

Mathew 22: 37-39

And he said to him, "You shall love the Lord your God with all your heart, and with all you soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself. On these two commandments depend all the law and the prophets"

Did you know: That good nutrition and social interactions play an especially significant role in increasing health, (both physical and mental wellbeing), independence, socialization, and the integration of senior citizens into the community

Did you know: The Knoxville Senior Center serves 75-80 clients between the deliveries and the eat in meals/per day, Monday through Thursday?

Did you know: they currently are our neighbors to the south and occupy the basement of the City Hall offices? That is right across the street from us, yet sometimes they seem invisible.

While clients are not required to pay there is a suggested donation of \$5.00/meal. On average, they take in \$2.78 for the eat in meals and \$1.29 for the meals that are delivered.

Hot meals are supplied 4 days a week with a cold meal also, sent home on Thursday, for Friday.

Did you know: The Senior Center is dependent on volunteers to deliver these meals? They depend on the kindness of different organizations in the community to drive and deliver the meals.

Meals are provided to persons over 60 years and/or disabled folks.

A single meal 5 days a week is often the only home cooked, warm meal these folks receive.

A meal at \$5.00/meal, 5 days a week, 52 weeks (about 12 months) is \$1,300.00 per year, for one person to get meals.

Did you know: Knoxville Senior Center is not funded by County or City money. They are funded by Aging Resources (only 45% of their total budget), donations, partial reimbursement for Medicaid recipients, grants, and the Travis Trust. The Travis Trust was established to feed Knoxville residents and is controlled by the Marion County Board of Supervisors.

Did you know: In the fiscal year 21-22 (July 1, 2021 – June 30, 2022) they served 17,289 meals.

Did you know: They hope to start a coffee bar in the mornings and a salad bar for lunchtime, Monday through Thursday, within the next few months.

Here is how we can love our neighbors as ourselves:

Give donations to support the program.

Volunteer to play games, cards, pool, ping pong, board games, and provide social interaction

Donate to provide meals to individual seniors

Volunteer to provide training to seniors on the safe use of exercise equipment that is available.

Volunteers to deliver meals

Volunteer to write grants for the program

Prayers to continue this program