Strang Senior Center will be closed on the following days: Monday, November 11th for Veterans Day; Thursday and Friday, November 28th and 29th to commemorate Thanksgiving Holiday; Tuesday and Wednesday, December 24th and 25th for Christmas.

November 4th ... Meet and Greet
Stop by the Center from 9:15 AM—10:30 AM and meet Buzz Buswell, Director of Veteran and Senior Services, on Monday, November 4th. He will be giving updates on the new building we’re scheduled to move to in January. While you’re at the Center please take a few moments to ensure we have your updated contact information at the Reception Desk. Light refreshments served.

November 4th ... Rotator Cuff Workshop
This workshop is for people suffering with shoulder pain who are looking to feel normal again and heal naturally without medication, injections, and surgery. Join us on Monday, November 4th at 2:45 PM when Dr. Lee Easley, DPT of KnoxPT will provide a demonstration using cutting edge infrared LASER technology. Come watch or come and try it! The first ten who sign up will receive a free treatment during the workshop! To sign up visit The KnoxPT Workshop registration website at: knoxphysicaltherapy.ptworkshops.com/FrankRStrangSeniorCenter/rotatorcuff/workshop

Blood Pressure Clinic
A Blood Pressure check is one of the most important screenings since increased blood pressure often has no symptoms, and greatly elevates the risk of heart disease and stroke. We’ll be having a Blood Pressure Clinic at the Strang Senior Center on the following days:

Tuesday, November 5th
10:00—11:00 AM
By SR Medical Services

Wednesday, November 20th
12:30—1:30 PM
By Kindred at Home.

November 7th ... Tone & Balance Exercise Class
If you enjoy the Tone and Balance exercise class on Mondays starting at 10:00 AM, you’ll be pleased to know there will be a second class added to the weekly exercise calendar. The second class will be on Thursdays from 11:15 AM—12:15 PM starting Thursday, November 7th. Class fee is $3 payable to the instructor. This class has an emphasis on using weight training and toning muscles to help with improving balance. This class is brought to us by Covenant Health. Pre-registration is not required. Students can start at any time.

November 8th ... Veterans Day Program
Join us on Friday, November 8th at 2:30 PM when we welcome the Barbershop Quartet, Fourtuitous for a patriotic performance at the Center. Pinnacle Assisted Living will be providing BBQ sandwiches to-go. Stop in and meet Christina Hampton, Community Relations Director with Pinnacle and enjoy the harmony of Fourtuitous. For planning purposes please call the Center to pre-register if you plan on attending.

You can register for our activities by calling the Center at 865-670-6693
The Angel Tree Returns to the Lobby

Last year the Angel Tree in the lobby collected donations and gifts for individuals receiving services from Rise Above Crime a project that serves the Knoxville and Knox County area. Rise Above Crime provides case management, legal advocacy, counseling and support to older adults who are victims overcoming the trauma of physical, sexual or psychological violence; neglect; economic exploitation and fraud. Because of your donations you helped ensure that some of the most vulnerable of our population knew they were thought of and cared for during the holiday season. This year, the Angel Tree returns to the lobby at Strang Senior Center. Again, we will be working with the Office on Aging for those seniors in need this season. The Angel Tree will be in the lobby by Monday, November 4th until Friday, December 6th. Feel free to visit and take a name from the Angel Tree. The name you take will have a brief description of items that individual would like to have for the holidays. You can return your unwrapped item(s) with gift receipt in a gift bag to the Center and place it beneath the Angel Tree. Be sure to attach Angel Tree Name Tag to the item so we’ll know who its for. Your donation will be most welcome. You can make a difference.

An Essential Oils Holiday
Make & Take Class
Thursday, November 21st 1:30 PM
Class fee $7

Class participants will be making a Fall Pumpkin Spice Non-Dairy Creamer and a Wellness Roller Bottle. Please call the Center to sign-up for this class.

November 14th … Flu Vaccination Clinic
No appointment necessary on Thursday, November 14th when Volunteer Pharmacy will be having a Flu Clinic at the Center from 9:00—11:00 AM. The Senior dose or Trivalent vaccine is available. Shingle Vaccinations will also be available. Be sure to bring your insurance cards for billing purposes. For those without insurance flu shots are $30.

November 18th … Coping With Stress
Cassandra Henley and Angelique Zimcosky with Helen Ross McNabb Center’s Older Adult Program will be speaking at Strang Senior Center on Monday, November 18th at 2:45 PM. They will be talking about Coping with Stress as well as introducing us to the Older Adult Program which provides community case management and in-home therapy to adults with behavioral health needs. Services provided by this program include but are not limited to: case management, in-home therapy, caregiver support, crisis counseling, community education to promote awareness of geriatric mental health concerns. To learn more about Coping with Stress and services provided by the Older Adult Program please call to pre-register.

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 Please call the Center to pre-register. Appointments are limited to the following days:
Thursday, November 7th starting at 9:00 AM
Thursday, November 21st starting at 9:00 AM
November 19th … Knox County Senior Services Walk: Founders Park
The spotlight for November’s walk is on Founders Park (405 N. Campbell Station Rd) at 9:45 AM on Tuesday, November 19th, located beside the Farragut library. It is a full season park. Did you know that it hosts one of the larger outdoor Christmas displays in Knoxville? Book Fest and the Lawn Chair Summer Concerts are also a few of the events held here. We will meet at the bridge closest to the restrooms. We will walk from 2.5 to 3 miles. Our walk will be on paved trails which will wind upwards through the woods by whimsical bronze sculptures as well as an outdoor classroom. After the walk you’re more than welcome to join Carole and Lisa at the Apple Cake Tea Room (11312 Station West Dr., Ste A., Farragut, TN 37934) for a bite to eat. RSVP by calling 865-215-5290 or by emailing Carole at Carole.Conaway@knoxcounty.org.

November 25th & 26th … iPhone/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, 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. 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, 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; Monday, November 25th from 1:30—3:30 PM and Tuesday, November 26th 10:00 AM—12:00 PM. This class is brought to us by Social Media for Seniors. Please stop by the Reception Desk to sign up for this class. Registration deadline is November 20th. Class fee is due at time of Registration. A refund will be made available by Social Media For Seniors if the class is cancelled.

November 27th … Birthday Social in Lobby
Celebrating a Birthday in November or commemorating the birthday of someone special? We’ll be serving up a sweet treat in the Lobby on Wednesday, November 27th at 12:00 PM. Courtesy of Core Insurance Advisors.

Blood Pressure Clinic
A Blood Pressure check is one of the most important screenings since increased blood pressure often has no symptoms, and greatly elevates the risk of heart disease and stroke. We’ll be having a Blood Pressure Clinic at the Strang Senior Center on the following days:

- **Tuesday, December 3rd**
  10:00—11:00 AM
  By SR Medical Services.

- **Wednesday, December 18th**
  12:30 PM—1:30 PM
  By Kindred at Home

Toenail Trimming
Strang Senior Center will be offering Toenail Trimming with Michelle on the following dates:

- **Friday, November 8th**
  starting at 9:00 AM
- **Friday, December 13th**
  starting at 9:00 AM

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 from 11:00 AM—12:00 PM:

- Tuesday, November 5th
- Tuesday, November 19th
- Tuesday, December 3rd
- Tuesday, December 17th

Grief Support group is lead by Mr. Chris Taylor, Bereavement Coordinator with Avalon Hospice. Anyone welcome.
Welcome Gloria Austin

Many of you have met Gloria at the Senior Center during the past few months. She started attending activities at the Karns Senior Center shortly after the Center opened a few years ago. She decided to become a volunteer and eventually accepted the challenge of being a part-time floater. As a floater she has helped out at the other Knox County senior centers when needed. She has enjoyed her experience getting to know the seniors and being a valued member of the staff. It’s with pleasure that we announce that Gloria has accepted a part-time position at the Strang Senior Center. Be sure to say hello to Gloria when next you see her and join us in welcoming her onboard.

Strang Senior Center Craft Fair in the Lobby

We’re having a craft fair in preparation for the holidays. It’s the perfect time to find gift items for the season whether you’re looking for something for yourself, family members, or dear friends. Our Craft Fair will be on various days throughout November and December to offer you more convenient times to shop for gifts and treasures. We’re still searching for crafters and other vendors who are interested in selling their items. Whether you’re a shopper or a vendor feel free to call the Center to obtain additional information.

December 2nd … Meet and Greet

Stop by the Center from 9:15 AM—10:30 AM and meet Buzz Buswell, Director of Veteran and Senior Services, on Monday, December 2nd. He’ll be giving updates on the new building we’re scheduled to move to in January. While you’re at the Center please take the time to ensure we have your updated contact information at the Reception Desk. Light refreshments served.

December 2nd … Your Body Structure & Associated Pain

Dr. Lee Easley, DPT, with Knox PT, will be at Strang Senior Center on Monday, December 2nd at 2:45 PM for a Q&A Session. What pains and aches bother you the most? Have questions that a physical therapist can address? Stop in and meet Dr. Lee Easley. Your questions are most welcome.

December 4th … Winter Wreath Class

We’ll be having a Winter Wreath class with Jill Green on Wednesday, December 4th at 9:30 AM. Students need to bring Styrofoam wreath form, floral pushpins, one to two scarves to repurpose, pair of complimentary gloves or mitten, pine cones or other winter greenery, and any other items you want to use for embellishment on your winter wreath. For planning purposes please call the Center to pre-register for this craft class.

Congratulations to the Trivia Team

The seventh annual Brain Games were held on September 19th at the John T. O’Connor Senior Center in Knoxville. The Strang Senior Center was represented by a team for the first time! The Strang Team placed in the top four of the nine teams gathered to compete in the Trivia styled competition. Congratulations to John, Rebecca, and Mary for representing the Strang Senior Center and for doing such an outstanding job. You can join us for Trivia Time at Strang Senior Center on Tuesdays at 2:30 PM for an hour of trivia and fun.

Cribbage Get Together

December 2nd
10:00 AM
Cribbage Get Together
Play Cribbage? Want to learn how to play? Join us for our Cribbage Get Together.
December 5th … Field Trip: Holiday History Guided Tour
Come stroll downtown Knoxville and remember a time before Christmas trees and mistletoe, before an English writer and a German businessman dragged us toward a new era. Enjoy the sights and sounds of the holidays in downtown while learning about local traditions and legendary celebrations. Listen to true stories of Christmases past—whether frivolous, wacky, or downright scary, guaranteed to give you a new appreciation of our wild and wonderful history. After the tour you will have an hour to spend to enjoy lunch and/or shopping. Transportation provided courtesy of CAC. Tickets are $15 and must be paid at the time you make your reservation. Reservations can be made at the Reception Desk by November 27th. Departure from the Center 9:00 AM on Thursday, December 5th. Additional details available at the Reception Desk. Seating is limited. Pre-register early!

December 5th … AARP Safe Driving Class
We will be having an AARP Smart Driver Class at Strang Senior Center starting Thursday, December 5th at 11:00 AM. This one class will meet on two days for four hours each day. The class will conclude on Friday, December 6th. Class fee is $15 if you’re an AARP member or $20 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. Pre-registration is required. Please call 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 with completion of the AARP Smart Driver class.

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 Please call the Center to pre-register. Appointments are limited to the following days:

Thursday, December 5th starting at 9:00 AM
Thursday, December 19th starting at 9:00 AM

December 9th … Flu Vaccination Clinic
No appointment necessary on Monday, December 9th when Volunteer Pharmacy will be having a Flu Clinic at the Center from 1:00—3:00 PM. The Senior dose or Trivalent vaccine is available. Shingle Vaccinations will also be available. Be sure to bring your insurance cards for billing purposes. For those without insurance flu shots are $30.

December 10th … Dichroic Glass Jewelry Class
Discover the fire and allure of dichroic glass. Learn the technique of making art glass jewelry in our Tuesday, December 10th 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 pre-register at the Reception Desk or call the Center at 865-670-6693.

December 11th … Humana Go365
The Humana Go365 wellness programs helps you personalize and track activities to support your wellness plan while earning rewards along the way. Members can redeem their rewards for items such as gift cards to places like Walmart, Amazon, and much more. Mr. Nace Coker with Humana will be here on Wednesday, December 11th at 10:30 AM to tell Humana members how to get the most out of this program. For planning purposes please call the Center or stop by the Reception Desk to pre-register to attend.
You can register for our activities by calling the Center at 865-670-6693

December 12th … Holiday Ornament Craft Class
Amanda’s Holiday Ornament Craft Class is waiting for you on Thursday, December 12th at 10:00 AM. Bring old holiday greeting cards to repurpose, old playing cards, or other seasonally decorative paper of card stock thickness to learn how to make these unique Christmas ornaments for your tree, or as gifts to family and friends this holiday season. Students will also need to bring scissors, ribbon, glue, and binder clips. Please call the Center to pre-register.

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 the next few months. Please feel free to read the book and join the Book Club for a lively discussion.

November 21st… Woman in the Window by A.J. Finn. A must read psychological thriller. A child psychologist with agoraphobia witnesses a horrible crime in her neighborhood which leads to the unexpected.

January 16th … The Great Alone by Kristin Hannah. Husband and father, Ernt Allbright, changed by war, retreats to the Alaskan Wilderness with his family. As the winter of darkness descends on Alaska so does pain of desolation and fear fall upon the Allbright family.

February 20th … Home Front by Kristin Hannah. A story of love, loss, honor, and hope. A profound and honest look at marriage, duty, and demands on an American family during a time of war.

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 date: Friday, December 13th 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, November 7th at 11:00 AM.
You can register for our activities by calling the Center at 865-670-6693

Volunteer Spotlight
You may have noticed some changes in our library at Strang Senior Center. The books are more updated with more popular authors and titles being available. We’ve appreciated readers input over the past couple of months on books they like to read. As a result we want to thank Carol, one of the Centers volunteers through RSVP (Retired Senior Volunteer Program) with the Office on Aging. There’s been some great comments made about the Center’s library and we want to thank Carol for her time and dedication in bringing us some of the titles, authors, and genres that have been requested.

December 12th … Facebook 101 Class
Do you want to stay connected to your children and grandchildren? 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 offered on Thursday, December 12th from 1:30 PM—3:30 PM 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. Class fee is $20 payable at time of registration. Registration deadline is December 9th. You can register at the Reception Desk. Social Media For Seniors will provide a refund in the event the class is cancelled. Be sure to bring your Smartphone, iPhone, or Tablet with you to gain access to the internet.

December 12th … Identifying Birds of Winter
Action, color, drama, song; it’s a performance at your backyard bird feeder. During this presentation on Thursday, December 12th at 1:30 PM, Mr. Robert Terrell will help us identify the most commonly observed species of birds in our Winter landscape as well as what we can do to attract them to our backyards, feed them, and keep them happy during the coldest months of the year. For planning purposes please call the Center to pre-register for this free presentation.

December 13th … 101 Things to Make or Do With Plastic Bags (To Keep them Out of a Landfill)
The title of this program is also the title of the of latest book by local writer, Martha Rose Woodward. Join Martha for a lively discussion of the book and learn how it was inspired by a project at one of the local Senior Centers. This session will include directions on how to make jump ropes, parachutes, and other toys. Woodward will also teach you how to use plarn, yarn made from plastic bags, to crochet a variety of items. Making hanging flower pot holders using macramé will also be demonstrated. You’re welcome to bring as many plastic grocery bags as you can with you to the presentation. Woodward is also involved in the program Million Plastic Bags Gone. You can visit the website to learn more about this program at millionplasticbagsgone.com and to also purchase a copy of Woodward’s book 101 Things to Make or Do with Plastic Bags (To Keep them out of a Landfill). Please call the Center at 865-670-6693 to pre-register to attend this free presentation with Martha Rose Woodward schedule for Friday, December 13th at 9:30 AM.

Strang Senior Center ~ 109 Lovell Heights Rd ~ Knoxville, TN 37922
December 13th ... Home for the Holidays
Visit with us on Friday, December 13th at 2:30 PM for our annual Holiday program at Strang Senior Center. Wear your festive holiday attire! We’ll have live entertainment provided by Aaron T. He will be singing some holiday favorites. You may just find yourself singing along as his holiday stylings takes you back to simpler days and times, and proves to be an inspiration for the holidays. Light refreshments provided courtesy of Riggs Pharmacy. For planning and scheduling purposes please call the Center to pre-register to attend.

December 16th ... Healthy Living for Your Brain and Body
At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. To help people age well, The Alzheimer’s Association is offering the Healthy Living for Your Brain and Body: Tips from the Latest Research program. This workshop covers four areas of lifestyle habits that are associated with healthy aging: cognitive activity, physical health and exercise, diet and nutrition, and Social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do—steps to take now to improve or maintain overall health in each area. This program is designed for individuals who are looking for information on ways to age as well as possible. Join us on Monday, December 16th at 2:45 PM when Mr. Alex Carmack from the Alzheimer’s Association will be visiting with us. Please call the Center to preregister if you plan on attending.

December 18th ... Birthday Social in Lobby
Celebrating a Birthday in December or commemorating the birthday of someone special? We’ll be serving up a sweet treat in the Lobby on Wednesday, December 18th at 12:00 PM. Courtesy of Core Insurance Advisors.

Coming in 2020
January 3rd ... Snowmen Craft Class
Join us for a craft class on Friday, January 3rd from 1:00—3:00 PM. Jan Yinger will teach us how to make decorative snowmen for winter home décor. Students can expect to complete three snowmen to take with them. All materials provided. Class fee is $20 payable to the instructor. Please contact the Center to pre-register for this class or stop by the Reception Desk.

Trivia Time
Tuesdays at 2:30 PM
Join us on Tuesdays at 2:30 PM for a fun hour of Trivia. There’s always something to be learned, and plenty of laughs to be enjoyed.

Watercolor & Drawing Class
Wednesdays at 9:30 AM
You can learn the beauty of watercoloring and explore proportions, light and shadow, value, composition and more in this Watercolor and Drawing class. No previous experience necessary. Class fee is $12 for each class attended. Fees payable to the instructor Mr. Nort Horwitz. A supply list is available. It’s easy to pre-register just phone the Center or stop by the Reception Desk.

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.

Strang Senior Center ~ 109 Lovell Heights Rd ~ Knoxville, TN 37922
Storage Totes Requested

Have some storage totes that you want to get rid of? The Strang Senior Center is looking for some Storage Totes to help us pack for the move to the new location. If you have a storage tote or two you would like to donate please feel free to bring them by the Center. Your donation would be most appreciated.

Thank You

A Special Thank You to those who contributed to the Operation Gratitude donation box in the lobby. Two shipments of donated items were sent to Operation Gratitude to be forwarded to our first responders and our troops. Your contributions were most welcome and we are sure will be most well received by our men and women in uniform. Thank you for participating.

ATTENTION HOMEOWNERS!

AGE 65+? OR Total & Permanent Disabled?
OR Total & Permanent Disabled Veteran?

You may qualify for two state programs – property “TAX RELIEF” and/or property “TAX FREEZE”. These money-saving programs are open to Knox County homeowners age 65 and up, or total & permanent disabled or total & permanent disabled veterans. Restrictions may apply.

Call Knox County Trustee’s Office to see if you qualify 215-8554. Enrollment opens October 2019.

Ed Shouse – Knox County Trustee
Introducing the Beanstack Tracker

A few months ago we introduced you to ReadCityUSA.com. Hopefully, you have joined Knox County Mayor Glenn Jacobs in committing to make Knox County a Ready City USA community and a leader in Family Literacy. Our collective goal is to log 250,000 hours of reading. This is reflected on the ReadCityUSA website. Every hour logged is converted to a mile with the goal of getting the ReadCityUSA rocket to reach the moon. That’s 250,000 miles (or 250,000 hours) logged. It’s easy to track and log those minutes with the Beanstack Tracker which can be downloaded onto your iphone or ipad. It’s a free app! Just go to your App Store and search for Beanstack Tracker. With the app you can participate in themed challenges to earn badges and incentives. View virtual badges, and stats on your reading habits. You can even manage each member of your family’s reading log and achievements. Download Beanstacker, once the app is opened enter your Knox County Library Card number, link it to the Knox County Library and thus the ReadCityUSA website. Begin logging the books and the hours you’re reading. Let’s reach that 250,000 goal.

“Reading is essential for those who seek to rise above the ordinary” ~ Jim Rohn
Medicare Open Enrollment

Medicare Open Enrollment is from October 15th to December 7th, 2019. We’re having a variety of providers at the Center to help you answer your questions. They will be providing information and helping you answer your questions regarding your Medicare coverage.

November 6th … Franklin “Andy” Williams with Cigna Insurance will have a Snack and Learn about Cigna’s exciting 2020 Medicare Advantage Benefits at 10:30 AM on Wednesday, November 6th.

November 8th … Medicare Open Enrollment runs October 15th thru December 7th. Open Enrollment is the time when Medicare beneficiaries can make changes to their plan, especially when it comes to Part D Prescription Drug Plans. It is important to review your Part D coverage every year because premiums, co-payments and the drugs covered can change from year-to-year, even within the same plan. Also, a change in the medication you’re taking can affect if a plan is right for you. Sara Mary N. Wallace, a SHIP certified Medicare Counselor at Senior Information & Referral, will have a limited number of appointments available at the Strang Senior Center on Friday, November 8, 2019 from 8:30 AM—4:00 PM. If you would like assistance in reviewing your 2020 Medicare Part D options, please call her at 865-546-6262 to schedule an appointment. If you are unable to schedule an appointment with Sara Mary but would like free, unbiased assistance reviewing 2020 Medicare plans, you can also contact AMOS (Affordable Medical Options for Seniors) at 865-524-2786—or SHIP (State Health Insurance Assistance Program) at 1-877-801-0044.

November 13th … Seminar presentation to discuss Humana 2020 Humana Gold Plus plans and the benefits that are available to you next year. Q & A session to follow this presentation scheduled for Wednesday, November 13th at 10:30 AM. Presented by Nace Coker, Humana Sales Agent.

November 20th … Core Insurance Advisors will be at Strang Senior Center on Wednesday, November 20th at 10:30 AM to help you review your options and answer your questions regarding this year’s Medicare Open Enrollment.

November 27th … Physicians Mutual at 10:30 AM for Medicare 101 Parts A, B, C, & D
Physicians Mutual will discuss and educate you on: Making the most of your rights, options and entitlements; How and when to enroll in Medicare; what Medicare does and doesn’t cover; Medicare Advantage and Medicare Supplement Insurance; and much more! Flyers located in the lobby.

December 4th … Please join Wendy Barrett, an experienced Insurance Advisor, who focuses on Medicare education outreach from the Senior Financial Group. Wendy will review what you need to be aware of as we approach the final day of Medicare Annual Enrollment period. 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. For planning purposes please call the Center to pre-register for this presentation offered on Wednesday, December 4th at 10:30 AM.
### November 2019

**Monday (7:30-4:00)**
- **Rotator Cuff Workshop**
  - Monday, November 4th at 2:45 PM
  - Dr. Lee Easley, DPT
  - LightForce Laser Therapy demonstration

**Tuesday (7:30-4:00)**
- **Veteran Services Outreach**
  - Thursday, November 7th
  - At 11:00—11:30 AM

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<tr>
<td>8:45</td>
<td>Tai Chi 1*</td>
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<td>9:30</td>
<td>Veterans Day Program</td>
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<td>9:45</td>
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<td>Cardio*</td>
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<td>Watercolor Group</td>
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<td>11:15</td>
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<td>Cards (Canasta, H&amp;F, Bridge)</td>
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<td>12:30</td>
<td>Yang Style Tai Chi*</td>
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<td>1:00</td>
<td>Intro to French</td>
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<td>2:00</td>
<td>Intermediate Line Dance*</td>
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<td>Trivia Time</td>
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**Wednesday (7:30-4:00)**
- **Coping with Stress Presentation**
  - Monday, Nov., 18th
  - At 2:45 PM

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<td>2:00</td>
<td>Line Dance Improvers*</td>
</tr>
</tbody>
</table>

**Thursday (7:30-4:00)**
- **Veteran Services Outreach**
  - Thursday, November 7th
  - At 11:00—11:30 AM

<table>
<thead>
<tr>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>8:45</td>
<td>Tai Chi 1*</td>
</tr>
<tr>
<td>9:30</td>
<td>Beginning Spanish*</td>
</tr>
<tr>
<td>9:45</td>
<td>Watercolor Class*</td>
</tr>
<tr>
<td>10:00</td>
<td>Cardio*</td>
</tr>
<tr>
<td>10:00</td>
<td>Tai Chi 2*</td>
</tr>
<tr>
<td>10:00</td>
<td>Medicare: Core Insurance</td>
</tr>
<tr>
<td>11:15</td>
<td>SAIL Exercise*</td>
</tr>
<tr>
<td>12:30</td>
<td>Mah Jongg</td>
</tr>
<tr>
<td>1:00</td>
<td>Liverpool Rummy</td>
</tr>
<tr>
<td>2:00</td>
<td>Line Dance Improvers*</td>
</tr>
</tbody>
</table>

**Friday (7:30-4:00)**
- **Veteran Services Outreach**
  - Thursday, November 7th
  - At 11:00—11:30 AM

<table>
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<tbody>
<tr>
<td>8:45</td>
<td>Tai Chi 1*</td>
</tr>
<tr>
<td>9:00</td>
<td>Physical Therapist</td>
</tr>
<tr>
<td>9:45</td>
<td>Tai Chi 2*</td>
</tr>
<tr>
<td>10:00</td>
<td>Duplicate Bridge</td>
</tr>
<tr>
<td>10:00</td>
<td>MM Art Group</td>
</tr>
<tr>
<td>11:15</td>
<td>Tone &amp; Balance*</td>
</tr>
<tr>
<td>12:00</td>
<td>Liverpool Rummy</td>
</tr>
<tr>
<td>2:00</td>
<td>Line Dance Improvers*</td>
</tr>
</tbody>
</table>

**Saturday (8:45-2:30)**
- **Veteran Services Outreach**
  - Thursday, November 7th
  - At 11:00—11:30 AM

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
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<td>8:45</td>
<td>Tai Chi 1*</td>
</tr>
<tr>
<td>9:00</td>
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</tr>
<tr>
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<td>Tai Chi 2*</td>
</tr>
<tr>
<td>10:00</td>
<td>Duplicate Bridge</td>
</tr>
<tr>
<td>10:00</td>
<td>MM Art Group</td>
</tr>
<tr>
<td>11:15</td>
<td>Tone &amp; Balance*</td>
</tr>
<tr>
<td>12:00</td>
<td>Liverpool Rummy</td>
</tr>
<tr>
<td>2:00</td>
<td>Line Dance Improvers*</td>
</tr>
</tbody>
</table>

**Sunday (8:45-2:30)**
- **Veteran Services Outreach**
  - Thursday, November 7th
  - At 11:00—11:30 AM

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45</td>
<td>Tai Chi 1*</td>
</tr>
<tr>
<td>9:00</td>
<td>Beginning Spanish*</td>
</tr>
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<td>10:00</td>
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</tr>
<tr>
<td>10:00</td>
<td>MM Art Group</td>
</tr>
<tr>
<td>11:15</td>
<td>Tone &amp; Balance*</td>
</tr>
<tr>
<td>12:00</td>
<td>Liverpool Rummy</td>
</tr>
<tr>
<td>2:00</td>
<td>Line Dance Improvers*</td>
</tr>
</tbody>
</table>

**Center Closed**
- Thanksgiving

**Veteran Services Outreach**
- November 4th

**Veteran Services Outreach**
- November 7th

**Veteran Services Outreach**
- November 14th

**Veteran Services Outreach**
- November 21st

**Veteran Services Outreach**
- November 28th
<table>
<thead>
<tr>
<th>Mon (7:30-4:00)</th>
<th>Tue (7:30-4:00)</th>
<th>Wed (7:30-4:00)</th>
<th>Thu (7:30-4:00)</th>
<th>Fri (7:30-4:00)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2</strong></td>
<td><strong>8:45 Adv. Cardio</strong>&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:15 Meet and Greet</td>
<td>9:30 Bridge</td>
<td>10:00 Cribbage Get-together</td>
</tr>
<tr>
<td><strong>3</strong></td>
<td>8:45 Tai Chi 1&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Inter. Bridge</td>
<td>9:45 Tai Chi 2&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:00 Blood Pressure Clinic</td>
</tr>
<tr>
<td><strong>4</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Watercolor Class</td>
<td>9:30 Winter Wreath Class</td>
<td>10:00 Cardio</td>
</tr>
<tr>
<td><strong>5</strong></td>
<td>8:45 Tai Chi 1&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:00 Physical Therapist</td>
<td>9:45 Tai Chi 2&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:00 Duplicate Bridge</td>
</tr>
<tr>
<td><strong>6</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Partly Bridge</td>
<td>10:00 Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:00 Mah Jongg Class</td>
</tr>
<tr>
<td><strong>9</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Bridge</td>
<td>10:00 Cribbage</td>
<td>10:00 Scratch</td>
</tr>
<tr>
<td><strong>10</strong></td>
<td>8:45 Tai Chi 1&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Inter. Bridge</td>
<td>9:45 Tai Chi 2&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:00 Dickson Jewelry Class</td>
</tr>
<tr>
<td><strong>11</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Watercolor Class</td>
<td>10:00 Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:30 Humana Go365&lt;sup&gt;‡&lt;/sup&gt;</td>
</tr>
<tr>
<td><strong>12</strong></td>
<td>8:45 Tai Chi 1&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:45 Tai Chi 2&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:00 Duplicate Bridge</td>
<td>10:00 MM Art Group</td>
</tr>
<tr>
<td><strong>13</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:00 Social Worker Outreach</td>
<td>9:00 Tai Nait Trimming&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Partly Bridge</td>
</tr>
<tr>
<td><strong>16</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Bridge</td>
<td>10:00 Cribbage</td>
<td>10:00 Scratch</td>
</tr>
<tr>
<td><strong>17</strong></td>
<td>8:45 Tai Chi 1&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Inter. Bridge</td>
<td>9:45 Tai Chi 2&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:00 Oil Painting Class</td>
</tr>
<tr>
<td><strong>18</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Watercolor Class</td>
<td>10:00 Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:30 SAIL Exercise</td>
</tr>
<tr>
<td><strong>19</strong></td>
<td>8:45 Tai Chi 1&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:00 Physical Therapist</td>
<td>9:45 Tai Chi 2&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:00 Duplicate Bridge</td>
</tr>
<tr>
<td><strong>20</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Partly Bridge</td>
<td>10:00 Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>11:15 Pilates&lt;sup&gt;*&lt;/sup&gt;</td>
</tr>
<tr>
<td><strong>23</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Bridge</td>
<td>10:00 Cribbage</td>
<td>10:00 Scratch</td>
</tr>
<tr>
<td><strong>24</strong></td>
<td>Center Closed</td>
<td>Christmas Holiday</td>
<td>Center Closed</td>
<td>Christmas Holiday</td>
</tr>
<tr>
<td><strong>25</strong></td>
<td>Center Closed</td>
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<td>Christmas Holiday</td>
</tr>
<tr>
<td><strong>26</strong></td>
<td>8:45 Tai Chi 1&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:45 Tai Chi 2&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:00 Duplicate Bridge</td>
<td>10:00 MM Art Group</td>
</tr>
<tr>
<td><strong>27</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Partly Bridge</td>
<td>10:00 Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>11:00 SAIL Exercise&lt;sup&gt;*&lt;/sup&gt;</td>
</tr>
<tr>
<td><strong>30</strong></td>
<td>8:45 Adv. Cardio&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Bridge</td>
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<td>10:00 Scratch</td>
</tr>
<tr>
<td><strong>31</strong></td>
<td>8:45 Tai Chi 1&lt;sup&gt;*&lt;/sup&gt;</td>
<td>9:30 Inter. Bridge</td>
<td>9:45 Tai Chi 2&lt;sup&gt;*&lt;/sup&gt;</td>
<td>10:00 Oil Painting Class&lt;sup&gt;*&lt;/sup&gt;</td>
</tr>
</tbody>
</table>

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

Due to the Holiday Season there will be no Covenant BodyWorks Exercise classes from December 23rd through January 3rd. These classes will resume Monday, January 6th.
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 AM  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
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. 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

Tai Chi 2 (Continuing)  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 & Thursdays 11:15 AM—12:15 PM  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. A second class will be added to the Calendar on Thursdays starting November 7th from 11:15 AM—12:15 PM.

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.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”  ~ John F. Kennedy
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繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-663-9174 (TTY: 711).

Y0040_GHHJ4GNEN18 Accepted