Meet the Physical Therapist
Dr. Lee Easley, DPT., with Knox Physical Therapy will be at Strang Senior Center to meet with individuals one-on-one to address questions and concerns. He will be offering free assessments. To schedule your free consultation with Dr. Easley please call the Center to pre-register. Appointments are limited to the following days:
- Thursday, July 18th starting at 9:00 AM
- Thursday, August 1st starting at 9:00 AM
- Thursday, August 15th starting at 9:00 AM

Blood Pressure Clinic
Karen Russell with SR Medical Services will be doing a blood pressure clinic at the Center from 10:00—11:00 AM on:
- Tuesday, July 2nd
- Tuesday, August 6th

It’s one of the most important screenings since increased blood pressure often has no symptoms, and increased blood pressure greatly elevates the risk of heart disease and stroke.

Summer Cookout!
Join us for our Summer Cookout on Friday, July 19th at 1:00 PM. Our sponsor, Riggs Pharmacy, will be providing hamburgers and hotdogs. We’ll be grilling on the patio as we enjoy summer. East Tennessee Personal Care Service is providing chips and cookies for the occasion, and Knox Physical Therapy is our beverage sponsor. In addition, learn more about our country’s flag, its creation, and its meaning with Rochelle Cordova from Woodmen Life as she shares her Flags on Tour program. For planning purposes please pre-register if you plan on attending. We look forward to seeing you at the Cookout.

July 1st … Patriotic Button Bracelet Class
Craft a patriotic colored button bracelet in this jewelry craft class on Monday, July 1st at 1:00 PM. The instructor will provide tools, materials needed (except for the buttons), instruction and guidance in making a beautiful button bracelet. These buttons bracelet resemble adorable charm bracelets. Participants will need to bring at least thirty to forty buttons to class. The buttons can be made of any material and can be of any size although mixed size buttons are recommended. Bring buttons that are red, white, and blue and make a patriotic button bracelet or if you prefer another color combination. Class fee $2 and payable to the instructor Nancy Fischer. To sign-up please call the Center or stop by the Reception Desk.

Welcome Lisa Cooper
Visit with us at Strang Senior Center say hello to Lisa Cooper. Lisa is the new Assistant at Strang Senior Center. Having moved to the area from California, she joins us with a wealth of experience where she was previously employed with senior activity program for over ten years. We look forward to having Lisa on our team and helping us grow and provide more programs and activities to the Strang Senior Center line-up within the coming months and years. Welcome onboard Lisa!

You can register for our activities by calling the Center at 865-670-6693
**July 9th … Companion Services**
Non-medical companions provide assistance in the home to help individuals feel more comfortable and allow them to remain independent for as long as possible. Maxim Health Services explains Companion Care; what it is, what it isn’t, and questions you need to ask when considering companion care for yourself, a family member, or other loved one. Join Spencer O’Neill on Tuesday, July 9th at 11:00 AM at Strang Senior Center for this informative and free presentation. Please call the Center to pre-register for this presentation.

**July 10th … Beginning Line Dance Class Starts**
Join instructor Diane Hensley on Wednesday, July 10th at 1:00 PM for a Beginners Line Dance Class! If you’ve always wanted to learn to Line Dance or just looking for a class to help with balance and coordination, this class might be what you’re looking for. This class will continue for twelve weeks meeting every Wednesday at 1:00 PM. The class will end on Wednesday, September 25th. Class fee is $4 per each class attended payable to the instructor.

**July 11th … Facebook 101 Class**
Social Media 4 Seniors will be offering a Facebook 101 class at the Center on Thursday, July 11th 1:00 PM. Do you want to stay connected to your children and grandchildren? Do you want to see what they are doing every day? Facebook is a wonderful way to keep abreast of the daily lives of those you love. See the pictures they post, share your photos with them, send them messages to let them know you are thinking about them. You will learn how to do all of this, as well as make sure your Facebook account is set up privately and securely. During this two hour workshop you will learn the following: background and beginnings of Facebook, steps to set up Facebook account and create a profile, connect with friends on Facebook, create posts, reply to others on Facebook and more. Seats are limited for this two hour class. Call the Center to sign up today. Class fee is $20 payable at time of registration. Registration deadline is July 8th. Be sure to bring your Smartphone, iPhone, or Tablet with you to gain access to the internet.

**Your Announcements**
If your Senior Center group has any news or announcements you would like to share in the September/October 2019 on-line newsletter edition please provide the information to Darrell before the August 2nd deadline.

**Toenail Trimming**
Strang Senior Center will be offering Toenail Trimming with Michelle on the following dates:
- Friday, July 12, 2019
- Friday, August 9, 2019
Please call the Center to schedule your appointment. Fee is $12 payable to Michelle.

**Grief Support Group**
The Grief Support group at Strang Senior Center will meet on the following dates at 11:00 AM:
- Tuesday, July 2nd
- Tuesday, July 16th
- Tuesday, August 6th
- Tuesday, August 20th
Grief Support group is lead by Mr. Chris Taylor, Bereavement Coordinator with Avalon Hospice. Anyone welcome.

**Birthday Social in the Lobby**
Celebrating a Birthday in July or commemorating the birthday of someone special? We’ll be serving Birthday Cake in the Lobby on Wednesday, July 17th at 12:00 PM. Courtesy of Core Insurance Advisors.

“**This is true humility: not thinking less of ourselves but thinking of ourselves less.”**
~ Rick Warren
July 12th … Mah Jongg Class Begins
Mah Jongg lessons start on Friday, July 12th at 10:00 AM. This class will meet every Friday for six weeks. Learn more about this exciting tile game. This version came to the US in the 1920s and is based on the ancient Chinese game that has been played for hundreds of years. It’s a game involving skill, a certain degree of chance, and is fun to play! This class is for beginners only. These lessons are free. Seating is limited. Registration is required. You can register by calling the Center or stopping by the Reception Desk.

July 15th … Balance and Dizziness Workshop
Do you feel unsteady when you get up from a chair or bed? Do you feel like you’re going to fall? Do you avoid going out for fear of falling? Are you concerned about walking on grass or uneven sidewalks? If you can identify with any of those questions then you may want to join Dr. Lee Easley, DPT., from Knox Physical Therapy on Monday, July 15th at 2:45 PM for this Balance and Dizziness Workshop at Strang Senior Center. This is a free workshop and your questions are most welcome. For planning purposes please call the Center to pre-register if you plan on attending.

July 17th … Headaches Decoded
Headaches are a common problem for many of us. We often question why they happen and what we can do to prevent them. Find out about the different types of headaches and triggers that might cause them. This presentation is brought to us by Core Insurance Advisors of Knoxville. Please call the Center to pre-register for this free presentation offered on Wednesday, July 17th at 11:00 AM.

July 22nd … Stay Fit and Active
For most people, Dry Needling is the quickest way to relieve painful muscle knots to help you stay fit and active and get back to healthy living. Dry Needling technique helps “reset” the muscle so you can start moving better and feeling better. Join Dr. John-Mark Chesney, DPT with Simply Physio on Monday, July 22nd at 2:45 PM as he discusses Dry Needling and holistic healing. He will gladly take your questions on this therapeutic technique and more. For planning purposes please call the Center to pre-register.

July 23rd … Dental Care for Healthier Aging
Join Ms. Heather Fathy with Core Insurance Advisors on Tuesday, July 23rd at 11:00 AM for a free dental health presentation. She will talk about available tools to help control plaque and products that help us fight decay. It’s easier than you think. Samples available. For planning purposes please call the Center or stop by the Reception Desk to sign up.

July 24th … How to Get the Most Out of Your Smartphone or Tablet Camera
Have you ever tried to take a picture, only to see yourself? Have you accidentally taken twenty of the same picture? Would you like to organize your pictures into albums? During this two hour workshop, you will learn: How to take a picture, Front vs. Rear facing; Tools on your mobile device camera, editing your pics, creating albums, sending and receiving pictures from email and text, popular photo Apps. Please stop by the Reception Desk at the Center to sign up for this class offered on Wednesday, July 24th at 10:00 AM. Seating is limited. Class fee is $20 payable at time of registration. Registration deadline is July 22nd. This class is brought to us by Social Media for Seniors.
You can register for our activities by calling the Center at 865-670-6693

Trivia Time
Tuesdays 2:30 PM—3:30 PM
The Brain Games are coming to Knoxville on September 10, 2019 and we’re hoping to get a Strang Senior Center team together to play in the regional games. It’s easy to play—just stop in on Tuesday afternoons to play trivia, learn the rules of the competition, and have fun answering trivia questions. It’s a great way to keep the brain active and engaged while having fun. No need to pre-register to participate.

You can register for our activities by calling the Center at 865-670-6693

Play Chess?
Enjoy playing chess or would like to learn how to play this game of strategy? Chess is a stimulating mental activity. If you’re interested in playing Chess and teaching others how to play stop by the Senior Center on Fridays at 1:00 PM beginning Friday, July 19th. Light refreshments provided.

Strang Senior Center Book Club
Strang Senior Center Book Club meets the third Thursday of each month at 12:00 PM. Below is a listing of books the group has planned to read for July, August, and September 2019. Please feel free to read the book and join the Book Club for a lively discussion.

July 18th … Our Souls At Night by Kent Haruf. A bittersweet yet inspiring story of a man and woman whom in advanced age come together to wrestle with the events of their lives and their hopes for the future.

August 15th … The Night Circus by Erin Morgenstern. Without notice the circus arrives to reveal a fierce competition between two young magicians with fates of everyone hanging in the balance.

September 19th … Station Eleven by Emily St. John Mandel. While civilization is collapsing, a dark story is unfolding for a Hollywood star and a nomadic group of actors roaming the scattered outposts of the Great Lakes Region.

Community Outreach Services at Strang Senior Center

Social Worker Outreach
Sara Mary Wallace with CAC Office on Aging will be at Strang Senior Center to answer your questions and assist you with finding resources and services to meet your needs. Sara Mary is a licensed Master Social Worker and Certified Information and Referral Specialist in Aging/Disability. You can also contact her at (865) 546-6262 or by email at: Saramary.Wallace@knoxseniors.org No appointment necessary to meet with her at Strang Senior Center on the following dates: Friday, July 12th at 9:00 AM and Friday, August 9th at 9:00 AM.

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 meet with them at Strang Senior Center on Thursday, August 8th at 11:00 AM.
July 25th … Long Term Care & VA Benefits
Join Mr. Jeff Pell from Amada Senior Care on Thursday, July 25th at 11:00 AM at Strang Senior Center. He will be providing a presentation entitled “Long Term Care Insurance and VA Benefits: Helping Patients Claim What is Rightfully Theirs”. Jeff can help you navigate the many questions you may have and the misconceptions concerning long term care insurance to help you and your family make more informed decisions. For planning and scheduling purposes please call the Center to sign up for this presentation.

July 25th … iPhone and iPad Basics Class
Have you recently upgraded to an iPhone? Perhaps you’ve had your iPhone for a while and only use it for phone calls? If you have an iPhone or an iPad and you are ready to learn the ins and outs of it, as well as how to take advantage of its many organizational tools, and the countless apps you can add to your phone then register today for this educational workshop on understanding the basics of your iPhone or iPad. 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 for, organizing folders and moving items, 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. Class fee is $35 and payable at time of registration. This four hour class will be taught over two days; Thursday, July 25th and Friday, July 26th and is brought to us by Social Media for Seniors. Seating is limited for this 1:00 PM class. Please stop by the Reception Desk to sign up for this class. Registration deadline is July 25th.

July 26th … Medicare Presentation
Please join Wendy Barrett, an experienced Insurance Advisor who focuses on Medicare education outreach. Wendy will review what you need to be aware of before the next Medicare Annual Enrollment period that starts October 15th. She will discuss what to expect, changes you can make, and things to consider along with addressing general questions you may have as you prepare for the upcoming year. Refreshments will be served and door prizes given. For planning purposes please call the Center to pre-register for this presentation offered on Friday, July 26th at 10:30 AM.

July 29th … Android Basics Class
Have you recently upgraded from a flip phone to an Android smartphone? Or have you had an Android Smartphone for a while and only use it for phone calls? If you have an Android smartphone or tablet and you are ready to learn the ins and outs of your Android, as well as how to take advantage of its many organizational tools, and the countless number of apps you can add to your phone then register today for this workshop. This program will start on Monday, July 29th at 1:00 PM and will conclude on Tuesday, July 30th. With a total of four hours of instructions over two days. The fee is $35 payable at time of registration. Registration deadline is July 24th. You can register at the Reception Desk at Strang Senior Center. This class is brought to us by Social Media For Seniors.

July 29th … Nutrition Presentation For A Healthier You
Did you know that low stomach acid is a common condition found in individuals over the age of 65? Come join Dr. Glory Ledbetter on Monday, July 28th at 2:45 PM to learn more about how aging effects nutritional status as well as nutritional recommendations as we age. Your questions are most welcome during this free presentation. Dr. Ledbetter graduated from the University of Bridgeport with her doctorate in Naturopathy Medicine and master of Human Nutrition. After completing her primary care residency program, Dr. Ledbetter returned to her native East Tennessee, to pursue her passion for empowering through education.
August 1st … Life Insurance Q&A and Policy Review
Are you paying the lowest possible premium on your life insurance? Do you know what your policy consists of? Have you taken the time to read the fine print? Bring what you have and review your policy with Mr. Ean McQuay, Agent with New York Life Insurance Company on Thursday, August 1st at 1:30 PM. Refreshments will be served and you will have a chance to win a $25 Visa gift card. For planning and scheduling purposes please call the Center to pre-register if you plan to attend.

“Remember to be gentle with yourself and others. We are all children of chance and none can say why some fields will bloom while others lay brown beneath the August sun” ~ Kent Nerburn

August 5th … Field Trip: Mighty Musical Monday at the Tennessee Theatre
We’re having a Field Trip on Monday, August 5th to the Mighty Musical Monday at the Tennessee Theatre in downtown Knoxville. Enjoy the Mighty Wurlitzer organ performance by Freddie Brabson and special guests, K-Town Sound, a chorus of women affiliated with the Sweet Adelines who sing in four part acappella harmony in the barbershop style. Brown bag lunches consisting of sandwich, chips, and a dessert may be purchased in the Theatre lobby for $5 while supplies last. The Theater also offers other light refreshments from their concessions stand. Seating for this field trip from Strang is limited. You can register for the field trip by calling the Senior Center or stopping by the Reception Desk.

August 7th … YouTube Class
Have you ever heard of YouTube? Have you been missing your favorite music tunes or your favorite shows? Want to check off your to-do list on the cheap? Join Mr. Scot Bellavia on Wednesday, August 7th at 10:00 AM when he will show you how to do just that in this one hour class! You’ll learn how to use YouTube, what to look for, what to avoid, find do-it-yourself instructional videos, and help you rediscover entertainment you haven’t seen in years. Seating is limited. For planning and scheduling purposes please call the Center to sign up for this free YouTube class. You will need to bring your smart phone or tablet to connect to the internet.

Watercolor Art Class
Wednesdays at 9:30 AM
There’s openings in the Watercolor Class for new students. Students can start at any time. You can learn the beauty of water coloring. No previous experience necessary. Stop by our Wednesday class, meet the instructor, and obtain a supply list to get started on your creative journey into the world of watercolor! Class fee is $12 for each class attended payable to the instructor, Mr. Nort Horwitz.

Oil Painting Class
Tuesdays at 10:00 AM
The oil painting class with instructor Mr. Alex Dumas has openings for new students! No previous experience necessary to enjoy oil painting. Students can start at any time. Class fee is $12 per class payable to the instructor. Supply list available at the Reception Desk.
August 12th … Back Pain and Sciatica Presentation
Do you suffer from back pain or leg pain when you stand or walk? Do you have pain when you sit for long periods or drive? Do you experience pain, numbness or tingling into your butt, groin, or down your leg? Does your back ever “go out” if you move the wrong way? Are you afraid your pain will get worse if you don’t do anything about it? If you have answered “yes” to any of these questions the Lower Back and Sciatica Workshop may be a life changing educational program for you. Join Dr. Lee Easley, DPT., with Knox Physical Therapy on Monday, August 12th at 2:45 PM for an informative presentation at the Center. For planning and scheduling purposes, please call the Center or sign up at the Reception Desk.

August 13th … Butterflies Presentation
Do you have butterflies in your garden or want to attract more butterflies to your yard? Learn to identify several butterflies seen each year in our area, including Monarchs, Painted Ladies, Gulf Fritillary, Cabbage Whites, and others. Identify how you can help with conservation and preservation of butterflies in nature and discover how to raise and release butterflies at home! Join Mr. Robert Terrell on Tuesday, August 13th at 11:00 AM for this free presentation. For planning purposes please call the Center to pre-register.

August 14th … Dichroic Glass Jewelry Class
Discover the fire and allure of dichroic glass. Learn the technique of making art glass jewelry in our Wednesday, August 14th workshop offered at 10:00 AM. You’ll craft your own unique pendant. Mr. Bill Shinn will teach you to skillfully create the multicolored brilliance of dichroic glass. Artistically transform your creation into wearable art that is yours to keep! All supplies provided. Class fee is $25 payable to the instructor. Seating is limited. Please call the Center to sign up for this class.

August 16th … Medicare Education Presentation
Please join Wendy Barrett, an experienced Insurance Advisor who focuses on Medicare Education Outreach. Wendy will review what you need to be aware of before the next Medicare Annual Enrollment period that starts October 15th. She will discuss what to expect, changes you can make, and things to consider along with addressing general questions you may have as you prepare for the upcoming year. Refreshments will be serviced and door prizes given. For planning purposes please call the Center to pre-register for this presentation offered on Friday, August 16th at 10:30 AM.

August 19th … CBD Oil, Bones, & You
Want to learn more about CBD oil? The difference between CBD from Hemp and CBP from marijuana? How to find a safe source? How CBD oil helps your body generate collagen? How it can help bone density? Learn answers to these questions and more in this informative presentation provided by Ms. Dee Matchett from OsteoStrong Farragut when she will speak at Strang Senior Center on Monday, August 19th at 2:45 PM. Dee is a peer educator for American Bone Health and serves on the Knoxville Senior Safety Task Force. For planning purposes please contact the Center to sign up or stop by the Reception Desk.
August 21st … Ask the Pharmacist: A Medicare Q&A Presentation
Do you have questions about your medications whether it’s cost, supply, interactions or even questions about Medicare? Join Pharmacist Betsy Seagraves, owner of the Farragut Pharmacy on Wednesday, August 21st at 10:00 AM at Strang Senior Center. If you have any questions you would like to submit to the Pharmacist before the presentation please let us know. Your questions are most welcome in this informative presentation brought to us by Edward Jones. For planning purposes please call the Center or stop by the Reception Desk to sign up for this educational program.

August 22nd … AARP Driving Class
We will be having an AARP Smart Driver Class at Strang Senior Center starting Thursday, August 22nd at 11:00 AM and will conclude on Friday, August 23rd. This one class will meet on two days for four hours each day. Class fee is $15 if you’re an AARP member or $20 if you are not an AARP member. Class fees are payable 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. Pre-registration is required. Please phone the Center to sign up to attend this class. Many individuals who attend get a discount on their auto insurance for successfully completing the Smart Driving class. Consult with your Auto Insurance Provider to determine if you, too, are eligible for a discount.

Birthday Social In August
Celebrating a Birthday in August or commemorating a Birthday? We’ll be serving Birthday Cake in the Lobby on Wednesday, August 21st at 12:00 PM courtesy of Core Insurance Advisors.

August 28th … Autumn Wreath Class
Just in time to make a colorful autumn wreath to decorate your home or give as a gift to a family member or friend. Join Jill Green on Wednesday, August 28th at 9:30 AM for an Autumn Wreath Class. It’s easier to make than you think and will look great for the season. With the techniques you learn in this class you can make a similar wreath for almost any occasion. To sign up for this class please phone the Center or stop by the Reception Desk. Supply list is presented below for this class.

Supply List for the Autumn Wreath Class
12” or 14” Wire Wreath Frame.
3 Rolls of 18”-24” colored mesh (Autumn colors).
Pipe Cleaners (Chenille in black or green).
3 Feet of Ribbon to coordinate with Autumn colors.
6” Styrofoam ball (will be cut in half for this wreath project).
Cross Stitch Grid (to attach to the back of the Styrofoam half ball for centering the sunflower).
Spray paint or burlap or other material. This will be in the center of the wreath or the heart of your sunflower.
Wire Cutters and Scissors.

August 28th … Newcomers Social
Newly retired or new to the Strang Senior Center, or possibly have a friend or family member you want to introduce to the Center? Join us for our Newcomers Social on Wednesday, August 28th at 11:00 AM. Get to know each other and some of the programs offered at Strang Senior Center and provided by other resources and services in the Knox County area.
Flag Retirement Drop Off Location
Strang Senior Center does accept flags for retirement. If you have a flag that is in need of retirement feel free to deliver it to Center. We will ensure that it is provided to an organization that will retire it appropriately.

Notice
Beginning in September Toe Nail Trimming with Michelle will be moving to a different time. Michelle will continue to visit with us the second Friday of each month. However, her appointment times will be moving to the mornings. To schedule your appointment call the Center.

August 29th .... Making A Healthy Change
Join Brooke Thurman with Core Insurance Advisors on Thursday, August 29th at 11:00 AM when she will be providing a free presentation entitled ‘Making a Healthy Change’. Eating healthy doesn’t need to be expensive. Learn easy ways to get the biggest bang for your buck on healthy foods at the grocery store. For planning purposes please contact the Center to pre-register for this presentation or stop by the Reception Desk.

August 29th ... Young Living Essential Oils Presentation
This year is the Twenty-fifth anniversary of Young Living and they are celebrating the reemergence of essential oils being used more commonly. Essential oils have been used for thousands of years in various cultures. Today essential oils are gaining popularity as a natural safe and cost effective therapy for a variety of concerns. In this class we will learn how to use essential oils for a healthier and less toxic lifestyle. For planning purposes please pre-register for this free presentation on Essential Oils provided on Thursday August 29th at 1:00 PM.

And so with the sunshine and the great bursts of leaves growing on trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again and with the Summer.
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<td>2:45 Adv. Cardio*</td>
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<td>9:30 Bridge</td>
<td>9:30 Inter. Bridge</td>
<td>9:00 Crafting Social</td>
<td>9:45 Tai Chi 2*</td>
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<td>10:00 Cribbage</td>
<td>10:00 Tai Chi 2*</td>
<td>9:30 Watercolor Class*</td>
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<td>10:00 Tone/Balance*</td>
<td>12:30 Cards (Canasta, H&amp;F, Bridge)</td>
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<td>11:15 Feldenkrais*</td>
<td>1:00 Intermediate Line Dance Class*</td>
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<td>1:00 Button Bracelet Class*</td>
<td>2:30 Trivia Time</td>
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<td>1:00 Mex. Train Dominoes</td>
<td>1:00 Conversational Spanish*</td>
<td>1:00 Beginning Line Dance*</td>
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**Activities listed below in bold please register to participate.**

**Center Closed Independence Day**

**No Covenant Health**

**BodyWORKS Exercise Classes**

**This day.**

**July 2019**

**Activities on the calendar followed by an “*” have a fee to participate.**

**Frank R. Strang Senior Center**

109 Lovell Heights Rd., Knoxville, TN 37922
Phone: 865-670-6693  Fax: 865-531-7064
www.knoxcounty.org/seniors
August 2019

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)

**CBD Oil, Bones, And You**
August 19th at 2:45 PM
With Dee Machett
An educational and information program brought to you by OsteoStrong Farragut.

**Ask the Pharmacist**
A Medicare Q&A Session
Wednesday, August 21st at 10:00 AM
With Betsy Seagraves, PharmD from Core Insurance Advisors.

**Making A Healthy Change**
August 29th at 11:00 AM
With Brooke Thurman of Core Insurance Advisors.
Getting the Biggest Bang for your Buck a look at Healthy Grocery Foods. Please RSVP to attend.

**1**
8:45 Tai Chi 1* 9:00 Physical Therapist 9:45 Tai Chi 2* 10:00 Duplicate Bridge 10:00 MM Art Group 1:30 Life Insurance Review with Q&A 12:30 Ashtanga Yoga* 2:00 Feldenkrais*

**2**
8:45 Adv. Cardio* 9:30 Party Bridge 10:00 Cardio* 10:00 Mah Jongg Class (4) 11:00 Hearing Help 11:15 Pilates* 12:00 Rummikub 12:30 Pinochle 12:30 Senior Yoga* 1:00 Chess

**5**
8:45 Adv. Cardio* 9:30 Bridge 10:00 Cribbage 10:00 Blood Pressure Clinic 10:00 Oil Painting Class* 11:00 Grief Support 11:15 Pilates* 12:30 Cards (Canasta, H&F, Bridge) 12:30 Yang Style Tai Chi* 2:00 Intermediate Line Dance 2:30 Trivia Time

**6**
8:45 Tai Chi 1* 9:30 Inter. Bridge 9:45 Tai Chi 2* 10:00 Oil Painting Class* 11:00 Butterflies 11:15 Pilates* 12:30 Cards (Canasta, H&F, Bridge) 12:30 Intermediate Line Dance Class* 2:30 Trivia Time

**11**
8:45 Adv. Cardio* 9:30 Inter. Bridge 9:45 Tai Chi 2* 10:00 Oil Painting Class* 10:15 Pilates* 12:30 Mah Jongg 1:00 Beginning Line Dance* 1:00 Liverpool Rummy 2:00 Line Dance Improvers*

**12**
8:45 Adv. Cardio* 9:30 Bridge 10:00 Cribbage 10:00 Blood Pressure Clinic 10:00 Oil Painting Class* 11:00 Grief Support 11:15 Pilates* 12:30 Cards (Canasta, H&F, Bridge) 12:30 Intermediate Line Dance Class* 2:45 Back Pain & Sciatica

**13**
8:45 Tai Chi 1* 9:30 Inter. Bridge 9:45 Tai Chi 2* 10:00 Oil Painting Class* 11:00 Butterflies 11:15 Pilates* 12:30 Cards (Canasta, H&F, Bridge) 12:30 Intermediate Line Dance Class* 2:30 Trivia Time

**14**
8:45 Adv. Cardio* 9:00 Crafting Social 9:30 Watercolor Class* 10:00 Cardio* 10:00 Dichroic Jewelry Class* 11:30 SAIL Exercise* 12:30 Mah Jongg 1:00 Beginning Line Dance* 1:00 Liverpool Rummy 2:00 Line Dance Improvers*

**15**
8:45 Tai Chi 1* 9:00 Physical Therapist 9:45 Tai Chi 2* 10:00 Duplicate Bridge 10:00 MM Art Group 12:00 Book Club The Night Circus 12:30 Ashtanga Yoga* 2:00 Feldenkrais*

**16**
8:45 Adv. Cardio* 9:30 Party Bridge 10:00 Cardio* 10:00 Mah Jongg Class (5) 11:00 Hearing Help 11:15 Pilates* 12:00 Rummikub 12:30 Pinochle 12:30 Senior Yoga* 1:00 Chess 1:00 Midday Bridge

**19**
8:45 Adv. Cardio* 9:30 Bridge 10:00 Cribbage 10:00 Blood Pressure Clinic 10:00 Oil Painting Class* 11:00 Grief Support 11:15 Pilates* 12:30 Cards (Canasta, H&F, Bridge) 12:30 Intermediate Line Dance Class* 3:00 SAIL Exercise* 2:45 CBD, Bones & You

**20**
8:45 Tai Chi 1* 9:30 Inter. Bridge 9:45 Tai Chi 2* 10:00 Oil Painting Class* 11:00 Grief Support 11:15 Pilates* 12:30 Cards (Canasta, H&F, Bridge) 12:30 Intermediate Line Dance Class* 2:30 Trivia Time

**21**
8:45 Adv. Cardio* 9:00 Crafting Social 9:30 Watercolor Class* 10:00 Cardio* 10:00 Ask the Pharmacist: Medicare Q&A 11:30 SAIL Exercise* 12:00 Birthday Social Lobby (Core Insurance Advisors) 12:30 Mah Jongg 1:00 Beginning Line Dance* 1:00 Liverpool Rummy

**22**
8:45 Tai Chi 1* 9:45 Tai Chi 2* 10:00 Duplicate Bridge 10:00 MM Art Group 12:30 Ashtanga Yoga* 2:00 Feldenkrais*

**23**
8:45 Adv. Cardio* 9:30 Party Bridge 10:00 Cardio* 11:15 Pilates* 12:00 Rummikub 12:00 AARP Safe Driving* 12:30 Pinochle 12:30 Senior Yoga* 1:00 Chess 1:00 Midday Bridge

**26**
8:45 Adv. Cardio* 9:30 Bridge 10:00 Cribbage 10:00 Blood Pressure Clinic 10:00 Oil Painting Class* 11:15 Pilates* 12:30 Cards (Canasta, H&F, Bridge) 12:30 Intermediate Line Dance Class* 3:00 SAIL Exercise*

**30**
8:45 Adv. Cardio* 9:30 Party Bridge 10:00 Cardio* 11:15 Pilates* 12:00 Rummikub 12:30 Pinochle 12:30 Senior Yoga* 1:00 Chess 1:00 Midday Bridge
Question: What exactly is the difference between Hospice and Palliative care?
Answer: Palliative care is care that focuses on relief of symptoms and stress of an illness. Palliative care can be given along with curative treatment at any age and at any stage of a serious illness (https://getpalliativecare.org/whatis/). Hospice is a specialized type of care for those facing life-limiting illness, their families and their caregivers (https://moments.Nhpco.org/whathospice). According to Medicare, to qualify for hospice a doctor must certify that the patient is terminally ill and given the natural course of the illness has a life expectancy of no more than 6 months. When an individual centers hospice care that they are choosing to accept palliative care (for comfort), rather than pursuing a cure for the illness (Medicare & You, 2019). Hospice is a form of palliative care, but not all palliative care is hospice.

Question: At that point, is Hospice Care even helpful?
Answer: Yes! Anyone who has cared for terminally ill loved one can attest to how difficult it can be. Not only is it difficult emotionally to watch a person’s decline, but depending on the illness it can be physically very difficult to care for someone who may no longer be able to perform basic activities of daily living (dressing, bathing, eating, etc.) on their own. If a person is on Medicare and eligible for hospice they are able to receive services Medicare does not usually cover or does not usually cover for extended period of time including; aid and homemaker services (which can help with dressing, bathing, meal prep, etc.), items and services needed for pain relief and symptoms management, and up to 5 days each month of respite care (Medicare & You, 2019). Additionally, hospice care comes with spiritual and grief counseling for patients and ongoing counseling opportunities after your loved one has passed. Studies have shown that patients receiving hospice care at the end of life tend to live longer and with a better quality of life than patients receiving standard medical care (National Hospice & Palliative Care Organization, 2010).

Question: All that help sounds great, but how expensive is it?
Answer: When a patient on Original Medicare or a Medicare Advantage plan goes into hospice care you pay nothing for the hospice services. You may pay up to $5 per prescription for any symptom or pain management medication and up to 5% for inpatient respite care. Patients who accept the assistance hospice provides typically find there is a large amount of assistance provided for a very small out-of-pocket cost.

Question: Is there anything else I should know?
Answer: Hospice care can be provided in the home or in a facility. It will not pay for room and board, but does cover the additional care descried above. Be sure to use a Medicare-certified hospice, and don’t be shy about calling and asking questions. Hospice services are available 24/7 to answer questions from patients and caregiver. The goal is to assist both patients and their caregivers to ensure the highest quality of life at the end of life.

Sara Mary is a Licensed Master Social Worker, SHIP Certified Medicare counselor and works for Senior Information & Referral (SIR) - a free service from the Office on Aging. If you need something, are looking for a resource or just have questions and don't know where to find the answer, SIR is here to help. Call SIR (865) 546-6262, Monday—Friday 8:00 AM—4:30 PM, and a Certified Information & Referral Specialist will be happy to assist you. You can also meet with Sara Mary at the Strang Senior Center the second Friday of the month from 9:00 AM—11:00 AM, or by appointment.
Exercise Classes at Frank R. Strang Senior Center  
109 Lovell Heights Rd., Knoxville, TN 37922

**Advanced Senior Cardio**  Monday, Wednesday, Friday at 8:45 - 9:45 AM  
Class Fee: $3.00 per class attended. This class offers a lively workout for those who can perform high energy moves, get on the floor, use mats, and weights. Move to stimulating music. This class is brought to us by Covenant BodyWORKS. Students can start at any time but please note this is an advanced class. Class is approximately sixty minutes long.

**Yang Style Tai Chi**  Tuesdays 12:30—1:30 PM  
Class fee: $3.00  
Using the widely popular Yang style, this class meets once weekly. The class focuses on improving balance, flexibility, and strength. New students can start at any time. Class is approximately 60 minutes long. Class instructor is Mr. Pat Barbiere.

**Cardio**  Wednesday & Friday  10:00 AM—11:00 AM  
Class Fee: $3.00 per class attended  
This is an easy to moderate Cardio class is for those who cannot get to the floor, but can move easily to lively music. This class is a starting point for those that have not had active exercise recently. Students can join at any time. Class is approximately 60 minutes long. This class is brought to us by Covenant Health BodyWORKS.

**Feldenkrais**  Mondays at 11:15 AM—12:15 PM & Thursdays at 2:00 - 3:00 PM  
Class Fee: $3.00 per each class attended  
Formerly known as Stretch Class and taught by Debbie Ashton, certified Feldenkrais professional, this class concentrates on the benefits of stretching and using core muscles to strengthen the entire body and improve balance. Students can start at any time. Class is approximately 60 minutes long. This class is brought to us by Covenant Health BodyWORKS.

**Beginning Line Dance**  Wednesday 1:00—2:00 PM  
Class fee: $4.00 per class attended  
The beginning Line Dance class will start on Wednesday, July 10th. This class will last for twelve weeks. It will conclude on Wednesday, September 25th. This is for beginners. Learn the basic steps. No partner is necessary. Also a great class for improving balance and coordination while learning to dance. This class is sixty minutes long. Class instructor is Diane Hensley.

**Improvers Line Dance**  Wednesdays 2:00—3:30 PM  
Class fee: $4.00 per class attended  
For those who have completed the beginning line dance class but yet not advanced enough to move on to the Intermediate class. Class 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**  Tuesdays from 2:00 - 3:30 PM  
Class fee: $4.00 per class attended  
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 is approximately 90 minutes long. Class instructor Diane Hensley.

**Pilates for Seniors**  Tuesdays & Fridays  11:15 AM -12:15 PM  
Class Fee: $3.00 per class attended  
Carol Norris leads this popular class. Designed with emphasis on the core, it builds strength, helps with balance and overall muscle toning. Participants can start at any time. Class is approximately 60 minutes long. This class is brought to us by Covenant BodyWORKS.
Exercise Classes at Frank R. Strang Senior Center

**SAIL (Stay Active & Independent for Life) Exercise Class**
Mondays 1:30 PM & Wednesdays 11:30 PM  Class fee: $2.00 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. All classes are open-ended (join at any time) and offered under the guidance of the Knox County Health Department. Class instructor is Kat Eldridge. Class is approximately 60 minutes long.

**Tai Chi 1 Beginners (Start Dates Quarterly)**
Tuesdays & Thursdays 8:45—9:45 AM  Class fee: $2.00 Class
Our longest running class, the Tennessee Branch of Taoist Tai Chi Society of the USA provides certified instructors for this class. Beginners need to start at the beginning of the cycle. Classes usually begin on quarterly basis. New class started Monday, May 7 2019. Those interested are encouraged to start when a new class begins. Class is approximately 60 minutes long. Additional information is available at [www.Taoist.org](http://www.Taoist.org).

**Tai Chi 2 (Advanced)**
Tuesdays & Thursdays 9:45—10:45 AM  Class fee: $2.00
This class is a continuing Tai Chi class for those that have learned the movements from the Beginning Tai Chi 1 class. This class is brought to us by the Taoist Tai Chi Society of the USA—Tennessee Branch. Participants need to have completed the beginning class so as to be familiar with the movements before joining this class.

**Tone N Balance**
Mondays 10:00 AM—11:00 AM  Class Fee: $3 per class
This class has emphasis on toning muscles, uses weights, and trains the muscles to be prepared for better balance. Students can start at any time. Class is approximately 60 minutes long. This class is brought to us by Covenant Health BodyWORKS.

**Senior Yoga**  Fridays at 12:30 PM  Class Fee: $6 drop-in or purchase 5 Class Card for $5 per class or $25
“All levels welcome” says instructor Jill Frere. Chair variations are available for those who have difficulty lowering themselves to and from the floor. This class is designed to help strengthen and stretch the body, aid with breathing, and reducing stress. Bring a mat. Your first class is free! Class is approximately 60 minutes in length. Students can start at any time.

**Ashtanga Vinyasa Yoga**  Thursdays at 12:30 PM  Class Fee: $5.00 per class attended
This method of yoga involves synchronizing the breath with a progressive series of postures. Students can join any time. Class instructor is Kit Hoffman Dittner. Wear comfortable clothing and bring a mat for floor work. Class is 60 minutes long. Participants can start at any time.

“True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.” ~ Wilhelm Von Humboldt.