

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



STRANG SCENE

January/February 2017



SENIOR SOLUTIONS MANAGEMENT GROUP

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

A big thank you to Senior Solutions Management Group for their platinum sponsorship of the 2016 Mayor's Senior Appreciation Picnic.

Their cash machine was a huge hit at the picnic with nice prizes.

We look forward to seeing Senior Solutions at the picnic in September.

Please visit one of their many senior living facilities to see what they have to offer.



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

Ms Senior Tennessee Pageant Winners TALENT SHOWCASE

Thursday, February 23 at 12 Noon sponsored by Senior Solutions

Ladies 60 and over who have competed at the Ms Senior Tennessee Pageant will present their talent showcase just for us! You'll see singers, hula dancers, even a bagpiper playing "Rocky Top!" These ladies put on a great show. The reigning Ms. Sr. Tennessee, Noelani DeRossett will present her award - winning Polynesian dance. This is a very pleasant show that is well worth your time!



The Senior Tennessee Pageant is held in April, for ladies 60 and over. These ladies are part of the talented group of senior ladies that were recognized for their talent presentations.

There are a lot of surprises in store on stage. This is a fundraiser for the pageant, donations will be cheerfully & gratefully accepted. Finger foods will be served by Senior Solutions Management **RSVP**

All Starr Travel & Day Trips

Wednesday, January 11 at 12 Noon



Join Starr from All Starr Travel as she presents her tour season designed especially for seniors. Starr & her husband, Luke, are known for their "personal touch" travel service. Trips for the 2017 year include a 10 day Panama Canal Cruise.

Listen to this informative talk and learn about the many day trips being offered to seniors. Refreshments provided. **RSVP**

Germany Travelogue

by Ed & Lauren Langston

Wednesday, January 18 at 12 Noon



Share in the wonders and travel experiences of AAA's Ed Langston, along with his wife Lauren, who have traveled extensively around the world. They bring Germany to life, in front of your eyes. Ed & Lauren are a delightful couple who enjoy sharing their travels with seniors. Refreshments served. **RSVP**

**Covenant Health Lunch & Learn Programs * \$5.00 Lecture includes boxed lunch
RSVP to 541-4500. All programs held at the Strang Senior Center**

Cold Vs. Flu—What's the Difference?

Avni B. Patel, M.D. Family Medicine

Wednesday, January 25 at 12 Noon

Sneezing? Coughing? Fever? How do you know if you have a cold or the flu? Learn the way to tell for sure.



**Covenant Cardiologist "Mends Broken Heart"
with Cardiologist Joshua Todd, M.D.**

Wednesday, February 22 at 12 Noon

Special joint presentation by heart attack survivor Mrs. Polly Hood, from Ft. Sanders Regional Medical Center



**Alzheimer's Tennessee presents "Transitions in Caregiving" Dementia/Alzheimer's Issues in Loved Ones
Wednesday, February 8 at 12:00 noon**

Designed for the caregiver, this seminar is presented by Rebekah Wilson. Ms. Wilson is an Alzheimer's specialist and will guide the caregiver through the maze of issues involved. **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

Feldenkrais (Stretch Class) for Seniors

Mondays at 11:15 and Thursdays at 1:30 \$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 Mondays 10:00

and Thursdays 11:15 \$3.00 Uses weights, isolates muscles.

Yoga Class for Seniors

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

Tai Chi 1 (Beginners)

Tuesdays & Thursdays 8:45 New class cycle starts January 10

NEW! (Beginners) Mondays & Thursdays at 2:30 New class cycle starts January 9 Joan Boling, Instructor \$2.00

Tai Chi 2 (Advanced)

Tuesdays & Thursdays 9:45

Instructors are certified and courtesy of the Oak Ridge branch Tao-ist Tai Chi Society. \$2.00



Hate to Exercise? Try Line Dancing!

Did you know that line dancing combines tai chi, cardio, & will help you burn off more calories than both? It helps with balance & cognitive thinking, too! Our beginner class starts on Wednesday, January 4 at 2 pm. Come on out!

Alzheimer's Series by Stay at Home

Driving with Alzheimer's?

Thursday, January 19 at 1:00

How do you know when it's time to stop driving? Do you know the dangers of someone behind the wheel who has dementia? This informative program will help you understand the issues.

The Warning Signs of Alzheimer's

Thursday, February 16 at 1:00

Everyone wonders what the true signs of Alzheimer's are, and what to do if you see them. This program will define the checklist for you, set your mind at ease, and let you decide.

Please RSVP to attend either program

One on One Veterans Office Visits are held the 2nd Thursdays of every month at the Strang Center. Any veteran or spouse may come for assistance with veterans issues, paperwork or questions. Call 215-5645 for an appointment.

Starting in January...2 Tai Chi Classes For Beginners. Morning or Afternoon

**Mondays & Thursdays at 2:30pm Start Jan 9
Tuesdays & Thursdays at 8:45am Start Jan 10**

Start the first day in order to learn the routine. \$2.00 per class. Everyone welcomed!

RSVP to Programs by calling 865-670-6693

COMPUTER CLASSES

Group Classes

Register in advance. Call for dates and times. Needs 5 to start a class.

Windows Beginner 8 & 10
Advanced Windows
Word/Excel
Android Phone
Ipad or Iphone



Genealogy Class
2 Lessons/\$20

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

Call to reserve your space

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.

Lounge & Library

The center has a lending library along with a puzzle table. We need books & new magazines. Visit our information wall, which has brochures on senior agencies, travel flyers and more. Donate to Happy Paws Kitten rescue - dry food and cans needed. Drop off any time.

Center Closings

January 16 Martin Luther King, Jr. Day
February 20 President's Day

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



FREE Hearing Aid Cleaning & Testing First Fridays 11– 12 by Beltone FREE Blood Pressure checks by qualified personnel

Check the calendar for dates & times. Thank you to Sr. Solutions, Comfort Keepers, Smoky Mtn. Home Health, Sr. Directory, Riggs Drug & Morning Pointe



CLUBS, CARDS & GROUPS

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

Spanish Club Wednesdays at 1:00

This group enjoys conversation, watching videos and upgrading their skills in Spanish. They invite native speakers to visit the class.

Card Games

Mondays – Social Bridge (am) Mexican Train
Tuesdays – Social Bridge, Canasta
Wednesdays – Social Bridge (am)
Mah Jong (pm)
Thursdays – Duplicate Bridge
Fridays – Bridge (am) Cards (pm)
Pinochle & Midday Bridge (pm)



Caregiver Seminar - 6 Part Series presented by Senior Choices Thursdays at 1:00 beginning February 2

If you are a caregiver, this series will help you immensely in your daily life. Resources will be given to you, ideas shared, like experiences discussed. Please register early, as space is limited to the first 15. Remember, this is a 6 part class commitment. **RSVP**

Senior Companions Snowflake Ball... \$1 will help a Senior! Snowflake Queen Charity Fundraiser. Vote for Lauren Monahan

For \$1 per vote, you can help a Knoxville senior citizen who has no source of transportation for doctor visits, shopping, & appointments. The lady who raises the most money will be crowned as Queen of the Snowflake Ball on February 4. Ballot box at the center or vote online at:
<https://www.crowdrise.com/the-senior-companion-program1/fundraiser/knoxvilleknoxcountyc>

Snowflake Ball
February 4, 2017
6 pm-9 pm
at Kerzele Temple



CLASSES

Ballroom Dance Class

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

Line Dance Class

Tuesdays 2:00 – 3:30
New Beginner Class starts Wednesday, January 4 at 2:00 pm.
Evelyn & Tom Yeagle \$4.00.

Oil Painting

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

Watercolor Painting Class

Mondays & Wednesdays at 9:30
Hazel Johnson \$12.00

SNOW??? Check TV or Facebook

to see if Knox County Government is working on those icy snow days. We do NOT follow the schools, so watch closely for announcements regarding closings of senior centers.

“Like” us on Facebook!

Be the first to know about our events, as well as see what's going on every week.
Knox County Senior Services

RSVP to Programs by calling 865-670-6693



Monday	Tuesday	Wednesday	Thursday	Friday
<p>NEW YEAR'S HOLIDAY</p>  <p>2 Center Closed</p>	<p>9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Blood Pressure RN by Senior Solutions 10:00 Oil Painting 11:15 Pilates 2:00 Line Dance Class</p> <p>3</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 11:30 Pot Luck Luncheon & Social 1:00 Spanish Club 1:00 Mah Jong 2:00 New Beg Line Dance Class</p> <p>4</p>	<p>9:30 Blood Press By Morning Pointe 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 1:30 Stretch Class</p> <p>5</p>	<p>8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:00 Hearing Tests & Free Cleaning 11:15 Pilates 12:30 Yoga 1:00 Rummikub 1:00 Midday Bridge</p> <p>6 2:00 Ballroom</p>
<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Tone/Balance 11:00 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 2:30 NEW TAI CHI Afternoon Class 9 for Beginners</p>	<p>8:45 NEW TAI CHI 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Oil Painting 10:00 Blood Press by Smoky Mtn Health 11:15 Pilates 12:30 Cards 2:00 Line Dance</p> <p>10</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 ALL STARR TRAVEL for Seniors * Hear about 2017 Trips 1:00 Spanish Club 1:00 Mah Jong 11 2:00 Beg Line Dan</p>	<p>8:45 NEW TAI CHI 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 Veterans Office Visit on Site Call to pre-register 11:15 Tone/Balance 1:30 Stretch Class 2:30 NEW TAI CHI Afternoon Class 12</p>	<p>8:45 Adv Cardio 9:30 Cards 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:30 Yoga 1:00 Rummikub 1:00 Midday Bridge 2:00 Ballroom</p> <p>13</p>
<p>Martin Luther King, Jr Holiday</p>  <p>Center Closed</p> <p>16</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 2:00 Line Dance</p> <p>17</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 10:00 Blood Pressure By Comfort Keepers 12:00 GERMANY TRAVELOGUE by Ed & Lauren Langston 1:00 Spanish Club 1:00 Mah Jong 18 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 12:00 Book Club 1:00 DRIVING with ALZHEIMERS What you need to know now. 1:30 Stretch Class 2:30 Tai Chi 1</p> <p>19</p>	<p>8:45 Adv Cardio 9:30 Cards 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:30 Yoga 1:00 Rummikub 1:00 Midday Bridge 2:00 Ballroom</p> <p>20</p>
<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Tone/Balance 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 2:30 Tai Chi 1</p> <p>23</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 Riggs Drugs 11:15 Pilates 12:30 Cards 2:00 Line Dance</p> <p>24</p>	<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Covenant Health Lunch & Learn Cold vs Flu? 1:00 Spanish Club 1:00 Mah Jong 25 2:00 Beg Line Dan</p>	<p>8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 1:30 Stretch Class 2:30 Tai Chi 1</p> <p>26</p>	<p>8:45 Adv Cardio 9:30 Cards 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:30 Yoga 1:00 Rummikub 1:00 Midday Bridge 2:00 Ballroom</p> <p>27</p>
<p>8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Tone/Balance 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 30 2:30 Tai Chi 1</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 2:00 Line Dance</p> <p>31</p>	<p>Thanks to our Blood Pressure Sponsors</p>    		<p>FRANK STRANG SENIOR CENTER 670-6693</p>

NEW AFTERNOON TAI CHI CLASS STARTS MONDAY, JANUARY 9

February

Monday

Tuesday

Wednesday

Thursday

Friday

		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 1 2:00 Beg Line Dan	8:45 Tai Chi 1 9:30 Blood Pressure By Morning Pointe 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 12:30 ZUMBA GOLD 1:30 Stretch Class 2 2:30 Tai Chi 1	8:45 Adv Cardio 9:30 Bridge 10:00 Cardio 11:00 Hearing Aid 11:15 Pilates 12:30 Yoga 1:00 Rummikub 2:00 Ballroom  3 Wear Red Today!
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Tone/Balance 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 2:30 Tai Chi 1 6	8:45 Tai Chi 1 9:30 Inter. Bridge 9:45 Tai Chi 2 10:00 Blood Press. by Senior Solutions 10:00 Oil Painting 11:15 Pilates 12:30 Cards 2:00 Line Dance 7	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Caregiver Seminar – Rebekah Wilson, Alzheimer’s 1:00 Spanish Club 1:00 Mah Jong 8 2:00 Beg Line Dan	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:00 VETERANS Office Visit * Call to 11:15 Tone/Balance 12:30 ZUMBA GOLD 1:30 Stretch Class 2:30 Tai Chi 1 9	8:45 Adv Cardio 9:30 Cards 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:30 Midday Bridge 12:30 Yoga 1:00 Rummikub 2:00 Ballroom 10
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Tone/Balance 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 2:30 Tai Chi 1 13	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 14 Happy Valentine’s	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 10:00 Blood Press By Comfort Keepers 12:00 Putting Your Affairs in Order 1:00 Spanish Club 1:00 Mah Jong 15 2:00 Beg Line Dan	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 Dup. Bridge 11:15 Tone/Balance 12:00 Book Club 12:30 ZUMBA GOLD 1:00 Do you know the Warning Signs of Alzheimers? 1:30 Stretch Class 16 2:30 Tai Chi 1	8:45 Adv Cardio 9:30 Cards 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:30 Midday Bridge 12:30 Yoga 1:00 Rummikub 2:00 Ballroom 17
PRESIDENTS DAY  Center Closed 20	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 21	8:45 Adv Cardio 9:30 Watercolor 9:30 Social Bridge 10:00 Cardio 12:00 Covenant L&L “Mending a Broken Heart” 1:00 Spanish Club 1:00 Mah Jong 22 2:00 Beg Line Dan	8:45 Tai Chi 1 9:45 Tai Chi 2 10:00 No Tone/Bal 12:00 SHOW OF SHOWS with Ms Senior Tennessee Talent Winners! RSVP * Snacks 1:30 NO Fitness 23 2:30 NO Tai Chi	8:45 Adv Cardio 9:30 Cards 9:30 Bridge 10:00 Cardio 11:15 Pilates 12:30 Midday Bridge 12:30 Yoga 1:00 Rummikub 2:00 Ballroom 24
8:45 Adv Cardio 9:30 Watercolor 9:30 Bridge 10:00 Tone/Balance 11:15 Stretch Class 12:30 Sit N Be Fit 1:00 Mexican Train 2:30 Tai Chi 1 27	8:45 Tai Chi 9:30 Inter. Bridge 9:45 Tai Chi 10:00 Oil Painting 10:00 Blood Press By Sr. Directory 11:15 Pilates 12:30 Cards 28 2:00 Line Dance	See the Talent Show Winners from the Senior Tennessee Pageant!  Feb 23 at 12 Noon		FRANK STRANG SENIOR CENTER 670-6693

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Knoxville, TN 37922
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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

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



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

Covenant
HEALTH



www.IamCovenantHealth.com



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IS A PROUD MEMBER OF COVENANT HEALTH**

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