



January/  
February  
2016

# KARNS SENIOR CENTER *Navigator ...*

Karns Senior Center will be closed on the following days: Friday, January 1st for New Year's Day; Monday, January 18th in observation of Martin Luther King, Jr., Day; Monday, February 15th in commemoration of Presidents Day.

## **Greetings from Knox County Mayor Tim Burchett:**

I hope you had a wonderful Christmas and are looking forward to a happy and healthy new year. Last year was a big year for our Senior Service Department. We opened the new Karns Senior Center and attendance still continues to grow throughout. The Karns community has been enjoying the new Karns Senior Center for several months now and the response has been overwhelming. I encourage you to stop by and visit our newest facility.



I am happy all of Knox County's six senior center facilities are enjoyed by so many; the new Karns Center provides opportunities for even more seniors to remain active and engaged in our community.

I want to give a special thank you to all of the local businesses that sponsor and contribute so much to all the activities at each center and at our annual picnic. Thank you, also, to our outstanding staff, volunteers and members. Thanks to all of them our programming continues to grow and improve.

Whether you visit Strang, Halls, Corryton, Carter, South Knox, or the new Karns Senior Center, I look forward to seeing you at one of them in 2016.

Thank you,  
*Tim Burchett*  
Knox County Mayor

### **January 6th ... Cardio Class: New Day, New Time, New instructor**

New Year's resolutions on improved health and fitness can start with exercise classes offered at Karns Senior Center. Our Cardio class now meets on Wednesdays at 12:30 PM. Get a boost on your metabolism with this class taught by certified instructor Debbie Harris. Class fee is \$2 per each class attended. Participants can start at any time. No pre-registration required. Karns Senior Center offers a variety of exercise classes to meet almost any fitness level.

### **January 8th ... Tai Chi Class & Introducing Rock Solid Fall Prevention Class**

Start 2016 off right with a Tai Chi class to assist with improving strength, balance, and flexibility. The Standing Tai Chi class starts 8:45 AM. The Seated Tai Chi class begins at 9:30 AM. Chairs can be used for those with stability problems in both classes if necessary. Tai Chi classes are \$2. New students will be accepted up to and including the January 22nd class. No prior experience is necessary to enjoy the benefits of this ancient and gentle exercise. Space is limited to twenty-five participants. Sign up by calling the Senior Center. Rock Solid, a Falls Prevention class, is being introduced by Mr. Parsley, starting at 10:30 AM. The Rock Solid class is \$1 per student. New students welcome anytime to Rock Solid space permitting. Space is limited to twenty-five participants per class. Sign up today by calling the Senior Center.

Special Thanks to Covenant Health for their generous support in printing and mailing our newsletter and providing the exercise equipment at Karns Senior Center.



You can register for our activities by calling the center at 865-951-2653





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**January 11th ... Beginning Line Dance Class**

Dance Today—tomorrow’s good health. Join the beginning line dance class on Mondays at 12:30 PM. Line Dance helps with improving balance, flexibility, coordination as well as improving energy and stamina. No prior experience necessary to enjoy this fun filled class. Class fee is \$4 per each class attended. Fees are payable to the instructor. As always consult with your health care provider before starting an exercise regimen and learn more about the health benefits associated with line dancing and other fitness activities.

**January 13th .. Medicare Presentation**

The new year brings with it many changes in both traditional Medicare and the Medicare Advantage Plans. Explore the differences between these plans and how they effect your medical care. For planning and scheduling purposes please call the center to pre-register to attend this educational presentation on Wednesday, January 13th at 1:00 PM.

**January 15th ... Living Well with Diabetes**

Do you feel diabetes is controlling your life? This free six week diabetes self management program will help you take control of your diabetes. This workshop starting Friday, January 15th at 1:00 PM will cover dealing with symptoms, exercises for maintaining strength and endurance, healthy eating, safe use of medications, working more effectively with your health care providers, and more. People who participated in this program demonstrated a 53% reduction in ER visits, improvement in A1C, and feeling more in control of their diabetes. Seats are limited. Please call the center to sign up for this workshop.

**January 21st ... Lunch and Learn: Spinal Flexibility**

You can replace your teeth, but not your spine! You only have one spine, it’s important to take care of it. Dr. Scoles will teach some vital, yet simple things you can do to keep your spine young on Thursday, January 21st at 12:00 PM at Karns Senior Center. For planning and scheduling purposes please call the center to pre-register no later than Tuesday, January 19th. Lunch compliments of Scoles Family Chiropractic.

**January 22nd ... Healthy Living Expo**

Sign up today for our field trip to the Healthy Living Expo. Transportation to the Knoxville Convention Center is provided courtesy of CAC. There will be health screenings, free food samples, cooking demonstrations, nutritional presentations, and over 150 exhibitors. Dr. Bob Overholt will be the guest speaker at the Expo. Call the center or stop by the reception desk today to sign up for our field trip to the Healthy Living Expo. Seats are limited.

**January 26th ... Wildlife Photographer Larry Perry**

Join wildlife photographer and world explorer Larry Perry on Tuesday, January 26th at noon for a brown bag luncheon. Mr. Perry has visited over 117 countries taking photographs some of which have been selected as magazine cover shots. Mr. Perry has written over 27 books and four hundred magazine articles in his career as a prize winning nature and wildlife photographer. Bring a brown bag lunch and stop in and hear Mr. Perry’s wonderful stories from a career in photography and adventure. For planning and scheduling purposes please call to let us know if you’re attending. Cookies served compliments of Raintree Terrace Blue Harbor Senior Living.



**Covenant Presents**

Wellness Lunch and Learns at Karns Senior Center

**Thursday, January 28th at 12:00 PM**

Dr. Daniel Benson, MD, Orthopedic Surgeon with  
Orthopedic Surgeons of Oak Ridge  
Presentation: Osteoporosis

**Thursday, February 25th at 12:00 PM**

Dr. Joseph Petit, MD, Cardiology with Cardiology Associates of East Tennessee  
Presentation: Understanding Hypertension



Call 865-541-4500 Hotline to reserve your seat. \$5 includes boxed lunch.



You can register for our activities by calling the center at 865-951-2653

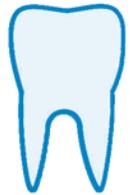


### January 26th .. Beginning Genealogy Class

Learning your family's history can be a fascinating journey through time and a tool for self-discovery. Who will you discover? Our beginning six-week genealogy class starts Tuesday, January 26th at 10:00 AM. Develop your skills in researching records and documents to piece together your family tree. You'll learn simple terms used in genealogy research, resources available to help you in your research, who to contact, and how to make your family history come alive. Class fee is \$12 payable to the instructor. Class participants also need to bring a 2" three ring notebook binder to keep their information organized. Please contact the center or stop by the reception desk to sign up for this class. Seats are limited.

### February 2nd ... Lunch and Learn: Dental Options for Seniors

Sign up today for our Lunch and Learn with Dr. Stanley Sisk, DDS., on Tuesday, February 2nd at 12:00 noon. Seniors are at risk for a number of oral health problems and sometimes wonder whether or not insurance will cover the care needed. During this informative lunch and learn Dr. Sisk will be providing information on insurance and dental care. Lunch provided courtesy of Dr. Sisk. For planning and scheduling purposes please call the center at (865) 951-2653 to sign up.



### February 8th ... Property Tax Freeze & Tax Relief Program

A representative from the Knox County Trustees office will provide a presentation on the Property Tax Freeze and Tax Relief Program on Monday, February 8th at 9:00 AM. This state funded tax relief program assists elderly, disabled, and veterans homeowners. For applicants who qualify the State of Tennessee will pay or reimburse a portion of property taxes on primary residences. This presentation can help determine if you are eligible for this program. For planning and scheduling purposes, please call 951-2653 to let us know of you'll be attending.



### February 10th ... Field Trip: Tellico Tappers

Join us on Wednesday, February 10th when we will be doing a field trip to Strang Senior Center. Strang is hosting the Tellico Tappers, a senior dance group that love to tap dance. They have a marvelous and engaging performance complete with a variety of costumes and a selection of music to satisfy any crowd. Please contact or stop by the reception desk at Karns Senior Center to sign up for this field trip. Transportation provided compliments of CAC. Seats are limited.



### February 23rd ... Veteran Services Presentation

Knox County Veterans Services will be providing information on the Improved Pension with Aid and Attendance Benefits on Tuesday, February 23rd at 1:00 PM. Please call the center to pre-register for this informative presentation.

### February 24th ... Retired Senior Volunteer Program

Stop in on Wednesday, February 24th at 1:00 PM and learn more about the Retired Senior Volunteer Program (RSVP). This program offers you the opportunity to participate in meaningful volunteer opportunities where you can help your community. Eden Slater with Knox County Office on Aging will tell us about the RSVP program and how it can help you offer your time and talent to make a difference in your community. For planning and scheduling purposes please call the center to pre-register if you plan on attending.

### February 26th ... Senior Driver's Presentation

On Friday, February 26th at 1:00 PM we welcome Mr. Don Lindsey, Tennessee Public Affairs Director with AAA in Knoxville. Mr. Lindsey will be speaking on safety issues for senior drivers. Did you know that nineteen percent of the drivers in Tennessee are seniors? There are certain types of auto accidents that we are more prone to experience. Learn more about these types of accidents and what we can do to attempt to avoid becoming another accident statistic on our roadways. Please call the center or stop by the reception desk to sign up for this informative program.



Pinochle Players Wanted  
Tuesdays at 12:30 PM



Rook Players Wanted  
Wednesday's at 1:00 PM





**Karns Senior Center**  
 8042 Oak Ridge Hwy.,  
 Knoxville, TN 37931-2317  
 Ph: (865) 951-2653  
 Fax: (865) 951-2530

# January 2016

Mon (7:30—4:00)

Tue (7:30—4:00)

Wed (7:30—4:00)

Thu (7:30—4:00)

Fri (7:30—4:0)

*New This month:*

January 6th ... New Cardio Exercise Class begins at 12:30 PM  
 January 8th ... Tai Chi Class begins at 9:00 AM  
 January 11th ... Beginning Line Dance Class starts at 12:30 PM  
 January 13th ... Medicare Presentation at 1:00 PM  
 February 15th ... Six Week Diabetes Self-Management Workshop starts at 1:00 PM  
 January 21st ... Lunch and Learn Spinal Flexibility at 12:00 PM  
 January 22nd ... Field Trip: Healthy Living Expo at 10:00 AM  
 January 26th ... Brown Bag Luncheon with Nature Photographer Larry Perry at 12:00 PM  
 January 26th ... Beginning Six-Week Genealogy Class Starts at 10:00 AM  
 January 28th ... Lunch and Learn Covenant Presents at 12:00 PM with Dr. Daniel Benson, MD on Osteoporosis

*Activities on the calendar below followed by an "\*" have a fee to participate.*

*Activities listed below in bold please register to participate.*

**1  
New Year's  
Day  
Center Closed**

<p><b>4</b> 8:00 Rise-N-Shine Walkers <b>10:00 Art Class *</b> 11:00 SAIL* <b>1:30 Line Dance*</b></p>	<p><b>5</b> 8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Tone &amp; Tighten * <b>10:00 Beginning Genealogy*</b> 12:30 Pinochle 2:30 Yoga*</p>	<p><b>6</b> 8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 12:30 Cardio * 1:00 Rook 1:00 Canasta</p>	<p><b>7</b> 8:00 Rise-N-Shine Walkers 9:00 Tone &amp; Tighten * 9:30 Scrabble <b>10:00 Intermediate Genealogy Class*</b> 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>8</b> 8:00 Rise-N-Shine Walkers 8:30 Grief Support <b>8:45 Tai Chi Standing*</b> 9:00 Party Bridge <b>9:30 Tai Chi Seated*</b> <b>10:30 Rock Solid Fall Prevention*</b> 12:00 SAIL* 1:00 Mexican Train Dominoes <b>1:30 Ballroom Dance Class *</b></p>
<p><b>11</b> 8:00 Rise-N-Shine Walkers <b>10:00 Art Class *</b> 11:00 SAIL* <b>12:30 Beginning Line Dance Class *</b> <b>2:00 Intermediate Line Dance Class*</b></p>	<p><b>12</b> 8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Tone &amp; Tighten * <b>10:00 Beginning Genealogy*</b> 12:30 Pinochle 2:30 Yoga*</p>	<p><b>13</b> 8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 12:30 Cardio * 1:00 Rook 1:00 Canasta 1:00 Medicare Presentation</p>	<p><b>14</b> 8:00 Rise-N-Shine Walkers 9:00 Tone &amp; Tighten * 9:30 Scrabble <b>10:00 Intermediate Genealogy Class *</b> 1:00 Mah Jongg 1:30 Crafting Social</p>	<p><b>15</b> 8:00 Rise-N-Shine Walkers 8:30 Blood Pressure Clinic <b>8:45 Tai Chi Standing*</b> 9:00 Party Bridge 9:00 Veteran Services Outreach <b>9:30 Tai Chi Seated*</b> <b>10:30 Rock Solid Fall Prevention*</b> 12:00 SAIL* <b>1:00 Diabetes Workshop (1)</b> 1:00 Mex Train Dominoes <b>1:30 Ballroom Dance Class *</b></p>
<p><b>18</b> <b>Martin Luther King Jr. Day Center Closed</b></p>	<p><b>19</b> 8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Tone &amp; Tighten * <b>10:00 Beginning Genealogy*</b> 12:30 Karns History Club 12:30 Pinochle 2:30 Yoga*</p>	<p><b>20</b> 8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 12:30 Cardio * 1:00 Birding &amp; Photography 1:00 Rook 1:00 Canasta</p> 	<p><b>21</b> 8:00 Rise-N-Shine Walkers 9:00 Tone &amp; Tighten * 9:30 Scrabble <b>10:00 Intermediate Genealogy Class *</b> <b>12:00 Lunch &amp; Learn: Spinal Flexibility</b> 12:00 NWBPA 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>22</b> 8:00 Rise-N-Shine Walkers 9:00 Party Bridge <b>8:45 Tai Chi Standing*</b> <b>9:30 Tai Chi Seated*</b> <b>10:30 Rock Solid Falls Prevention*</b> <b>10:30 Field Trip: Healthy Living Expo</b> 12:00 SAIL* <b>1:00 Diabetes Workshop (2)</b> 1:00 Mexican Train Dominoes <b>1:30 Ballroom Dance Class*</b></p>
<p><b>25</b> 8:00 Rise-N-Shine Walkers <b>10:00 Art Class *</b> 11:00 SAIL* <b>12:30 Beginning Line Dance Class *</b> <b>2:00 Intermediate Line Dance Class*</b> <b>1:30 Paint with Kim</b></p>	<p><b>26</b> 8:00 Rise-N-Shine Walkers 9:00 Hand &amp; Foot Cards 9:00 Tone &amp; Tighten * <b>10:00 Beginning Genealogy Class*</b> 12:00 Blood Pressure Clinic <b>12:00 Brown Bag Lunch with Larry Perry, Photographer</b> 12:30 Pinochle 2:30 Yoga*</p>	<p><b>27</b> 8:00 Rise-N-Shine Walkers 9:30 Zumba Gold* 9:30 Party Bridge 11:00 SAIL* 12:30 Cardio * 1:00 Rook 1:00 Canasta</p>	<p><b>28</b> 8:00 Rise-N-Shine Walkers 9:00 Tone &amp; Tighten * 9:30 Scrabble <b>10:00 Intermediate Genealogy Class*</b> <b>12:00 Covenant Presents *</b> 1:00 Mah Jongg 1:30 Crafting Social 2:30 Yoga*</p>	<p><b>29</b> 8:00 Rise-N-Shine Walkers <b>8:45 Tai Chi Standing *</b> 9:00 Party Bridge <b>9:30 Tai Chi Seated *</b> <b>10:30 Rock Solid Falls Prevention*</b> 12:00 SAIL* <b>1:00 Diabetes Workshop (3)</b> 1:00 Mexican Train Dominoes <b>1:30 Ballroom Dance Class*</b></p>

**KARNS SENIOR CENTER**  
8042 Oak Ridge Hwy • Knoxville, TN 37931  
Phone: 865-951-2653 Fax: 865-951-2530  
[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

PRSR STD  
US POSTAGE  
**PAID**  
KNOXVILLE, TN  
PERMIT NO. 1



Honorable Tim Burchett, Knox County Mayor  
Robert "Buzz" Buswell, Director of Veteran &  
Senior Services  
April Tomlin, Senior Services Manager  
Darrell R. Gooding, Coordinator  
Robyn B. Trostle, Assistant

# Covenant HEALTH

PRESENTS

Thursday, January 28<sup>th</sup>, 2016

*Daniel Benson, MD*

Orthopaedic Surgeon with Orthopaedic Surgeons of Oak Ridge

*Osteoporosis*

Thursday, February 25<sup>th</sup>, 2016

*Joseph Petit, MD*

Cardiologist with Cardiology Associates of East Tennessee

*Understanding Hypertension*

Cost for each event is \$5.00; lunch is provided.

Call 865-541-4500 for reservations.

## KARNS SENIOR CENTER