

# South Knoxville Senior Center



Mar - Apr 2025

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

## 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!!)**

## Karaoke Fun!

Come out and sing us a tune, or have fun listening to others singing your favorites! **No talent needed**, just a little guts and the ability to laugh at yourself.

Refreshments and Fun  
For All  
**Mar. 12th 11:30**

## Life Transitions

Grief workshop

Mar 25th 11:00-12:30

Lead by Brandon  
Canter

RSVP at the front desk



**CAC BEARDSLEY**  
**COMMUNITY FARM**

## Free Seeds and plants!

Beardsley Farm and the Green Thumb Program are back! Come out to our South Knox Opry on Thursday, March 13th. A representative from Beardsley Farm will be there to sign seniors up for the Green Thumb program for free seeds and plants. Sign-ups will be held from 9-10:30 am

## Bean Auction

Sponsored by TVA Credit  
Unit

**Mar 18th 11:30**

Don't miss the fun!  
Use beans provided to bid on prizes.  
(See attached flyer for details)



**The Center Will be Closed:**

**April 18th in observance of Good Friday**



## Field Trips (Mar. and Apr.)

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



### Hammer's and Golden Girls

Mar. 28th, 9:30-2:00ish  
\$10 for transportation  
paid by 3/14 to reserve  
your spot!

Shopping and Lunch, not  
much better than that!  
Heaping plates of American  
home cooking in a log cabin-  
style setting with an old-  
fashioned vibe.

### Bush's Beans Museum



Apr. 22nd, 9:30-2:00ish  
\$10 for transportation  
paid by 4/4 to reserve your  
spot!

Learn lots taking a tour of the  
facilities and also enjoy some  
home cookin' and Southern  
specialties at the Bush's  
Family Café.

## Crafts with Susanne

Join us for Crafts with  
Susanne. Check out some  
details below and make  
sure to RSVP at  
865-573-5843

### Tuesday, Mar. 4th 10:00 Bendable Fabric Flowers



All supplies provided.  
Must RSVP!

### Tuesday, Apr. 1st 10:00 Rustic Sunflower



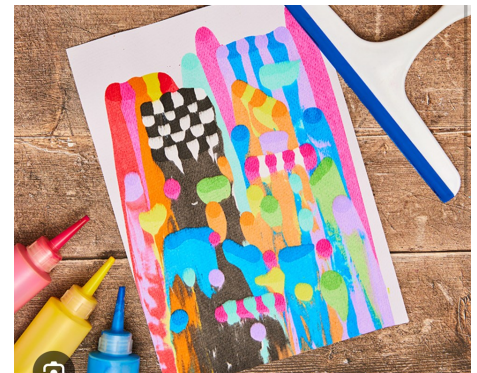
All supplies provided.  
Must RSVP!

## Guest Crafters!

Tuesday, Mar. 18th 10:00

### Crafts with Lisa Squeegee Painting Class

Join Lisa Page and learn  
how to do squeegee  
painting!



All supplies provided.  
Must RSVP!

Tuesday, Apr. 15th 10:00

### Crafts with Karen Transfer Mugs

Join Karen Seeley and  
learn how to make  
decorative cups and mugs  
with various transfers to  
choose from!



\$5 for supplies  
Must RSVP!

## 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

*Mar. 21st - Emma'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

**Mar. 11th**

**Apr. 8th**

- **Bingo!**

**Apr. 21st**

**10:00-11:00**

## Movie Time!

Monday, Apr. 21st  
11:30



"The Three Stooges"

## 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.

- Mar. 10th
- Apr. 14th



## Vet Chat

4th Friday of every month  
9:30 am

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

**Mar. 28th**

**Apr. 25th**



## Toenail Trimming

Toenail trimming is available by appointment only

**Mar. 19th**

**Apr. 16th**

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



## Beltone

Michael Murphy will be at the Center on **Mar. 6th**  
**8:30-10 AM**

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

## Ice Cream Social!

Sponsored by Smokey Mountain Hospice and PJ Parkinson's Support

**Mar. 6th**

**Apr. 3rd**

**11:00**

## Art Party with Lyndsey Ullom

- Easy and comfortable pace
  - Individual instruction
    - 2-3 hour class
  - Take home a painting
  - Art supplies provided
- \$20 per person  
**SIGN UP REQUIRED!**  
Apr 2 10:00



## Japanese Postcards with Mana!

Come out and learn how to make Japanese postcards!

Space limited to 12 participants

Apr. 16th 11:00

RSVP 865-573-5843



## Beginners Ukulele Jam!

Bring your Ukulele and join the fun!

Tuesdays at 2:00

## “Dinner on the Ground”

Sponsored by Southside Baptist Church

Join seniors from Southside Baptist for an old fashioned picnic outside  
Apr 17th 11:45  
After the South Knox Opry

(Food is provided, while supplies last)



## Ice Dye Craft

It's time to Ice Dye some shirts again!

Wed. Apr. 30th  
10:00

\$5 per item and bring your own bucket.

You must RSVP and pay ahead of this class.

Call 865-573-7843



## 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 Thursdays

Mar. 6th, 11:00-3:00

Apr. 3rd, 8:00-12:00

\$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**





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 www.knoxcounty.org/seniors



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 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 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
<b>3</b> 7:30AM Tax Aide  	<b>4</b> 10AM Crafts W/ Susanne 2PM Ukulele Jam 	<b>5</b> No Line Dancing	<b>6</b> 9AM Senior Info & Referral 9AM Beltone 11AM Ice-Cream Social! Chair massage by appt.	<b>7</b> 11:30AM TV Weekly 
<b>10</b> 7:30AM Tax Aide 9AM Senior Q&A   	<b>11</b> 10:30AM Red Hats Meet For Lunch  2PM Ukulele Jam 	<b>12</b> 11:30 Karaoke Event! 	<b>13</b> 9AM Seeds W/Beardsley Farm	<b>14</b> 11:30AM TV Weekly 
<b>17</b> 7:30AM Tax Aide  	<b>18</b> 10AM Crafts W/ Lisa  11:30AM Bean Auction 2PM Ukulele Jam 	<b>19</b> Toenail Trimming by appt. 	<b>20</b> 	<b>21</b> 11AM South Friends Lunch Bunch Meet 
<b>24</b> 7:30AM Tax Aide  	<b>25</b> 11AM Grief Workshop W/Brandon 12PM Ask Humana W/ Rebecca 2PM Ukulele Jam 	<b>26</b> 	<b>27</b> 9AM-3PM UT Medical Mobile Mammogram 1PM Computer & Phone Help W/Joyce	<b>28</b> 9:30AM Veterans Chat 9:30AM Field Trip To Hammers 11:30AM TV Weekly
<b>31</b> 7:30AM Tax Aide  				

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	<b>1</b>  10AM Crafts W/ Susanne  2PM Ukulele Jam! 	<b>2</b>  10AM Art Party W/ Lindsey 	<b>3</b>  9AM Senior Info & Referral  11AM Ice-Cream Social!  Chair Massage By Appt!	<b>4</b>  11:30AM TV Weekly 
<b>7</b>  7:30AM Tax Aide 	<b>8</b>  10:30AM Red Hats Meet For Lunch   2PM Ukulele Jam! 	<b>9</b>	<b>10</b> 	<b>11</b>  11:30AM TV Weekly 
<b>14</b>  7:30AM Tax Aide   9:00AM Senior Q&A  	<b>15</b>  10AM Crafts W/Karen  2PM Ukulele Jam! 	<b>16</b>  11AM Japanese Postcard Drawing W/Mana  Toenail Trimming By Appt!	<b>17</b>  11:45 "Dinner On The Ground" W/South Side Baptist Church	<b>18</b>  Center Closed For Good Friday!
<b>21</b>  10AM <b>BINGO</b>  11:30 Movie Time!	<b>22</b>  9:30AM Field Trip To Bush Beans  2PM Ukulele Jam 	<b>23</b>	<b>24</b>  1PM Computer & Phone Help W/Joyce	<b>25</b>  9:30AM Veterans Chat  11:30AM TV Weekly 
<b>28</b>  8:15AM Life Line Screening  	<b>29</b>  11AM Mental Health For Seniors W/Brandon  12PM Ask Humana W/ Rebecca  2PM Ukulele Jam 	<b>30</b>  10AM Ice-Tie Dye  		



## **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 4<sup>th</sup> Thursday**

**12-3PM**

**Sign up at the front desk**

**Or call 865-573-5843**

**to get your appointment  
secured today!**





# BEAN AUCTION!

PRESENTED BY



**KNOXVILLE TVA EMPLOYEES  
CREDIT UNION**

**Join Us!**

South Knox Senior Center  
Tuesday, March 18, 2025 | 11:30 A.M.

## Game Rules

Use your beans (provided by KTVAECU) to bid on items presented at the auction. Highest bid for each items wins!

**Get ready to win!**

Come ready to bid, laugh, and win some amazing prizes!

# South Knox Senior Center Joins UT Medical Center in Offering 3D Mammograms.

## Mobile Mammography Screening Appointments

**Thursday, March 27**

**South Knox Senior Center  
6729 Martel Road  
Knoxville, TN 37920**

**9am - 3pm**

**Appointment is required.**

Appointment takes 20-25 minutes.

**To Schedule an Appointment  
Please call 865-839-7426**

Insurance will be billed. Women ages 40+ without health insurance should ask if they qualify for funding to cover the cost of the screening.



## Criteria for Mobile Mammography Screening:

- Age 40+
- No current breast problems (lump, pain, nipple discharge, burning)
- Not pregnant and stopped breastfeeding for at least six months
- No personal history of breast cancer
- Must be able to climb stairs independently
- At least 11 months since your last screening mammogram
- Inform us if you have breast implants (will take 2 appointment times)
- Only patient allowed on mobile unit

Lyndsey Yllom  
Art



April 2  
10 am  
South Knox  
Senior Center

ART  
PARTY



- Easy and comfortable pace
- Individual instruction
- 2-3 hour class
- Take home a painting
- Art supplies provided
- Manage stress and create a fun, relaxed atmosphere
- \$20 per person
- **SIGN UP REQUIRED!**

[lyndseyyllomart@gmail.com](mailto:lyndseyyllomart@gmail.com)

(865) 310-1773

[www.lyndseyyllomart.com](http://www.lyndseyyllomart.com)



# Schedule Your Stroke & Cardiovascular Disease Risk Screening



*Over 10 million people screened since 1993*

**Where: South Knoxville Senior Center** **When: Monday 4/28/2025**  
**6729 Martel Lane Knoxville, TN**

## Who should attend:

Anyone over the **age of 40**

## Special Member Pricing for \$159

- ♥ Carotid Artery Disease Screening
- ♥ Atrial Fibrillation Screening
- ♥ Abdominal Aortic Aneurysm Screening
- ♥ Peripheral Artery Disease Screening
- ♥ Plus a **FREE** Hypertension Screening

## 4 ways to book your appointment...

Call **888-814-0466** and use  
promo code **HSCA001**

Visit  **LLSA.SOCIAL/HSCA**



Text the word **"circle"**  
to **216-279-1607**

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

# March Senior Services Walk

## Pellissippi State Hardin Valley Campus

*Tuesday, March 18th, 10:00 AM*

Join Sue and Jessica for a 1.5 mile loop walk on the Pellissippi State College campus. We will meet at the open parking lot (01) overlooking the duck pond. The path is all paved with beautiful views of the pond and greenspace surrounding the campus.

**Where:** 10915 Hardin Valley Rd., Knoxville, TN 37933

**When:** Tuesday, March 18th at 10:00 am

**Lunch:** We will meet for lunch at Double Dogs immediately after at 10639 Hardin Valley Road.

Call 865-288-3761 or email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org) to register!



# April Senior Services Walk UT Arboretum at Oak Ridge 901 S Illinois Ave, Oak Ridge, TN 37830

Join us on Tuesday, April 15<sup>th</sup> at 10am. We will meet in the parking lot. There are 7 miles of trails from casual to serious hiking with Butterfly trail of 0.5 miles and rated easy. Come enjoy a short walk with Kim and Cindy.

After you have worked up an appetite, eat with us at the Soup Kitchen, 47 E. Tennessee Ave., Oak Ridge, TN 37830

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







# 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.

### March

**Karns**- March 7th, 2025 8:00 am to 10:00 am

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

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

**Carter**- March 26th, 2025 2:00 pm to 4:00 pm

**West** - March 27th, 2025 1:30 pm to 4:00 pm

**South** March 28, 2025 8:30 am to 11:00 am

### April

**Corryton**- April 8th, 2025 2:00 pm to 4:00 pm

**Karns** - April 11th, 2025 8:00 am to 10:00 am

**Halls**- April 16th, 2025 2:00 pm to 4:00 pm

**Carter**- April 23rd, 2025 2:00 pm to 4:00 pm

**West**- April 24th, 2025 1:30 pm to 4:00 pm

**South**- April 25th, 2025 8:30 am to 11:00 am

CALL THE KNOX COUNTY SENIOR CENTER TO  
SCHEDULE AN APPOINTMENT





presents 14 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

Seymour First Baptist Church  
11621 Chapman Hwy, Seymour 37865

Sevierville First United Methodist Church  
214 Cedar St., Sevierville 37862

Ebenezer United Methodist Church  
1001 Ebenezer Rd, Knoxville 37923

Emerald Ave United Methodist Church  
1620 N. Central St, Knoxville 37917  
Corner of E. Emerald and N. Central St  
Parking in the rear

## **Last Saturday**

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

## **Second Saturday**

Hillcrest Community Church  
1615 Price Ave, Knoxville 37920

Knoxville DAV Chapter 24  
2600 Holbrook Dr, Knoxville 37918

Kodak Church  
2923 Bryan Rd, Kodak 37764

Louisville VFW Post 5154  
2561 Hobbs Rd, Louisville 37777

## **Third Saturday**

Community Center  
1708 West Emory Rd, Powell 37849

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

First United Methodist Church  
121 East Meeting St, Dandridge 37725

West End Baptist Church  
116 West End St, Newport 37821