorservices@knoxcounty.org)**

# KNOX COUNTY SENIOR SERVICES SENIOR WALK—February 18, 2025

## 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

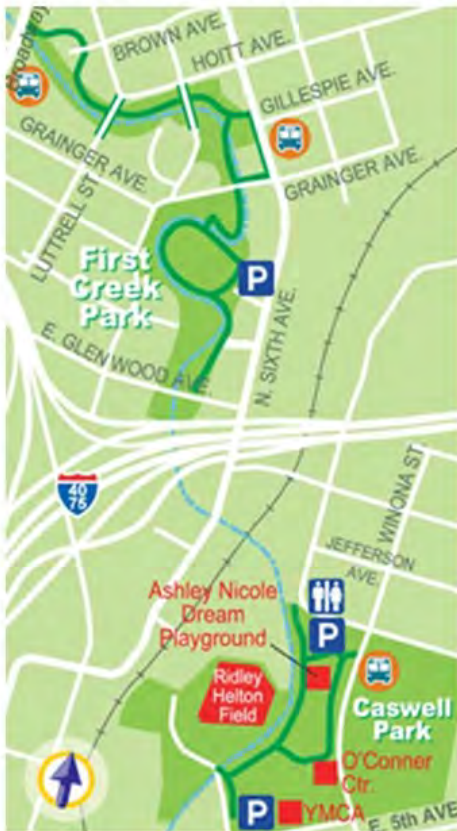
Come enjoy a short, brisk walk with Tara and Susanne and  
then warm up with a yummy lunch at

Ale' Rae's

Located at

937 N Broadway

RSVP at [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org) or 865-288-3761





Primary  Players

Children's Theatre Group

is proud to present

A

ANASTASIA

THE MUSICAL  
YOUTH EDITION



*Book by Terrence McNally*

*Music by Stephen Flaherty*

*Lyrics by Lynne Ahrens*

Inspired by the Twentieth Century Fox Motion Pictures by special arrangement with Buena Vista Theatrical.  
From the play by Marcelle Maurette as adapted by Guy Bolton

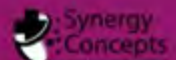
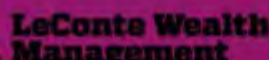
**Sensory Friendly Show: 10am Thursday, Feb 6th**

**All Performances At  
The Clayton Center For The Arts  
In Maryville**

**Tickets: FREE! / BUS TBD**

**60 minute runtime, No Intermission**

**SIGN-UP REQUIRED AT CORRYTON SENIOR CENTER  
SPONSORED BY PENNY MAYO WITH HUMANA**



ANASTASIA is presented by arrangement with Concord Theatricals. [www.concordtheatricals.com](http://www.concordtheatricals.com)





# 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





# TECH SMART KNOX SENIORS

KNOXSENIORS.ORG  
A PROGRAM OF THE CAC OFFICE ON AGING

**Are you age 60+ & live in Knox County?**

**Interested in learning how  
to use a laptop computer?**

**Need help purchasing an  
affordable laptop computer?**

***We can help!***

**NOTE:**

**Location of  
classes are to be  
determined.**

**There will *NOT* be  
a class at the  
Corryton Senior  
Center.**



After completing this 15-hour training, you are eligible to purchase a laptop computer called a Chromebook for \$25 (Retail value \$150).

Classes are Monday—Friday; 3 hours per day.

Call for class locations.

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

This project is funded under a Grant Contract with the State of Tennessee.



# GOOD TO KNOW

*\*TAKEN FROM THE RSVP WINTER NEWSLETTER*

## FYI Features (Fun Facts, Tidbits, Science, and Stuff)

Most eyewear brands have these details printed in a similar area, so if you have already found a pair that you love, then you can compare measurements to see which frame looks best on you.



Lens width - Bridge width - Temple length



Lens width: 53mm



Bridge width: 17mm



Lens height: 37mm

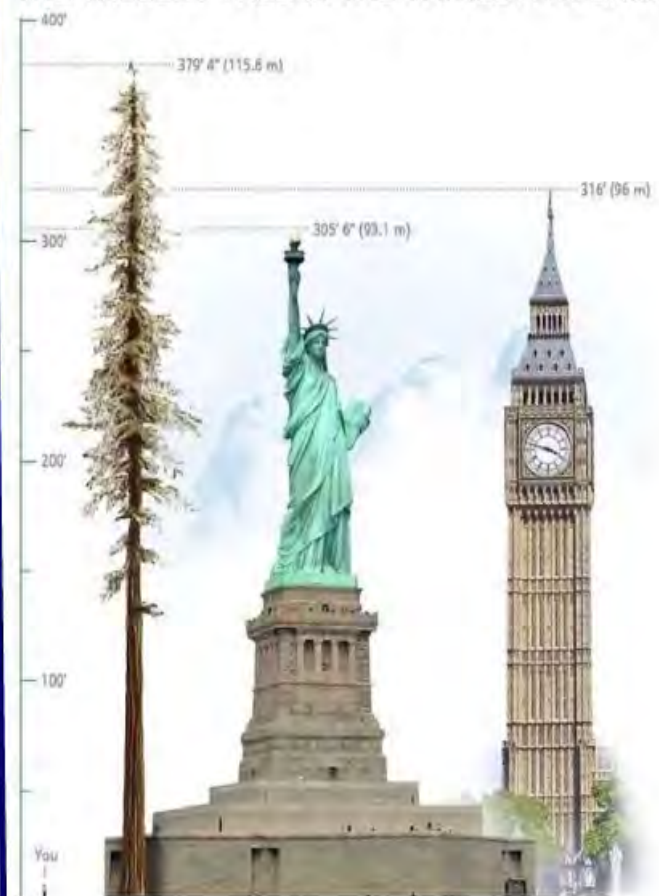


Temple length: 145mm

### Good to Know



### THE TALLEST TREE IN THE WORLD: HYPERION



treevitalize.com

### WOW!

Hyperion stands proudly within **California's Redwood National Park**, a haven of towering trees and diverse ecosystems. While the exact coordinates are a closely guarded secret to protect its surroundings, it's nestled in a remote area originally part of the park's 1968 boundaries.