



January &  
February  
2024

# West Knox County Senior Center

## The *Scene*

The Senior Center will be closed on Monday, January 1st for New Year's Day, Monday January 15th for Martin Luther King, Jr. Day, and Monday, February 19th for Presidents' Day.

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West Knox County Senior Center ~ 239 Jamestowne Blvd., Ste 101 ~ Knoxville, TN 37934;  
Phone: 865-288-7805 and visit us online at [www.KnoxCounty.org/seniors](http://www.KnoxCounty.org/seniors)



# West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

# Jan. 2024

*Activities on the calendar followed by an "\*" have a fee to participate. Activities listed below in bold please register to participate.*

Mon (7:30—4:00)	Tue (7:30—4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
The programs listed below occur weekly:				
7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group <b>10:30 Bingo</b> 12:00 Mexican Train Dominoes 12:00 MJ Group	7:30-3:45 Billiards 7:30—3:45 Fitness Room Open 9:30 Intern. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:30 Canasta 12:30 Hand & Foot <del>12:50 Feldenkrais*</del> 1:00 Portrait Art Group 2:00 Intern. Line Dance*	7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:45 Tai Chi with Cheryl* <b>8:30 Beginning Spanish</b> 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg <b>1:00 Beginning Line Dance*</b> 1:00 Bridge 1:00 Oil Painting Class* <del>2:30 Zumba Gold*</del>	7:30-3:45 Billiards 7:30—3:45 Fitness Room Open <b>7:30—4:00 Caleb</b> <b>Newsome available for health and fitness consultations</b> 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 11:15 Tone & Balance* <b>11:45 Pickleball Lessons</b> 12:00 Rook 12:30 Pickleball <del>1:00 Feldenkrais*</del> 2:15 Improvers Line Dance*	7:30—3:45 Fitness Room Open <b>8:00—12:00 Table Tennis</b> 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* <b>9:30 Ask Jake</b> 10:00 SAIL Exercise* 11:00 Oil Painting Class* 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group 12:30 Pinochle
The programs listed below are non-weekly or specialty programs:				
<b>1</b> <b>CENTER CLOSED</b>	<b>2</b> 10:30 Grief Support <b>1:30 American Indian Cultures Class*</b> (6:10)	<b>3</b> 1:30 Sew What	<b>4</b> <b>9:00 Meet the Physical Therapist</b> <b>11:00 Caring for Your Feet in Winter</b>	<b>5</b>
<b>8</b> 9:00 Social Worker Outreach <b>1:30 Music Jam</b> 1:30 Dementia Social 1:30 Medicare 101 with Dixie	<b>9</b> <b>1:30 American Indian Cultures Class*</b> (7:10)  <div style="border: 1px solid black; padding: 5px;">           New Tai Chi (Yang Style) class starts today at 9:45 AM-11:00 AM.         </div>	<b>10</b> <b>9:40 Nail Trimming (half day)*</b> <b>10:00 Art with Durga: Winter Birdhouse*</b>	<b>11</b> 10:00 Property Tax Relief Program 1:00 Cribbage 1:00 Steel Magnolias Book Club  <div style="border: 1px solid black; padding: 5px;">           Cribbage starts today at 1:00 PM         </div>	<b>12</b> <b>10:00 Android Basics Workshop*</b> <b>10:00 Nail Trimming*</b>
<b>15</b> <b>CENTER CLOSED</b> Martin Luther King, Jr. Day	<b>16</b> <b>10:00 Retirement Program</b> <b>10:00 Senior Walk: West Town Mall</b> 10:30 Grief Support <b>1:30 American Indian Cultures Class*</b> (8:10)	<b>17</b> <b>10:00 Color Coffee Chat</b> <b>1:30 Wills &amp; Trusts</b> <b>3:00 Senior Walking Group Social at Karns Senior Center</b>	<b>18</b> <b>9:00 Meet the Physical Therapist</b> <b>10:00 iPad/iPhone Basics*</b> 12:00 WKCS Book Club 1:00 Cribbage	<b>19</b> <b>10:00 iPad/iPhone Basics*</b> <b>11:00 Core Insurance Walking Club Kickoff</b> <b>1:00 Cooking with Laurie</b>
<b>22</b> <b>10:30 Intro to Meditation*</b> (1:4) <b>12:30 American Sewing Guild</b> <b>1:30 Introduction to Bee Keeping with Kevin</b>	<b>23</b> <b>9:30 Field Trip: JTV Studio</b> <b>10:30 Human Trafficking</b> <b>1:30 American Indian Cultures Class*</b> (9:10)	<b>24</b> 10:00 Blood Pressure Clinic <b>10:00 Snowman Craft Class</b> 10:00 Legal Outreach	<b>25</b> 1:00 Cribbage 1:30 Vietnam Veterans Social	<b>26</b>
<b>29</b> <b>10:30 Introduction to Meditation*</b> (2:4) <b>1:30 Emergency Preparedness</b> <b>1:30 Writing Workshop</b>	<b>30</b> <b>1:30 American Indian Cultures Class*</b> (10:10)	<b>31</b> <b>8:30 Beginning Spanish*</b> <b>1:30 Classroom Grandparent Program</b>	<div style="background-color: #ffffcc; padding: 5px;">           There will be no Feldenkrais or Zumba Gold Classes in January. Class will resume in February.             Oil Painting Class will not be meeting the first two weeks of January. Classes will resume the week of January 15th following Martin Luther King, Jr. Day.         </div>	



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239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934

Phone: 865-288-7805

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

# Feb. 2024

*Activities on the calendar followed by an "\*" have a fee to participate.  
Activities listed below in bold please register to participate.*

Mon (7:30-4:00)	Tue (7:30-4:00)	Wed (7:30-4:00)	Thu (7:30-4:00)	Fri (7:30-4:00)
The programs listed below occur weekly:				
7:30—3:45 Fitness Room Open 7:30—3:45 Billiards 8:45 Tai Chi with Cheryl* 10:00 SAIL Exercise* 10:00 Watercolor Group 10:30 Bingo 12:00 Mexican Train Dominoes 12:00 MJ Group	7:30-3:45 Billiards 9:30 Intern. Bridge 9:45 Yang Style Tai Chi for beginners* 10:00 Knitting Group 10:15 Spanish II* 11:00 Trivia 11:15 Chair Yoga Strength* 12:00 Pickleball 12:30 Bridge 12:30 Canasta 12:30 Hand & Foot 12:50 Feldenkrais* 1:00 Portrait Art Group 2:00 Intern. Line Dance*	7:30—3:45 Billiards 7:30—3:45 Fitness Room Open 8:30 Beginning Spanish 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* 9:30 Watercolor Class* 10:00 SAIL Exercise* 10:00 Liverpool Rummy 11:00 Spanish Practice 11:15 Gentle Yoga* 12:30 Mah Jongg <b>1:00 Beginning Line Dance*</b> 1:00 Bridge 1:00 Oil Painting Class* 2:30 Zuma Gold*	7:30-3:45 Billiards 7:30—3:45 Fitness Room Open <b>7:30—4:00 Caleb Newsome available for health and fitness consultations</b> 9:45 Yang Style Tai Chi* 10:00 Duplicate Bridge 10:15 Spanish II* 11:15 Tone & Balance* <b>11:45 Pickleball Lessons</b> 12:00 Rook 1:00 Cribbage 12:30 Pickleball 1:00 Feldenkrais* 2:15 Improvers Line Dance*	7:30—3:45 Fitness Room Open <b>8:00—12:00 Table Tennis</b> 8:45 Tai Chi with Cheryl* 9:00 Cardio/Strength/Stretch* <b>9:30 Ask Jake</b> 10:00 SAIL Exercise* 11:00 Oil Painting Class* 12:00 Rummikub 12:30-3:45 Billiards 12:30 Mid-Day Bridge 12:30 MJ Group 12:30 Pinochle
The programs listed below are non-weekly or specialty programs:			<b>1</b>	<b>2</b>
Spanish II resumes in February with Michael Smith on Tuesdays and Thursday at 10:15 AM	Feldenkrais and Zumba Gold resume this month with Debbie Ashton	Fitness Room available M–F from 7:30 AM—3:45 PM.	<b>9:00 Meet the Physical Therapist</b> <b>1:30 Life Insurance Presentation with Josh Ellis State Farm</b>	<b>12:00 Art Connection Class*</b> <b>1:30 Dementia Care Solutions of East Tennessee Presentation.</b>
<b>5</b> 10:00 Valentine Cards Craft Class 10:30 Introduction to Meditation* (3:4) 1:30 Music Jam	<b>6</b> 10:30 Grief Support 1:30 Practicing Your Creativity	<b>7</b> 10:00 Art Durga: Fireplace Besties* 1:30 Sew What 1:30 Financial Planning for Legacy Transfer	<b>8</b> 1:00 Steel Magnolias Book Club	<b>9</b> 10:00 Android Basic* 10:00 Nail Trimming with Michele*
<b>12</b> 9:00 Social Worker Outreach 10:30 Intro to Meditation* (4:4) 1:00 Hearing Table in the Hallway 1:30 Dementia Social 1:30 Medicare 101 with Dixie 1:30 Writing Workshop	<b>13</b> 1:30 History Class: Uncle Sam Comes to Appalachia* (1:3)	<b>14</b> 1:30 Medicare 101 with Amanda Johnson 2:00 Jake Cyber Security with Jake (1:3)	<b>15</b> 9:00 Meet the PT 10:00 iPad/iPhone Beyond Basics* 11:15 Field Trip: WDVX 12:00 WKCS Book Club	<b>16</b> 10:00 iPad/iPhone Beyond Basics*
<b>19</b> CENTER CLOSED Presidents Day	<b>20</b> 9:30 Senior Walk: Fort Sanders Health and Fitness 10:30 Grief Support 1:30 History Class: Uncle Sam Comes to Appalachia* (2:3)	<b>21</b> 10:00 Color Coffee Chat 10:00 Blood Pressure Clinic 10:00 Legal Outreach 2:00 Jake Cyber Security (2:3)	<b>22</b> 11:00 AARP Smart Driver Class*	<b>23</b> 10:00 iPad/iPhone Camera Class* 11:00 AARP Smart Driver Class* 1:00 Video Self Portrait Screening with the McClung Museum
<b>26</b> 9:00—12:00 PEO Meeting 12:30 American Sewing Guild	<b>27</b> 1:30 History Class: Uncle Sam Comes to Appalachia* (3:3)	<b>28</b> 8:30 Beginning Spanish 2:00 Jake Cyber Security (3:3)	<b>29</b> 1:30 Active Living with Caleb Newsome 2:30 Core Insurance Walking Group Kickoff	



*Senior Services Mission: To provide community seniors with diverse quality of life programming for their physical, social, and intellectual well being.*

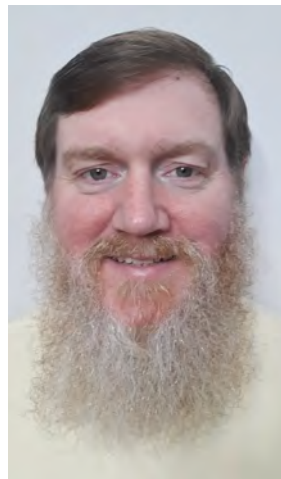
### Take Note of Winter Weather Delays and Closings

Knox County Senior Services follows the Knox County School System inclement weather policy. For example if the schools are closed due to winter weather, the Senior Center will also be closed. If the Knox County Schools are opening two hours late due to winter weather, the Senior Center will be opening two hours later than their usual opening time. If Knox County schools are closing early due to inclement weather, the Center will be closing early. You can also determine if the Knox County Senior Centers are open by visiting [www.knoxcounty.org](http://www.knoxcounty.org).



### Welcome Caleb Newsome

We want to welcome Caleb Newsome, Public Health Fitness Coordinator. Caleb has twenty years experience in the fitness industry and has worked with high risk populations, individuals experiencing heart disease and joint replacements. He will be working with exercise instructors, seniors, and staff to promote health and fitness experiences at all six Knox County Senior Centers including West Knox County Senior Center. He will be available at the Center to assist with nutrition, fitness, and exercise guidance and plans on Thursdays from 7:30 AM—3:30 PM. He will be providing Fitness Room orientations to guide individuals on the proper and safe way to use the fitness equipment and advice on fitness routines, as well as personal training, small group training, and classes on health and fitness topics for the senior population. Now's the best time to schedule your free consultation with Caleb, and it's easy to do—just stop by the reception desk or call the Center.



### Tone and Balance Exercise Class

Covenant Health will be offering Tone and Balance on Thursdays at 11:15 AM—12:15 PM starting in January. This class is designed to improve your balance, increase strength in all major muscle groups and enhance your range of motion, all of which will assist you in performance of your daily activities such as lifting, bending, sitting, etc.... Class fee is \$5 payable to the instructor. This class will be replacing the Pilates Class that was previously offered on that day and time.

### Grief Support Group

The Grief Support group at the Senior Center will meet on the following dates from 10:30 AM—12:00 PM:

*Tuesday, January 2nd.,  
Tuesday, January 16th.,  
Tuesday, February 6th.,  
Tuesday, February 20th.*

Grief Support Group is sponsored by Smoky Mountain Home Health & Hospice. Everyone welcome.

### Meet the Physical Therapist



Dr. Lee Easley, DPT., with [Knox Physical Therapy](http://KnoxPhysicalTherapy.com) will be at West Knox County Senior Center to meet with individuals one-on-one to address their questions and concerns. Call the Center to schedule your free assessment. Appointments are limited to the following days starting at 9:00 AM:

*Thursday, January 4th.,  
Thursday, January 18th.,  
Thursday, February 1st.,  
Thursday, February 15th.*

### Signing Up via Email

You can contact the Center via email to check on seating availability for activities and program. Email:

[West.SeniorCenter@KnoxCounty.org](mailto:West.SeniorCenter@KnoxCounty.org)

Be sure to include in your name, your phone number, and the program you're inquiring about or want to sign up for.

“One kind word can warm three winter months.”

Japanese proverb





You can register for our activities by calling the Center at 865-288-7805



## January 4th ... Caring For Your Feet in Winter

Gloria Shields is a certified Family Nurse Practitioner who specializes in geriatrics and footcare. She provides care to clients in senior living communities and private homes. She will present on a relevant topic for us all—"Caring for Your Feet in Winter." This will be a fun discussion about changes you may be experiencing such as thick discolored toenails, dry skin, cracked heels, and foot pain. Whether you have an established footcare routine or you just never seem to get around to it, you will come away with valuable tips and tricks that will make your feet look and feel better. This will include the benefit vs. harm of foot soaking, using deodorant, Listerine, and Vick's on your feet; lotion vs. Vaseline for cracked skin; and essential oils to treat toenail fungus. Learn about the importance of maintaining healthy feet and have fun doing it. For planning purposes, please sign up for this informative program offered on Thursday, January 4th at 11:00 AM.



## BINGO Schedule

To participate in our Bingo is easy; be fifty years or older, bring a white elephant gift with an approximate value of \$5 in a gift bag for the bingo prize table, and call the Center at 865-288-7805 or stop by the reception desk to register. Our sponsors, listed below, will have some prizes too. Bingo is offered on the following Mondays at 10:30 AM:

- January 8th ... Josh Ellis State Farm
- January 22nd ... Autumn Care Senior Living & Smoky Mountain Home Health and Hospice
- January 29th ... Amada Care
- February 5th ... Josh Ellis State Farm
- February 12th ... Gentiva Hospice
- February 26th ... Autumn Care Senior Living & Smoky Mountain Home Health and Hospice



### Blood Pressure Clinic



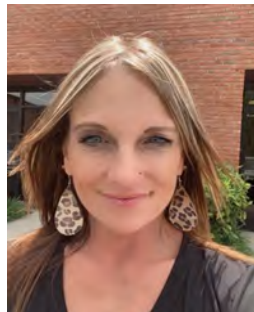
Karen Russell, LPN with SR Medical, has over thirty years experience in the health care industry helping seniors. She will provide a Blood Pressure Clinic at the Center on the following dates at 10:00 AM:

*Wednesday, January 24th.,  
Wednesday, February 28th.*

No appointment necessary.



### Nail Trimming



West Knox County Senior Center will be offering toenail trimming with Michelle on the following dates:

*Friday, January 12th.,  
Starting at 10:00 AM.,*

*Friday, February 9th.,  
Starting at 10:00 AM.,*

Please call the Center to check on appointment availability. Fee is \$13 payable to Michelle.

### Medicare Q&A Table



Do you have questions about your Medicare plan or Medicare coverage in general? Visit with Brooke Thurman of Core Insurance Advisors of Knoxville. She will be offering free consultations and will explore your questions at West Knox County Senior Center. Brooke's Medicare Q&A Table will be available on the following days:

*Tuesday, January 9th.,  
at 10:00 AM.,*

*Tuesday, February 13th.,  
at 10:00 AM.*



You can register for our activities by calling the Center at 865-288-7805



### January 8th ... Music Jam

We welcome you to our Music Jam on Monday, January 8th at 1:30 PM. We'll have a country, bluegrass, and gospel music jam session. Bring your musical instrument too or just come and listen. We'll be enjoying refreshments sponsored by Josh Ellis State Farm. For planning purposes, please call the Center or stop by the reception desk to sign up to attend. We want to make sure there's refreshments for everyone! We look forward to seeing you.

### January 8th ... Medicare Presentation

Annual enrollment period might be over, but the General Enrollment Period starts January 1, 2024—January 31, 2024. Medicare can be so confusing, but don't let it be. Come join Dixie Curless for a no cost, no obligation Medicare presentation on Monday, January 8th at 1:30 PM. Learn about the different parts of Medicare and the changes for 2024! Are you unsure of which path to take? Have you not had your Medicare plan reviewed lately? Feel confident in your decision by understanding your Medicare rights and entitlements. "I do not represent one carrier, so you can feel confident that I can offer the plan that best fits your needs," Dixie says, "Did you know you might have opportunities throughout the year to make plan changes? With Medicare underwriting for Supplements and 5 star enrollments for Medicare Advantage plans, you have options!" If you are unable to attend the presentation on Monday, January 8th and would like a one-on-one review, please contact Dixie Curless at 961-266-2774 or email [DixieCurless@Gmail.com](mailto:DixieCurless@Gmail.com).

### The Center's Library

Have you visited the Center's library lately? We have an impressive collection of books by current and popular authors. The Center's library is easy to use; find a book you want to read—just take it and bring it back when you're finished. There's no checking the book out and no time limits on how long you can keep it. The library is available Monday through Friday 7:30 AM—4:00 PM. We're sure there's a good read waiting for you in the Center's library located in the Lounge (Room #010).



### January 9th ... Tai Chi (Yang Style) For Beginners New Class Starts



Start your New Years resolution to improve your health by using the widely popular Yang Style Tai Chi. It combines slow graceful movements, meditation, and relaxing breathing. Led by long-time instructor, Mr. Pat Barbieri, with twenty-four years of experience, this class meets once a week on Tuesdays at 9:45 AM. Studies have show that Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength. This class includes 15 minutes of stretching exercises for increasing range of motion and flexibility. New students can start at any time. Class fee is \$3 per each class attended payable to the instructor.

### January 10th ... Art with Durga: Winter Birdhouse

Durga returns on Wednesday, January 10th at 10:00 AM for a journey into the season with the painting of a Winter Birdhouse. This painting will make a great decoration for your home or as a gift to a friend or family member and what makes it even more special is that you painted it! The fee for the class depends on the size of canvas board you want to paint; 8x10 canvas board is \$20; 11x14 canvas board is \$30; and 16x20 canvas board is \$40. Class fee is payable at time of registration. Registration deadline is Monday, January 8th. Materials (canvas board, paints, brushes, and instruction) provided by Durga.





You Can register for our activities by calling the Center at 865-288-7805



### January 11th ... Property Owners Tax Relief and Tax Freeze Presentation

If you are 65 or over, own your primary residence, and your income in 2022 was \$33,460 or below you qualify for Tax Relief.

If you are 65 or over, own your primary residence and your income in 2022 was \$44,940 or below you qualify for Tax Freeze. In October 2024, the 2023 income will be \$60,000 or below.



If you are a Disabled Veteran, Spouse, Widow(er) of a DV, you own your primary residence you may qualify for Tax Relief of \$680. Applications are open October 5, 2023 to April 5, 2024. You must sign up every year.

Knox County Trustee, Justin Biggs, and members of his team will be at West Knox County Senior Center on Thursday, January 11th at 10:00 AM to provide information on the Property Tax Relief and Tax Freeze Programs. No need to register to attend.

### January 11th ... Cribbage Starts

Do you play Cribbage? Join us on Thursday, January 11th from 1:00—3:30 PM as we start the Cribbage group. This group will meet every Thursday starting Thursday, January 11th.



## Community Outreach Services

### Legal Aid of East Tennessee Outreach

Legal Aid of East Tennessee is available to answer your questions and assist you with finding resources and services to meet your needs. Legal Aid of East Tennessee assists individuals with estate planning documents, power of attorneys, living wills, qualified income trusts for Medicaid, conservatorships, housing issues, consumer law issues, and more. You can also visit the Legal Aid of East Tennessee webpage at [www.laet.org](http://www.laet.org). A representative from Legal Aid of East Tennessee will be at the West Knox County Senior Center from 10:00 AM—12:00 PM on the following days; *Wednesday, January 24th and Wednesday, February 21st*. To schedule your consultation with a representative from Legal Aid of East Tennessee call the Center at 865-288-7805.

### Social Worker Outreach

Wendy Skiles with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You can contact her at (865) 546-6262 or by email at: [Wendy.Skiles@KnoxSeniors.org](mailto:Wendy.Skiles@KnoxSeniors.org). She will be at West Knox County Senior Center on the following dates from 9:00 AM—11:00 AM: *Monday, January 8th and Monday, February 12th*.

### Veterans Services Outreach

Knox County Veteran Services Office assists veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance Programs and more. For additional information and to speak with a representative from the Veteran Services Outreach Office, call (865) 215-5645 or email at: [Veterans@knoxcounty.org](mailto:Veterans@knoxcounty.org).





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### January 12th ... Android Basics Class

Do you have an Android Smartphone and would like get the most out of its many features, learn how to use its many organization tools and apps? During the four hour Android workshops you will learn the following: different Android options, understanding settings, changing wallpaper, managing apps, searching for, organizing, using, and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting, and more. This one class will be taught on Friday, January 12th starting at 10:00 AM for four hours of instruction. A lunch break will be provided, feel free to bring a brown-bag lunch. Deadline to register is Wednesday, January 10th. Instructor is Catherine Everhart with Social Media 4 Seniors. Class fee is \$35 payable at time of registration.



### January 16 ... Retirement Program

Ensuring you that you don't out live your money, come join Local Retirement Group's experts as they discuss a holistic approach that will preserve your nest egg so you can enjoy your retirement without worries. Call the Center or stop by the reception desk to check on seating availability and to sign up for this program offered on Tuesday, January 16th at 10:00 AM.

### January 17th ... Color Coffee Chat

Join Cindy on Wednesday, January 17th at 10:00 AM for Color, Coffee, and Chat. The theme this month is Winter. We'll have some light refreshments to enjoy along with lively conversation. All materials provided. Coloring created for adults is designed to promote mindfulness, alleviate stress and anxiety, develop and maintain fine motor skills, and help improve and maintain focus, and it allows you to be creative while having fun. For planning purposes please call the Center to inquire on seating availability and to sign up.



### Dementia Care & Support

*Monday, January 8th  
at 1:30 PM*

*Monday, February 12th  
at 1:30 PM*

The Dementia Care & Support program is facilitated by Kim Warnick with Dementia Care Solutions of East Tennessee.

### Omron Blood Pressure Monitoring System Available for Check-Out

The West Knox County Senior Center has Omron Blood Pressure Monitoring systems available for check-out for two weeks. The program is sponsored in part by the American Heart Association and Cherokee Health Systems. The program encourages individuals to become more aware of their blood pressure through home monitoring, and speaking with their primary care provider with concerns about blood pressure. If you would like to check-out an Omron Blood Pressure Monitoring kit, see the staff at the reception desk.



### Your Announcements

If your Senior Center group has news or announcement you would like to share in the March/April 2024 eNewsletter, please provide information to Darrell before February 2nd. You can drop it off at the Reception Desk or email [West.SeniorCenter@KnoxCounty.org](mailto:West.SeniorCenter@KnoxCounty.org)







You can register for our activities by calling the Center at 865-288-7805



Durga M. Bezawada, Financial Services Professional, will be offering the following presentations at the Center:

**Wednesday, January 17 at 1:30 PM**  
Wills and Trusts

**Wednesday, February 7 at 1:30 PM**  
Financial Planning for Legacy Transfer.

Your questions are most welcome. Please call the Center or stop by the reception desk to sign up to attend.

### January 17th ... Senior Walking Group Social

Senior Services Manager, April Tomlin invites you to attend the Senior Walking Group Social at Karns Senior Center (8042 Oak Ridge Hwy., Knoxville, TN 37932) on Wednesday, January 17th from 3:00—5:00 PM. Enjoy light refreshments, music, pictures, socializing, and fun as you get to know your fellow walkers. We will have car-pool sign-ups for each Center available. If you have not been on one of our walks or are interested in learning more, this is the opportunity to get more information. April will have the 2024 monthly walking schedule available. For information on our sponsors and more visit the full page announcement on page 20 of this eNewsletter.

### January 18th ... iPad/iPhone Basics Class

During this four hour workshop you will learn the following: the different iPad and iPhone models, care and charging, buttons on the device, understanding settings, changing the wallpaper, managing apps, searching, and organizing folders. and moving items. The class will also cover using your built in apps (contacts, calendar, camera, mail, text, and more), Safari Basics, iTunes, connecting to a computer, iCloud basics, printing, and trouble-shooting. You must bring your iPhone or iPad to this workshop, as well as your Apple ID and password. This four hour class is taught in two sessions; Thursday, January 18th and Friday, January 19th 10:00 AM—12:00 PM on both days. Students must attend both sessions. Class fee is \$35 payable at time of registration. You can register for this class at the reception desk at the Center. Deadline to register is Tuesday, January 16th. Instructor is Barbara Edwards with Social Media 4 Seniors.

### January 19th... Core Insurance Advisors Walking Club Kickoff

Stop in Friday, January 19th at 11:00 AM when Core Insurance Advisors will provide information on their walking club. It's easy to join and even easier to participate. Just track your steps and they'll even provide you with a pedometer to keep track of your progress. Report your steps and be eligible to win prizes. Walking is a great way to help maintain a healthy weight, helps regulate blood pressure and cholesterol, helps ease arthritis and stiffness, strengthens muscles and bones, lowers risk of falls, and much more. To learn more about the Core Insurance Advisors Walking Group call the Center or stop by the reception desk to sign up for this free program. If you can't make this meeting they'll be returning on Thursday, February 29th at 2:30 PM.

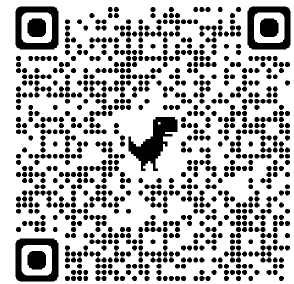


### View the e-Newsletter On-Line & More

The West Knox County Senior Center Newsletter is available online. It's easy to see and convenient. To refer friends and family to view the newsletter go to:

[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

and click on West Knox County Senior Center. While on the website, you can view newsletters from the other Knox County Senior Centers: Carter, Corryton, Halls, Karns, and South Knoxville. You can also scan the QR code below.



### Follow Knox County Senior Services on Facebook

If you're on Facebook you can follow Knox County Senior Services for information on West Knox County Senior Center, the other Senior Centers in Knox County, along with program updates and more. Just simply "Like" Knox County Senior Services on Facebook. You can easily find it by scanning the QR code with your phone below.





### January 19 ... Cooking with Laurie: Heart Healthy Soup

Laurie is excited to announce that we are going to stay heart healthy in 2024! We will get back on track (from the holidays) with a delicious and of course heart healthy, creamy, broccoli, and cauliflower soup. Broccoli and cauliflower are considered superfoods. They provide us with the usual heart healthy, immune boosting, gut, and eye health. "I am particularly interested in promotion of improving bone, muscle health, and weight loss. The calcium, vitamin k, magnesium, and phosphorous are all present to provide good results for bone and muscle health. Being low in calories and high in fiber is an excellent way to promote weight loss," Laurie says. Seating is limited. Call the Center to check on seating availability and to sign up for this free class offered on Friday, January 19th at 1:00 PM.

### January 22nd ... Introduction to Meditation Class

Developing meditation skills can help anyone to better cope with the ups and downs of daily living. These skills become especially helpful as we face the inevitable changes that occur with aging. This course will give you tools to starts a daily meditation practice. Sitting meditation will be taught and practiced in this four week class. You will to utilize the dozens of free moments that you encounter throughout your day to advance your practice. These moments are opportunities to bring yourself back to a calmer and more centered perspective. Chairs will be offered for sitting meditation, however, feel free to bring meditation cushions if you prefer. Class fee is \$2 per each session attended (or \$8 for the entire four sessions) Fees are payable to the instructor Colleen Vaughn. Seating is limited to ten students. Registration is required for this class starting on Monday, January 22nd at 10:30 AM. You can check on seating availability by calling the Center or stopping by the reception desk.

### January 22nd ... Introduction to Bee Keeping

Have you ever thought about keeping bees and wandering what it involves? This introductory class may help you decide if bee keeping is for you or just attend to learn more about bee keeping. This program will include the basic cost for clothing and equipment along with information on basic bee biology, pest management, and harvesting honey. Kevin Trostle, a Knox County bee keeper, will also have hive bodies and frames, a NUC (nucleus colony) box, hive tools, and a bee suit to display, as well as talk about his experience in becoming a bee keeper. Please call the Center to sign up for this informative program offered on Monday, January 22nd at 1:30 PM.

#### Who is Kevin Trostle?

Kevin was born in California and moved to Tennessee after meeting the lady that would become his wife. He's lived in the Knox County area for thirty plus years and is the father of two adult children. Kevin retired from the Air National Guard in 2023 and says, "Bee Keeping has proven to be an engaging interest and hobby in retirement." Kevin is also the President of the Anderson County Bee Keepers Association. He will be providing a program on his growing interest and enthusiasm for bee keeping on Monday, January 22nd at 1:30 PM at the Center (see the article to the left).



### Bee Keeping in America



Honey bees are not native to the Americas. The first bee colonies were shipped from England to the Colony of Virginia as early as 1622. At the time, bees were kept in straw skeps. Eventually log gums, hollow logs fitted with a roof which can be seen in Cades Cove, were used. Over the centuries the box beehive with removeable frames were developed to allow beekeepers easy access to the comb and honey. Over the years, beekeepers learned more about the diseases that impact hives and the treatment of diseases. During the past decades there has been an increase interest in keeping bees. They're becoming popular in home gardens in urban settings, roof-top gardens where space is a premium, and parks such as can be seen at Seven Island Birding Park in east Knox County.



### January 23 ... Field Trip: Jewelry TV Studio

On Tuesday, January 23rd at 9:30 AM, we will be visiting the JTV Studio here in Knoxville! The tour stops include the Rock Specimen Garden at the entrance, fully functional Theater, Broadcast operations control room, Production studios and control rooms, automated fulfillment and shipping operations, and the customer care call center, live production studios include green room and pre-show production areas. Transportation from the Center to the JTV Studio is provided courtesy of CAC Transit. Seating is limited. We ask that you arrive no later than 9:15 AM. We will return to the Center by 11:45 AM. If you are interested in attending registration is required. Seating is limited. Call the Center or stop by the reception desk to check on seating availability and to sign up to participate.

### January 23rd ... Human Trafficking Awareness Presentation

January is Human Trafficking Awareness Month. When we hear the words “human trafficking” it’s easier to believe it’s something that happens in other countries, but it happens right here in the community and neighborhoods we know and love. Human Trafficking can be either labor trafficking or sex trafficking, and it does not discriminate based on age, gender, socioeconomic status, race, or neighborhood. The Community Coalition Against Human Trafficking is East Tennessee’s counter-trafficking organization. To learn more about the crime Human Trafficking and the services offer by CCAHT, please call the Center or stop by the reception desk to sign up for this free educational presentation brought to us by Harley Griffith with the Community Coalition Against Human Trafficking on Tuesday, January 23rd at 10:30 AM.

### January 24th ... Snowman Craft

Join Cindy on Wednesday, January 24th at 10:00 AM to build a snowman. Using mini glass containers, buttons, and wooden beads we will craft a cute, little snowman. The class is free and we will provide the materials needed. Supplies and space are limited. Call or stop by the reception desk to inquire on seating availability and to sign up.



### January 25th ... Vietnam Veterans Social

Join other Vietnam Veterans on the last Thursday of each month at West Knox County Senior Center for the Vietnam Veterans Social. It’s a welcoming place to share your experiences and chatting with other veterans of the Vietnam War. Registration is not required for this 1:30 PM program.

### January 29th ... Emergency Preparedness Presentation

Dakota Russell, Emergency Preparedness Health Educator, with the Knox County Health Department returns to the Center on Monday, January 29th at 1:30 PM for an Emergency Preparedness Program. The National Weather Service advises, “Don’t wait until severe weather is happening to have a plan.” There are steps you can take to have a plan in place. Learn about measures you can take to prepare for an emergency including food, water, and essentials for you, your pets or service animals. What you need to know about medicines, medical supplies, batteries and chargers in preparing for an emergency, and much more. Please call the Center or stop by the reception desk to check on seating availability and to sign up for this free Emergency Preparedness Program.



*“If you don’t know where you are going, you’ll end up someplace else.”*

Yogi Berra





You can register for our activities by calling the Center at 865-288-7805



## Writing Workshop Journals, Short Stories, and Beyond!

This workshop is for new, aspiring, and experienced writers. The group will explore writing as an exercise of expression and beginning or continuing a writing project of your choice. Writing activities and resources will be shared. The focus includes encouragement, support, and constructive advice. The facilitator, Dr. Kathy King is experienced in guiding people in learning the writing and publishing process. For planning purposes, please phone the Center or stop by the reception desk to sign up for this free workshop. Participants will need to bring a notebook to for note-taking and are welcome to bring a sample of their own writing. The workshop meets on the following dates at 1:30 PM; Monday, January 29th and Monday, February 12th.

### January 31st ... Introduction to the Spanish Language

We'll be offering an Introduction to the Spanish language class for those who have no experience with the language beginning Wednesday, January 31st. This class will meet on Wednesdays from 8:30 AM—10:00 AM until Wednesday, May 1st. This class is brought to us courtesy of University of Tennessee with student-instructor, Sophia Strobel. If you're interested in taking this class, you can check on seating availability by calling the Center or stopping by the reception desk. Seating is limited. There will be a fee for the purchase of a text book. The text book fee will be announced by the instructor.

### January 31st .... Classroom Grandparent Presentation

Did you know that January is National Mentoring Month? Visit with us on Wednesday, January 31st at 1:30 PM when Joanne Foster from CAC's Office on Aging provides information on this great program. As a Classroom Grandparent, you can be a role model for young people who have exceptional needs. Volunteers who serve as Classroom Grandparents are age 55 years and older and provide academic, social, and emotional support to students in schools and after school programs with the Foster Grandparents Program. Under the guidance of teachers and staff onsite, they provide the kind of comfort and love that sets a child on a path to a successful future. To learn more on how you can help this program, please call the Center to sign up to attend this informative program.



#### Billiards

The West Knox County Senior Center billiard table is available Monday through Thursday from 7:30 AM—3:45 PM and Fridays 12:30—3:45 PM. Feel free to stop by and practice or play a game with a friend.

#### Trivia Time

Tuesdays at 11:00 AM

No need to feel intimidated. It's not Trivial Pursuit or Jeopardy. We have fun challenging ourselves and learning something new every week! No need to register to participate.

#### Why Sign-up for Programs & Activities?

For many of our programs and activities we request, for planning and scheduling purposes, that you sign-up ahead of time. Why do we request you sign-up? It will help us determining what room needs to be set aside for an activity or program since some rooms obviously hold more people than others. Also, in some situations a presenter or instructor will want a minimum number and/or a maximum number of participants in order for a program to be held. If a presenter is providing materials for the class it will help determine how many copies need to be made. In addition, if a program is cancelled or rescheduled we can contact you and let you know of the changes. Items on the activity calendar in **Bold** require registration. As you read the article and description of the class/program in the eNewsletter it will also indicate whether or not registration is requested. To register call the Center at 865-288-7805 or stop by the reception desk. You can also let us know if you want a reminder phone call. Contact information is also important in the event the program is cancelled or rescheduled, we can let you know.



### February 1st ... Life Insurance Presentation

Team members with Josh Ellis State Farm will be presenting on a Whole Life insurance product for everyone aged 45-80. This amazing policy has no medical questions and is **guaranteed**. We strongly recommend that family join if possible and we look forward to meeting you all. For planning purposes, please call the Center or stop by the reception desk to sign up to attend this presentation brought to us on Thursday, February 1st at 1:30 PM.

### February 1st ... Spanish II Starts

Spanish II with Michael Smith resumes on Tuesdays and Thursdays at 10:15 AM—11:15 AM in February. If you've had Spanish previously and would like to practice and improve your Spanish language skills, you're more than welcome to join the group. Class fee is \$5 per each session attended and payable to the instructor.



### February 2nd ... Dementia Care Solutions of East Tennessee Presentation

Join Kim Warnick, for an educational opportunity on Friday, February 2nd at 1:30 PM. Kim is an Alzheimer's Association Community Educator and owner of Dementia Care Solutions of East Tennessee. Topics will include; Healthy Living for Your Brain and Body, Strategies for Healthy Decision Making, and Community resources and support. Call the Center or stop by the reception desk to sign up for this free educational program. Please RSVP.

### February 2nd ... Art Connection Class with Don Caldwell

Mr. Don Caldwell, Graphite pencil artist, will teach you how to draw a life-like dog facial portrait in this class offered on Friday, February 2nd from 12:00—3:30 PM. The class will be using the following materials: Smooth Bristol 100 lb. paper, pencils, blending stumps, and a kneaded eraser. "Along with your patience, and practice, you will be amazed," says Mr. Caldwell. Whether you can only draw stick figures or a gifted artist, this class is for you. Come be inspired and learned. Class fee is \$25 per person payable to the instructor. Class limited to ten students. All materials provided by Mr. Caldwell. Registration is required. Call the Center or stop by the reception desk to inquire on seating availability and to sign up.



### February 5th ... Craft Class: Valentine Cards

Join Cindy on Monday, February 5th at 10:00 AM to craft a Valentine card for your favorite loved one. The class will use decorative paper, stickers, and stamps to create a design of their own style. Come see what you can create. This class is free and materials are provided. Seating and supplies are limited. Call the Center or stop by the reception desk to inquire on seating availability and to sign up.

### February 5 .... Music Jam at 1:30 PM

We welcome you to our Music Jam on Monday, February 5th at 1:30 PM. There will be a mix of country, bluegrass, and gospel music to enjoy. Bring your musical instrument too or just come and listen. We'll be enjoying refreshments sponsored by Josh Ellis State Farm. For planning purposes, please call the Center or stop by the reception desk to sign up to attend. Those who sign up to attend will have their name included in a drawing for a \$25 Red Robin restaurant gift card. You must sign up and you have to be present at the Music Jam on February 5th to win. We look forward to seeing you.



### February 6th ... Practicing Your Creativity



Join Mr. Wil Davenport on Tuesday, February 6th at 1:30 PM for a time to laugh, play, step out of your comfort zone, and expand your creativity. Expect to have a blast as you act out simple skits, engage in role plays, and try some new creative activities. Everyone gets to actively participate. You won't be disappointed and you might just leave energized and delighted. To sign up for this free and entertaining program on unleashing and practicing your creative side, call the Center or stop by the reception desk to sign up.

*“Creativity is the intelligence of having fun.”*

Albert Einstein

### February 7th ... Art with Durga: Fireplace Besties



Valentine's Day is coming up and this month's painting project with Durga is entitled 'Fireplace Besties' on Wednesday, February 7th at 10:00 AM. What a warm and cozy painting to commemorate Valentine's Day as a decoration for your own home or a gift to someone special. The fee for the class depends on the size of canvas board you want to paint; 8x10 canvas board is \$20; 11x14 canvas board is \$30; and 16x20 canvas board is \$40. Class fee is payable at time of registration. Registration deadline is Monday, February 5th. Materials (canvas board, paints, brushes, and instruction) provided by Durga. Seating is limited. Stop by the reception desk to check on seating availability and to register.

### Who is Wil Davenport?

Wil Davenport is a lifelong learner who enjoys spending time with his amazing wife and three adult children. He also loves to read, especially memoirs about lesser known people and is learning to be a better tennis player. Wil is former Children's and Family Minister and now leads a successful small business called More Than Memories. Wil humorously admits, "I have an ornery degree in bad dad jokery from making family groan so many times." Wil visits West Knox County Senior Center on Tuesday, February 6 at 1:30 PM to bring us 'Practicing Your Creativity.'



Wil Davenport

### February 9th ... Android Basics Workshop

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this four hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. This one class will be taught for four hours of instruction. A lunch break will be provided and you're welcome to bring a brown-bag lunch. A meal will not be included with this class. Workshop fee is \$35 and payable at time of registration. Deadline to register is Wednesday, February 7th. You can register at the reception desk. Instructor is Catherine Everhart with Social Media 4 Seniors.

*“No winter lasts forever; no spring skips its turn.”*

Hal Borland





### February 12 ... Hearing Table in the Hallway

Do you hear, but not understand? It may just be wax! Join Acuity Hearing Centers for a painless and fascinating experience where Hearing Instrument Specialist, Amber Simpson, will use a tiny video camera called a video otoscope to look inside your ear. This tool allows the specialist to determine if wax is blocking the ear canal, causing sound to be muffled. You will see all the way to your eardrum on a video monitor! This program is offered Monday, February 12 from 1:00—3:00 PM. Sign up for your ear canal exam by calling the Center at 865-288-7805.

### February 12th ... Medicare Presentation

Annual enrollment period might be over, but the General Enrollment Period starts January 1, 2024—January 31, 2024. Medicare can be so confusing but don't let it be. Come join Dixie Curless for a no cost, no obligation Medicare presentation on Monday, February 12th at 1:30 PM. Learn about the different parts of Medicare and the changes for 2024! Are you unsure of which path to take? Have you not had your Medicare plan reviewed lately? Feel confident in your decision by understanding your Medicare rights and entitlements. "I do not represent one carrier, so you can feel confident that I can offer the plan that best fits your needs," Dixie says. Did you know you might have opportunities throughout the year to make plan changes? With Medicare underwriting for Supplements and 5 star enrollments for Medicare Advantage plans, you have options! If you are unable to attend the presentation on Monday, February 12th and would like a one-on-one review, please contact Dixie Curless at 961-266-2774 or email [DixieCurless@Gmail.com](mailto:DixieCurless@Gmail.com).

### February 13th ... History Class: Uncle Sam comes to Appalachia: TVA, the CCC's, Oak Ridge, and the Great Smoky Mountains National Park.

During the Depression Era, spanning the 1930s and early '40s, several major federal projects came to East Tennessee. While offering a range of previously unimagined opportunities for progress and development, these "Big Government" programs from "Washington" also uprooted and disturbed large numbers of local citizens, changing their culture in many ways. This history class brought to us by Dr. Henry Wilson, PhD., will summarize the goals, effects, and responses to these sudden intrusions on the previously isolated Southern Appalachian culture and economy. Along the way, the class will discuss not only the effects of these far flung initiatives on East Tennessee culture, but also how our local history contributed to the shaping of Twentieth Century American history as a whole. Seating is limited for this class offered over three sessions: Tuesday, February 13th; Tuesday, February 20th; and Tuesday, February 27th all at 1:30 PM. To check on seating availability and to sign up stop by the reception desk or call the Center. Class fee is \$3 per each session attended or \$9 for the entire series of three classes payable to the instructor.



### February 14th... Medicare 101

Join Amanda Johnson, SHIP/MIPPA Program Manager with East Tennessee Human Resource Agency on Wednesday, February 14th at 1:30 PM for Medicare 101. Amanda will be covering Part A Hospital and Part B Medical; Part D Prescription Drug Coverage, Medicare Supplement Insurance, Medicare Advantage Plans and you will have the opportunity to compare your Advantage Plans. She will also cover low income programs such as TennCare, Medicare Savings Programs, and low income subsidy and a description of SHIP (State Health Insurance Assistance Plan). Please call the Center to check on seating availability and to sign up for this informative and educational program.



## Cyber Security Classes with Jake

Have you ever received an email that requested a lot of money? Money that you know you don't owe. Or maybe you've encountered a computer virus. Nowadays cybercrimes (crimes committed through the internet) are as prevalent as ever. People are robbed of thousands of dollars and lose important files on their computers. Viruses continue to get more sophisticated with every passing day. Social engineering techniques (convincing people to unknowingly download malicious programs or transfer money) are getting harder to spot. And with social media continuing to increase in popularity, it is being abused for malicious intent as well. In these cyber security classes you will learn how these malicious attacks are carried out and how to spot them. The following topics will be cover:

### **February 14th ... Cyber Security Class I**

Participants will learn the importance of cyber security and how to protect themselves while browsing the web. They will also learn about the different types of malware (malicious software) and how to avoid it. Finally, participants will learn to protect their personal information and passwords from cyber criminals. For planning purposes please call the Center or stop by the Reception Desk to sign up for this free and informative program offered at 2:00 PM on Wednesday, February 14th.

### **February 21th... Cyber Security Class II**

Participants will learn about different internet and phone call scams and the tactics behind them. The class will also inform participants on how to make safe internet purchases. Please sign up at the Reception desk or call the Center for this class offered at 2:00 PM on Wednesday, February 21st.

### **February 28th ... Cyber Security Class III**

Participants will learn about good social media etiquette and how to avoid social media scams. They will also learn about different privacy settings to keep their information secure. This class offered at 2:00 PM on Wednesday, February 28th.

Call the Center or stop by the reception desk to sign up for the sessions you are interested in whether it's one, two, or all three.

Classes and Programs I need to sign up for:





### February 15 ... iPad/iPhone Beyond Basics Workshop

Have you had your iPhone or iPad for awhile now and feel comfortable with it but know there's more you could be doing with it? During this four hour iPad/iPhone Beyond the Basics Workshop you will learn the following: photo transfer between iPad and other devices, e-mail/Internet use, adding email accounts, deleting emails, and moving emails. In addition, the class will cover ways to free up space on your device, security features, customizing your device, using Safari, cloud servers, and more. You must have taken the iPad/iPhone Basics Workshop before you register for this class or have equivalent knowledge of basic iPad/iPhone functions. You must bring your iPhone or iPad with you to this workshop as well as your Apple ID and password. Class fee is \$35 payable at time of Registration. This class will be offered starting Thursday, February 15th at 10:00 AM—12:00 PM and will meet for two days. The class will conclude on Friday, February 16th 10:00 AM—12:00 PM. You can register for this class by visiting the reception desk at the Center. Deadline to register is Monday, February 12th. Class fee is \$35.00 payable at time of registration. This class is brought to us by Social Media 4 Seniors with instructor Barbara Edwards.

### February 15th ... Field Trip: WDVX Blue Plate Special

Hosted by Red Hickey, the WDVX Blue Plate Special is a free, live performance at the Knoxville Visitors Center in downtown Knoxville. WDVX radio broadcasts and webcasts this program around the world. The program is a signature of downtown Knoxville. The Blue Plate Special features music from blues to bluegrass, country to Celtic, folk to funk, rockabilly to hillbilly, and more. We'll also be taking lunch while in downtown Knoxville so bring your wallet and your appetite. To join us for this Thursday, February 15th 11:30 AM Field Trip, call the Center or stop by the reception Desk to check on seating availability. We ask that you arrive no later than 11:15 AM. Seating is limited to fourteen participants. Transportation provided courtesy of Knox County CAC transit.



### February 21st ... Color, Coffee, and Chat

The Color, Coffee, and Chat group invites you to join them on Wednesday, February 21st 10:00 AM. The theme for this month is hearts. Light refreshments will be served. All materials provided. It's easy to participate just call the Center and sign up to attend. We look forward to seeing you for Color, Coffee, and Chat.

## Early Voting at West Knox County Senior Center

There is a possibility that West Knox County Senior Center will be an early voting location in February. We are awaiting a final decision. If the Center is used we will attempt to minimize the impact on classes as much as possible. Also, as soon as we receive notification that the Center will be used we will let our participants and our instructors know.







### February 22nd ... AARP Safe Driver Class Starts

AARP is offering a Smart Driver Class at the Center on Thursday, February 22nd and Friday, February 23rd from 11:00 AM—3:00 PM. This safety driving class will meet on two days (Thursday and Friday) for four hours each day. Class fee is \$20 if you're an AARP member or \$25 if you are not an AARP member. Class fees are payable directly to the instructor. The smart driver class explores effective safe-driving practices, skills and strategies you can use on the road every day. It also covers defensive driving techniques to help you deal with aggressive drivers, and more! Seating is limited for this class. Registration is required. Please call the Center or stop by the reception desk to inquire about available seating and to sign up to attend. Many individuals get a discount on their auto insurance for successfully completing the class. Consult with your auto insurance provider to determine if you are eligible for a discount with successful completion of the class.

### February 22nd ... Vietnam Veterans Social

Join other Vietnam Veterans on the last Thursday of each month West Knox County Senior Center for the Vietnam Veterans Social. It's a welcoming place to share your experiences and chat with other veterans of the Vietnam War. Registration is not required for this 1:30 PM program.

### February 23rd ... Video Self-Portrait Screening

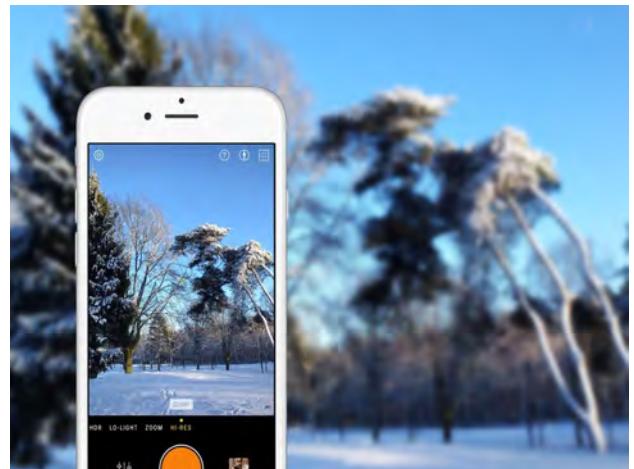
Last fall, the McClung Museum at the University of Tennessee partnered with the West Knox County Senior Center to recruit ten center participants to take part in a unique art-making experience with UT's School of Art. Inspired by the temporary exhibition, *In Conversation: Will Wilson*, volunteers took on a month-long project with Heather Coker Hawkins' "Introduction to Cinema and Video Art" class. The result was a collaboration between seniors and college students, who together created video self-portraits. Like Wilson's sitters, participants were given agency empowering self-representations of their lives and experiences. The project was on view alongside Wilson's exhibit at the museum through December 2nd. Join us for a special screening of these thoughtful projects at West Knox County Senior Center on Friday, February 23rd at 1:00 PM.

### February 23rd ... iPad/iPhone Camera Class

Have you ever tried to take a picture, only to see yourself? Have you accidentally taken twenty of the same picture? During this two hour workshop offered on Friday, February 23rd, from 10:00 AM—12:00 PM., you will learn the following: how to take a picture, front vs. rear facing, tools on your mobile device camera, editing photos, creating and organizing albums, sending and receiving from email and text, and popular photo apps. Class fee is \$20 and is payable at time of pre-registration. You can pre-register for this two hour class at the reception desk at Senior Center. Deadline to pre-register is Wednesday, February 21st. Seating is limited to five students. This class is brought to us by Social Media 4 Seniors.

### Jo Nell's Experience

"I was intrigued with the novelty and original idea of the Artist," says Jo Nell, a participant in the McClung Self-Portrait program. "My first reaction was here is an original idea and a new experience. I was impressed by watching the idea unfold, strangers yet working together created a story that we all take for granted." Jo Nell worked with two Cinema Student from the University of Tennessee. "They made me realize how bless I was with all my experiences in life." You can stop by the West Knox County Senior Center on Friday, February 23 at 1:00 PM to see Jo Nell's story as the McClung Museum provides a presentation on Video Self-Portrait creation that Jo Nell and other seniors from the Center participated in.





You can register for our activities by calling the Center at 865-288-7805



### February 29 ... Active Living

We have all heard that activity, or exercise, is good for us. We all have questions about active living. How do I get started? What types of activity are beneficial? I am already active, but how do I safely increase my level of activity? I have a history of health challenges, is being more active possible for me? It may be time to push yourself a little harder, try a new activity, or find ways to add activity to your daily life. Come join us on Thursday, February 29th at 1:30 PM when Caleb Newsome, Public Health Fitness Coordinator, helps us discover new possibilities for improved health. We will also take an orientation of the fitness room following the presentation and Q&A. It's easy to attend, just call the Center and check on seating availability and have your name added to the list.

### February 29th ... Core Insurance Advisors Walking Club

Stop in Thursday, February 29th at 2:30 PM when Core Insurance Advisors will provide information on their walking club. It's easy to join and even easier to participate. Just track your steps and they'll even provide you with a pedometer to keep track of your progress. Report your steps and be eligible to win prizes. Walking is a great way to improve your energy levels, lowers risk of depression, and improves over-all quality of life. To learn more about the Core Insurance Advisors Walking Group call the Center or stop by the reception desk to sign up for this free program offered on Thursday, February 29th at 2:30 PM.



Special Thanks to Reams Drug Store, Core Insurance Advisors of Knoxville, Comfort Keepers, and Trustwell Senior Living for sponsoring our Christmas Holiday Luncheon on Friday, December 15th. We also want to thank the Retired Senior Volunteer Program with the Office on Aging for providing some great volunteers to make the occasion run smoothly.







**KNOX COUNTY SENIOR SERVICES**

**SENIOR WALKING GROUP SOCIAL**



**KARNS SENIOR CENTER**  
8042 Oak Ridge Hwy  
Wednesday,  
January 17<sup>th</sup>, 3:00 to 5:00pm

Senior Services Manager, April Tomlin would like to invite you to attend the Senior Walking Group Social at Karns Senior Center.

Enjoy light refreshments, music, pictures, socializing and fun as you get to know your fellow walkers a little better. We will have car-pool signups for each center available. If you have not been on one of our walks or have been interested to find out more, this is a great opportunity to get more information. We will have the 2024 walking schedule available. Coordinators from our six senior centers will also be on hand to answer any questions you may have.

**BE SURE TO REGISTER AT YOUR LOCAL SENIOR CENTER WHERE YOU WILL RECEIVE YOUR TICKET TO ATTEND.**

Scan the QR code to find the closest senior center to you as well as their events!



Questions? Call (865) 288-3761 or email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)







You can register for our activities by calling the Center at 865-288-7805



# At the Last Minute



## Pickleball News & Such

Cindy continues to offer pickleball lessons on Thursdays from 11:45 AM—12:30 PM. To participate in lessons you can call 865-288-7805, stop by the Reception Desk, or email Cindy at: [Cindy.Petty@knoxcounty.org](mailto:Cindy.Petty@knoxcounty.org)

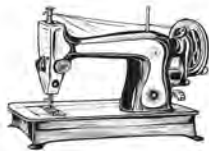


## Snap Shots



### Sew What

The Sew What group meets the first Wednesday of every month at 1:30 PM. They work on a variety of projects. Here are photos the group has shared from their gatherings over the past few months.



To the Right: Individuals who participated in the Art with Durga Class on November 17th. Everyone created a Snowman painting for their winter and holiday decorations, as well as enjoying spending time and conversation with one another.



You can register for our activities by calling the Center at 865-288-7805



## Sew What?

Join other sewing and fabric enthusiasts for a monthly gathering involving a short demonstration. A new pattern will be highlighted each month. Bring a finished or unfinished project or two you're working on for a Show and Tell. This group meets the first Wednesday of each month at 1:30 PM. Their projects for the next two months are presented below:

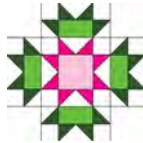


*Wednesday, January 3rd*

Project to be announced

*Wednesday, February 7th*

Project to be announced



## Knitting Group

The West Knox County Senior Center Knitting Group meets on Tuesdays at 10:00 AM. All knitters are welcome whether you knit a little or a lot, or want to learn how to knit. The group continues to work on the Operation Gratitude Project; knitting scarves for care packages for our men and women in the military and our first responders. If you would like to participate, feel free to come to the knitting group and see what it's all about.

## American Sewing Guild

Monday, January 22nd and Monday, February 26th  
at 12:30 PM—3:30 PM

The American Sewing Guild—West Knoxville Neighborhood Group plans a wide variety of sewing activities which may include: hands-on sewing projects, demonstrations of specific techniques, quilting, garment fitting and construction, service projects, and more. "Sew and Tell" is their way of kicking off each meeting. They welcome sewists of all levels to come visit their group to see what they're all about. For more information about the national organization you can visit [www.asg.org](http://www.asg.org). They meet at West Knox County Senior Center the third Monday of each month at 12:30 PM.

## Knitters & Crocheters Wanted

Knitters and Crocheters to knit and crochet scarves for the Care Packages donated to Operation Gratitude for our deployed military and first responders. The Knitting Group has yarn, needles, and hooks. We just need willing hands to come along to meet the group. The Knitting Group meets on Tuesdays at 10:00 AM in the Craft Room at West Knox County Senior Center.

For more information on Operation Gratitude visit [www.OperationGratitude.com](http://www.OperationGratitude.com)

# Arts & Crafts

Consult the Newsletter for additional Arts & Crafts Classes that are offered periodically or specialty classes offered one-time instead of our ongoing classes as those presented here.

Our eNewsletter is available online at:  
[www.knoxcounty.org/seniors](http://www.knoxcounty.org/seniors)

## Watercolor & Drawing Class

Wednesdays at 9:30 AM—12:00 PM

You can learn the beauty of water coloring and exploring proportions, light and shadow, value, composition and more in this Watercolor and Drawing class. No previous experience is necessary. Class fee \$12 for each class attended.

Fees payable to the instructor, Mr. Nort Horwitz. A supply list is available at the Reception Desk.

## Watercolor Group

**Mondays at 10:00 AM—12:00 PM**

If you enjoy the art of Watercolor, you're more than welcome to join the Watercolor Group on Mondays at 10:00 AM. There's no instructor and there's no fee. It's a gathering of water-color artists working on their own projects, motivating one another, sharing enthusiasm, gaining inspiration, and enjoying socialization. No need to register to participate.

## Oil Painting Class

**Wednesdays 1:00 PM—3:30 PM**  
**or Fridays 11:00—1:00 PM**

With Carla Sanchez

Want to join the oil painting class? You can call the Center and have your name added to the waiting list. We can call you when a seat opens.



# Book Clubs



## Steel Magnolias Book Club

The Steel Magnolias Book Club meets on the second Thursday of each month at 1:00 PM.

**January 11th...** *"Horse"* by Geraldine Brooks

*Kentucky, 1850.* An enslaved groom named Jarret and a bay foal forge a bond of understanding that will carry the horse to record-setting victories across the South. When the nation erupts in civil war, an itinerant young artist who has made his name on paintings of the racehorse takes up arms for the Union. *New York City, 1954.* Martha Jackson, a gallery owner celebrated for taking risks on edgy contemporary painters, becomes obsessed with a nineteenth-century equestrian oil painting of mysterious provenance. *Washington, DC, 2019.* Jess, a Smithsonian scientist from Australia, and Theo, a Nigerian-American art historian, find themselves unexpectedly connected through their shared interest in the horse—one studying the stallion's bones for clues to his power and endurance, the other uncovering the lost history of the unsung Black horsemen who were critical to his racing success. Based on the remarkable true story of the record-breaking thoroughbred Lexington, *Horse* is a novel of art and science, love and obsession, and our unfinished reckoning with racism.

**February 11th...** *"The Fourth Hand"* by John Irving

While reporting a story from India, a New York television journalist has his left hand eaten by a lion; millions of TV viewers witness the accident. In Boston, a renowned hand surgeon awaits the opportunity to perform the nation's first hand transplant; meanwhile, in the distracting aftermath of an acrimonious divorce, the surgeon is seduced by his housekeeper. A married woman in Wisconsin wants to give the one-handed reporter her husband's left hand – that is, after her husband dies. But the husband is alive, relatively young, and healthy.

## West Knox County Senior Center Book Club

The West Knox County Senior Center Book Club meets on the third Thursday of each month at 12:00 PM.

**January 18th...** *"The Lincoln Highway"* by Amor Towles

In June, 1954, eighteen-year-old Emmett Watson is driven home to Nebraska by the warden of the juvenile work farm where he has just served fifteen months for involuntary manslaughter. His mother long gone, his father recently deceased, and the family farm foreclosed upon by the bank, Emmett's intention is to pick up his eight-year-old brother, Billy, and head to California where they can start their lives anew. But when the warden drives away, Emmett discovers that two friends from the work farm have hidden themselves in the trunk of the warden's car. Together, they have hatched an altogether different plan for Emmett's future, one that will take them all on a fateful journey in the opposite direction—to the City of New York.

**February 18th...** *"The Winter Garden"* by Kristin Hannah

Meredith and Nina Whitson are as different as sisters can be. One stayed at home to raise her children and manage the family apple orchard; the other followed a dream and traveled the world to become a famous photojournalist. But when their beloved father falls ill, Meredith and Nina find themselves together again, standing alongside their cold, disapproving mother, Anya, who even now, offers no comfort to her daughters. As children, the only connection between them was the Russian fairy tale Anya sometimes told the girls at night. On his deathbed, their father extracts a promise from the women in his life: the fairy tale will be told one last time—and all the way to the end. Thus begins an unexpected journey into the truth of Anya's life in war-torn Leningrad, more than five decades ago. Alternating between the past and present, Meredith and Nina will finally hear the singular, harrowing story of their mother's life, and what they learn is a secret so terrible and terrifying that it will shake the very foundation of their family and change who they believe they are.



## West Knox County Senior Center Library is Available

The Center's library is open Monday through Friday 7:30 AM—4:00 PM. Feel free to stop in and browse the library. Our check-out system is on the honor system. You take which books you want to read and return them whenever you're finished. If you have current titles you would like to donate, you can drop those off at the Senior Center's Reception Desk.





You can inquire about our classes by calling the Center at 865-288-7805



# Tech Classes



## January 12th ... Android Basics Class

Do you have an Android Smartphone and would like get the most out of its many features, learn how to use its many organization tools and apps? During the four hour Android workshops you will learn the following: different Android options, understanding settings, changing wallpaper, managing apps, searching for, organizing, using, and removing apps. You will also learn the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting, and more. This one class will be taught on Friday, January 12th starting at 10:00 AM for four hours of instruction. A lunch break will be provided, feel free to bring a brown-bag lunch. Deadline to register is Wednesday, January 10th. Instructor is Catherine Everhart with Social Media 4 Seniors. Class fee is \$35 payable at time of registration.

## January 18th ... iPad/iPhone Basics Class

During this four hour workshop you will learn the following: the different iPad and iPhone models, care and charging, buttons on the device, understanding settings, changing the wallpaper, managing apps, searching, and organizing folders. and moving items. The class will also cover using your built in apps (contacts, calendar, camera, mail, text, and more), Safari Basics, iTunes, connecting to a computer, iCloud basics, printing, and trouble-shooting. You must bring your iPhone or iPad to this workshop, as well as your Apple ID and password. This four hour class is taught in two sessions; Thursday, January 18th and Friday, January 19th 10:00 AM—12:00 PM on both days. Students must attend both sessions. Class fee is \$35 payable at time of registration. You can register for this class at the reception desk at the Center. Deadline to register is Tuesday, January 16th. Instructor is Barbara Edwards with Social Media 4 Seniors.

## February 9th ... Android Basics Workshop

Do you have an Android Smartphone and would like to get the most of its many features, learn how to use its many organizational tools and apps? During this four hour Android Workshop you will learn the following: different Android option, understanding settings, changing wallpaper, managing apps, searching for, organizing, using and removing apps. You will also lean the basics of Google Chrome, Google Play Store, Galaxy Store, troubleshooting and more. You will need to bring your Android device with you to the class. This one class will be taught for four hours of instruction. A lunch break will be provided and you're welcome to bring a brown-bag lunch. A meal will not be included with this class. Workshop fee is \$35 and payable at time of registration. Deadline to register is Wednesday, February 7th. You can register at the reception desk. Instructor is Catherine Everhart with Social Media 4 Seniors.

## Ask Jake!

Need assistance with your smartphone, tablet, laptop, or other electronic device? Free and individual tutoring sessions available on Fridays from 9:30 AM—11:00 AM with Jake. To check on seating availability, and to sign-up for your tutoring session, call the Center or stop by the Reception Desk.

## Cyber Security Class with Jake Starting in February

Jake will be offering a series of Cyber Security Classes on February 14th., 21st., and 28th all at 2:00 PM. See page 16 of this eNewsletter for additional information. See page 16 of this eNewsletter for details.

*Social Media 4 Seniors classes do require payment in advance. Their classes do require a minimum number of individuals to be paid and registered in order for the class to make. However, if the class is cancelled by Social Media 4 Seniors due to lack of enrollment, a refund will be made to those individuals who have paid for the class. A refund may not be made if a student has prepaid but fails to attend the class.*



You can inquire about our classes by calling the Center at 865-288-7805



# Tech Classes



## February 15 ... iPad/iPhone Beyond Basics

Have you had your iPhone or iPad for awhile now and feel comfortable with it but know there's more you could be doing with it? During this four hour iPad/iPhone Beyond the Basics Workshop you will learn the following: photo transfer between iPad and other devices, e-mail/Internet use, adding email accounts, deleting emails, and moving emails. In addition, the class will cover ways to free up space on your device, security features, customizing your device, using Safari, cloud servers, and more. You must have taken the iPad/iPhone Basics Workshop before you register for this Beyond the Basics class or have equivalent knowledge of basic iPad/iPhone functions. You must bring your iPhone or iPad with you to this workshop as well as your Apple ID and password. Class fee is \$35 payable at time of Registration. This class will be offered starting Thursday, February 15th at 10:00 AM—12:00 PM and will meet for two days. The class will conclude on Friday, February 16th 10:00 AM—12:00 PM. You can register for this class by visiting the reception desk at West Knox County Senior Center. Deadline to register is Monday, February 12th. Class fee is \$35.00 payable at time of registration. This class is brought to us by Social Media 4 Seniors with instructor Barbara Edwards.

## February 23rd ... iPad/iPhone Camera Class

Have you ever tried to take a picture, only to see yourself? Have you accidentally taken twenty of the same picture? During this two hour workshop offered on Friday, February 23rd, from 10:00 AM—12:00 PM., you will learn the following: how to take a picture, front vs. rear facing, tools on your mobile device camera, editing photos, creating and organizing albums, sending and receiving pictures from email and text, and popular photo apps. Class fee is \$20 and is payable at time of pre-registration. You can pre-register for this two hour class at the Reception Desk at Senior Center. Deadline to pre-register is Wednesday, February 21st. Seating is limited to five students. This class is brought to us by Social Media 4 Seniors.

**SIGN UP**

Classes/Programs I want to sign up for:

**SIGN UP**

*Social Media 4 Seniors classes do require payment in advance. Their classes do require a minimum number of individuals to be paid and registered in order for the class to make. However, if the class is cancelled by Social Media 4 Seniors due to lack of enrollment, a refund will be made to those individuals who have paid for the class. A refund may not be made if a student has prepaid but fails to attend the class.*

# Fitness Activities at West Knox County Senior Center

239 Jamestowne Blvd., Ste 101., Knoxville, TN 37934  
(865) 288-7805



**Cardio/Strength/Stretch Class** Wednesdays and Fridays 9:00 AM Class fee: \$5 Room #021

This class is a great combination of Cardio (low impact yet energizing), Strength (focus on all major muscle groups), and Stretch (slow and gentle stretches). This class is brought to us by Covenant BodyWORKS. Students can start at any time. Class is approximately 60 minutes long.

**Feldenkrais—Movement Improvement** Tuesdays at 12:50 PM & Thursdays at 1:00 PM. Class fee \$5. Room #021

This class is taught by Debbie Ashton, certified Feldenkrais professional. The class concentrates on small movements, done on mats, and helps flexibility and mobility. Therapeutic sequences help relieve pain and difficulty in daily functioning. Instructor Debbie Ashton worked in physical therapy clinics as a Feldenkrais practitioner for twenty-two years. Students can start at any time. Class will not meet in January and will resume in February 2024.

**Line Dance Class for Beginners** Wednesdays at 1:00 PM. Class fee \$5 Room #021

Join instructor Diane Hensley for the start of the Beginning Line Dance class. Class will meet every Wednesday. It's imperative that new students commit to attending the first seven weeks of the beginning of a new class to learn the steps. Fees payable to the instructor. Please sign up at the reception desk.

**Line Dance Improvers Class** Thursdays at 2:15 PM Class fee: \$5.00 per class attended Room #021

For those who have completed the beginning line dance class but not advanced enough to move on to the Intermediate class. Class is suited for those who have completed the beginning line dance class or have experience line dancing. Class is approximately 90 minutes long. Class instructor is Diane Hensley.

**Line Dance Class Intermediate** Tuesdays 2:00 PM Class fee: \$5.00 per class attended Room #021

One of the most fun classes you'll ever do! Great music, from pop to Irish dancing, rock to country line music. The Tuesday class is for those who have learned the dances, or can pick them up quickly. This is the more advanced Line Dance Class. Wear shoes you can dance in and make turns. Class instructor Diane Hensley.

**Pickleball** Tuesdays 12:00—3:30 PM and Thursdays 12:30 PM—3:30 PM Class fee: Free Room: Gymnasium

Play pickleball or want to be introduced to the sport? Join us in the gymnasium on Tuesday and Thursday afternoons for a friendly and fun game of pickleball. If you're new to pickleball and would like to learn, call the Center and speak with Cindy—she can teach you the basics to help get you started. Beginning Lessons are on Thursdays from 11:45 AM—12:30 PM.

**Chair Yoga Strength** Tuesdays 11:15 AM Class Fee: \$5 Room: #021

This class utilizes a chair, light hand-held strength training equipment. If you want to work muscles, improve posture, decrease stress and increase your energy level, this class is for you. Students may start at any time. This class is brought to us by Covenant BodyWorks.

**Gentle Yoga** Wednesdays at 11:15 AM Class fee: \$5 Room: #021

A practice of yoga postures and breath work at a relaxed pace. The intent of this class is improved posture, flexibility, balance, and core strength with the added benefit of enhanced well being. Bring a yoga mat, and a towel for added cushioning. Wear comfortable, stretchy clothing (layers if you are cold natured). You must be able to get down and up from the floor. This class is brought to us by Covenant Bodyworks. Students can start at any time. Class is approximately 60 minutes long.

**Fitness Room Availability.** The Center's Fitness Room (Room #014) is equipped with treadmills, an elliptical, recumbent bikes, a semi-recumbent stepper, and free weights. The room is open Monday through Friday from 7:30 AM—3:45 PM. We offer free orientations on how to safely use the equipment. You can call the Center to schedule your free orientation.



## Fitness Activities at West Knox County Senior Center

### **SAIL (Stay Active & Independent for Life) Exercise Class** Room: Gymnasium

Mondays, Wednesdays, and Fridays at 10:00 AM-11:00 AM Class fee: \$4.00 per each class attended.

Stay Active and Independent for Life (SAIL) is an evidenced-based program designed to lower the risk of falling. SAIL was created for mature adults and includes: aerobic activity, balance, strength, and flexibility. All of these exercises can be done standing or seated depending on the needs of the student. Students can start at any time. This class is offered under the guidance of the Knox County Health Department. Class instructor is Rachel Piotrowski. Class is approximately 60 minutes long. This class is taught in the upstairs Gymnasium.

### **Tai Chi with Cheryl** —Mondays, Wednesdays, Fridays 8:45 AM—9:45 AM Class fee \$2

Join instructor Cheryl Chandler for Tai Chi for Seniors. Tai Chi is a soft martial arts exercise that focuses on balance, flexibility, agility, and stamina. It is an ideal workout for seniors as it can decrease stress, anxiety, and depression. This class will also concentrate on relaxation and comfortable moves. Most of all it is fun and you will meet some wonderful people. The Monday class is taught in the Multi-Purpose Room (Room #021). The Wednesday and Friday classes are taught in the gymnasium. No experience necessary to join the class.

### **Yang Style Tai Chi For Beginners (Tai Chi I)** Tuesdays 9:45 -11:00 AM Class fee: \$3 Room: #021

Join us for improving your health with the widely popular Yang Style Tai Chi. It combines slow graceful movements, meditation and relaxing breathing. The class is led by long-timer instructor Mr. Pat Barbieri, with twenty-three years experience. This class meets once a week. Studies have show than Tai Chi can help seniors reduce stress, improve posture, balance, flexibility, and increase muscle strength. This class includes fifteen minutes of stretching exercises for increasing range of motion and flexibility. New students can start at any time.

### **Yang Style Tai Chi (Tai Chi II)** Thursdays 9:45 AM—11:00 AM Class fee: \$3 Room #021

If you've taken Mr. Barbieri's class before *or* are familiar with Yang Style Tai Chi, feel free to join his class on Thursdays. The class includes fifteen minutes of stretching exercises for increasing range of motion, balance, and flexibility. Class fee is \$3 per student per class attended. Class fees payable to the instructor.

### **Tone & Balance** Thursdays 11:15 AM Class fee \$5 Room: 021 Multipurpose Room

This class is designed to improve your balance, increase strength in all major muscle groups and enhance your range of motion, all of which will assist you in performance your daily activities such as lifting, bending, sitting, etc... This class is brought to us by Covenant BodyWORKS. New students can start at any time. No need to pre-register.

### **Zumba Gold** Wednesdays 2:30 PM Class fee \$5 Room: 021 Multipurpose Room

Zumba Gold is the no-impact form of dance where you learn routines from Latin, Bollywood, Belly Dance, and American oldies. Instructor Debbie Ashton, has taught many forms of dance and exercise for forty-seven years and is a Feldenkrais movement therapy specialist. Join the Zumba Gold class on Wednesdays at 2:30 PM. Class will not meet in January and will resume February 2024.

## Personal Fitness Training Available

With the guidance of a personal trainer, you can set and attain realistic fitness goals. Enjoy the benefits of a personal trainer; safety, accountability, encouragement, and individual attention. Personal Training fee is \$25 for a thirty minute session, a one hour session is \$50, for a group it is \$20 per person for a thirty minute session. To schedule your appointment to meet with Rachel call the Center or stop by the reception desk. Rachel will call you to schedule your appointment.

### **Caleb Newsome Can Help!**

Caleb Newsome, Public Health Fitness Coordinator, is available to work with exercise instructors, seniors, and staff to promote health and fitness experiences at all six Knox County Senior Centers including West Knox County Senior Center. He is available free of charge to seniors to assist with nutrition, fitness, and exercise plans. He can provide Fitness Room orientations to guide individuals on the proper and safe way to use the equipment. If you would like to schedule a free consultation with Dustin, call the Center or stop by the reception desk. He can help guide you toward meeting your health, fitness, and wellness goals.

## Get Your Free Fitness Room Orientation

Want to use the Center's Fitness Room? It's equipped with treadmills, an elliptical, recumbent bike, semi-recumbent stepper, and free weights. Call the Center or stop by the reception desk and inquire about your free Fitness Room orientation. Learn to use the machines safely, get the most of your workout, and help you reach, and maintain your health and wellness goals.

# Senior Walk for January 2024

**NO EXCUSES... EVEN IF IT IS A  
COLD JANUARY!!**

We will be taking our walk inside the West Town Mall this month. No better way to get your steps in than window shopping with friends while you exercise!

Laurie, Eilene and Carole will **meet you right inside the mall entrance by The Cheesecake Factory**... as seen in this picture.

After we walk the mall, we will gather in the food court where you have many choices of food to eat. Be sure to RSVP by calling **865-288-3761** or you can email

[seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)

**WEST TOWN  
MALL**

**(INDOORS)**

**JANUARY 16<sup>TH</sup>**

**@10:00am**

**7600 KINGSTON PIKE  
37919**





# Senior Walk for February 2024



## **Knox County Senior Services** **SENIOR WALK**

**Tuesday, February 20<sup>th</sup> at 9:30 am**

**Join us at Ft. Sanders Health & Fitness Center (270 Fort Sanders W Blvd, Knoxville, TN 37922) for the walking group's monthly walk. Ft. Sanders Health & Fitness Center is full of 5-**

**star amenities for the entire family and offer a wide variety of month-to-month memberships.**

**We will be taking a tour of the facility and walking a couple of miles on the indoor walking track. Following our walk, join us for lunch at Sami's Cafe (9700 Kingston Pike #5, Knoxville, TN 37922). Be sure to RSVP by leaving a message**

**at [865-288-3761](tel:865-288-3761) or you can email [seniorservices@knoxcounty.org](mailto:seniorservices@knoxcounty.org)**