

Strang Senior Center  
109 Lovell Heights Road  
Knoxville, TN 37922  
865-670-6693



# STRANG SCENE

March/April 2016

## YOUR SHOW OF SHOWS



### SENIOR TALENT SHOWCASE

Presented by the Executive Board of the Ms. Tennessee Senior America Pageant  
Come one, Come all! These ladies are entertaining and a lot of fun!  
Donations graciously accepted that support the Sr. Tennessee Program  
Wednesday, March 9 at 12:00 Sponsored by Independent Insurance Consultants

Independent  
Insurance  
Consultants

Featured are past winners, queens & contestants from the Ms. Senior Tennessee Pageant, most of which are traveling long distances to honor the Strang Senior Center and the 2015 state winner, Lauren Monahan. You will hear beautiful voices, humorists, skits, keyboards and more. Queen Lauren will be singing her award winning talent presentation, so don't miss out. Please help us show these ladies how much we appreciate their time and efforts. Donations will be accepted for this fundraiser. All proceeds go to host the Senior Tennessee Pageant which pays expenses for a state winner to the national pageant in Atlantic City. The 2016 Tennessee pageant will be held on April 16 in Crossville at the Palace Theater. Thanks to Frances Brooks and Hollie Knight, TN Board Executives. An array of special refreshments will be presented by Blake McCoy of Independent Insurance Consultants. *RSVP 670-6693*



### Cedar Bluff Middle School Singers 5<sup>th</sup> Grade Chorus Special Presentation Christine Bock, Music Specialist Wednesday, March 23 at 12 Noon

You won't want to miss this amazing, choreographed & talented group from Cedar Bluff Middle School. They visited us last year, and we had to have them back. They are not only talented, but they sing, dance, and are a delight. Enjoy finger foods by Arbor Terrace (thank you, Cindy!) as this wonderful group of kids performs especially for the Strang members. Call to let us know if you'll be there. You'll love them! *RSVP*



**Covenant Health Lunch & Learn Programs \* \$5.00 Lecture includes boxed lunch**  
**RSVP to 541-4500. All programs held at the Strang Senior Center.**

**Wednesday, March 16 12:00 noon**

Presentation: *Knee Replacement*

Conrad Ivie, MD Orthopaedic Surgeon with TOC at Parkwest Medical Center



**Wednesday, April 27 12:00 noon**

Presentation: *Understanding the Most Recent Advances in Cancer Treatment*

Everett Ribakove, MD Thompson Oncology Group West



**ESCAPE TO AFRICA! Wednesday, March 30 at 12 Noon.** The Adventures of Ed & Lauren Langston as captured in photographs will be brought to us on the big screen. They have traveled the world & are here to share their recent trip to Botswana. Ed has been a part of AAA for many years. They lived amongst the wild elephants, lions, giraffes, rhinos and amazing Veldt animals. Their special presentation, set to music, will astound you. Don't miss out. **RSVP**



**Curious about Skin Care, Aging, Cosmetic Injectables & more?**

**Wednesday, April 13 at 12 Noon** Join this lunch & learn, as we find out the secrets of healthy skin, again, how to keep that youthful look and more. Tammy Cabrera from Lifestyle Wellness Center will show us how. **RSVP** by April 8.

**Essential Oils & Healing Properties Workshop**

**Friday, March 4 at 11:00**

Interested in learning about essential oils & their healing properties? **RSVP.**

**Veterans Office Visits** are held the 2nd Thursdays of every month. Any veteran or spouse may come for assistance with veterans issues, paperwork or questions. 11:00 Please call the Veterans Office to register in advance. **215-5645.**

**Wellness Classes**

**Advanced Cardio –Lively Workout**

**Monday, Wednesday, Friday 8:45 - 9:45**

Drop in any time. \$3.00

**Cardio–Easy to Moderate Workout**

**Monday, Wednesday & Friday 9:45 -10:45 \$3.00**

**POUND (Rhythm Sticks) CLASS for Seniors**

**Mondays at 11:15 \$3.00**

**Pilates for Seniors**

**Tuesdays & Fridays 11:15-12:15**

Carol Norris, Instructor \$3.00



**Sit B Fit Chair Exercise Class**

**Mondays & Thursdays 12:30 – 1:15 \$3.00**

**Tone N Balance Thursdays 11:15 \$3.00**

**Yoga Class for Seniors**

**Tuesdays Yoga Lite \$4.00 12:30**

**Fridays Yoga w Jill \$30/6 Weeks 12:30**

**Tai Chi 1**

**Tuesdays & Thursdays 8:45 Joan Boling, Instructor \$2.00**

**Tai Chi 2**

**Tuesdays & Thursdays 9:45**

Instructors are certified and courtesy of the Oak Ridge branch Taoist Tai Chi Society. \$2.00

**AAA Safe Driver Course**

**Thursday & Friday**

**March 17 & 18**

**11:00—3:00**

This course is sponsored and taught by AAA East Tennessee, Ed Langston, Instructor. \$10.00 per class. Class is two days long, starts at 11:00 am. Bring snacks. **RSVP** & pay in advance.



**Dementia & Preventative Measures**

**Monday, March 21 at 1:00**

**Rebekah Wilson, Choices in Sr. Care**

Hear the latest in dementia education & how you can prevent & detect Alzheimers. **RSVP**

**Smoky Mountain Hospice presents**

**Hard Choices & End of Life Issues**

**Tuesday, March 22 at 1:00**

Let Chaplain Kimberlee Robinson help guide you through this difficult topic. **RSVP**

**Successful Aging/Dementia Issues**

**Wednesday, April 20 at 12 Noon**

**Dylan Adams, Choices in Sr. Care**

Concerned about Dementia & Alzheimer's? How can you learn to age successfully? There are many new strategies for this, and a new school of thought for delaying aging. **RSVP**

**RSVP for Programs at 865-670-6693**

## COMPUTER CLASSES

### Group Classes

Register in advance. Call for dates and times.

### NEW GENEALOGY CLASS ☆

Intro to Genealogy & How to Search \* 3 part class

Use your own device \* \$30

Call to register \* Starts March!

Windows  
Windows 8 & 10  
Word/Excel  
Android Phone



### Private One on One for

Beginners \* Facebook \*  
Internet \* Digital Photos \$10  
1 hour at your leisure, here at the center.

## TAX Assistance for Seniors

Free tax preparation is offered by AARP and VITA. Please contact the Town of Farragut for times and details. They can be reached at 865-966-7057.

## Hearing Aid Cleaning by Beltone March 4 & April 1

Beltone Hearing Services will be offering a hearing aid cleaning service on the first Friday of the month. Hours are 11:00—12:00. First come first served.

## Lounge & Library

The center has a lending library with tapes & movies along with a puzzle table. We need books and popular magazines year 'round. Visit our information wall, which has brochures on senior agencies, travel flyers and more. Donate your old eyeglasses & cases to the Lion's Club.

## Center Closings

March 25 Spring Holiday

Hours are 8:00 am – 4:00 pm, Monday – Friday



## CLUBS, CARDS & GROUPS

**Book Club** Meets on the third Thursday of each month at 12 noon. March selection "Ava's Man" by Rick Bragg Call for the April selection.

### Spanish Club Wednesdays at 1:00

This group enjoys conversation, watching videos and upgrading their skills in Spanish. They invite native speakers to visit the class.

### Card Games

Mondays – Social Bridge (am) Midday Bridge, Mexican Train

Tuesdays – Social Bridge, Canasta, Pinochle

Wednesdays – Social Bridge (am) Mah Jong (pm)

## STRANG SUPER SENIORS POT LUCK LUNCH CLUB!

Bring a Covered Dish \* Come on Down!

The first Wednesday of every month at 11:30 am

March 2 theme is "March to the Beat of Your Own Drummer"

Guest entertainment "Line Dance Troupe" from Sounds & Motions Line Dance, Tom & Evelyn Yeagle, Directors

The center is opening the main room for a once a month event.

Come make friends, and enjoy a meal with us. It will be a place to meet other seniors and listen to guest speakers and entertainment.

Also needed are members who will help in the kitchen, set out the food, and set up tables and chairs each month at 11:00 am.

\$1 donation to the group fund will be used for beverages and paper goods. Thanks to our new chairpersons Nancy & Joanna, & the committee members Maria, Sandy, Faye, Joe & Marilyn for making this happen.

The February pot luck was a big success! Join us on March 2. RSVP



## CLASSES

### Ballroom Dance Class

Fridays 2:00 – 3:00 pm

Carolyn Holden, Instructor \$5.00

### Line Dance Class

Tuesdays 2:00 – 3:30

(Beginners) Wednesdays 2:00 – 3:30

Evelyn & Tom Yeagle \$4.00.

### Oil Painting Class

Tuesdays 10 – 12 Noon

Alexander Dumas. Supplies needed.

### Spanish Class

Fridays 2:00

Margarita Yong, Instructor

### Watercolor Painting Class

Mondays & Wednesdays at 9:30

Hazel Johnson \$12.00

## Are you afraid of getting a dental implant? You're not alone!

Tuesday, March 29 at 1:00

Hear the pros from Knoxville Oral Surgery tell you how it can be the best decision you've ever made. It's easier than you think! RSVP



## "Like" us on Facebook!

Be the first to know about our events, as well as see what's going on every week.

RSVP For Programs at 865-670-6693



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FRANK R. STRANG SENIOR CENTER 670-6693</b>	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting <b>10:00 Blood Press.</b> 11:15 Pilates 12:30 Cards 12:30 Yoga Lite <b>1:00 iPad Class</b> <b>1 2:00 Line Dance</b>	8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge <b>11:30 POT LUCK LUNCH &amp; SOCIAL</b> 1:00 Spanish Club 1:00 Mah Jong <b>1:00 Windows 10</b> <b>2 2:00 Beg Line Dan</b>	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words 11:15 Tone/Balance 12:30 Sit N Be Fit <b>1:00 iPad or iPhone Class</b> <b>3</b>	8:45 Adv Cardio 10:00 Cardio 10:00 Soc. Bridge <b>11:00 Essential Oils</b> <b>11:00 Hearing Aid Cleaning by Beltone</b> 11:15 Pilates 12:30 Yoga w Jill 2:00 Ballroom <b>4 2:00 Spanish</b>
8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Soc. Bridge 11:15 Pound Class 12:30 Sit N Be Fit <b>1:00 Diabetes Class</b> <b>1:00 Windows 10</b> 1:00 Midday Bridge 2:30 Belly Dance <b>7</b>	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 11:15 Pilates 12:30 Cards 12:30 Yoga Lite <b>1:00 iPad Class</b> 2:00 Line Dance <b>8</b>	10:00 Social Bridge <b>12:00 TN Sr America Pageant presents... "Your Senior SHOW OF SHOWS"</b> <b>Ladies 60+ from Around the State</b> <b>Singing * Dancing</b> 1:00 Mah Jong <b>9 No Spanish</b>	8:45 Tai Chi 1 10:00 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words <b>11:00 VETERANS Office at Strang Call 215-5645 To Pre-Register</b> 11:15 Tone/Balance 12:30 Sit N Be Fit <b>10 1:00 iPad Class</b>	8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:15 Pilates 12:30 Yoga w Jill 1:00 Midday Bridge 1:00 Rummikub <b>1:00 Windows 10</b> 2:00 Ballroom <b>11</b>
8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Soc. Bridge 11:15 Pound Class 12:30 Sit N Be Fit <b>1:00 Diabetes Class</b> 1:00 Midday Bridge 2:30 Belly Dance <b>14</b>	8:45 Tai Chi 1 9:30 Inter. Bridge 10:00 Tai Chi 2 10:00 Oil Painting 11:15 Pilates 12:30 Yoga Lite 12:30 Cards 2:00 Line Dance <b>15</b>	8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge <b>12:00 Covenant Health Lunch &amp; Learn Knee Replacement</b> 1:00 Spanish 1:00 Mah Jong <b>16 2:00 Beg Line Dan</b>	8:45 Tai Chi 1 10:00 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words <b>11:00 AAA Safe Driver Class Part 1</b> 11:15 Tone/Balance <b>12:00 Book Club</b> <i>Ava's Man by Rick Bragg</i> <b>17 Bragg</b>	8:45 Adv Cardio 10:00 Cardio 10:00 Soc. Bridge <b>11:00 AAA Safe Driver Class Part 2</b> 11:15 Pilates 12:30 Yoga w Jill 1:00 Midday Bridge 2:00 Spanish <b>18 2:00 Ballroom</b>
8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Soc. Bridge 11:15 Pound Class 12:30 Sit N Be Fit <b>1:00 Dementia &amp; Aging Issues You Can't Ignore</b> 2:30 Belly Dance <b>21</b>	8:45 Tai Chi 1 9:30 Inter. Bridge 10:00 Tai Chi 2 10:00 Oil Painting 11:15 Pilates 12:30 Cards 12:30 Yoga Lite <b>1:00 End of Life Hard Choices Talk</b> <b>22 2:00 Line Dance</b>	8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge <b>12:00 CEDAR BLUFF KIDS CHORUS</b> <b>They are fabulous!</b> 1:00 Spanish Club 1:00 Mah Jong <b>23 2:00 Beg Line Dan</b>	8:45 Tai Chi 1 10:00 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words 11:15 Tone/Balance 12:30 Sit N Be Fit <b>24</b>	<b>SPRING HOLIDAY</b>  Center Closed <b>25</b>
8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Soc. Bridge 11:15 Pound Class 12:30 Sit N Be Fit 2:30 Belly Dance <b>28</b>	8:45 Tai Chi 9:30 Inter. Bridge 10:00 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Cards 12:30 Yoga Lite <b>1:00 Dental Implant</b> <b>29 2:00 Line Dance</b>	8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge <b>12:00 TRAVEL TO AFRICA with US!</b> Ed & Lauren Langston 1:00 Mah Jong <b>30 2:00 Beg Line Dan</b>	8:45 Tai Chi 1 10:00 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words 11:15 Tone/Balance 12:30 Sit N Be Fit <b>31</b>	

**Amazing Programs this month! Sr. TN Talent Show \* Cedar Bluff Kid's Chorus Africa Travelogue \* Super Seniors Pot Luck \* iPad Class \* So Much More!**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>FRANK STRANG SENIOR CENTER</b> 670-6693</p>			<p>8:45 Adv Cardio                  10:00 Cardio                  10:00 Soc. Bridge  <b>11:00 Hearing Aid Cleaning by Beltone</b>                  11:15 Pilates                  12:30 Yoga w Jill                  2:00 Ballroom  <b>1</b> 2:00 Spanish</p>
<p>8:45 Adv Cardio                  9:30 Watercolor                  10:00 Cardio                  10:00 Bridge                  11:15 Pound Class                  12:30 Sit N Be Fit                  1:00 Midday Bridge                  1:00 Mexican Train                  2:30 Belly Dance</p> <p><b>4</b></p>	<p>8:45 Tai Chi 1                  9:30 Inter. Bridge                  9:45 Tai Chi 2  <b>10:00 Blood Press</b>                  10:00 Oil Painting                  11:15 Pilates                  12:30 Cards                  12:30 Yoga Lite                  2:00 Line Dance</p> <p><b>5</b></p>	<p>8:45 Adv Cardio                  9:30 Watercolor                  10:00 Cardio                  10:00 Social Bridge  <b>11:30 SUPER SENIORS Pot Luck Luncheon &amp; Social Come On Down!</b>                  1:00 Mah Jong                  1:00 Spanish Club  <b>6</b> 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1                  9:45 Tai Chi 2                  10:00 Dup. Bridge                  11:00 Life Words                  11:15 Tone/Balance                  12:30 Sit N Be Fit                  2:00 Asht Yoga</p> <p><b>7</b></p>	<p>8:45 Adv Cardio                  9:30 Cards                  10:00 Cardio                  10:00 Soc. Bridge                  11:15 Pilates                  12:30 Yoga w Jill                  1:00 Rummikub                  1:00 Midday Bridge                  2:00 Ballroom                  2:00 Spanish</p> <p><b>8</b></p>
<p>8:45 Adv Cardio                  9:30 Watercolor                  10:00 Cardio                  10:00 Bridge                  11:15 Pound Class                  12:30 Sit N Be Fit                  1:00 Mexican Train                  1:00 Midday Bridge                  2:30 Belly Dance</p> <p><b>11</b></p>	<p>8:45 Tai Chi 1                  9:30 Inter. Bridge                  9:45 Tai Chi 2                  10:00 Oil Painting                  11:15 Pilates                  12:30 Cards                  12:30 Yoga Lite                  2:00 Line Dance</p> <p><b>12</b></p>	<p>8:45 Adv Cardio                  9:30 Watercolor                  10:00 Cardio                  10:00 Social Bridge  <b>12:00 Skin Care &amp; Cosmetic Injectables Lunch &amp; Learn Healthy Lifestyle</b>                  1:00 Mah Jong                  1:00 Spanish Club  <b>13</b> 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1                  9:45 Tai Chi 2                  10:00 Dup. Bridge  <b>11:00 VETERANS Office Visit on Site Call 215-5645</b>                  11:00 Life Words                  11:15 Tone/Balance                  12:30 Sit N Be Fit                  2:00 Asht Yoga</p> <p><b>14</b></p>	<p>8:45 Adv Cardio                  9:30 Cards                  10:00 Cardio                  10:00 Soc. Bridge                  11:15 Pilates                  12:30 Yoga w Jill                  1:00 Rummikub                  1:00 Midday Bridge                  2:00 Ballroom                  2:00 Spanish</p> <p><b>15</b></p>
<p>8:45 Adv Cardio                  9:30 Watercolor                  10:00 Cardio                  10:00 Bridge                  11:15 Pound Class                  12:30 Sit N Be Fit                  1:00 Mexican Train                  1:00 Midday Bridge                  2:30 Belly Dance</p> <p><b>18</b></p>	<p>8:45 Tai Chi 1                  9:30 Inter. Bridge                  9:45 Tai Chi 2                  10:00 Oil Painting                  11:15 Pilates                  12:30 Cards                  12:30 Yoga Lite  <b>1:00 Red Hats</b>                  2:00 Line Dance</p> <p><b>19</b></p>	<p>8:45 Adv Cardio                  9:30 Watercolor                  10:00 Cardio                  10:00 Social Bridge  <b>12:00 Successful Aging &amp; Dementia Prevention Issues</b>                  1:00 Mah Jong                  1:00 Spanish Club  <b>20</b> 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1                  9:45 Tai Chi 2                  10:00 Dup. Bridge                  11:00 Life Words                  11:15 Tone/Balance  <b>12:00 Book Club</b>                  12:30 Sit N Be Fit                  2:00 Asht Yoga</p> <p><b>21</b></p>	<p>8:45 Adv Cardio                  9:30 Cards                  10:00 Cardio                  10:00 Soc. Bridge                  11:15 Pilates                  12:30 Yoga w Jill                  1:00 Rummikub                  1:00 Midday Bridge                  2:00 Ballroom                  2:00 Spanish</p> <p><b>22</b></p>
<p>8:45 Adv Cardio                  9:30 Watercolor                  10:00 Cardio                  10:00 Bridge                  11:15 Pound Class                  12:30 Sit N Be Fit                  1:00 Mexican Train                  1:00 Midday Bridge                  2:30 Belly Dance</p> <p><b>25</b></p>	<p>8:45 Tai Chi 1                  9:30 Inter. Bridge                  9:45 Tai Chi 2                  10:00 Oil Painting                  11:15 Pilates                  12:30 Cards                  12:30 Yoga Lite                  2:00 Line Dance</p> <p><b>26</b></p>	<p>8:45 Adv Cardio                  9:30 Watercolor                  10:00 Cardio                  10:00 Social Bridge  <b>12:00 Covenant Lunch &amp; Learn Latest Advances in Cancer Treatment</b>                  1:00 Mah Jong                  1:00 Spanish Club  <b>27</b> 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1                  9:45 Tai Chi 2                  10:00 Dup. Bridge                  11:00 Life Words                  11:15 Tone/Balance                  12:30 Sit N Be Fit                  2:00 Asht Yoga</p> <p><b>28</b></p>	<p>8:45 Adv Cardio                  9:30 Cards                  10:00 Cardio                  10:00 Soc. Bridge                  11:15 Pilates                  12:30 Yoga w Jill                  1:00 Midday Bridge                  1:00 Rummikub                  2:00 Ballroom                  2:00 Spanish</p> <p><b>29</b></p>

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[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)



Honorable Tim Burchett, Knox County Mayor  
Robert "Buzz" Buswell, Director of Veterans & Senior Services  
April Tomlin, Senior Services Manager  
Lauren Monahan, Coordinator  
Phyllis Barnes, Reception

# Covenant HEALTH

PRESENTS

Wednesday, March 16<sup>th</sup>, 2016

**Conrad Ivie, MD**

Orthopedic Surgeon with Parkwest Medical Center

*Knee Replacement*



Wednesday, April 27<sup>th</sup>, 2016

**Everett Ribakove, MD**

Oncologist, Thompson Cancer Survival Center

*Understanding the Most Recent Advances in Cancer Treatment*



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

*Call 865-541-4500 for reservations.*

## FRANK STRANG SENIOR CENTER