

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



STRANG SCENE

January/February 2016

Happy New Year!

From the Office of Tim Burchett, Knox County Mayor

I hope you had a wonderful Christmas and are looking forward to a happy and healthy new year. Last year was a big year for our Senior Service Department. We opened the new Karns Senior Center and attendance still continues to grow throughout. The Karns community has been enjoying the new Karns Senior Center for several months now and the response has been overwhelming. I encourage you to stop by and visit our newest facility.

I'm happy all of Knox County's six senior center facilities are enjoyed by so many; the new Karns Senior Center provides opportunities for even more seniors to remain active and engaged in our community.

I want to give a special thank you to all of the local businesses that sponsor and contribute so much to all the activities at each center and at our annual picnic. Thank you, also, to our outstanding staff, volunteers and members. Thanks to all of them our programming continues to grow and improve.

Whether you visit the Strang, Halls, Corryton, Carter, South Knox, or the new Karns Senior Center, I look forward to seeing you at one of them in 2016.

Thank You, Tim Burchett, Knox County Mayor

A New Look for You

Ring in the New Year with Fun, Fashion & Makeup
Stay after to learn about the Ms. Senior Tennessee Pageant
LeeAnn Hasemeyer, Always Best Care, Sponsor
Wednesday, January 20th at 12 Noon
Please RSVP by January 15th



Wardrobe & Accessorizing

In an encore presentation, LeeAnn Hasemeyer will be sharing her fashion sense for the winter months ahead. 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 compliment 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.

Ms. Senior Tennessee Pageant Information Meeting after the session

Would you like to hear about the Senior TN pageant? 2015 winner, Lauren Monahan will be on hand to speak about this year's contest. The pageant is open to any TN resident over 60. Ladies compete in evening gown, talent presentation, interview and philosophy of life statement. The state winner earns a trip to Atlantic City, NJ, to compete against winners from all 50 states. The state pageant is in Cross-



COVENANT HEALTH presents

Wellness Lunch & Learns at Strang. Call 541-4500 Hot Line to reserve \$5.00 Lecture / includes boxed lunch 12:00 Noon

Wednesday January 27th, 2016

Daniel Benson, MD, Orthopedic Surgeon with Orthopaedic Surgeons of Oak Ridge
Presentation: *Osteoporosis*

Dr. Benson will discuss the prevention and treatment of osteoporosis in seniors. RSVP.



Wednesday February 24th, 2016

Joseph Petit, MD, Cardiology with Cardiology Associates of East Tennessee
Presentation: *Understanding Hypertension*

Hypertension is a silent killer, especially in seniors. Dr. Petit will discuss this disease. RSVP.



**Exodus Chiropractic
Lunch & Learn**

Wednesday, January 6th at 12 Noon

Start your Journey to a healthier, happier life. If you've been fighting anything from heart disease, cancer, arthritis, disc degeneration, or anything in between, come enjoy a lunch and learn with us. Please register.



LifeWords Reading Circles

Thursdays at 11:00 am, Starts January 7th

Are you a reader and a lifelong learner? Do you want to stay sharp or try something new? If so, join us as we examine texts from all genres, exploring their historical significance and relating them to our own lives. No experience is necessary. (www.lifewordsreadingcircles.org) Register soon!.

Monica Franklin Elder Law Attorney

Wednesday, January 13 at 12 Noon

Monica Franklin gives presentations regularly to the general public, attorneys and other professionals about elder law and has written numerous articles for Tennessee attorneys. Join us as she discusses the many issues surrounding seniors. A question and answer session will be held at the end. Please register.

What are Your 5 Last Wishes?

Tuesday, January 26 at 1:00

Learn how to document your final wishes. Chaplain Rebecca from Smoky Mountain Hospice will guide you through the steps. You will leave with a document to keep for your records. Call to register.

TELLICO TAPPERS CELEBRATE MARDI GRAS with US!

And our 18th Anniversary Party

Wednesday, February 10 at 12:00

If you haven't seen this amazing group, you're in for a treat! It's our 18th anniversary party! Watch these gals kick up their heels & be amazed at their costumes. Refreshments provided by Yvonne Marsh, CPA. Please register.



Homewatch Caregivers presents

"Winter Safety & Terracotta Snowman"

Friday, January 22 at 11:00 am

What do you know about winter safety? We'll also make cute snowmen out of terracotta pots and refresh our winter safety skills. Goody bags for all! Register.

Wellness, Fitness 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! POUND Rockout Class

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

Yoga Class for Seniors

Tuesdays & Fridays at 12:30

Bring a mat, wear comfortable clothing. Drop in. \$4.00

Tai Chi 1

Tuesdays & Thursdays 8:45 NEW CLASS starts January 5

Enjoy tai chi for your health, balance, and recreation. First time students are encouraged to start from the first class. Joan Boling, Instructor \$2.00

Tai Chi 2

Tuesdays & Thursdays 9:45

The Tai Chi further learning continues at 9:45. Instructors are certified and courtesy of the Oak Ridge branch Taoist Tai Chi Society. \$2.00



Farragut Hearing & Speech Lite Lunch

Friday, January 15 at 12 noon

Learn about your hearing issues, how to remedy them & meet with the experts. Lite lunch included. Register by January 8.

Diabetes Workshop Series

Knox County Health Department

6 classes starts Monday, Feb. 1, 1-3:30

This 6 week series will teach you how to handle your diabetes. Health professionals will be brought in to teach you how to manage your daily life. Register early.

AAA Safe Driver Course

Thursday & Friday, January 28 & 29,

11:00 – 3:00 \$10.00

Sign up early. This course is sponsored and taught by AAA East Tennessee, Ed Langston, Instructor. Class is two days long, starts at 11:00 am. Bring snacks. You will receive a certificate upon completion of the course. Pay in advance.

Free Hearing Tests on Site

AccuQuest Hearing

Friday, January 8 at 11:00am

Hear Dr. McCue as she explains the many types of hearing loss, as well as describe the latest technology in hearing aids. Free testing follows. Please register in advance.

COMPUTER CLASSES

All Group Classes \$20/4 hours
Register in advance. Call for dates and times.

Windows Beginner

Adv. Windows

Windows 8 Class



Word/Excel for Windows

Android Phone Use

Powerpoint

Private One on One for Beginners

*Facebook * Internet * Android

Digital Photos \$10 for one hour

Appointment your leisure, here at the center. Bring your own device.

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. Tax preparation begins in February and continues until April.

Hearing Aid Cleaning by Beltone –January 8 & February 5

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

January 18

Martin Luther King, Jr. Day

February 15

Presidents Day

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



CLUBS, CARDS & GROUPS

Book Club 3rd Thursday of each month at 12 noon. Jan 21, Feb.18

Spanish Club

This group enjoys conversation, exchanging cultural experiences 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 (pm)

Thursdays – Duplicate Bridge

Fridays – Bridge (am)

Pinochle & Midday Bridge (pm)



Strang Women's Chorus

The Golden Tones

The chorus accepts new members in January. If you are interested, please come on the first rehearsal, Thursday, January 7 at 1:30.

NEW!! JOIN THE STRANG POT LUCK LUNCH CLUB!

STRANG SUPER SENIORS monthly FUN SOCIAL

The first Wednesday of the month 11:30-1:00 Starts February 2

The center is opening the main room for a once a month event, BUT, it will need leaders and volunteers to make it happen. A group is going to be formed to take over the lunches, and make them a fun activity for our center. It will be a place to eat, make new friends, learn about area events, and listen to guest speakers and entertainment. In order to make it work, we need a group of people to take the lead. Also needed are those who will help in the kitchen, set out the food, and set up tables and chairs each month. Want to get involved? Be there. Set up is at 11:15. **NOTE: Anyone who wishes to be on the committee, or to give input, please be at an organizational meeting Tuesday, January 12 at 11:00 at the center. Please call to let us know.**

CLASSES

Ballroom Class

Fridays 2:00 – 3:00 pm

Carolyn Holden, Instructor \$5.00

Line Dance Class

with Tom & Evelyn Yeagle

Tuesdays 2:00 – 3:30 \$4.00

(Beginners) Wednesdays 2:00

Learn the basics. \$4.00.

Watercolor Painting Class

Mondays & Wednesdays at 9:30

Hazel Johnson \$12.00

Oil Painting

Tuesdays 10 – 12 Noon \$12.00

Alexander Dumas. Supplies needed.

Bridge Classes Bill Deitzler, Instructor

Call for dates. \$30 6 Classes

Intermediate Spanish Class

Thursdays at 2:00 pm

Margarita Yong, Instructor \$1.00

SNOW POLICY

Please listen to local television for closings announcing that *Knox County Government* offices are closed. The schools are on a separate calendar. Check our Facebook page or www.knoxcounty.org for immediate closing notices. We do *not* follow the Knox School closings.



January



670-6693

Lauren Monahan, Coordinator
Phyllis Barnes, Reception

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>FRANK STRANG SENIOR CENTER 670-6693</p>			<p><i>Happy New Year!</i></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>4</p>	<p>8:45 NEW Tai Chi 1 Class Today 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 10:00 Blood Press. 11:15 Pilates 12:30 Canasta/Pin 12:30 Yoga</p> <p>5 2:00 Line Dance</p>	<p>8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge 12:00 Exodus Chiropractic Lecture & Lite Lunch 1:00 Spanish Club 1:00 Mah Jong</p> <p>6 2:00 New Beg Line</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 11:00 Tell Your Story 10:00 Dup. Bridge 11:15 Pound Class 12:30 Sit N Be Fit 1:30 Chorus First Meeting – The Golden Tones</p> <p>7 2:00 Spanish</p>	<p>1 Center Closed</p> <p>8:45 Adv Cardio 10:00 Cardio 10:00 Soc. Bridge 11:00 FREE Hearing Test by AccuQuest 11:15 Pilates 12:30 Yoga 12:30 Rummikub 1:00 Midday Bridge</p> <p>8 2:00 Ballroom</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 Are you Aging Well? RebekahWilson 1:00 Mexican Train 2:30 Belly Dance</p> <p>11</p>	<p>8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 11:00 Committee Mtg for Super Seniors Pot Luck 11:15 Pilates 12:30 Canasta 12:30 Yoga</p> <p>12 2:00 Line Dan</p>	<p>8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge 1:00 Spanish Club 12:00 Monica Franklin, Elder Law Attorney 1:00 Spanish Club 1:00 Mah Jong</p> <p>13 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Tell Your Story 11:00 VETERANS Office Visit *Drop In Bring Questions 11:15 Pound Class 12:30 Sit N Be Fit 1:30 Chorus</p> <p>14 2:00 Spanish</p>	<p>8:45 Adv Cardio 10:00 Cardio 10:00 Soc. Bridge 11:15 Pilates 12:00 Farragut Hearing/ Audiology Lite Lunch & Learn 12:30 Yoga 12:30 Rummikub 1:00 Midday Bridge</p> <p>15 2:00 Ballroom</p>
<p>MARTIN LUTHER KING, JR. HOLIDAY</p>  <p>Center Closed</p> <p>18</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 Pinochle 12:30 Yoga 1:00 Red Hats 2:00 Line Dance</p> <p>19</p>	<p>8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge 12:00 FASHION & MAKEUP DAY  with Lite Lunch 1:00 Sr. Tennessee Pageant Info Meeting 1:00 Spanish Club 1:00 Mah Jong</p> <p>20 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Tell Your Story Workshop 11:15 Pound Class 12:00 Book Club <i>Title to Be Announced</i> 12:30 Sit N Be Fit 1:30 Chorus 2:00 Spanish</p> <p>21</p>	 <p>8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:00 Senior Winter Safety/Terracotta Snowman craft 11:15 Pilates 12:30 Yoga 12:30 Rummikub 1:00 Midday Bridge</p> <p>22 2:00 Ballroom</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 Last 5 Wishes 1:00 Mexican Train</p> <p>25 2:30 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 Pinochle 12:30 Yoga 1:00 MEDICARE Last minute FAQ!</p> <p>26 2:00 Line Dance</p>	<p>8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge 12:00 Covenant Hlth "Osteoporosis" Dr. Daniel Benson 1:00 Spanish Club 1:00 Mah Jong</p> <p>27 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 AAA SAFE DRIVER CLASS 11:00 Tell Your Story 11:15 Pound Class 12:30 Sit N Be Fit 1:30 Chorus</p> <p>28 2:00 Spanish</p>	<p>8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:00 AAA SAFE DRIVER Part 2 11:15 Pilates 12:30 Yoga 1:00 Midday Bridge</p> <p>29 2:00 Ballroom</p>

SNOW DAYS * The Center is closed ONLY if Knox County Executive Offices are closed. All Covenant Health Fitness classes and Tai Chi follow the Knox Schools schedule for closing. Friend us on Facebook for the latest news!

TO REGISTER FOR OUR PROGRAMS, CALL 865-670-6693



Monday	Tuesday	Wednesday	Thursday	Friday
8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Bridge 11:15 Pound Class 12:30 Sit N Be Fit 12:30 Midday Bridge 1:00 Diabetes CIs 1 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 Canasta 12:30 Pinochle 2:00 Line Dancing 2 <i>Groundhog Day</i>	8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge. 11:30 SUPER SENIORS POT LUCK Lunch & 1st Meeting 1:00 Spanish Club 1:00 Mah Jong 3 2:00 Beg Line Dan	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup Bridge 11:00 Tell Your Story 11:15 Tone/Balance 12:30 Sit N Be Fit 2:00 Spanish 1:30 Chorus 4	8:45 Adv Cardio 9:30 Cards 9:45 Go RED Day! 10:00 Cardio 10:00 Social Bridge 11:00 FREE Hearing Aid Cleaning Clinic 11:15 Pilates 12:30 Yoga 5 2:00 Ballroom
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 Diabetes CIs 2 1:00 Mexican Train 1:30 Karns Line Dan 8	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 11:15 Pilates 12:30 Canasta/Pinoch 12:30 Yoga 2:00 Line Dancing 9 <i>Fat Tuesday</i>	8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge 12:00 TELLICO TAPPERS Celebrate our 18th Anniversary! Celebrate Mardi Gras 1:00 Mah Jong 10 2:00 Beg Line Dan	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup Bridge 11:00 Tell Your Story 11:00 VETERANS Office Visit 11:15 Tone/Balance 12:30 Sit N Be Fit 1:30 Chorus 11 2:00 Spanish	8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:15 Pilates 12:30 Yoga 1:00 Midday Bridge 2:00 Ballroom 12
PRESIDENT'S DAY  15 Center Closed	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 11:15 Pilates 12:30 Canasta 12:20 Pinochle 12:30 Yoga 1:30 Red Hat 2:00 Line Dancing 16	8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge 12:00 The Golden Tones Women's Chorus "Wonderful Winter" Songs 1:00 Spanish Club 1:00 Mah Jong 17 2:00 Beg Line Dan	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup Bridge 11:00 Tell Your Story 11:15 Tone/Balance 12:00 Book Club Ask Desk for Title 12:30 Sit N Be Fit 1:30 Chorus 2:00 Spanish 18	8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:15 Pilates 12:30 Yoga 1:00 Midday Bridge 2:00 Ballroom 19
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 Diabetes CIs 3 1:00 Mexican Train 1:30 Karns Line Dan 22	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 Pinochle 12:30 Yoga 2:00 Line Dancing 23	8:45 Adv Cardio 9:30 Watercolor 10:00 Cardio 10:00 Social Bridge 12:00 Covenant L&L Understanding Hypertension Dr. Joseph Petit 1:00 Spanish Club 1:00 Mah Jong 24 2:00 Beg Line Dan	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup Bridge 11:00 Tell Your Story 11:15 Tone/Balance 12:30 Sit N Be Fit 1:30 Chorus 2:00 Spanish 25	8:45 Adv Cardio 9:30 Cards 10:00 Cardio 10:00 Soc. Bridge 11:15 Pilates 12:30 Yoga 1:00 Midday Bridge 2:00 Ballroom 26
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 Diabetes CIs 4 29 1:00 Mexican Train			Celebrate Mardi Gras with Us!  18 th Anniversary Party February 10 at 12 Noon	

Watch TV for Snow closings OR Check on Facebook * Knox County Senior Services
The center is open even if schools are closed. Fitness classes do not meet.



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

Hours: Monday thru Friday 8:00—4:00
865-670-6693
Lauren.Monahan@knoxcounty.org

*The Strang Scene is made possible by the
Generous support of Covenant Health*

Covenant HEALTH

PRESENTS

Wednesday January 27th, 2016
Daniel Benson, MD
Orthopaedic Surgeon with Orthopaedic Surgeons of Oak Ridge
Osteoporosis

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Wednesday February 24th, 2016
Joseph Petit, MD
Cardiologist with Cardiology Associates of East Tennessee
Understanding Hypertension

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

FRANK STRANG SENIOR CENTER