

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



STRANG SCENE

JULY/AUGUST 2016

A New Look for You! Fashion & Makeup for "Over 50"

LeeAnn Hasemeyer, Always Best Care
Amy Stokes, Makeup Specialist
Finger foods by the Senior Directory of East TN
Wednesday, July 13 at 12 Noon



Accessorizing your Wardrobe

In an encore presentation, LeeAnn Hasemeyer will be sharing her fashion sense for the casual but chic summer months. She'll show you the latest trends in fashion over 50. No need to buy new clothes – come hear how to make your wardrobe work, no matter what pieces you already have. Learn to complement your figure.

Make Up Choices with Amy Stokes

Elite Executive Senior Sales Director, Mary Kay Cosmetics
Do you wonder how to use makeup without spending a small fortune? Amy Stokes will discuss makeup products, how to make choices, and have a question and answer session. She will do a live demonstration. See what cosmetics can do to enhance your look.



Finger foods & Ice Cream Treats for Everyone! Thanks to the **Senior Directory** for finger foods
And LeeAnn, **Always Best Care** for our ice cream treats! **RSVP**



HOT DOG PARTY & POT LUCK SOCIAL

Wednesday, July 6 at 11:30



HOT DOGS courtesy of NHC Farragut
Ice Cream Treats by East TN Personal Care Service
Special Guest Entertainer, Kathy Huber



Bring a side dish to share* Wear your red, white & blue!

New Guests Welcomed * Help set up at 11:00 * Celebrate the Holiday with Us *
\$1.00 donation * Door Prizes * Music * Best Patriotic Wear Prize * **RSVP today!**

Summer Paint Party with Kim!

Make your own original painting * Paint, Laugh & Have Fun

Sponsored by East TN Personal Care Service
\$5.00 includes all your supplies
Wednesday, August 17 11:30 - 1:30

Want to have a great time, paint, spend a couple hours with us & take your creation home? Register right away for our Paint Party. For only \$5.00, you get all the supplies, instruction & a take home personalized piece of art.

Refreshments will be served. You'll have the time of your life!
Limit to the first 25. RSVP.



Meet the Expert! Rebecca Abbott, Esquire
Wednesday, July 20 at 12 Noon



Rebecca assists with senior's wills, trusts, end of life issues, and current laws. She will review these topics, as well as take questions at the end of the program. Refreshments. **RSVP**

Meet the Expert! Yvonne Marsh, CPA
Wednesday, August 10 at 12 Noon



Yvonne will discuss taxes, retirement strategies, finances, and how to handle your money with common sense. Want to get the most "bang for your buck?" Learn how. Question period following the program. Refreshments. **RSVP**

COVENANT HEALTH Lunch & Learn Programs

"Advanced Directives - What you Need to Know"
Wednesday, July 27 at 12 Noon

David B. Wooten, MD.
 Medical Director Covenant Palliative Care and Hospice



"Nutrition and your Health: Everything you need to know from Gluten Free to Portion Control"
Wednesday, August 24 at 12 Noon

Karin Adler, MS,RD,LDN,CNSC
 Clinical Nutritionist with Parkwest Medical Center
CALL 541-4500 to register for these lunch & learn programs \$5.00 for the program. A boxed lunch is included.



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

Feldenkrais (Stretch) CLASS for Seniors Mondays 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	Nancy
Fridays	Yoga	\$30/6 Weeks	12:30	Jill
Thursdays	Ashtanga Yoga	\$4.00	2:00	Kit

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

WIN an Autographed NASCAR model car signed by Billy Ogle, Jr.
3 Lucky Winners!
 Visit our Raffle Table



KALEIDOSCOPE CLASS Bob Grimac
Friday, August 12 from 10 am - 3 pm

You won't believe what this class holds for you. You will design & bring home a beautiful & professional-looking kaleidoscope, crafted, painted and ready for your coffee table. Enjoy this remarkable conversation piece, while you are guided through the steps by Bob Grimac.

This is an "all day" event, so bring a snack & be ready to have some creative fun. There is a limit of 10, so don't delay! \$25 includes all the supplies for the day. **RSVP**

Ice Cream & Info Party by Seniors Helping Seniors
Friday, August 26 at 11:00 am

Meet with Bryan May as he helps you understand what services SHS provides. This agency tries to help seniors stay in their homes while receiving assistance or care. Enjoy a cool dip of ice cream while you listen! **RSVP**

"Long Term Care"& Medicare Supplement Issues
Tuesday, August 23 1:00 pm

Learn real life costs, issues & make a customizable plan that is right for you. Meet Carla Patton, from Mutual of Omaha, who will answer your questions. She is an insurance & Medicare supplement specialist. Refreshments served. **RSVP**

To RSVP FOR PROGRAMS CALL 865-670-6693

COMPUTER CLASSES

Group Classes

Register in advance. Call for dates and times. Bring your own Device.

GENEALOGY CLASS

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

Windows Beginner
Advance Windows
Windows 8 & 10
Word/Excel
Android Phone Use
iPad



Private One on One for
Beginners * Facebook * Internet
Digital Photos \$10
1 hour at the center

Lounge & Library

The center has a lending library with tapes & movies, along with a puzzle table. We need paperback books & up-to-date magazines. 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

Monday, July 4th for Independence Day

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



COMING IN THE FALL:

Mayor's Senior Appreciation Picnic Sept. 16

Fall Paint Party with a Music Twist - Oct. 12

Veterans Social & Luncheon - Nov. 10

Holiday Crafts & Baked Goods Sale - Nov. 16 Sign up to Sell!

Motorcoach Day Trip - "Christmas in the Valley" at Renfro – December TBA

Holiday Pot Luck Party - Dec. 14



FREE Hearing Aid Cleaning and Testing by Beltone every month

Beltone Hearing Services will be offering a hearing aid cleaning service on the first Friday of the month. They will also test for hearing loss. 11:00-12:00.

CLUBS, CARDS & GROUPS

Book Club Meets on the third Thursday of each month at 12 noon. New members are always welcomed. Call for book titles.

Spanish Club

This group enjoys conversation and upgrading their skills in Spanish. New members are welcomed. Guided by Margarita Yong.

Card Games

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

Tuesdays – Social Bridge, Canasta, Pinochle

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

Thursdays – Duplicate Bridge

Fridays – Bridge (am)

Pinochle & Midday Bridge (pm)

Looking for Euchre & Cribbage players!

Life Words Reading Circles

Will resume on August 4th at 11:00



CLASSES



Ballroom Class

Fridays 2:00 – 3:00 pm

Carolyn Holden, Instructor \$5.00

Line Dance Class

Tuesdays 2:00 – 3:30

(Beginners) Wednesdays 2:00

NEW CLASS STARTS AUGUST 3

Evelyn & Tom Yeagle \$4.00.

Belly Dance Class

Mondays at 2:30 Janet Smith \$4.00

Watercolor Painting Class

Mondays & Wednesdays at 9:30

Hazel Johnson \$12.00

Oil Painting

Tuesdays 10 – 12 Noon

Alexander Dumas. Supplies needed.

\$12.00

Bridge Classes Bill Deitzler, Instructor

Motorcoach Trip to Majestic Theater - Show & Lunch

Presented by Starr Travel on Tuesday, August 23

Pigeon Forge's 5 Star "Motown Review" with Buffet Lunch

Leaves 10:30 Returns 5:00 pm

Departs from: Hampton Inn on Campbell Station Road

Money due by August 1. Checks payable to Starr Travel



Includes: Show tickets, lunch at the Wood Chip Grill,

snacks on the bus, taxes & gratuities. \$65.00 pp

You must pay in full or half deposit to reserve your seat.

Please come in to register at the desk. Ask for a flyer.

Bus fills fast! Don't delay. Sorry, no phone reservations.



Veterans Office Visits

Here at the center

Meet with Tom Humphries

Bring any paperwork needed. To make

an appointment call

215-5645

July 14 * August 11

11:00 Strang Senior Center



July

Mon	Tues	Wed	Thurs	Fri
	FRANK STRANG SENIOR CENTER 670-6693			8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:00 Hearing Tests 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1 2:00 Ballroom
July 4th Holiday  4 Center Closed	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Blood Press 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 12:30 Yoga Lite 12:30 Cards 5 2:00 Line Dance	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:30 Pot Luck 4th HOT DOG PARTY Kathy Huber, Singer 1:00 Spanish Club 1:00 Mah Jong 6 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 2:00 Ashtanga Yoga 7	8:45 Adv Cardio 9:30 Cards 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1:00 Rummikub 1:00 Midday Bridge 8 2:00 Ballroom
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 12:30 Midday Bridge 1:00 Mexican Train 1:00 Don't Fall Class 2:30 Belly Dance 11	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 Cards 12:30 Yoga Lite 2:00 Line Dance 12	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 FASHION & MAKEUP DAY FOR Fabulous over 50+ <i>Finger food, Ice cream</i> 1:00 Spanish Club 1:00 Mah Jong 13 2:00 Beg Line Dc	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words 11:00 VETERANS Office Visits Call 215-5645 to register 11:15 Tone/Balance 1:00 Don't Fall Class 2:00 Ashtanga Yoga 14	8:45 Adv Cardio 9:30 Cards 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1:00 Rummikub 1:00 Midday Bridge 2:00 Ballroom 15
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 12:30 Midday Bridge 1:00 Mexican Train 1:00 Don't Fall Class 2:30 Belly Dance 18	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 Red Hats 2:00 Line Dance 19	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Meet the Expert! Attorney Rebecca Abbott Wills, Trusts, Legal Issues for Seniors 1:00 Spanish Club 1:00 Mah Jong 20 2:00 Beg Line D	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 Spool of Blue Thread" by Anne Tyler 1:00 Don't Fall Class 2:00 Ashtanga Yoga 21	8:45 Adv Cardio 9:30 Card 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1:00 Rummikub 1:00 Midday Bridge 2:00 Ballroom 22
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 12:30 Midday Bridge 1:00 Mexican Train 1:00 Don't Fall Class 25 2:30 Belly Dance	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 26	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Covenant L&L Advance Directives Dr. David Wooten 1:00 Spanish Club 1:00 Mah Jong 27 2:00 Beg Line D	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words 11:15 Tone/Balance 1:00 Don't Fall Class 2:00 Ashtanga Yoga 28	8:45 Adv Cardio 9:30 Cards 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1:00 Midday Bridge 1:00 Rummikub 29 2:00 Ballroom

HOT DOG PARTY AT OUR JULY 6 POT LUCK



SINGER, KATHY HUBER SINGS FOR YOU!



AUGUST

Mon	Tues	Wed	Thurs	Fri
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 12:30 Midday Bridge 1:00 Mexican Train 1 2:30 Belly Dance	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Blood Pressure 10:00 Oil Painting 11:15 Pilates 12:30 Cards 12:30 Yoga Lite 2 2:00 Line Dancing	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:30 POT LUCK Lunch & Social 1:00 Spanish Club 1:00 Mah Jong 3 2:00 NEW Beg Line	8:45 Tai Chi 1 10:00 Tai Chi 2 10:00 Dup Bridge 11:00 Life Words 11:15 Tone/Balance 2:00 Ash Yoga 4	8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:00 Hearing Test 11:15 Pilates 12:00 Pinochle 12:30 Yoga 1:00 Rummikub 5 2:00 Ballroom
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 12:30 Midday Bridge 1:00 Mexican Train 2:30 Belly Dance 8	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 Dancing 9	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Your Best Tips for Retirement Planning * Yvonne Marsh, CPA 1:00 Spanish Club 1:00 Mah Jong 10 2:00 Beg Line	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup Bridge 11:00 Life Words 11:00 VETERANS Office Visit on Site Call 215-5645 11:15 Tone/Balance 2:00 Ash. Yoga 11	8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 10-3 Fun Fun Fun! KALEIDOSCOPE CLASS with Bob 11:15 Pilates 12:00 Pinochle 12:30 Yoga 1:00 Midday Bridge 12 2:00 Ballroom
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 12:30 Midday Bridge 1:00 Mexican Train 2:30 Belly Dance 15	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 1:30 Red Hat Soc. 2:00 Line Dancing 16	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:30 PAINT PARTY With Kim! Pre-Registered Only Refreshments \$5.00 1:00 Mah Jong 17 2:00 Beg Line	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 "Signature of All Things " by Elizabeth Gilbert 18 2:00 Ash. Yoga	8:45 Adv Cardio 9:30 Cards 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:30 Yoga 12:00 Pinochle 1:00 Rummikub 1:00 Midday Bridge 19 2:00 Ballroom
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 12:30 Midday Bridge 1:00 Mexican Train 2:30 Belly Dance 22	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 10:30 Pigeon Forge Trip to Theater 11:15 Pilates  12:30 Cards 12:30 Yoga Lite 1:00 Long Term Care 23 2:00 Line Dancing	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Covenant Lunch & Learn "Gluten Free & Other Nutrition Issues" 1:00 Spanish Club 1:00 Mah Jong 24 2:00 Beg Line	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup Bridge 11:00 Life Words 11:15 Tone/Balance 2:00 Ash. Yoga 25	8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:00 Srs. Helping Seniors Ice Cream Party & Info 11:15 Pilates 12:00 Pinochle 12:30 Yoga 2:00 Ballroom 26
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 12:30 Midday Bridge 1:00 Mexican Train 29 2:30 Belly Dance	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 Dancing 30	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 1:00 Spanish Club 1:00 Mah Jong 2:00 Beg Line 31		

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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 July 27, 2016

David B. Wooten, MD

Medical Director, Covenant Palliative Care and Hospice

Advanced Directives - What You Need to Know

Wednesday, August 24, 2016

Karin Adler, MS, RD, LDN, CNSC

Clinical Nutritionist, Parkwest Medical Center

Nutrition and Your Health:

Everything you need to know from gluten free to portion control

There is a program fee of \$5.00. Event begins at noon with lunch available for those who register. Call 865-541-4500 for reservations.

FRANK STRANG SENIOR CENTER