

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



STRANG SCENE

November/December 2016

Thank You! Mayor's Senior Appreciation Picnic

This year's picnic was our best ever! Thank you for your support. We hope you enjoyed the picnic. Thanks to you, the Department of Senior Services and our sponsors, it was extremely successful. In addition to good food, we hope you received helpful information from the vendor's exhibits. There was great entertainment, the Chillbillies, and an amazing group of displays. Thank you to our sponsors, staff, seniors and volunteers. We look forward to seeing you next year at our 11th Annual Picnic.

Thanks to one of our platinum sponsors, Independent Insurance Consultants, Blake McCoy, Founder & CEO

Confused about MEDICARE? We make it SIMPLE! Medicare Annual enrollment is here. We know that all the news on Medicare insurance companies, premium increases, deductibles rising, and skyrocketing out of pocket costs can be confusing. As your locally owned and independent agency, Independent Insurance Consultants is here to answer all of your questions! The Medicare Annual Enrollment period ends December 7th and we want all Knox County seniors to please call us for your complimentary Medicare insurance and Part D review. MEDICARE Is Confusing. We Make It SIMPLE! 865-691-5571



VETERANS SOCIAL

Thursday, November 10 at 11:00

Open to Strang Veterans & Their Guests * Please RSVP

Thank You, East Tennessee Personal Care Service & NHC Farragut



Special Entertainment "The Brandywine Trio" Bluegrass Band



HELP! We need donations for our Veterans Goody Bags

All veterans will be getting a personal gift bag, filled with small items such as homemade cookies, pens, lotion, coupons, candies, note cards, etc. If you care to make a donation of such items, we are filling bags for each veteran. Please drop items off at the center. We will be filling 80 bags and are happy to list you as a donor. **RSVP**

Strang Holiday Party & Farewell to Phyllis

Wednesday, December 14 at 11:30

Show Music & a Fabulous Holiday Pot Luck Lunch

Please come by & say a fond farewell to Phyllis, who is retiring.

Entertainment - Rarity Bay "Rare Notes" in an Encore Performance

Bring a Dish * Everyone Invited * Goodies for All * Door Prizes

Please join us as we celebrate the holidays. **RSVP**

Holiday Party



COVENANT HEALTH presents "GIVE THE GIFT OF HEALTH TO YOURSELF!"



Wednesday, December 7 at 12:00 Noon Please RSVP to 541-4500 \$5.00 includes lunch

Karen Milligan will present this modern way to find out exactly what the state of your health is. How? She will explain that by taking a simple online test offered by Covenant Health, you can find out precisely what your body 's condition is in, its wellness, its weaknesses, and what you can do to change it for the better. This is a new concept, so don't miss this important lecture. You can start the new year on a fresh note!

Hear Karen tell you how to take this test, where you'll end up with a booklet about the state of your health. The results will help decide which topics are best suited for you & those who hear the lecture. In the near future, free testing will be offered at Strang so that you can improve your results. Don't miss out on this informative lecture. Call now!

**HOLIDAY CRAFT BAZAAR
Wednesday, November 16**

10:30 - 12:30



The public is invited ! SHOP SHOP SHOP! Need holiday gifts? You won't want to miss the chance to buy homemade items and stay ahead of the gift list. **Jewelry, scarves, baked goods, candies, art, dolls, embroidered items, paintings, woodwork, aprons, ornaments, books and more.**

Enjoy your shopping with us and enjoy holiday refreshments. Bring a friend and have a good time. Refreshments by Senior Financial Group. Doors open at 10:15 am.

The center is looking for a ping pong table so that we can have weekly game time! We are also looking for new classes & instructors. Let us know about your talents & if you'd like to teach.

**There are SO many types of Life Insurance...Which one do I need?
Monday, December 12 at 1:00 pm**

Carla Patton of Mutual of Omaha will help you sort through it. There are little known insurances that you may be interested to hear about.

Refreshments served. **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 for Seniors (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**

Advanced Tai Chi Class

Tone N Balance Thursdays 11:15 \$3.00

Yoga Classes for Seniors

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

**Tai Chi 1
Tuesdays & Thursdays 8:45 Joan Boling, Instructor \$2.00**

**Tai Chi 2
Tuesdays & Thursdays 9:45 \$2.00**
Instructors are certified and courtesy of the Oak Ridge branch Taoist Tai Chi Society. \$2.00

**One on One Veterans Office Visits
2nd Thursday of the Month at 11:00 am
November 10 & December 8**

Please call ahead at 215-5645
This on site visit will help veterans & their families with any concerns.



**Young Williams Animal Shelter
WHY SHOULD I ADOPT A PET NOW?**

Wednesday, November 30 at 12 noon
Janet Testerman, CEO of the Young Williams Animal Shelter will speak about the joy of owning a companion pet. Many seniors feel that they don't want to worry about a pet, yet studies prove that pets bring a great amount of stress relief and well being. Hear Ms. Testerman speak & share about the love of owning a pet.

RSVP



**FACT VS MYTH Can I Afford Long Term Care? Jeff Jeter, OneSouth
Thursday, December 1 at 1:00 pm**

You won't lose your home...listen to Financial Expert Jeff Jeter about the many myths about long term care. **RSVP**

RSVP to 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 class

Use your own device * \$20

Call to register *

Windows Beginner

Advanced Windows

Windows 8 & 10

Word/Excel

Android & iPhone



Private One on One for Begin-

ners * Facebook * Internet *

Digital Photos \$10

1 hour at your leisure, here at the center.

Facebook

The Knox County Senior Services are listed on Facebook. "Like" us & you'll see the latest happenings, photos & announcements about upcoming programs.

Lounge & Library

The center has a lending library along with a puzzle table. We always accept books and new 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. Donate cat food to the Happy Paws Kitten Drive!



Center Closings

Friday, November 11

Thursday & Friday, November 24 & 25

Friday & Monday, December 23 & 26

January 2, 2017

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

Ask for a list of closings & class cancellations



FREE Hearing Aid Cleaning & Testing First Fridays 11– 12 by Beltone

FREE Blood Pressure checks by qualified personnel 4 times each month.

Check the calendar for dates & times. Thank you to Sr. Solutions, Comfort Keepers, Smoky Mtn. Hospice, Sr. Directory.

CLUBS, CARDS & GROUPS

Book Club

Meets on the third Thursday of each month at 12 noon. New members are always welcomed.

November *The Signature of All Things* Robert Galbraith

December Holiday Party

Spanish Club

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

Card Games

Mondays – Social Bridge, Mexican Train

Tuesdays – Social Bridge, Canasta, Pinochle

Wednesdays – Social Bridge, Mah Jong

Thursdays – Duplicate Bridge

Fridays – Bridge, Middy Bridge, Pinochle



Senior Make A Wish Charity for the Holidays

Help us make the holidays special for Knox area seniors who have some very small wishes. The center will have a tag for each senior in need, & will list what "gift" they wish for. Wishes are usually for clothing, household items & everyday needs. Pick up a tag at the front desk, purchase the item, & make this a special holiday for one of our senior neighbors this year. Strang Center provided 35 area seniors with gifts in 2015.



Trip to Renfro Valley's Christmas in the Valley "Barn Dance

Christmas Show", Renfro, Kentucky

Saturday, December 3

Special Holiday show. Motor coach, tickets, lunch, onboard breakfast, bingo & gratuity for \$79.00

Presented by All Starr Travel Register & Pay in full at the desk.

CLASSES

Ballroom Class

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.



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

Merry Christmas & Happiest of Holidays

To all our wonderful members, friends & families. We hope the Strang Center has brought you some happiness this year.

Lauren & Phyllis

To RSVP for our programs call

865-670-6693



Monday	Tuesday	Wednesday	Thursday	Friday
<p>FRANK R. STRANG SENIOR CENTER 670-6693</p>	<p>8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 10:00 Blood Press. By Senior Solutions 11:15 Pilates 12:30 Cards 2:00 Line Dance</p> <p>1</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:30 POT LUCK LUNCHEON 1:00 Spanish Club 1:00 Mah Jong 2:00 Beg Line Dan</p> <p>2</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 1:00 TAX FREE INVESTING + Other Strategies to Save Vernon Henry Finance Refreshments</p> <p>3</p>	<p>8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:00 Hearing Test 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1:00 Middy Bridge 2:00 Ballroom</p> <p>4 Time Change 11/6</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 Mexican Train 1:00 Spanish</p> <p>7</p>	<p>8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 10:00 Blood Press By Smoky Mountain 11:15 Pilates 12:30 Cards 2:00 Line Dance</p> <p>8</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:00 Set up for Veterans Social 1:00 Spanish Club 1:00 Mah Jong</p> <p>9 2:00 NO Line Dance</p>	<p>10:00 Dup. Bridge 11:00 Veterans Office Visit Call 215-5645 11:00 VETERANS SOCIAL & LUNCH Music by Brandywine Trio * RSVP * Thanks E TN Pers. Care/NHC</p> <p>10</p>	<p>VETERANS DAY</p>  <p>11 Center 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 Mexican Train 1:00 Spanish</p> <p>14</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 Hat Society Meeting</p> <p><i>No Line Dance</i></p> <p>15</p>	<p>9:30 Watercolor 9:30 Social Bridge 10:00 Blood Pressure By Comfort Keepers 10:30 – 12:30 HOLIDAY BAZAAR Buy for the Holidays Jewelry * Crafts * Baked Goods * Accessories 1:00 Spanish 1:00 Mah Jong</p> <p>16 No Line 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 <i>The Silkworm</i> by Robert Galbraith</p> <p><i>Bus Trip to Country Tonite Theater</i></p> <p>17</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 Middy Bridge 2:00 Ballroom</p> <p>18</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 Mexican Train 1:00 Spanish</p> <p>21</p>	<p>8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 10:00 Blood Press by Sr. Directory 11:15 Pilates 12:30 Cards</p> <p>22 No Line Dance</p>	<p>NO FITNESS TODAY (Covenant Teacher's Holiday) 9:30 Watercolor 9:30 Social Bridge 1:00 Spanish Club 1:00 Mah Jong 2:00 Beg Line Dan</p> <p>23</p>	<p>Thanksgiving</p>  <p>Center Closed</p> <p>24</p>	<p>Thanksgiving Holidays</p>  <p>Center Closed</p> <p>25</p>
<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Cardio 11:15 Stretch Class 1:00 Mexican Train 1:00 Spanish</p> <p>28</p>	<p>8:45 Tai Chi 9:30 Inter. Bridge 9:45 Tai Chi 10:00 Oil Painting 11:15 Pilates 12:30 Cards 2:00 Line Dance</p> <p>29</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Why Should I Adopt a PET? Young Williams 1:00 Spanish Club</p>  <p>30 1:00 Mah Jong</p>		

Visit our Holiday Bazaar on Wednesday, November 16

10:30 – 12:30



Monday	Tuesday	Wednesday	Thursday	Friday
	FRANK STRANG SENIOR CENTER 670-6693	 <i>Trip to Renfro, KY Christmas in the Valley Saturday, Dec. 3</i>	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 1:00 Fact vs. Myth Will I Lose my House over Long Term Care costs? OneSouth Financial presentation 1	8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:00 Hearing Tests By Beltone 11:15 Pilates 12:00 Pinochle 12:30 Yoga w Jill 1:00 Midday Bridge 2:00 Ballroom 2
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 5	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Blood Press. By Sr. Solutions 10:00 Oil Painting 11:15 Pilates 12:30 Cards 2:00 Line Dance 6	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Covenant Lunch & Learn "Give the GIFT of Health to Yourself!" Karen Milligan \$5 Call 541-4500 RSVP 7 2:00 Beg. Line Dc	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 VETERANS Office Visit * One on One * Call 215-5645 to register 11:15 Tone/Balance 8	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 1:00 Rummikub 2:00 Ballroom 9
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 1:00 So Many Insurances! Which One do I need? 12	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 10:00 Blood Press By Smoky Mountain 11:15 Pilates 12:30 Cards 2:00 Line Dance 13	HOLIDAY PARTY & Farewell to Phyllis Bring a Dish 11:30 Special Guests: The Rare Notes 1:00 Spanish Club 1:00 Mah Jong 14 2:00 Beg Line Dc	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 12:00 Book Club Holiday Party 15	8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:00 Pinochle 12:30 Yoga 1:00 Rummikub 1:00 Midday Bridge 2:00 Ballroom 16
9:30 Watercolor 9:30 Bridge 1:00 Mexican Train 1:00 Spanish NO CARDIO CLASS For 2 WEEKS 19	9:30 Inter. Bridge 10:00 Oil Painting 12:30 Cards 2:00 Line Dance Party 20	9:30 Watercolor 9:30 Social Bridge 10:00 Blood Press By Comfort Keepers 1:00 Mah Jong 2:00 Beg Line Dance Party 21	10:00 Dup. Bridge 10:00 Paint Group 22	Christmas Holidays  23 Center Closed
Christmas Holidays  26 Center Closed	9:30 Inter. Bridge 10:00 Oil Painting 12:30 Pinochle 2:00 Line Dance 27	9:30 Watercolor 9:30 Bridge 1:00 Mah Jong 2:00 Beg Line Dance 28	10:00 Dup Bridge 10:00 Paint Group 29	9:30 Bridge 1:00 Rummikub 1:00 Midday Bridge 2:00 Ballroom 30

FRANK STRANG SENIOR CENTER

109 Lovell Heights Road
Knoxville, TN 37922
www.knoxcounty.org/seniors
On Facebook "Knox County Senior Services"



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

Thanks to the generous support of Covenant Health for the printing and mailing of the Strang Scene newsletter.

Covenant | PRESENTS
HEALTH.

Give the Gift of Health...to Yourself!

Wednesday, December 7, 2016

Karen Milligan

Population Health Manager, Covenant Health Solutions

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