



**Karns Senior Center**  
 8042 Oak Ridge Hwy.,  
 Knoxville, TN 37931-2317  
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# February 2016

Mon (7:30—4:00)    Tue (7:30—4:00)    Wed (7:30—4:00)    Thu (7:30—4:00)    Fri (7:30—4:00)

|   |   |  |   |   |
|---|---|--|---|---|
| <p><b>1</b></p> <p>8:00 Rise-N-Shine Walkers<br/> <b>10:00 Art Class *</b><br/>       11:00 SAIL*<br/> <b>12:30 Beginning Line Dance Class *</b><br/> <b>2:00 Intermediate Line Dance Class*</b></p>          | <p><b>2</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:00 Hand &amp; Foot Cards<br/>       9:00 Tone &amp; Tighten *<br/> <b>10:00 Beginning Genealogy *</b><br/> <b>12:00 Lunch and Learn with Dr. Sisk, DDS</b><br/>       12:30 Pinochle<br/>       2:30 Yoga*</p>  | <p><b>3</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:30 Zumba Gold*<br/>       9:30 Party Bridge<br/>       11:00 SAIL*<br/>       12:30 Cardio *<br/>       1:00 Rook<br/>       1:00 Canasta</p>  | <p><b>4</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:00 Tone &amp; Tighten *<br/>       9:30 Scrabble<br/> <b>10:00 Intermediate Genealogy Class *</b><br/>       1:00 Mah Jongg<br/>       1:30 Crafting Social<br/>       2:30 Yoga*</p>                                 | <p><b>5</b></p> <p>8:00 Rise-N-Shine Walkers<br/> <b>8:45 Tai Chi Standing*</b><br/>       9:00 Party Bridge<br/> <b>9:30 Tai Chi Seated*</b><br/> <b>10:30 Rock Solid Falls Prevention*</b><br/>       12:00 SAIL*<br/>       1:00 Diabetes Workshop (4)<br/>       1:00 Mexican Train Dominoes<br/> <b>1:30 Ballroom Dance Class *</b></p>  |
| <p><b>8</b></p> <p>8:00 Rise-N-Shine Walkers<br/> <b>9:00 Tax Freeze Presentation</b><br/> <b>10:00 Art Class *</b><br/>       11:00 SAIL*<br/><br/>       Line Dance Class visiting Strang Senior Center</p> | <p><b>9</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:00 Hand &amp; Foot Cards<br/>       9:00 Tone &amp; Tighten *<br/> <b>10:00 Beginning Genealogy *</b><br/>       12:30 Pinochle<br/>       2:30 Yoga*</p>   | <p><b>10</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:30 Zumba Gold*<br/>       9:30 Party Bridge<br/>       11:00 SAIL*<br/> <b>11:00 Field Trip: Tellico Tappers at Strang</b><br/>       12:30 Cardio *<br/>       1:00 Rook<br/>       1:00 Canasta</p>   | <p><b>11</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:00 Tone &amp; Tighten *<br/>       9:30 Scrabble<br/> <b>10:00 Intermediate Genealogy Class *</b><br/>       1:00 Mah Jongg<br/>       1:30 Crafting Social<br/>       2:30 Yoga*</p>                                | <p><b>12</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       8:30 Grief Support<br/> <b>8:45 Tai Chi Standing*</b><br/>       9:00 Party Bridge<br/>       9:30 Tai Chi Seated*<br/> <b>10:30 Rock Solid Falls Prevention*</b><br/>       11:00 Blood Pressure Clinic<br/>       11:00 Valentine's Hot Cocoa Bar<br/>       12:00 SAIL*<br/>       1:00 Diabetes Workshop (5)<br/>       1:00 Mexican Train Dominoes<br/> <b>1:30 Ballroom Dance Class *</b></p>   |
| <p><b>15</b></p> <p><b>Presidents Day Center Closed</b></p>    | <p><b>16</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:00 Hand &amp; Foot Cards<br/>       9:00 Tone &amp; Tighten *<br/> <b>10:00 Beginning Genealogy *</b><br/> <b>11:00 Stepping On Booster Session</b><br/>       12:30 Karns History Club<br/>       12:30 Pinochle<br/>       2:30 Yoga*</p>  | <p><b>17</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:30 Zumba Gold*<br/>       9:30 Party Bridge<br/>       11:00 SAIL*<br/>       12:30 Cardio *<br/>       1:00 Birding &amp; Photography<br/>       1:00 Rook<br/>       1:00 Canasta</p>  | <p><b>18</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:00 Tone &amp; Tighten *<br/>       9:30 Scrabble<br/> <b>10:00 Intermediate Genealogy Class *</b><br/>       12:00 NWBPA<br/>       1:00 Mah Jongg<br/>       1:30 Crafting Social<br/>       2:30 Yoga*</p>         | <p><b>19</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:00 Veteran Services Outreach<br/> <b>8:45 Tai Chi Standing*</b><br/>       9:00 Party Bridge<br/>       9:30 Tai Chi Seated *<br/> <b>10:30 Rock Solid Falls Prevention*</b><br/>       12:00 SAIL*<br/> <b>1:00 Diabetes Workshop (6)</b><br/>       1:00 Mexican Train Dominoes<br/> <b>1:30 Ballroom Dance Class *</b></p>  |
| <p><b>22</b></p> <p>8:00 Rise-N-Shine Walkers<br/> <b>10:00 Art Class *</b><br/>       11:00 SAIL*<br/> <b>1:00 Tail Nail Trimming*</b><br/><br/>       Line Dance Class visiting Strang Senior Center</p>    | <p><b>23</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:00 Hand &amp; Foot Cards<br/>       9:00 Tone &amp; Tighten *<br/> <b>10:00 Beginning Genealogy *</b><br/>       12:30 Pinochle<br/> <b>1:00 Improved VA Pension Presentation</b><br/>       2:30 Yoga*</p>  | <p><b>24</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:30 Zumba Gold*<br/>       9:30 Party Bridge<br/>       11:00 SAIL*<br/>       12:30 Cardio *<br/> <b>1:00 Retired Senior Volunteer Program</b><br/>       1:00 Rook<br/>       1:00 Canasta</p>   | <p><b>25</b></p> <p>8:00 Rise-N-Shine Walkers<br/>       9:00 Tone &amp; Tighten *<br/>       9:30 Scrabble<br/> <b>10:00 Intermediate Genealogy Class*</b><br/> <b>12:00 Covenant Presents Lunch and Learn *</b><br/>       1:00 Mah Jongg<br/>       1:30 Crafting Social</p> | <p><b>26</b></p> <p>8:00 Rise-N-Shine Walkers<br/> <b>8:45 Tai Chi Standing*</b><br/>       9:00 Party Bridge<br/>       9:30 Tai Chi Seated *<br/> <b>10:30 Rock Solid Falls Prevention*</b><br/>       12:00 SAIL*<br/>       1:00 AAA Senior Driving Presentation<br/>       1:00 Mexican Train Dominoes<br/> <b>1:30 Ballroom Dance Class *</b></p>   |
| <p><b>29</b></p> <p>8:00 Rise-N-Shine Walkers<br/> <b>10:00 Art Class *</b><br/>       11:00 SAIL*<br/> <b>12:30 Beginning Line Dance Class *</b><br/> <b>2:00 Intermediate Line Dance Class*</b></p>         | <p><i>What's New This Month?</i></p> <p>February 2nd ... Lunch and Learn: Dental Options for Senior with Dr. Sisk, DDS., at 12:00 PM<br/>       February 8th ... Property Tax Freeze Program at 9:00 AM<br/>       February 12th ... Hot Cocoa Bar in the Lobby at 11:00 AM compliments of Blue Harbor Senior Living<br/>       February 23rd ... Veteran Services: Improved Pension Plan with Aid &amp; Attendance Benefits at 1:00 PM<br/>       January 24th ... Retired Senior Volunteer Program Presentation at 1:00 PM<br/>       February 25th ... Covenant Presents at 12:00 PM with Dr. Joseph Petit, MD on Understanding Hypertension</p> <p><i>Activities on the calendar followed by an "*" have a fee to participate. Activities in bold please register to participate.</i></p>   |  |   |   |