



January/  
February 2017

# KARNS SENIOR CENTER

## The *Navigator*

Karns Senior Center will be closed on Monday, January 2nd in celebration of New Year's holiday; Monday, January 16th in observation of Martin Luther King, Jr. Day; and Monday, February 20th in commemoration of President's Day.

### January 10th ... SMART Health Goals for 2017

It's the season for healthy resolutions. Many of us set goals with the best intentions only to find ourselves giving up a month later. "The type of goals you set may be the issue, not you", says Elizabeth Hall, Registered Dietitian with Food City. Join Elizabeth on Tuesday, January 10th at 11:00 AM for a presentation on tips for setting SMART health goals for 2017. Please feel free to call the center to sign up for this helpful and educational program.

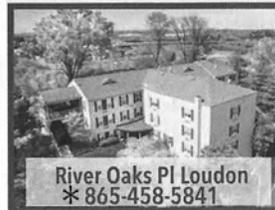
### January 10th ... Fraud Presentation

The ability to recognize the persuasive tactics commonly used by scammers is an instrument for empowerment to refuse scam artists and fall victim to their schemes. Aubrey Maples with the Knoxville Police Department will help us recognize common red flags and more with an informative presentation on Tuesday, January 10th at 1:00 PM. Please call the center to pre-register.



## SENIOR SOLUTIONS MANAGEMENT GROUP

ASSISTED LIVING | MEMORY CARE | INDEPENDENT LIVING  
RESIDENTIAL HOME FOR THE AGED | PERSONAL CARE HOMES



Senior Solutions Management Group is a family built business, focused on the needs of our residents every day. Our owner spends a great deal of time in each community every month, reminding our caregivers to stay focused on just four things...health, safety, activity and diet. He is often heard saying, "nothing else matters until we do these four things right."

If you are considering a senior living community, we know you have questions. Call us, we're happy to answer any question you may have whether you choose to live with us or not. If we don't have the answer you're looking for, we'll find it. We have a vast and capable network of resources, providers, vendors, home health agencies, and specialists available to assist you.

**WWW.SSMGRP.COM**  
\*Denotes Memory Care

**Special Thanks to Covenant Health for their generosity in printing *The Navigator*, covering postage expenses, and more in getting this publication to you to help keep you informed and engaged.**



You can register for our activities by calling the center at 865-951-2653





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### Tai Chi Practice Starts

Tai Chi Practice session starts on Wednesday, January 11th at 2:00 PM. This practice is open to everyone and is free. The class will practice thirty five movements of the Song style. This modified version is also called Tai Chi for Arthritis. Those with no experience or familiar with a differed style are welcome, and can follow at their own pace. Beginner lessons, if desired, start on February 24th. This practice will be every week, unless otherwise noted on the center's activity calendars. The health benefits of Tai Chi include improved balance, strength and flexibility. Please consult your health care provider prior to participating.

### January 11th ... Rock Solid: A Free Falls Prevention Class

On Wednesday, January 11th a one time class designed to help prevent falls will begin at 1:00 PM. This class and the exercises you will learn are designed for specific inside and outside the home situations. These exercise movements are slow and gentle, with very low impact on joints. During various light exercises and routines, you can use a chair and/or partners as a safety precaution during the class. Participants will learn a number of leg strengthening and balance exercises, all of which can be performed seated, or using a chair for support. The class will last about 45 minutes. Participants should wear loose, comfortable clothing, and sturdy shoes suitable for balance and exercise. As always consult with your medical professional before participating in any exercise class. Class is limited to forty persons, please call the center to sign up or stop by the reception desk to pre-register.

### January 19th ... UT Men's Basketball Program

Visit with us on Thursday, January 19th at 11:00 AM when R. Larry Smith, official historian of the University of Tennessee Men's Basketball Program, will be providing a historical and informational program. See some memorabilia from years past and hear some great stories. For planning and scheduling purposes let us know if you plan on attending.

### January 19th ... Dichroic Glass Jewelry Class

Discover the fire and allure of dichroic glass. Learn the technique of making art glass jewelry in our Thursday, January 19th workshop at 10:00 AM. You'll craft your own unique pendant. Mr. Bill Shinn will teach you to skillfully create the multicolored brilliance of dichroic glass. Artistically transform your creation into wearable art that is yours to keep. All supplies provided. Class fee is \$45 payable to the instructor. A second class will be offered on Thursday, February 2nd. Please call the center to sign up for this class.



### January 24th ... Potluck Luncheon

Celebrating Winter's arrival with our Winter Potluck Luncheon on Tuesday, January 24th at 12:00 PM. Bring a warm and toasty side dish to share with the group. This months potluck is graciously sponsored by our friends at Riggs Drug Store. Stop in and meet Mr. Jeff Olsen and what services Riggs has available to help you meet your needs. Please RSVP by calling the center.



### January 23rd ... National Pie Day Observed

Between 12:00 and 1:30 PM on Monday, January 23rd we will be commemorating National Pie Day sponsored by Home Instead Senior Care. Stop in for a slice of pie and some good company.

### Covenant Presents

Wellness Lunch and Learns at  
Karns Senior Center

Call 865-541-4500

Covenant Hotline to reserve your  
seat. \$5 includes boxed lunch.

### Thursday, January 26th at 12:00 PM

Dr. Avni B. Patel, MD.,  
Family Medicine at Fort Loudoun Medical Center  
Presentation: Cold vs. Flu What's the difference?

### Thursday, February 23rd at 12:00 PM

Dr. Joshua Todd, MD  
Fort Sanders Regional Medical Center  
Presentation: Covenant Cardiologist Mends Broken Heart  
with special guest Mrs. Polly Hood.



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### January 25th ... Life Reimagined

Are you at a point in your life where you're asking, "What's next?" Many of us face transitions. It's a time full of potential and it can define a whole new phase of life. It's called Life Reimagined. This AARP workshop lead by April Tomlin, Senior Services Manager; and Susan Long, Director of Office on Aging. They will help you design the path that's right for you. With valuable resources at your fingertips, you'll set meaningful, attainable goals, and take the simple steps to reach them. This free workshop is offered Wednesday, January 25th from 1:00—4:00 PM. Call the center to sign up. Seats are limited.

### January 31st ... Book Heart Craft

Join Amanda on Tuesday, January 31st at 1:00 PM when she will show us how to convert a book into a heart display for Valentine's Day. Students will need to bring to class a pair of scissors, a book with, at least, one hundred pages for crafting your book heart. For planning and scheduling purposes please call to pre-register for this crafting class.



### February 7th ... Assistive Devices Presentation

Paula Jones from East Tennessee Technology Access Center will demonstrate devices to help with dressing, grooming, cooking, vision and hearing loss and discuss possible funding sources for some devices. Please call the center today to sign up for this informative presentation scheduled for Tuesday, February 7th at 11:00 AM.



### February 14th ... Valentine's Potluck Luncheon

We'll be having our Valentine's Potluck Luncheon on Tuesday, February 14th at 12:00 PM. Wear your Valentine's fashion, bring a dish to share with others, and let's plan on having an enjoyable time. Please call the center to sign up if you plan on attending and let us know what dish you'll be bringing along. See you at the Valentine's Potluck Luncheon.



### February 15th ... iPad iPhone Class

Received a new iPhone or iPad for Christmas and wanting to learn how to get more out of it? Then we have a class for you! This one eight-hour class will meet on the following dates: Wednesday, February 15th; Friday, February 17th; Wednesday, February 22nd; and Wednesday, February 24th from 1:00 PM—3:00 PM. Class fee \$10 payable to the instructor. Class participants will need to bring their iPad or iPhone to class. Please call to sign up for this class. Seats are limited.

### February 16th ... Tai Chi Party

Stop by on Thursday, February 16th from 10:30 AM—12:00 PM when the Karns Senior Center Tai Chi class will be having an Open House. There will be demonstrations and opportunities to try Tai Chi exercises as you visit with students and the instructor, Mr. Don Parsley. There will also be a presentation and information on Acupuncture by Dr. Dan Watkins, DC from Volunteer Chiropractic. Refreshments will be served.

### February 24th ... Tai Chi Class Starts

Tai Chi class is offered to assist you with improving strength, balance, and flexibility. The Seated Tai Chi class starts 9:00 AM on Friday, February 24th. There is no fee for this class. The Standing Tai Chi class at 9:30 AM with a class fee of \$2 payable to the instructor. Chairs can be used for those with stability problems in both classes if necessary. Tai Chi Part 2 starts at 10:15 AM with class fee of \$2 payable to the instructor. No prior experience is necessary to enjoy the benefits of this ancient and gentle exercise.

### February 28th ... Growing Older In Knoxville

Susan Long, Director of Knoxville-Knox County Office on Aging, will speak at Karns Senior Center on Tuesday, February 28th at 1:00 PM. Susan will be providing a program designed for seniors, caregivers, and family members exploring a variety of support services, the importance of socialization, and activities as we age, and little known resources in our community. Please call the center to sign up for the program.



#### Book Club at Karns Senior Center

Wednesday, January 11th at 2:00 PM  
*We Are Our Mothers' Daughters* by Cokie Roberts. A look at the nature of women's roles in light of political and social changes.



Wednesday, February 8th at 2:00 PM  
*A Gentleman in Moscow* by Amor Towles. A Russian Aristocrat searches to be a man of purpose.

#### Master Gardener Presentations

January 31st: Pruning 101 at 11:00 AM. Learn the basic rules and techniques of pruning along with the proper tools to use when pruning your favorite plants. Presented by Knox County Master Gardener Marsha Lehman.

February 28th: Successful Seed starting at 11:00 AM. Learn the basic steps to successfully start seeds and care for those seedlings until they can be set out in beds or containers.



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Activities listed below in bold please register to participate.

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<p><b>2</b></p> <p><i>Center Closed</i> <i>New Year's</i> <i>Day</i></p> 	<p><b>3</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Hand &amp; Foot Cards 9:00 Cardio Mix * <b>10:00 Art Class (Watercolor)*</b> 12:30 Pinochle 12:30 Cribbage 1:00 DAR Board Meeting 1:00 Ping Pong 1:30 Genealogy Class 2:30 Yoga*</p>	<p><b>4</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Ping Pong 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Bridge 11:00 SAIL* 1:00 Italian Language Class 1:00 Rook 1:00 Canasta 2:00 Musical Jam Session</p> 	<p><b>5</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble 1:00 Mah Jongg 1:00 Crafting Social 2:30 Yoga*</p>	<p><b>6</b></p> <p>8:00 Rise-N-Shine Walkers 10:00 Art Group 10:00 Texas Hold 'em Poker 11:00 Euchre 11:00 SAIL* 1:00 Mexican Train Dominoes 1:00 Caregiver Training</p>	
<p><b>9</b></p> <p>7:30 Zumba Gold* 8:00 Rise-N-Shine Walkers 8:30 Ping Pong <b>9:30 Piano Class*</b> <b>10:00 Art Class (Drawing)*</b> 11:00 SAIL* 1:00 Quilting</p>	<p><b>10</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Hand &amp; Foot Cards 9:00 Cardio Mix * <b>10:00 Art Class (Watercolor)*</b> <b>11:00 SMART Health Goals</b> 12:30 Pinochle 12:30 Cribbage <b>1:00 Fraud Presentation</b> 1:00 Ping Pong 1:30 Genealogy Class 2:30 Yoga*</p>	<p><b>11</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Ping Pong 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Bridge 11:00 SAIL* 1:00 Italian Language Class 1:00 Rook 1:00 Canasta 2:00 Book Club <b>1:00 Falls Prevention</b> 2:00 Tai Chi Practice</p>	<p><b>12</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble 10:30 Norwood Garden Club 1:00 Mah Jongg 1:00 Crafting Social 2:30 Yoga*</p>	<p><b>13</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Grief Support 10:00 Art Group 10:00 Texas Hold 'em Poker 11:00 Euchre 11:00 SAIL* 1:00 Mexican Train Dominoes <b>1:30 Savvy Caregiver Training</b> <b>1:30 Concurrent Activity</b></p>	
<p><b>16</b></p> <p><i>Center Closed</i> <i>MLK Jr. Day</i></p> 	<p><b>17</b></p> <p>8:00 Rise-N-Shine Walkers 9:30 Hand &amp; Foot Cards 9:00 Cardio Mix * <b>10:00 Art Class (Watercolor)*</b> 12:30 Karns History Club 12:30 Pinochle 12:30 Cribbage 1:00 Ping Pong 1:30 Genealogy Class 2:30 Yoga*</p>	<p><b>18</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Ping Pong 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Bridge 11:00 SAIL* 1:00 Italian Language Class 1:00 Rook 1:00 Canasta 1:00 Birding &amp; Photography 2:00 Tai Chi Practice</p>	<p><b>19</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Dichroic Glass Class*</b> 11:00 UT Men's Basketball History Program 12:00 NWBPA 1:00 Mah Jongg 1:00 Crafting Social 2:30 Yoga*</p>	<p><b>20</b></p> <p>8:00 Rise-N-Shine Walkers 10:00 Art Group 10:00 Texas Hold 'em Poker 11:00 Euchre 11:00 SAIL* 1:00 Mexican Train Dominoes <b>1:30 Savvy Caregiver Training 2</b> <b>1:30 Concurrent Activity</b></p>	
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<p><b>Dichroic Glass Jewelry Class</b></p> <p>February 2nd at 10:00 AM \$45 per student payable to the instructor.</p>	<p><b>Valentine's Potluck Luncheon</b> Tuesday, February 14th 12:00 PM</p>	<p><b>1</b></p> <p>8:00 Rise-N-Shine Walkers 8:30 Ping Pong 8:30 Chair Zumba* 9:30 Zumba Gold* 9:30 Bridge 11:00 SAIL* 1:00 Italian Language Class 1:00 Rook 1:00 Canasta 2:00 Musical Jam Session </p>	<p><b>2</b></p> <p>8:00 Rise-N-Shine Walkers 9:00 Cardio Mix * 9:30 Scrabble <b>10:00 Dichroic Jewelry Class*</b> 1:00 Mah Jongg 1:00 Crafting Social 2:30 Yoga*</p>	<p><b>3</b></p> <p>8:00 Rise-N-Shine Walkers 10:00 Art Group 10:00 Texas Hold 'em Poker 11:00 Euchre 11:00 SAIL* 1:00 Mexican Train Dominoes <b>1:30 Savvy Caregiver Training 4</b> <b>1:30 Concurrent Activity</b></p>
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Honorable Tim Burchett, Knox County Mayor  
Robert "Buzz" Buswell, Director of Veteran &  
Senior Services  
April Tomlin, Senior Services Manager  
Darrell R. Gooding, Coordinator  
Robyn B. Trostle, Assistant



I am Kelly Johnson,  
a respiratory therapist at  
Fort Sanders Regional Medical Center.  
**I am Covenant Health.**

**Covenant**  
HEALTH



[www.IamCovenantHealth.com](http://www.IamCovenantHealth.com)



**FORT SANDERS REGIONAL MEDICAL CENTER  
IS A PROUD MEMBER OF COVENANT HEALTH**

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Fort Sanders Regional Medical Center | LeConte Medical Center | Methodist Medical Center  
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Roane Medical Center | Patricia Neal Rehabilitation Center | Thompson Cancer Survival Center  
Covenant Breast Centers | Covenant Joint Centers | Covenant HomeCare and Hospice  
Covenant Medical Group | Covenant Sleep Centers | Covenant Therapy Centers  
Fort Sanders West | Fort Sanders Health and Fitness Center | Nanny's