

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



STRANG SCENE

September/October 2016



10th Annual Mayor's Senior Appreciation Picnic

Friday, September 16 11:30 - 1:30

John Tarleton Park

Knox County Mayor Tim Burchett's Senior Appreciation Picnic will be held on Friday, September 16 from 11:30 to 1:30pm at John Tarleton Park, 3201 Division Street. Please note that all Knox County Senior Centers will be closed the day of the picnic. You are invited to join Mayor Burchett and his staff for the 10th Annual Mayor's Senior Appreciation Picnic. The celebration is a county-wide tribute to express Knox County's appreciation and commitment to senior citizens. This is a free event for all Knox County seniors.

There will be free food, activities and live entertainment, featuring The Chillbillies. Enjoy the expo tents where vendors will be set up to give out information and giveaways.

To RSVP for the picnic, please call 215-4007 by September 9. The first 100 seniors to register IN PERSON to go to the picnic at one of the six Knox County Senior Centers will receive a beautiful t shirt to wear to the picnic. T shirts will be available September 1st. T shirts are courtesy of our Platinum Sponsors, Independent Insurance Consultants (IIC), Northshore Senior Living/Oakwood Senior Living/Knoxville High Senior Living. Be sure to visit their booths for fun activities.



"Stop Falls Before they Stop YOU" presented by the Knox County Health Department Wednesday, September 21 at 12 noon

Are you prone to falling? Wish you had better balance? The Knoxville Senior Safety Task Force will be providing home safety tool kits to the first 30 who register. Free Balance Screenings following the program by Benchmark Physical Therapy. Let us know if you would like the free screening. Lite Lunch served. Space is limited to the first 30 participants who register. **RSVP**

2 HOLIDAY DAY TRIPS Enjoy the sights & sounds of the Holiday Season with us. Both trips are hosted by All Starr Travel. They provide personal service as well as friendly, safe travel in comfort.

Thursday, November 17 COUNTRY TONITE Christmas show in Pigeon Forge. Dine at the Applewood Restaurant & enjoy this 5 Star rated show. Tips, motor coach, meal, tickets all included. \$65.00 per person

Saturday, December 3 CHRISTMAS IN RENFRO VALLEY, KY Enjoy this annual holiday special that includes motor coach, entertainment, music, lunch & gratuities. \$89.00 per person

Presented by All Starr Travel * Taking reservations * Deposit Required * Come in for a detailed flyer * No phone reservations, please * Checks only to All Starr Travel * Space limited! These trips are very popular. Don't wait to get your deposit in and secure your seat.



COVENANT HEALTH presents Wellness Lunch & Learns at Strang
 RSVP to 541-4500 \$5.00 Program fee includes boxed lunch

Flu Shots for Members
Friday, September 30
 10:00 - 11:30 am

Wednesday, September 28 at 12 Noon "Minimally Invasive Spinal Surgery"
Barrett Brown, MD

\$25 or Medicare Card
 Pre-register at 670-6693
 Drop Ins Accepted

Neurosurgeon, TN Brain and Spine and Fort Sanders Regional Medical Center

Wednesday, October 26 at 12 Noon "3D Mammography"
Amanda Squires, MD

Courtesy Covenant Health &
 East TN Personal Care Svc.

Radiologist, Parkwest Comprehensive Breast Center
 RSVP 541-4500



Thank You!

At Your Wits End? Wednesday, September 14 at 12:00

Let Sarah Hamblen, LCSW help you deal with the issues that might be facing you in times of stress and worry. Ms. Hamblen uses a variety of therapeutic techniques to help individuals in times of grief, depression and difficulty. To be a part of this group session, please call to reserve. **RSVP**

Queen for a Day Ladies 65+...
 We are looking for you!

Senior Lady of Knoxville 2017

At Sherrill Hills Theater
 February 11, 2017

Winner gets crown, sash,
 prizes, TV coverage



Judged in gown & per-
 sonality. VIP judges, entertain-
 ment, food, prizes.

PINKALICIOUS PAINT PARTY to benefit Susan G. Komen Breast Cancer
Wednesday, October 12 at 11:30 Paint your own creation! Sponsored by ETN Personal
Care Service & Covenant Health RSVP to 670-6693

Your \$5.00 donation includes all paints, canvas, supplies, finger foods & drinks.
 Proceeds benefit the Susan G Komen Breast Cancer Foundation. **RSVP**

Applications at Strang or call
 Lauren at 670-6693.

Are Dental Implants for You? Hear Kathy Gallaher speak about the basics of
 dental implants. Tuesday, September 27 at 1:00pm **RSVP**

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

Stretch Class (Feldenkrais)
Mondays at 11:15 \$3.00
 Debbie Ashton, Instructor



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

Mondays	Yoga w Kit	Kit	\$4.00	2:00
Thursday	Ashtanga Yoga	Kit	\$4.00	2:00
Fridays	Yoga	Jill	\$30/6 Weeks	12:30

Tai Chi 1
Tuesdays & Thursdays 8:45 Joan Boling, Instructor \$2.00
New Beginner Class Starts September 6

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
Sept 21 & 22
11:00—3:00



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

Veterans Office On Site 2nd Thursday of
 every month at 11:00. Meet one on one
 with a county representative who can help
 you sort out your Veterans issues. Please
 call their office to pre-register. **215-5645**

Ask the Medicare Expert, Kathy Young
Wednesday, October 19 at 12:00

It's Medicare decision making time . Are
 you confused? Most people have a hard
 time wading through the options, Meet with
 Kathy Young,. **RSVP**

Hearing Testing by AccuQuest
Dr. Bobbie McCue

Tuesday, September 13 at 11:00 am
 Meet Dr. McCue who will answer your
 questions & offer free hearing testing.
RSVP

RSVP by calling
865-670-6693

COMPUTER CLASSES

Group Classes

Register in advance. Call for dates and times

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



GENEALOGY CLASS

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

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

Volunteers

The center loves our volunteers! We often need people to help serve refreshments, set up and break down at functions, and teach classes. Let us know if you are interested.

Lounge & Library

The center has a lending library with tapes & movies, along with a puzzle table. We need paperback books & current 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

Hours are 8:00 am – 4:00 pm, Monday – Friday
Closed for Labor Day, September 5
All Knox County senior centers closed for the Senior Picnic September 16.



FREE Hearing Aid Testing & Cleaning by Beltone every month

Beltone Hearing Services will be offering a hearing aid cleaning service & hearing loss testing on the first Friday of the month. Hours are 11:00-12:00. Check the calendar for dates. September 2 & October 7. RSVP

CLUBS, CARDS & GROUPS

Book Club

Meets on the third Thursday of each month at 12 noon.
September "Aviators Wife" by Melanie Benjamin
October "The Husband's Secret" by Liane Moriarty

Spanish Club

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

Cards & Games

Mondays – Social Bridge, Mexican Train
Tuesdays – Social Bridge, Canasta, Pinochle
Wednesdays – Social Bridge, Mah Jong
Thursdays – Duplicate Bridge, Bridge class
Fridays – Bridge, Pinochle & Middy Bridge



Life Words Reading Circles

Thursdays at 11:00 am

The group will discuss a handful of texts based on a theme, including short stories, informative articles, and poetry.

Ballroom Class—All New for Fall!

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

"Not Just Country" Line Dance Class

Tuesdays 2:00 – 3:30
Beginners Wednesdays 2:00
Evelyn & Tom Yeagle
\$4.00. New Class starts September 7

Watercolor Painting Class

Hazel Johnson
Mondays & Wednesdays at 9:30 am
\$12.00 per class.

Oil Painting

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

BRIDGE CLASS Starts Sept. 13

Bill Deitzler, Instructor
Learn to play bridge! Novices or refreshers may enroll, but you must be familiar with card playing. \$30.00 for 6 classes
Tuesdays & Thursdays 1:30 - 3:30

LOOKING FOR VENDORS FOR OUR HOLIDAY BAZAAR

No experience necessary! Sell your holiday crafts, baked goods, gifts, homemade goods, jewelry, wreaths, decorations or anything that would be of interest for the holidays.

November 16 from 10:30 - 12:30 \$5 donation per table

Space is limited. Sign up now. Call Lauren for more information.

Mark the date to visit this annual fun fair!



POT LUCK LUNCHES

Everyone Welcome! Bring a Dish

September 7 - Guest Kendall Rutherford, Senior Directory

October 5 - Guest, Smoky Mtn. Service Dogs * Visit with the therapy dog!

11:30 * Help set up at 11:00 am

RSVP to Programs at 865-670-6693

September

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FRANK R. STRANG SENIOR CENTER 670-6693</p>			<p>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</p> <p>1</p>	<p>8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:00 Hearing Tests 11:15 Pilates 12:00 Pin/Midday Brid 12:30 Yoga w Jill</p> <p>2 2:00 Ballroom</p>
<p>Labor Day</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>WE WILL BE CLOSED ON LABOR DAY</p> </div> <p>5 Center Closed</p>	<p>8:45 NEW Tai Chi 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 10:00 Blood Press. 11:15 Pilates 12:30 Cards 2:00 Line Dance</p> <p>6</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:30 POT LUCK Lunch & Social 1:00 Spanish Club 1:30 Mah Jong 2:00 NEW Beg. Line</p> <p>7 Dance Class</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words 11:15 Tone/Balance 11:00 VETERANS Office Visit 1:00 Don't Fall 2:00 Ash. Yoga</p> <p>8</p>	<p>8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1:00 Midday Bridge 2:00 Ballroom</p> <p><i>College J Shirt Day</i></p> <p>9</p>
<p>8:45 Adv Cardio 9:30 Bridge 9:30 Watercolor 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Don't Fall Class 1:00 Mexican Train 2:00 Yoga w Kit</p> <p>12</p>	<p>8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 11:00 AccuQuest FREE Hearing Test 11:15 Pilates 12:30 Cards 1:30 Bridge Class 2:00 Line Dance</p> <p>13</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Sarah Hamblen Grief Counselor & Specialist Program 1:00 Spanish Club 1:30 Mah Jong 2:00 Beg Line Dce</p> <p>14</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words 11:15 Tone/Balance 12:00 Book Club "Aviators Wife" Melanie Benjamin 1:00 Don't Fall 1:30 Bridge Class 2:00 Ash. Yoga</p> <p>15</p>	<p>SENIOR PICNIC</p>  <p>John Tarleton Park 11:30 - 1:30</p> <p>16 Centers Closed</p>
<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Don't Fall Class 1:00 Mexican Train 2:00 Yoga w Kit</p> <p>19</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 1:30 Red Hats 1:30 Bridge Class 2:00 Line Dance</p> <p>20</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Knox Health Dept. FALLS PREVENTION Lecture 1:00 Spanish Club 1:30 Mah Jong 2:00 Beg Line Dce</p> <p>21</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 11:00 Life Words 11:00 AAA Safe Driver Part 1 Ed Langston, Inst. 11:15 Tone/Balance 1:30 Bridge Class 2:00 Ash. Yoga</p> <p>22</p>	<p>8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:00 AAA Safe Driver Part 2 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1:00 Midday Bridge</p> <p>23 2:00 Ballroom</p>
<p>8:45 Adv Cardio 9:30 Bridge 9:30 Watercolor 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Don't Fall Class 1:00 Mexican Train 2:00 Yoga w Kit</p> <p>26</p>	<p>8:45 Tai Chi 9:30 Inter. Bridge 9:45 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Cards 1:00 Dental Implants for you? 1:30 Bridge Class 2:00 Line Dance</p> <p>27</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Covenant L&L Spinal Surgery 1:00 Spanish 1:30 Mah Jong 2:00 Beg Line Dce</p> <p>28</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 1:00 Don't Fall 1:30 Bridge Class 2:00 Ash. Yoga</p> <p>29</p>	<p>8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 10:00 FLU SHOTS Drop In 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1:00 Midday Bridge</p> <p>30 2:00 Ballroom</p>

Senior Picnic at John Tarleton Park * FREE * Great Food * The Chillbillies * 2 Huge Expo Tents

October

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Don't Fall Balance Class 1:00 Mexican Train 2:00 Yoga w Kit 3	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Blood Pressure 11:15 Pilates 10:00 Oil Painting 12:30 Cards 2:00 Line Dance 4	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:30 POT LUCK Smoky Mt Service Dogs * Srs. Helping Seniors & Games 1:00 Spanish Club 1:30 Mah Jong 5 2:00 Beg Line Dce	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 Balance Class 2:00 Ash.Yoga 6	8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:00 HearingTests 11:15 Pilates 12:00 Pinochle 12:30 Rummikub 12:30 Yoga w Jill 1:00 Midday Bridge 2:00 Ballroom 7
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 2:00 Yoga w Kit 10	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 11:15 Pilates 12:30 Cards 2:00 Line Dance 11	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:30 - 1:30 PINKALICIOUS Paint Party! *Dress in Pink* Prizes 1:00 Spanish Club 1:30 Mah Jong 12 2:00 Beg Line Dce	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Life Words 11:00 VETERANS Office Call 215-5645 to register 11:15 Tone/Balance 2:00 Ash.Yoga 13	8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:00 Pinochle 12:30 Rummikub 12:30 Yoga w Jill 12:30 3 Rivers Rambler Trip 1:00 Midday Bridge 14 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 1:00 Mexican Train 2:00 Yoga w Kit 17	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 11:15 Pilates 12:30 Cards 1:30 Red Hats 2:00 Line Dance 18	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Medicare Expert on Call *What's New? Kathy Young 1:00 Spanish Club 2:00 Beg Line Dance 19	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 "The Husband's Secret" by Liane Moriarty 2:00 Ash.Yoga 20 2:00 Ash.Yoga	8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:00 Pinochle 12:30 Rummikub 12:30 Yoga w Jill 1:00 Midday Bridge 2:00 Ballroom 21
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 2:00 Yoga w Kit 24	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 11:15 Pilates 12:30 Cards 2:00 Line Dance 25	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Covenant Health Lunch & Learn 3D Mammography Call 541-4500 1:00 Spanish Club 1:30 Mah Jong 26 2:00 Beg Line Dce	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 27	8:45 Adv Cardio 9:30 Canasta Club 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1:00 Midday Bridge 2:00 Ballroom 28
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 31 2:00 Yoga w Kit				Frank Strang Senior Center 670-6693

STRANG SENIOR CENTER
109 Lovell Heights Road
Knoxville, TN 37922
www.knoxcounty.org/seniors
865-670-6693



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

Thanks to Covenant Health for their generous support in the printing and mailing of our newsletter.

Covenant HEALTH | PRESENTS

Minimally Invasive Spinal Surgery

Wednesday, September 28, 2016

Barrett Brown, MD

Neurosurgeon, TN Brain and Spine and Fort Sanders Regional Medical Center

3D Mammography

Wednesday, October 26, 2016

Amanda Squires, MD

Radiologist, Parkwest Comprehensive Breast Center

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

FRANK STRANG SENIOR CENTER