

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



STRANG SCENE

May & June 2016

Strang Senior Center MINI EXPO

Wednesday, June 15 from 11:00—1:00

Come one, come all! Don't miss this free expo, which will include area vendors, agencies and services. You'll find caregivers, wellness, health testing, Medicare, beauty and most things relating to the 50+ lifestyle. We'll have more than 30 tables to visit, including giveaways, goodies for everyone, refreshments and more. Every table has a door prize, so bring those return address labels. Our sponsor, *Independent Insurance Consultants*, courtesy of Blake McCoy, will be providing tote bags, refreshments and one special Grand Prize giveaway! Last year's winners won everything from huge gift baskets to Lady Vols tickets, and spa treatments to restaurant gift cards. *RSVP today!* 865-670-6693

Scheduled to Attend:

- | | | |
|-----------------------------|------------------------|-----------------------------|
| Arbor Terrace | Blue Cross Blue Shield | Beltone Hearing |
| HomeWatch Home Care | UT Medical Center | Morning Pointe |
| Alzheimer's TN | Williamsburg Villas | Seniors Helping Seniors |
| Always Best Care | Bridgewater Speech | Walgreens |
| Theresa Hancock Real Estate | Mac's Pharmacy | NHC Farragut |
| West Hills Health & Rehab | Choices in Senior Care | ETN Personal Care Service |
| Dick Coombs Mortgage | Exodus Chiropractic | Jim Farmer, Author |
| Brookdale Senior Living | Mary Kay – Amy Stokes | CADES Adult Day Care |
| Senior Financial Group | Manor House | Knox County Veterans Office |
| Maxillofacial Dentist | Senior Directory E TN | |



Scenes from the Expo 2015



COVENANT HEALTH presents
Wellness Lunch & Learns at Strang
RSVP to Covenant Health 541-4500
\$5.00 Lecture with boxed lunch option



Wednesday, May 25 at 12 Noon "Hernia Repair"

Joel "Trey" Bradley, MD / Kristopher Williams,
 MD Surgeons with Premier Surgical Associates

Wednesday, June 22 at 12 Noon "Understanding Diabetes"

Moez Premji, MD
 Internal Medicine with Lenoir Medical Clinic



COSTCO DAY! Special Visit Day for Strang Members Only
May 20 1:00 - 3:00pm

Sign Up & Visit! RSVP



Meet "Thomas Jefferson", John Peach
Wednesday, June 29 at 12 noon

Mr. Peach has written 10 historical novels which feature presidents & their families. Mr. Peach comes dressed in full costume. He will delight you with his tales of history. Enjoy this Independence Day special.

Retirement Café Drop in for Coffee & Snacks
Wednesday, May 25 at 11:00 We Can Help for Free

Bring us your financial questions. We challenge you to pose questions about your future & investments.

Hosted by Vernon Henry www.vernonhenry.net



Veterans Service Office Meetings

May 12 & June 9 Meet one on one with Thomas Humphries, He will help you sort out your Veterans issues. Please call their office to pre-register. **RSVP 215-5645**

I'm a Diabetic...What now? Presented by Mac's Pharmacy
Wednesday, May 18 at 12 Noon

Learn the many issues surrounding diabetes. Diabetes is one of the most prevalent medical issues in adults over 50. Meet with professionals who will discuss diabetes with you, and then participate in a question & answer session following. **RSVP**

DON'T FALL Class - 4 Weeks Course
Mondays & Thursdays 1- 3 pm

Starts June 6, ends June 30
 A full course on how to prevent falls & increase balance. Excellent course! **RSVP**
 Presented by UT Medical Center

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

NEW! Feldenkrais (Stretching) 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 12:30—1:15 \$3.00



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

Yoga Classes for Seniors

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

Thursdays **Chair Yoga** \$4.00 12:30 **NEW!**

Thursdays **Ashtanga Yoga** \$4.00 2:00 **NEW!**

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

Tai Chi 1 NEW Beginner Class starts May 3

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

Tai Chi 2

Tuesdays & Thursdays 9:45

Instructors from the Oak Ridge Taoist Tai Chi Society. \$2.00

MAYOR'S BUDGET MEETINGS

At the Strang Senior Center

Monday, May 9th at 1:30

Knox County Mayor Tim Burchett will be visiting on Monday, May 9th at 1:30 to address any issues in the newly approved budget. Feel free to drop in & have your questions answered. **RSVP**



Free Hearing Testing & Informational
AccuQuest Hearing with Dr. McCue
Friday, May 13 at 11:00 am

Meet with Dr. McCue . Free testing included. **RSVP**

New! CHAIR YOGA CLASS

Thursdays at 12:30 \$4.00 Drop In

Ashtanga Yoga Returns May 5th

with Kit Hoffman

Thursdays at 2:00 pm

Kit is back! She will be teaching this class through October 31. Bring your mat and join in. \$4.00/class Drop In

AAA Safe Driver Course
Thursday & Friday, May 26 & 27
11:00 – 3:00 Pay in advance



Taught by AAA East Tennessee, Ed Langston, Instructor. \$10.00 per session.

RSVP for Programs by calling 865-670-6693

COMPUTER CLASSES

Group Classes

Register in advance. Call for dates and times

GENEALOGY CLASS

Intro to Genealogy & How to Search * 2 part starter class
Use your own device * \$20
Call to register *

Windows Beginner
Advance 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.

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

May 30 Memorial Day

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



FREE Hearing Aid Cleaning Service by Beltone every month

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.

Karns & Strang Senior Center Art Exhibition * Thursday, June 16th 6-8pm at the Karns Senior Center, 8042 Oak Ridge Highway 951-2653

Free! This joint exhibition will feature the best works of the painting classes from the Strang & Karns centers. You'll see paintings of all mediums on display, as well as for sale. Drop in, enjoy refreshments and visit the art from our talented seniors. For more information give us a call.



CLUBS, CARDS & GROUPS

Book Club Meets on the third Thursday of each month at 12 noon. New members are always welcomed. May 19 "A Reliable Wife"

Spanish Club

This group enjoys conversation, watching videos and upgrading their skills in Spanish. New members are welcomed.

Card Games

Mondays – Social Bridge (am) Midday Bridge, Mexican Train
Tuesdays – Social Bridge, Canasta, Pinochle
Wednesdays – Social Bridge (am) Mah Jong
Thursdays – Duplicate Bridge
Fridays – Bridge (am)



STRANG SUPER SENIORS POT LUCK SOCIAL

The first Wednesday of the month at 11:30, May 4 & June 1
Guest speakers: May 4 Dylan Adams * June 1 Kim Olen
Help us set up at 11:00 am Everyone pitches in!

A fun new event happens once a month. A group was formed to host a fun pot luck lunch. It is a place to eat, make new friends, learn about area events, and listen to guest speakers and entertainment. This is a new group that is always looking for ideas, help, and volunteers. Please bring a dish. \$1 donation to the Super Seniors will be requested in order to purchase paper goods and beverages.

July 6th....Hot Dog Fun! Live entertainment by
Kathy Huber Celebrate Independence Day
For more information or to sign up, please call the
desk at 670-6693. RSVP



RSVP to Programs by calling 865-670-6693

CLASSES

Ballroom Class

Fridays 2:00 – 3:00 pm
Carolyn Holden, Instructor \$5.00

Line Dance Class

Tuesdays 2:00 – 3:30
(NEW Beginners) May 4, Wednesdays
2:00 Evelyn & Tom Yeagle \$4.00

Belly Dance Class

Mondays at 2:30 Janet Smith \$4.00
New Class starts Monday, May 2!

Watercolor Painting Class

Mondays & Wednesdays at 9:30
Hazel Johnson \$12.00

Oil Painting

Tuesdays 10 – 12 Noon
Alexander Dumas. Supplies needed.
\$12.00 per class

"Grief, Depression & Adjusting to Life Changes" Lecture Wednesday, June 8 at 12 Noon

Meet with Sarah Hamblen, Social Worker who has specialized in mental health for 17 years. She has opened a new practice & hopes to share her expertise with our seniors. Hear how you can make the best of life's ups and downs.
RSVP





Monday	Tuesday	Wednesday	Thursday	Friday
8:45 Adv. Cardio 9:30 Watercolor 10:00 Cardio 10:00 Bridge 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 2:00 Spanish 2:00 NEW! Beg. Belly Dance Class 2	8:45 NEW Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Blood Pressure 10:00 Jewelry Sale 10:00 Oil Painting 11:15 Pilates 12:30 Cards 12:30 Yoga Lite 2:00 Line Dance 3	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:30 POT LUCK LUNCH, Dylan Adams Guest Speaker 1:00 Spanish Club 1:00 Mah Jong 2:00 NEW Beg Line 4 Line Dance Class	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words 11:15 Tone/Balance 12:30 CHAIR YOGA New Class! Drop In 1:00 MJ Group 2:00 Ashtanga Yoga with Kit H. 5 Summer Class	8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:00 FREE Hearing Aid Cleaning by Beltone 11:15 Pilates 12:30 Yoga w Jill 2:00 Ballroom 6
8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Bridge 12:30 Sit N Be Fit 11:15 Stretch Class 1:30 MAYOR'S Budget Meeting 1:00 Mexican Train 2:00 Spanish 2:00 Belly Dance 9	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 10:00 Windows 10 11:15 Pilates 12:30 Cards 12:30 Yoga Lite 2:00 Line Dance 10	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 The Color Purple /Alzheimer's Veterans Issues Lunch by Caris 1:00 Spanish Club 1:00 Mah Jong 11 2:00 Beg Line Dan	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 10:00 Windows 10 11:00 VETERANS Office On Site Visit Call 215-5645 11:15 Tone/Balance 12:30 Chair Yoga 1:00 MJ Group 12 2:00 Ash. Yoga	8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:00 AccuQuest Hearing Testing Dr. Bobbie McCue 11:15 Pilates 12:30 Yoga w Jill 1:00 Midday Bridge 13 2:00 Ballroom
8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Bridge 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 2:00 Belly Dance 2:00 Spanish 16	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 1:00 Windows 10 1:30 Red Hat 17 2:00 Line Dance	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Mac's Pharmacy – I'm Diabetic, What Now? 1:00 Spanish Club 1:00 Mah Jong 18 2:00 Beg Line Dan	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words 11:15 Tone/Balance 12:00 Book Club A Reliable Wife 12:30 Chair Yoga 1:00 Windows 10 19 2:00 Ash. Yoga	8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11-3 COSTCO Day for Strang Members 11:15 Pilates 12:30 Yoga w Jill 1:00 Midday Bridge 20 2:00 Ballroom
8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Bridge 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 2:00 Spanish 2:00 Belly Dance 23	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 1:00 Windows 10 2:00 Line Dance 24	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:00 Retirement Café Drop in Financial Info 12:00 Covenant L&L Hernia Repair 1:00 Spanish Club 1:00 Mah Jong 25 2:00 Beg L Dan	8:45 Tai Chi 1 9:45 Tai Chi 2 11:00 Life Words 11:00 AAA Safe Driver Class Part 1 \$10 for class 11:15 Tone/Balance 12:30 Chair Yoga 1:00 Windows 10 2:00 Ash. Yoga 26	8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:00 AAA Safe Driver Class Part 2 Ed Langston, Inst. 11:15 Pilates 12:30 Yoga w Jill 1:00 Midday Bridge 27 2:00 Ballroom
 Center Closed 30	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 31			FRANK STRANG SENIOR CENTER 670-6693

*Happy Mother's Day * Sunday, May 8th*

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FRANK R. STRANG SENIOR CENTER 670-6693</p>		<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:30 Pot Luck Day w/ Guest Kim Olen 1:00 Mah Jong 1 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 12:30 Chair Yoga 2:00 Ashtanga Yoga Summer Class with 2 Kit</p>	<p>8:45 Adv Cardio 10:00 Cardio 10:00 Soc. Bridge 11:00 FREE Hearing Aid Cleaning Svce 11:15 Pilates 12:30 Yoga w Jill 3 2:00 Ballroom</p>
<p>8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Soc. Bridge 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 DON'T FALL 1:00 Mexican Train 2:00 Belly Dance 6</p>	<p>8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Blood Press. RN on Duty 10:00 Oil Painting 11:15 Pilates 12:30 Cards 12:30 Yoga Lite 7 2:00 Line Dance</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 GRIEF & DEPRESSION Adjusting to Change 1:00 Spanish Club 1:00 Mah Jong 8 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 VETERANS Office On Site Visit Call 215-5645 11:15 Tone/Balance 12:30 Chair Yoga 1:00 DON'T FALL 9 2:00 Ashtanga Yoga</p>	<p>8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:15 Pilates 12:30 Yoga w Jill 2:00 Ballroom 10</p>
<p>8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Soc. Bridge 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 DON'T FALL 1:00 Mexican Train 2:00 Belly Dance 13</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 Canasta 12:30 Yoga Lite 12:30 Cards 2:00 Line Dance 14</p>	<p>9:30 Watercolor 9:30 Social Bridge 11-1 SENIOR EXPO 35 Vendors Door Prizes at Every Table * Lots of Info & Giveaways* Refreshments 1:00 Spanish Club 1:00 Mah Jong 15 2:00 Beg L.Dance</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 12:00 Book Club Call for Book Title 12:30 Chair Yoga 1:00 DON'T FALL 2:00 Ashtanga Yoga 6-8pm Art Exhibit at Karns Senior Ctr. 16</p>	<p>8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:15 Pilates 12:30 Midday Bridge 12:30 Yoga w Jill 2:00 Ballroom 17</p>
<p>8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Soc. Bridge 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 DON'T FALL 1:00 Mexican Train 20 2:00 Belly Dance</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 Yoga Lite 12:30 Cards 1:30 Red Hats 21 2:00 Line Dance</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Covenant L&L Understand Diabetes 1:00 Spanish 1:00 Mah Jong 22 2:00 Beg L Dance</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 12:30 Chair Yoga 1:00 DON'T FALL 2:00 Ashtanga Yoga 23</p>	<p>8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:15 Pilates 12:30 Midday Bridge 12:30 Yoga w Jill 2:00 Ballroom 24</p>
<p>8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Soc. Bridge 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 DON'T FALL 1:00 Mexican Train 2:30 Belly Dance 27</p>	<p>8:45 Tai Chi 9:30 Inter. Bridge 9:45 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Cards 12:30 Yoga Lite 2:00 Line Dance 28</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 MEET Thomas Jefferson! John Peach, Historian 1:00 Spanish 1:00 Mah Jong 29 2:00 Beg L Dance</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 12:30 Chair Yoga 1:00 DON'T FALL 2:00 Ashtanga Yoga 30</p>	

DON'T MISS OUR SENIOR VENDOR EXPO!
 FANTASTIC DOOR PRIZES * GIVEAWAYS * INFO * REFRESHMENTS

STRANG SENIOR CENTER
109 Lovell Heights Road
Knoxville, TN 37922
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 Veterans & Senior Services
April Tomlin, Senior Services Manager
Lauren Monahan, Coordinator
Phyllis Barnes, Reception

Covenant HEALTH

PRESENTS

Wednesday May 25th, 2016

Joel "Trey" Bradley, MD / Kristopher Williams, MD
General Surgery
at Fort Sanders Regional Medical Center and Parkwest Medical Center
Complex Hernia Repair

Wednesday June 22nd, 2016

Sandra Mincey, FNP-BC, CDE
Diabetes Educator with Covenant Medical Group
Diabetes Outreach

*Cost for each event is \$5.00; lunch is provided.
Call 865-541-4500 for reservations.*

FRANK STRANG SENIOR CENTER